

Case Report: Efficacy of *Navakarshika Kashaya* in the Management of *Vatarakta* (Gout)

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ABSTRACT

Vatarakta is a highly painful and debilitating condition, indulging in sedentary lifestyle. In this condition, *Vata Dosha* plays a dominant role, causing an imbalance that leads to intense joint pain, redness, and swelling. *Vatarakta* bears a close resemblance to gout in modern medicine, as both conditions share similar symptoms, particularly the severe, intermittent pain caused by the deposition of crystals in the joints. Gout, a metabolic disorder of purine metabolism, causes hyperuricemia and urate crystal formation, which leads to inflammation and discomfort. *Shamana Chikitsa* plays a central role in this approach, providing relief from pain while working to restore harmony within the body. In this case report a 42yr male patient of *Vatarakta* since 2 yrs visited to O.P.D, P.G. Department of *Kayachikitsa* Gurukul Campus Haridwar for treatment. He had complaints of bilateral elbow and ankle joint pain, swelling and stiffness. He had taken allopathic treatment for that but didn't get relief so she consulted to our hospital. The patient was treated with *Navakarshika Kashaya* for 45 days and patient got significant relief in signs and symptoms.

KEYWORDS: Bilateral ankle and elbow joints pain, swelling and stiffness, *Navakarshika Kashaya*, *Vatarakta*, Gout

INTRODUCTION:

Vatarakta is a *Vatapradhan Tridoshaja Vatavyadhi*. It is characterized by the *Dusthi* of *Rakta Dhatu* and *Vata Dosha*. The aggravated *Vata Dosha* have been obstructed in its passage by vitiated *Rakta Dhatu*. Vitiating mutually they causing extreme pain and inflammation firstly in *Kara Pada Moolam* (MTPJ) which later spreads to other joint similar to that of *Akhuvisha* (rat bite) also producing *Kandu* (itching), *Toda* (pricking pain), *Daha* (burning sensation), *Sphurana* (throbbing pain), *Ruka* (Pain), *Aankuchana* (contraction), *Ayama* (dilatation of vessel), *Syavarakta* (brownish black, red coloration), *Tamra Varna* (coppery coloration) of skin¹. The *Vatarakta* is correlated as Gouty arthritis due to its similarities in causative factors and symptoms between them. Gout is a metabolic disorder of purine metabolism in which excessive accumulation of uric acid (7mg/dl in male and 6mg/dl in female) lead to formation of small uric acid crystal which are deposited in joint or periarticular tissue causing intense pain and inflammation of 1st metatarsophalangeal joint primarily later accompanied by other joint². The appearance of joint suggest pyogenic infection and local cellulitis. Today unhealthy diet, smoking, alcohol consumption, drugs abuse, stress and so on, are the presentations of unhealthy life style which made humans prone for many non – communicable diseases one such disease is Gout.

MATERIAL AND METHOD

A 42 yrs. male patient from Haridwar was asymptomatic before 2 years. He complains of bilateral ankle and elbow joints pain, swelling and stiffness. He visited to OPD on 23/09/23, OPD NO. 5015/23224 of P.G Dept. *Kayachikitsa*, Gurukul campus, UAU, Haridwar. This patient was treated with *Navakarshika Kashaya* for 45 days.

B.P – 130/80 mm of Hg

Pulse Rate – 74/min

RS- B/L clear

SpO2 – 98%

CVS- S1S2 normal

CNS- Conscious and well oriented with respect to time, place and person

P/A -Soft and non-tender

No history of any major medical or surgical illness.

Materials

The *Navakarshika Kashaya* contains *Amlaki* (*Emblica officinalis*), *Haritaki* (*Terminalia chebula*), *Bibhitak* (*Terminalia bellirica*), *Nimba* (*Azadirachta indica*), *Manjishtha* (*Rubia cordifolia*), *Vacha* (*Acorus calamus*), *Kutaki* (*Picrorhiza kurroa*), *Guduchi* (*Tinospora cordifolia*), *Daruharidra* (*Berberis aristata*). in equal quantities³.

Properties of Drugs⁴

Table no. 1

S.No.	Drug	Rasa	Guna	Virya	Vipaka	Dosha-Karma
1.	Haritaki	<i>Kashayapradhan</i> <i>(Pancharasa)</i>	<i>Laghu</i> <i>Ruksha</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Tridhoshara,</i> <i>Rasayana, Deepan,</i> <i>Rechaka</i> <i>Vatanulomak</i>
2.	Bhibhikati	<i>Kashaya</i>	<i>Laghu</i> <i>Ruksha</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Tridoshar,</i> <i>Shothahara</i> <i>Vednasthapaka</i>
3.	Amalaki	<i>Amlapradhan</i> <i>(Pancharasa)</i>	<i>Guru</i> <i>Ruksha</i> <i>Sheeta</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Tridhoshara</i> <i>Rasayana</i> <i>Dahaprashamana</i>
4.	Nimba	<i>Tikta Kashya</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapittashamak</i> <i>Raktashodhaka</i>
5.	Manjishtha	<i>Tikta Madhur</i> <i>Kashaya</i>	<i>Guru</i> <i>Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Pittaghna</i> <i>Kaphaghna</i> <i>Raktashodhaka</i>
6.	Vacha	<i>Katu Tikta</i>	<i>Laghu</i> <i>Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vataghna</i> <i>Kaphshamaka</i> <i>Shothara</i>
7.	Kutaki	<i>Tikta</i>	<i>Laghu</i> <i>Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapittaghna</i> <i>Rechaka</i>

8.	Guduchi	<i>Tikta kashaya</i>	<i>Guru Snigdha</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Tridoshara Raktashodhaka Dahaprashamana</i>
9.	Daruharidra	<i>Tikta Kashaya</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphapittaghna Vednasthapaka</i>

Preparation of Kashaya

Mixture of coarse powder of all dry herbs will be taken in equal amount. After adding 16 times of water, it will be allowed to boil in an open-mouthed container on low flame. Boiling will be done till it reduces to one-fourth. Then after filtering, it will be given to patient in lukewarm form. Each time fresh *Kwatha* (decoction) will be prepared in the same method.

Dose – 40ml BD

Duration – 45 days before meal

The assessments of the patients were done before and after the complete course of treatment.

OBSERVATION AND ASSESSMENT CRITERIA

Table no. 2

Subjective parameters	Grade 0	Grade 1	Grade 2	Grade 3
1. <i>Sandhishotha</i> (swelling)	No swelling	Palpable swelling	Visible shiny swelling	Swelling bulging beyond the joint margin.
2. <i>Sandhi ruka</i> (Joints pain)	No	Mild pain but tolerable	Moderate pain H/O occasional use of NSAIDs	Severe pain with regular use of NSAIDs
3. <i>Stabdhata</i> (stiffness)	No stiffness relieves in 30 min	Stiffness relieves in 30 min	Stiffness relieves in 1-2 hrs	Persist throughout the day

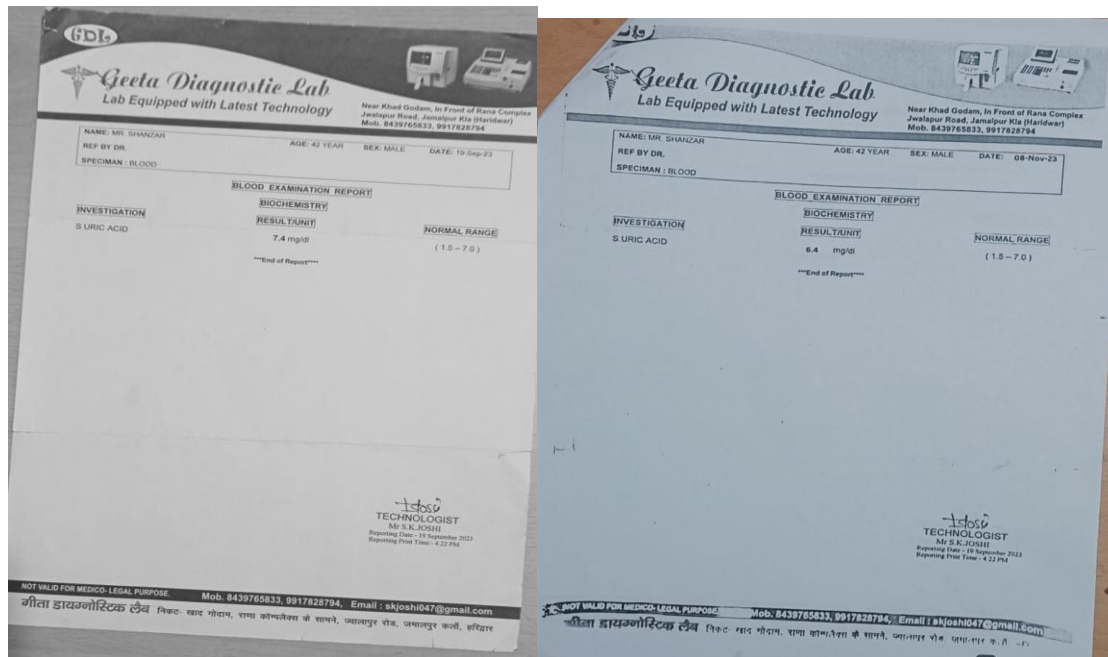
Objective parameter

Serum uric acid – before and after treatment

RESULT AND DISSCUSION:

Table no. 3

Associate symptoms and S.uric acid	Before treatment (19 / 09/23)	After treatment (08/11/ 24)
1. <i>Sandhishotha</i> (swelling)	Grade 1	Grade 0
2. <i>Sandhi ruka</i> (Joints pain)	Grade 3	Grade 0
3. <i>Stabdhata</i> (stiffness)	Grade 4	Grade 1
4. Serum uric acid	7.4	6.4



Before Treatment

After treatment

In the present study, it was observed that *Navakarshika Kashaya* effectively reduced the symptoms of *Vatarakta* and serum uric acid level. The formulation, which is primarily composed of *Katu*, *Tikta*, and *Kashaya Ras*, is highly beneficial in correcting imbalances in both *Jathraagni* (the digestive fire) and *Dhatvagni* (the metabolic fire of the tissues). These properties help in the digestion and elimination of *Ama* (undigested metabolites), while also promoting the clearing of obstructions in the body's channels (*Shrotas*). Additionally, the *Kashaya rasa* has *Rakta* and *Pitta-shamaka* (*Pitta*-reducing) properties, which are particularly effective in alleviating *Daha* (burning sensations)⁵.

Daruharidra- It has *Vedanasthapaka*, *Pittasarak* and *Raktavashodhak* property⁶, which reduces *Daha*, *Ruka* symptoms of *Vatarakta*.

Guduchi – It is *Tridosh shamaka*. In the *Agreya Prakarana*, Acharya Charak highlights the *Vatahara* (*Vata*-reducing) and *Rakta Prashamana* (blood-purifying) properties of the formulation. These qualities make it particularly effective in addressing imbalances in *Vata* and *Rakta*, thereby helping in the management of *Vatarakta* (a disease characterized by joint pain and inflammation due to vitiated *Vata* and blood)⁷.

Vacha – It is characterized by its *Katu-Tikta rasa*, *Ushna virya*, and *Katu vipaka* properties⁸. It is effective in balancing *Vata* and *Kapha doshas* hence decrease the pain and swelling.

Nimb - With its predominance of the *Tikta rasa*, is known for its blood-purifying properties and is beneficial in treating *Raktajanya* (blood-related) diseases.

Manjistha - It possesses *Rakta Shodaka* properties, which help in cleansing and correcting the vitiated *Rakta Dhatu* (blood tissue). Its *Varnya* property aids in improving skin color and complexion, addressing *Vaivarnyata* (discoloration). Additionally, it has *Vaidna Sthapaka* and *Shothaghana* properties, which relieve pain and reduce swelling⁹.

Guduchi, Vacha, Haritaki, Vibhitaki, and Amalaki are all considered *Rasayanas*, which are known for their powerful antioxidant properties. These *Rasayanas* help reduce oxidative stress by neutralizing free radicals, thereby protecting joint tissues from damage. As a result, they can contribute to alleviating

symptoms of gout, such as pain and swelling, by mitigating the inflammatory processes associated with the condition.

CONCLUSION

Today, unhealthy lifestyle choices, including poor diet, smoking, alcohol consumption, drug abuse, and stress, have become widespread in society. Additionally, with the rise of the internet and virtual communication networks, has led to reduced physical activity. These factors have significantly increased the susceptibility of the modern population to various non-communicable diseases, one of which is *Vatarakta*. *Vatarakta* is a type of inflammatory disease in which *Vata Dosha* and *Rakta Dhatu* mutually vitiate each other causing pain, swelling and stiffness of joints. The *Navakarshika Kashaya* is beneficial in treating *Vatarakta* (Gout) by alleviating local pain, swelling, and tenderness. Its ingredients are predominantly *Vataghna* (*Vata*-reducing), *Vedanasthapana* (pain-relieving), and *Shothahara* (anti-inflammatory), along with blood-purifying properties. These qualities help detoxify the body, providing relief from the symptoms associated with gout.

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