

“Concept of Vatarakta – An Article Review”

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ABSTRACT:

Health is a condition of full physical, mental, and social well-being in addition to not having any disease or infirmity. Only one's diet and way of living have an impact on their health. A chronic disease typically develops as a result of a disordered metabolism brought on by unwholesome food practises and lifestyle decisions. Shodhana, Shamana, and Pathya-Apathya measurements are several studies on the therapeutic procedures of Ayurveda for Vatarakta.

Keywords – Vatarakta, Shodhana, Shamana, Pathya-Apathya

INTRODUCTION:

In order to comprehend the Vatarakta diet, lifestyle changes, and therapy modalities, researcher conducted study on the subject by reading two publications.

People are now more vulnerable to a wide range of diseases as a result of their poor eating habits and altered lifestyles. These problems may lead to functional impairment or crippling conditions like Vatarakta. Gouty arthritis, also known as vatarakta, is a chronic illness where the metabolism is thrown off by following unwholesome dietary and lifestyle habits. The concept of Pathya (wholesome) and Apathya (unwholesome) was developed by Acharyas to incorporate it in their methods for treating ailments in addition to their recommendations for leading a healthy lifestyle.⁽¹⁾

Ayurveda suggests a number of methods for treating this ailment, including massage therapy, Basti, and Raktamokshana. Additionally, ayurvedic medicines including Chandraprabhavati, Gudaharitaki, Pippali, Vataraktantaka Rasa, Vishweshwara Rasa, and Sarweshwara Rasa are used to treat vatarakta.⁽²⁾

Review of Literature –

1. Ahamad F, Gupta R, Ahirwar H, Graduate Scholar P, Professor A. A Review on Vatarakta with special reference to Pathya-Apathya in Vatarakta. Explains healthy and unhealthy foods, as well as the Vatarakta referenced Pathya-Apathya and its uses for therapeutic purposes. Acharyas created the idea of Pathya (wholesome) and Apathya (unwholesome) to apply it to both their prescriptions for living a healthy lifestyle and their ways for curing illnesses.

‘SHORT COMMUNICATION: CONCEPT OF VATARAKTA – AN ARTICLE REVIEW’

2. Gupta A, Sharma S. Concept of Gouty Arthritis (Vatarakta) in Ayurveda. Journal of Health Sciences Journal. Explains the causes, symptoms, types of Vatarakta, diagnosis, and treatment, including Shodhana and Shamana therapies. Massage therapy, Basti, and Raktamokshana are just a few of the treatments recommended by Ayurveda for this illness. Additionally, ayurvedic medications including Chandraprabhavati, Gudaharitaki, Pippali, Vataraktantaka Rasa, Vishweshwara Rasa, and Sarweshwara Rasa are used to treat vatarakta.

AUTHOR’S CONTRIBUTION –

The Author has brief extended Acharyas idea of Pathya (wholesome) and Apathya (unwholesome) as a part of the treatment of ailments in addition to being a part of a regime of healthy living. Patients must adhere to the healthy eating pattern known as Pathya because it is imperative that they consume food that will preserve their Dhatu in a healthy state and prevent them from becoming further vitiated by Doshas.

The second author has provided an explanation of the therapeutic methods according to contemporary medicine, Ayurveda, Pathya, and Apathya, as well as how they can be beneficial if we have a better understanding of them.

CONCLUSION -

Both studies, in my opinion, have provided a broad perspective on treatment techniques and a clear explanation of the idea. I'm reading these publications to look for any therapy approaches, both with and without intervention, that can help us comprehend how deeply our Acharyas have considered the specific conditions.

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