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Use of Sanshamani Vati as A Apunarbhav Chikitsa In Vatrakta

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ABSTRACT

Vatrakta is the disease specially described by Acharya Charak and madhav. In this disease, there is separate vitiation of Vat and rakta dosha. Both the vitiated doshas combined and form the disease Vatrakta. The chikitsa of Vatrakta includes Snehan, Swedan, Virechan, Raktamokshan, Basti etc. After cure of disease, as a prophylaxis or to avoid Punarudbhav of the vyadhi, Sanshamani Vati can be used for long period as a shaman aushadhi. Guduchi Ghan is main ingredient of Sanshamani Vati, which is Agnidipak, Tridoshnashak mainly Vat dosh nashak and Rakta dushti har.

Keywords: Vatrakta, Sanshamani Vati, Guduchi Ghan.

INTRODUCTION

Acharya Charak¹ and Madhav Nidan², describe the disease Vatrakta as separately, whearse Acharya Sushrut Vatrakta consider as a one of the Vatvyadhi. In this disease, there is separate vitiation of both the Vat and Rakta dosha. Sukshma and sar gun of vat and rakta leads to sanchar throughout sarv sharir through sira n dhamani. The sthan sanshray of this disease is Parv sandhis³ i.e small joints of hand and leg. There is shoth, shool, usha sparsh, and aarakt varnata at the Parv sandhi.

According to modern science, Gaut can be to relate with Vatrakta. It is form of arthritis characterized by severe pain, redness, tenderness at joints⁴. The disease is form because of improper metabolism. The byproduct of purine is uric acid, wchich is excreted through kidneys, when there is excess production of

Uric acid because of improper digestion or metabolism leads to collection of uric acid at smaller joints. It creates severe pain, redness and tenderness at these joints.

OBJECTIVES

- To study detail about disease Vatrakta.
- To study detail about Sanshamani Vati.

MATERIAL AND METHOD

- All the references regarding Vatrakta with Gaut are collected from Bruhatray is and Laghutray is and from Modern books.
- The concept of Sanshamani Vati studied from all reference in detail.
- Collection of all references is done and correlation between data done logically/ Yukti Praman.

DISEASE REVIEW

1. NIDAN⁵

AAHAR – Lavan , Amla, Katu, Snigdha, Ushna atisevan.

Ajirna avstha bhojan, Virudhashan, Atilangan Klinna ,
Shushka annasevan, Kulattha Mash sevan, Dadhi, Ikshu,
Souvir , Takra, Madhya, atisevan.

VIHAR - Divaswapna, Ratri jagran, Krodh, Abhighat, Atichankraman, Hay
ushtra yan, Ambukrida, Plavan.

All these hetus leads to separate vitiation of Vat and Rakta, which leads to further disease formation.

2. PURVAROOP⁶

- | | |
|----------------------|---------------------|
| - Atisweda or Asweda | - Karshnya |
| - Sparsh adnyatva | - Sandhi shaithilya |
| - Aalasya | - Angasaad |
| - Pidaka at Sandhi | - Sandhi vedana |

3. ROOPA⁷

- Severe pain at joints
- Swelling and redness at joints.
- Sparsh asahtva

TYPES –

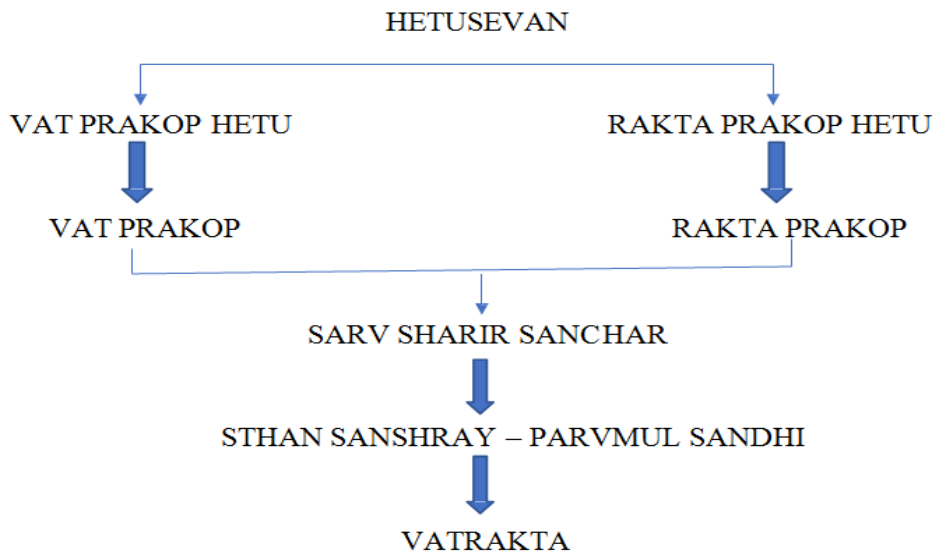
- A. UTTAN⁸ – Twak and Mamsa adhishtan
Kandu, Dah, Ruja, Tod, Sphuran.
- B. GAMBHIR⁹ – Med , Asthi, Majjagat Dosh adhishtan
Shotha, Kathinya, Vedana, Dah, Tod, Pak
- A. VATADHIK¹⁰ – Atyadhik vedana, Angamarda, Shool, Sphuran, Stambha,
Kamp, Sparsh hani, Shoth is ruksh and Varun
- B. PITTADHIK¹¹ – Atyadhik dah, Moh, Vedana, Murchcha,
Sparshashatva, Shoth is Aarakta varna & Ushnasparsh
- C. KAPHADIK¹¹ - Staimitya , Angagaurav, snigdhatta, Shaitya, Supti, Kandu.
- D. RAKTADHIK¹² – Atyadhik shoth , Vedana , Araktvarnata.

4. UPASHAY

Puranshali, Yav, Godhum, Mug, Masoor, Draksha, Amalaki, Godugdha, Mahish
dugdha

ANUPSHAY –

Mash, Kulath, Nishpav, Anup mamsa, Dadhi, Madya, Abhishyandi katu aahar,
Amla, Lavan ras, Diwaswapna, Agnisevan, Vyayam etc

5. SAMPRAPTI -

SANSHAMANI VATI –**GUNA –**

- Katu, Tikta, Kashay Ras
- Ushnavirya
- Madhur vipak
- Tridoshar – specifically Vat and Rakta doshar
- Rasayan
- Balkarak
- Agnidipak

PROPERTIES¹³ –

- Enriched with anti inflammatory properties.
- Helpful in body relaxing rheumatic and arthritic pain.
- Having antioxidant properties which prevent cell damage.
- Beneficial in chronic fever patient.
- Improves digestion.
- Removes toxins from body.
- Ama Pachak .
- Anti Arthritic property.
- Anti Gaut.
- Strengthen body Immune System.

PREPARATION

First the kand and twak of Guduchi is made coarse form. Then added 16 times water and boiled to reduced a quarter part. Then it filtered. It is further boiled till it gains semisolid paste form. Then it rolled into pills form.

DISCUSSION

In the above study, because of all gunas of Sanshamani Vati, it significantly reduces the Vat and Rakta dosha dushti. Because of Madhur vipak, it reduces Pitta and Rakta dushti, whereas, being Katu, tikta and kashay ras and ushna virya leads to Vat dosh shaman. Also it increases Kshudha as it is agnidipak. It also gives bal to rugna as having rasayan property. It is Ama Pachak i.e it removes disease causing toxins. It is also

act as a mild Antipyretic and Anti Arthritic¹⁵ . So from above study, in the prophylaxis management of Vatrakta Sanshamani vati can be use for long period according to patient.

CONCLUSION

Sanshamani vati can provide signifant result in prophylaxis of Vatrakta. Thus sanshamani vati can be effectively use in the management of vatrakta.

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