

ROLE OF GUDOOCHYADI KSHEERA VASTI IN VATA RAKTA

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ABSTRACT

Gout is a medical condition that usually present with recurrent attack of acute inflammatory arthritis (red, tender, hot, woolen joint). It is caused by elevated level of uric acid in the blood. About 12% of gout is attributed to dietary causes. This includes a strong association with the consumption of alcohol, sugar, meat and seafood. The aim of Study was to evaluate the therapeutic effect of Gudoochyadi Ksheera Vasti in Vatarakta. Source of the data was the patients who attended the O.P.D. of SKM. Siddha Ayurveda Clinic, Erode during the period of 2009 having the signs and symptoms of Vatarakta were screened. Among these patients 5 Patients who fulfilled the below mentioned criteria of inclusion were taken for the study.

KEYWORDS: vatarakta, gout, gudoochyadi ksheera basti

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INTRODUCTION

Gout is a medical condition that usually present with recurrent attack of acute inflammatory arthritis (red, tender, hot, woolen joint). It is caused by elevated level of uric acid in the blood. The uric acid crystallizes and deposit in joints, tendons, and surrounding tissues.

Causes - Hyperuricemia is the underlying causes of gout. This can occur for a number of reasons including dietary, genetic, or under excretion of urate. About 10% of people with hyperuricemia develop gout.

Lifestyle - About 12% of gout is attributed to dietary causes. This includes a strong association with the consumption of alcohol, sugar, meat and seafood. The intake of dairy product, vegetable, and the total protein intake do not affect the occurrence of gout. 1% of the total world's population is suffering from gout.

What is Vatarakta - Vata associated with rakta and starts especially in pada (Padoyar moolam asthaya kadachit swasthaya rapi). The classical symptoms of Vata rakta are. Kandu, Ruja Ayama (sira ayama) Toda, Spurana, Kunchana, Shyava twak, Rakta twak, Bheda, Gourava, Suptata

MATERIALS AND METHODS

Aim of the study

To evaluate the therapeutic effect of Gudoochyadi Ksheera Vasti in Vatarakta.

Source of the data

The patients who attended the O.P.D. of SKM. Siddha Ayurveda Clinic, Erode during the period of 2009 having the signs and symptoms of Vatarakta were screened. Among these patients 5 Patients who fulfilled the below mentioned criteria of inclusion were taken for the study. While selecting these 5 patients care was also taken to see that there was no any factor in these patients listed in the exclusion criteria.

Inclusion criteria

5 patients taken in this clinical trial were according to the following inclusion criteria-

The patients of Vatarakta clinically diagnosed and confirmed by investigations.

The patients between ages of 16 to 70 years were included in study.

Patients were randomly selected irrespective of sex, occupation, caste, etc.

Exclusion criteria

The patients suffering from Vatarakta showing the presence of following criteria were excluded from the study-

The patients with severe toxicity,

Progressive gangrenous changes in vicinity

Diseases of immunological basis and syphilis are excluded.

METHOD OF ADMINISTRATION OF BASTI

Vasti was administered in yoga vasti pattern, (3 – Kashaya vasti & 5 – Sneha vasti).

Clinical Study: All parameters were studied before and after the treatment.

Subjective Criteria Scoring: Pain, Burning sensation, Malaise, Sleep, Tenderness, Edema, Walking ability. Profile was also studied before and after the treatment. The details of the assessment criteria are given below: -

Subjective Criteria Scoring

1. Pain

No pain 0

Mild pain 1

Moderate pain 2

Severe pain 3

2. Burning sensation

No burning sensation 0

Mild burning sensation 1

Moderate burning sensation 2

Sever burning sensation 3

3. Malaise

No malaise 0

Mild malaise 1

Moderate malaise 2

Sever malaise 3

4. Sleep

Sound sleep 0

No sleep 1

Disturbed sleep 2

5. Tenderness

No tenderness 0

Patient complains of pain 1

Patient complains of Un-tolerable Pain but not affects routine 2

Patient complains of pain disturbs even the daily routine 3

No tenderness 0

6. Edema

No swelling 0

Slight swelling 1

Moderate swelling 2

Gross swelling 3

7. Walking ability

Walks easily 0

With mild difficulty 1

With moderate difficulty 2

With marked difficulty 3

Impossible 4

RESULTS

Individual parameters were measured along with, Effect of pain, Effect of Burning Sensation, Effect of Malaise, Effect of Tenderness, Effect of Walking ability, etc.

Assessment of overall effect

Complete remission - total score is 0 after the treatment.

Marked improvement – reduction in the mean symptom score by 75 to 99% from the initial score.

Moderate remission - reduction in the mean symptom score by 50 to 74%

Average remission - reduction in the mean symptom score by 25 to 49%

Unchanged - reduction in the mean symptom score by < 24 % from the initial score.

Result was given on individual parameters like effect of pain, effect of burning sensation, effect of malaise, effect of oedema, effect of tenderness and effect of walking ability.

Out of 5 Patients 4 patients got reduced in their uric acid level.(came to normalcy)

This Gudoochyadi Ksheera vasti can be practiced

Effect on pain

Patients treated with Ksheera Vasti had marked remission of the symptom pain. 1.8 was the mean initial score of pain in 5 patients of Vatarakta which came down to 1.0 after the treatment. The improvement to the tune of 44.44% is found to be statistically highly significant (P =0.001) as shown.

Effect on burning sensation

Burning sensation one of the cardinal symptoms of Vatarakta relieved by 57.14% as the initial score of Burning sensation which was 0.700 reduced to 0.300 after the treatment with Ksheera Vasti.

Effect on malaise

78.57% of improvement was observed in the symptom Malaise. 0.700 was the initial mean score of Malaise recorded in the 20 patients of Vatarakta . This was brought down to 0.150 after the administration of Ksheera Vasti. This improvement after the treatment is found to be highly significant (P =0.001)

Effect on tenderness

Tenderness is another symptom of Vatarakta. The initial mean score of the patients in tenderness was 0.100 which was reduced to 0.00 after the treatment. The improvement to the tune of 100% was recorded, is statistically significant.

Effect on oedema

Before the treatment the mean score of symptom of Oedema was 0.350. After the treatment with Ksheera Basti this was reduced to 0.0500 giving 85.71% effect. The change that occurred with the treatment is greater

than would be expected by chance; there is a statistically significant change ($P = 0.010$).

Effect on walking ability

47.22% of improvement was observed in the score of walking ability. 1.8 was the initial mean score recorded in the 20 patients of Vatarakta This was brought down to 0.950 after the administration of Vatarakta and Lekhana Basti This improvement after the treatment is found to be highly significant ($P = 0.001$).

Overall effect of the treatment in Vatarakta

After the completion of the 15 days course of treatment in Vatarakta the overall assessment of the patients were made as discussed in the assessment criteria. The analysis revealed that no patient had complete relief from the signs and symptoms of Vasti. Moderate remission of the signs and symptoms was seen in 90% of the patients treated with Ksheera Vasti.

One patient after treatment showed 40 % remission of the symptoms which comes under average remission category. Another one patient after treatment showed 20 % remission from the signs and symptoms of vatarakta which considered as unchanged category. All the 5 patients taken for the study had some or the other form of improvement in the symptoms of Vatarakta.

CONCLUSION

Out of 5 Patients 4 patients got reduced in their uric acid level.(came to normalcy)

This Gudoochyadi Ksheera vasti can be practiced at OPD level and is cost effective also.

Diet plays an important role in treating Vatarakta.

Shodana along with shamana can give better results.

The Study can be conducted with more number of patients for getting better results.

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