

**EFFECT OF HERBAL FORMULATION NAVKARSHIK GHAN VATI IN
THE MANAGEMENT OF VATARAKTA W.S.R. TO GOUT: A CASE
REPORT**

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ABSTRACT

Vatarakta is more distressing and common metabolic disorder prevalent in present era. *Vatarakta* is a disease which is encountered in the population leading to a sedentary lifestyle. Based on the causes, signs and symptoms, *Vatarakta* may be correlated to Gout in modern medicine. Gout is an abnormality of purine metabolism that causes hyperuricemia and deposition of monosodium urate crystals in joints. In 21st century, Gout is the most common inflammatory arthritis. The incidence of Gout has been on the rise globally due to change in dietary habits, lifestyle, and greater use of medications. The prevalence rate of gout is 6.8% in India. It is characterised by severe pain, tenderness, inflammation and burning sensation in the affected joints.^[1] Here is the presentation of a male Patient, aged 44 years, whose chief complaint was pain and redness of left metatarsophalangeal joint and

left ankle joint. His uric acid level was found to be 9.6 mg/dl. The subject was treated with Navkarshik Ghan Vati. Contents of Navkarshik Ghan Vati are Nimba, Manjistha, Vacha, Kutaki, Guruchi, Daruhaldi, Haritaki, Bibhitaki and Amalaki. The medicine was given for 2-months period. After that period uric acid level was repeated, it was found to be 5.6.

KEYWORDS: *Vatrakta*, Gout, Metatarsophalangeal joint, *Navkarshik Ghanvati*.

INTRODUCTION

The world is changing fast. Technology, education, health and eating habits - there is hardly anything in life that is not changing, some changes we like, while others create fear and anxiety. Along with the rest of the world, India too is changing. The country has been undergoing a rapid transition in health over the past several decades – a shift from infectious diseases to non-communicable diseases. In the age of technology, an average workday for many people involves extended periods of staying sedentary. Whether sitting at a desk or in a meeting, episodes of prolonged sitting can be dangerous to health. Inactive or sedentary lifestyles can increase the risk of developing many Diseases. Changing lifestyles, food habits, luxuries, decreased tendencies of exercise, more and more vehicle riding, are the factors leading to various metabolic and joint disorders. The joint diseases are becoming main health problem in the present era.² Vatarakta is one among such diseases. The incidence of *Vatarakta* is increasing with alarming rate. It is creating a lot of concern all over the world as it is causing serious complications with disabilities to human.

CASE REPORT

Case History

A male subject aged 44 years old from Muktsar Punjab, who was property consultant by profession, came with the below said complaint as outdoor patient in Kayachikitsa department, Mai Bhago Ayurvedic Medical College Muktsar Punjab.

Chief complaints

1. Pain in left metatarsophalangeal Joint for the last 2 months
2. Redness of left metatarsophalangeal Joint for the last 2months
3. Pain in left ankle Joint for 1month
4. Stiffness of ankle joint for 1 month

History of present illness

According to patient he was quite asymptomatic 3 years back, then he developed pain in left metatarsophalangeal joint. Initially he ignored the pain and didn't get any treatment. After few months he developed severe pain of left metatarsophalangeal joint. He also developed redness of same joint. Initially he took pain killer from medical store without consulting doctors, but got no relief. After 4 months of episode, he visited Civil Hospital Muktsar and got investigated. His uric acid level was 9.6 at that time. He was advised to take febuxostat 40mg 1 OD daily. He was taking medicines regularly, but 4 months back he left medicines.

For next 2 months, there was no symptoms. But 2 months back he developed pain in left metatarsophalangeal Joint. There is sudden onset of acute agonizing pain usually at night. He also developed redness of left metatarsophalangeal Joint. It was not associated with any stiffness or fever. On inquiry he told that there was no involvement of other joints. It was not associated with morning stiffness. One month back he also developed pain and stiffness of ankle joint. There was no redness and swelling of ankle joint. There was no history of injury or trauma present. Then patient decided to take ayurvedic treatment. With these complaints patient came to Kayachikitsa department, Mai Bhago Ayurvedic Medical College Muktsar Punjab.

History of past illness - There was history of hypertension, dyslipidaemia and hypothyroidism. He has been taking Tab Telmisartan 40 mg OD, Tab Cholestrocare 1BD and Tab Eltroxin 0.25mcg OD regularly. There is no history of Diabetes mellites, bronchial asthma, Renal Calculus and kidney disease present.

Family History

Father	Died of coronary artery disease.
Mother	Known case of hypothyroidism, PIVD and coronary artery disease.
Brothers	3 Healthy
Sister	1 healthy
Spouse	healthy
Son	2 healthy

Personal History

Diet	Non-Vegetarian
Appetite	Appropriate
Thirst	Normal
Sleep	Sound sleep, 8 hours / 24 hours
Bowel habit	Regular, 1 time a day
Micturition	Regular, 4-5 times a day
Addiction	Alcohol

Dashvidh Pariksha

Prakriti	Vatakpittaj
Vikriti	Vatapittaj
Sara	Mansasar
Sanhanana	Madhyama
Pramana	Sama
Satmaya	Madhyama
Satva	Pravar
Ahara Shakti	Pravar

Vyayam Shakti	Pravar
Vaya	Yuva

Ashtvidh Pariksha

Nadi (Pulse)	82 beats / min
Mala (Bowel habit)	Regular, 1 time / day
Mutra (Micturation)	Regular, 5-6 times /day
Jihva (Tongue)	Uncoated
Shabda (Speech)	Clear
Sparsha (Touch)	Normal
Drika (Vision)	Normal
Akriti (Built)	Madhyam

GENERAL PHYSICAL EXAMINATION

- Patient is conscious, oriented to time place and person.
- Height and weight of a patient is 5.9 feet and 80 kg respectively. He is overweight.
- There is no cyanosis, clubbing present.
- No pallor or icterus present.
- There is no evidence of lymphadenopathy.
- There is no oedema present.
- Redness of metatarsophalangeal joint and ankle joint present.
- Body temperature of patient is 98.6 F.
- Pulse rate of a patient is 82/ min regular.
- Juglar venous pressure of patient is normal.
- Blood pressure is 140/90 mm of Hg.

Examination of Joints

A. Inspection

- Joint involvement: left ankle joint, left metatarsophalangeal joint.
- No deformity present.
- Redness of metatarsophalangeal joint and ankle joint present.
- Swelling of metatarsophalangeal joint and ankle joint present
- Muscle wasting just above joint not present.

B. Palpation

- Local temperature slightly raised
- Tenderness of metatarsophalangeal joint and ankle joint present.
- Swelling is non fluctuant.

- Bony components and its relation to the joint are normal.

C. Movements (active and passive)

- Pain on movement of metatarsophalangeal joint and ankle joint present.
- Slight Restriction of movement of metatarsophalangeal joint and ankle joint present.
- Excessive mobility of joints not present.
- Protective muscular spasms not present
- No joint crepitations present.

D. Measurements

- Length of the limb is normal.
- Circumference of the limb is normal.
- Relations of various bony points is normal.

Investigations

- Hb 14gm%
- TLC 8000/mm³
- DLC N₇₂L₂₂M₄E₁B₁
- ESR 10 mm fall in 1st Hr.
- Fasting blood sugar 108 mg%
- Blood urea 22 mg%
- S. Creatinine 0.9 mg%
- S. Uric Acid 9.6 mg%

MATERIALS AND METHOD

Materials

Material used for study.

S.No.	Drug	Dose	Duration
1	Navkarshik Ghan Vati	1gm BD	2 MONTHS

Contents of Drug^[3]

Contents	Family	Quantity	Parts used	Action
Nimba (<i>Azadirachta indica</i>)	Meliaceae	1part	Leaf	RaktvikarJanyaShoth Har
Manjistha(<i>Rubia cordifolia</i>)	Rubiaceae	1part	Stem	Raktshodhak
Vacha (<i>Acorus calamus</i>)	Araceae	1part	Rhizome	Vednasthapan /Shoth Har
Kutaki (<i>Picrorhiza kurroa</i>)	Scrophulariaceae	1part	Rhizome	Pit Virechak / Raktshodhak
Guruchi (<i>Tinospora cordifolia</i>)	Menispermaceae	1part	Stem	Rasayana

Daruhaldi (<i>Berberis aristata</i>)	Berberidaceae	1part	Stem	Action on liver/ Raktshodhak
Haritaki (<i>Terminalia chebula</i>)	Combrataceae	1part	Dried Fruit	Shoth Har/Rasayana
Bibhitaki (<i>Terminalia bellirica</i>)	Combrataceae	1part	Dried Fruit	Shoth Har
Amalaki (<i>Emblica officinalis</i>)	Euphorbiaceae	1part	Dried Fruit	Rasayana

Methods

Centre of study: Mai Bhago Ayurvedic Medical College Muktsar Punjab.

Type of study: Simple random single case study.

Subjective Criteria

Subjective parameters assessed before and after the treatment as per the grade score.

1. *Sandhi Shoola* (Joint pain)
2. *Sandhi Shotha* (Swelling of joint)
3. Raaga (Redness)
4. *Stabdhata* (Stiffness)

S.No.	Sign & Symptoms	Status	Grades
1.	<i>Sandhi Shoola</i> (Joint pain)	No pain	0
		Mild pain/ Bearable	1
		Pain on movement & relieved on rest	2
		Constant pain	3
		Severe pain with disturbing sleep	4
2.	<i>Sandhi Shotha</i> (Joint swelling)	No swelling	0
		Mild swelling	1
		Moderate swelling	2
		Severe swelling	3
		Severe swelling with loss of movement	4
3.	Raaga (Redness)	No redness	0
		Mild redness	1
		Moderate redness	2
		Severe redness	3
		Joint dusky red	4
4.	<i>Stabdhata</i> (Stiffness)	No stiffness	0
		Stiffness lasting for few minutes to one hour	1
		Stiffness lasting for 1 hour to half a day	2
		Stiffness lasting for more than half of day	3
		Stiffness throughout the day	4

Objective Criteria

To assess the effect of therapy, Serum uric acid level assessed before and after the treatment.

Serum uric acid level done before trial, after 30 days and at the time of completion of trial i.e., on 60 days.

OBSERVATIONS AND RESULTS

The patient had started improving symptoms within 7 days. After 60 Days treatment there is marked improvement in subjective as well as objective parameter.

S.No.	Sign & Symptoms	DAY 1 Grade	DAY 15 Grade	DAY 30 Grade	DAY 60 Grade
1.	<i>Sandhi Shoola</i> (Joint pain)	4	2	1	0
2	<i>Sandhi Shotha</i> (Joint swelling)	1	1	0	0
3	<i>Raaga</i> (Redness)	2	1	0	0
4	<i>Stabdhata</i> (Stiffness)	1	0	0	0

S.No.	investigation	DAY 1 Grade	DAY 15 Grade	DAY 30 Grade	DAY 60 Grade
1.	S. URIC ACID	9.6	8.2	6	5.6

CONCLUSION

Navkarshik Ghan Vati is used in the subject for two months. There is significant improvement in *Sandhi Shoola* (Joint pain), *Sandhi Shotha* (Joint swelling), *Raaga* (Redness), *Stabdhata* (Stiffness). Serum uric acid level also decreased from 9.6 to 5.6. So Navkarshik Ghan Vati is effective, inexpensive, easily available and well accepted drug with minimal or no complications for Vatrakta or Gout.

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