INTRODUCTION
Psoriatic arthritis is a disease of inflammation of joints that affects one third of the people having psoriasis. And people with severe psoriasis have a greater chance of getting psoriatic arthritis. In most of the patients, psoriasis develops first and later diagnosed with psoriatic arthritis, but skin lesions can proceed after the joint problems. About 40% of patients getting psoriatic arthritis have relatives with same disease or with psoriasis. Both, psoriasis and psoriatic arthritis are diseases of inflammation, occurring due to weak immune system. There is no cure for psoriatic arthritis in modern science. So, its focus is on controlling symptoms and preventing damage to the joints.

Ayurveda has a holistic approach towards any disease and just suppressing the symptoms would mean an incomplete therapy. There has been increasing interest and awareness about Ayurveda among global community. So, a scientific research is necessary to study the new challenges of health and Ayurveda. In such increasing globalisation, comparative literary studies are an excellent foundation for further research. Many scholars in this field have considered Vatarakta similar to psoriatic arthritis so we have taken same for comparing.

Here we are not considering these diseases for clinical integration but an Ayurveda view to look to the already named by modern medical science can be seen from the other angle and this view can be used in efficient use of Ayurveda therapy. Also, this type of research can be used to look towards diseases globally.

Review of Previous Work Done
There have been close to 37 studies conducted all over India on Vatarakta. An analysis reveals that most of the studies were carried out by considering Vatarakta as gouty arthritis or rheumatoid arthritis. Very few studies have been performed considering Vatarakta as an ischemic limb or psoriatic arthritis.

Comparison of Literary Review
A detail description of each of the disease described above can be referred from the genuine source.

<table>
<thead>
<tr>
<th>Points to be considered</th>
<th>PsA</th>
<th>Vata Rakta</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joint symptoms</td>
<td>Pain, stiffness, swelling, Distal Interphalangeal Predominant (DIP) types of PsA - It involves the joints of the fingers and toes closest to the nails.</td>
<td>Shotha(swelling), Ruja(pain), Stubdhatha(stiffness); Hasta Pada Sandhishu Shopha and Sthambha - swelling and stiffness in small joints of upper and lower extremities.</td>
</tr>
<tr>
<td>Skin changes</td>
<td>Psoriasis may proceed arthritis or onset may be synchronous or arthritis may proceed psoriasis</td>
<td>Purvanup shows Swedo Atyartham na va, Karshayam, Sparshadnyadwam-excessive sweating or absence of sweating, skin discoloration and loss of sensation, etc.; Vayvannya Mandolotpatti and Kandu-skin colour changes and pruritic.</td>
</tr>
</tbody>
</table>
There are many similarities in Psoriatic Arthritis & Vata Rakta described in two sciences. Differences have occurred due to difference in the view of the particular science. Thus we can say both diseases resembles to each other in many ways. Psoriatic Arthritis can be said as a subset of Vata Rakta as other disease like Gout also resembles to it as said by many scholars. So Vata Rakta can be considered as a bigger entity where modern diseases can be included as per their presentations. Ayurveda is an individual specific medicinal science & considers every diseases can be included as per their presentations. Ayurveda is said to have its origin some 5000 years ago. Ayurveda literally means Ayu-Veda i.e. science of life. It has its own philosophy and theories. And it looks human body by its view. Modern medicine is said to have its origin in 800 BC. It is based on experimental evidences.

Any disease is a particular abnormal condition of human body where the structure or function is affected. This definition remains same in both the sciences. Arthritis is the name given by modern medicine to the diseases of joints. There are more than 100 different types of arthritis diagnosed and named in modern medical science. In Ayurveda, joint diseases come under Sandhigata Vata, Amavata, Vatarakta etc.

We have identified the exact similarities & differences from the two diseases described in two literatures of different sciences. Though not all, but main symptoms i.e. of joints & skin resemble a lot in both diseases. The type of PsA i.e., arthritis mutilans has exactly same manifestations as Gambhir Vatarakta described in Ayurveda. And also complications of both the disease show heart disease. Psoriatic Arthritis is a severe, deforming, and destructive type of PsA that usually affects the small joints of the hands and feet. It can also cause neck and lower-back pain.

Table 2 shows the point wise study of similarities in comparison of the psoriatic arthritis and vatarakta after going through a detail literary review of the both diseases. 

DISCUSSION

Ayurveda is said to have its origin some 5000 years ago. Ayurveda literally means Ayu-Veda i.e. science of life. It has its own philosophy and theories. And it looks human body by its view. Modern medicine is said to have its origin in 800 BC. It is based on experimental evidences.

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We have identified the exact similarities & differences from the two diseases described in two literatures of different sciences. Though not all, but main symptoms i.e. of joints & skin resemble a lot in both diseases. The type of PsA i.e., arthritis mutilans has exactly same manifestations as Gambhir Vatarakta described in Ayurveda. And also complications of both the disease show heart disease. Psoriatic Arthritis is a severe, deforming, and destructive type of PsA that usually affects the small joints of the hands and feet. It can also cause neck and lower-back pain.

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### Table 2: Difference between Psoriatic Arthritis and Vata Rakta

<table>
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<tr>
<th>Points</th>
<th>PsA</th>
<th>Vata Rakta</th>
</tr>
</thead>
<tbody>
<tr>
<td>Associated symptoms</td>
<td>Enthesitis, uveitis or iritis or conjunctivitis</td>
<td>The Factors Aggravating Vata, rakta and or both which include specific dietary or habitual factors</td>
</tr>
<tr>
<td>Causes</td>
<td>No exact cause, combination of genetic, immunologic, and environmental factors</td>
<td>Gambhir and Uttana</td>
</tr>
<tr>
<td>Types</td>
<td>A)Symmetric Arthritis, B)Asymmetric Arthritis, C)Spondylitis, D)Arthritis Mutilans, E)Dural Interphalangeal Predominant (DIP)</td>
<td></td>
</tr>
<tr>
<td>Treatment</td>
<td>Nonsteroidal anti-inflammatory drugs (NSAIDs), Corticosteroids, Disease-modifying Antirheumatic Drugs (DMARDs), Biologics, surgical like synovecotomy and joint arthroplasty, Rehabilitation therapy</td>
<td>Snehana, Abhyanga (oleation therapy), Seka, Pradeha, Virechana (purgation therapy), Basti, List of specific Pathya and Apathya is described.</td>
</tr>
</tbody>
</table>

Table 2 shows the point wise study of differences in comparison of the psoriatic arthritis and vatarakta after going through a detail literary review of the both diseases. 

Though the two sciences are different, the human body on which it is applied remains the same. So whatever changes or pathology occurs in the body will remain same even if two people or two sciences name it differently.

CONCLUSION

There are many similarities in Psoriatic Arthritis & Vatarakta described in two sciences. Differences have occurred due to difference in the view of the particular science. Thus we can say both diseases resembles to each other in many ways. Psoriatic Arthritis can be said as a subset of Vatarakta as other diseases such as Gout also resembles to it as said by many scholars. So Vatarakta can be considered as a bigger entity where modern diseases can be included as per their presentations. Ayurveda is an individual specific medicinal science & considers every patient as a separate human body to treat. So, though these diseases look similar, when dealing in Ayurveda, the physician examines the patient as per Ayurveda Parikshanas and draws the line of treatment accordingly.

Further Scope

1. Clinical study of already diagnosed Psoriatic Arthritis according to Ayurveda.
2. Study of differences separately according to both sciences if they are present in other science too.

REFERENCES

Dhone Pooja & Jadhav Mahesh / Int. J. Res. Ayurveda Pharm. 8 (4), 2017


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