

AYURVEDA MANAGEMENT OF UTTHANAVATARAKTA ROGA (PERIPHERAL VASCULAR DISEASE)

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ABSTRACT :

Vatarakta is a disorder where both Vata and Rakta are vitiated . The vitiating factors of Vata and Rakta are involved in the generation of this disease. There are two types of Vatarakta.

1. Utthanavatarakta (Periferal vascular disease]

2. Gambheeravatarakta (Gout).

Periferalvascular disease can be treated with avoidance of causative factors, Vyadhipratyanikaushadhaprayoga, following strict pathyapathya, diet and Panchakarma therapy like matrabasti, saghritaksheerabasti and lepaprayoga.

The present paper highlights the role of Ayurveda treatment in the management of Vatarakta nroga

INTRODUCTION

Peripheral vascular disease (Utthanavatarakta) which can be better treated with Ayurveda medicine. It often occurs due to tobacco chewing, use of vidahi and ushnavirya drugs, over use of lavana and amla vargiya dravyas, and pitta and raktavardhaka dravyas excessively. By using vatavardhaka and raktavardhandravvyarakta gets vitiation and causes the disease Vatarakta .Vatahara and Pittahara measures will alleviate the symptoms of vatarakta. In peripheral vascular disease there will be reduction of blood supply to the extremities and fingers of legs leading to inflammatory signs and symptoms in the legs and fingers.

Ayurveda drugs used in PVD are having the following actions.

1. Vatahara
2. Pitta hara
3. Sheetavirya
4. Raktashodhaka
5. Soothing
6. Virechana
7. Srotoshodhaka
8. Raktavisravana
9. Vasodilators
10. Tiktarasayukta
11. Ojaskara
12. Rasayana
13. Vrinaropaka
14. Dahahara
15. Pooyahara

16. Snigdha, vyavayi, vikasigunayukta
17. Vishahara
18. Malavatanulomana
- Vatahara**
1. Pindataila
 2. Kheerabalataila
 3. Mahanarayanataila
 4. Balataila
 5. Balarista
 6. Ashwagandharista
 7. Kaishoraguggulu
 8. Triphalaguggulu
- Pitta hara**
1. Sarivadyasava
 2. Chandanasava
 3. Goksheera
 4. Tiktakaghrita
 5. Mahatiktakakashaya
 6. Panchatiktaghritaguggulu
 7. Usheeradipeya
 8. Usheerasava
 9. Sarivadihima
- Sheetavirya**
1. Shatavariswarasa
 2. Usheeradipeya
 3. Usheerasava
 4. Sarivadihima
 5. Shadangapaniya
 6. Shatavariguda
 7. Chandanasava
- RaktaShodhaka**
1. Mahatiktakakashaya
 2. Arogyavardhini rasa
 3. Gandhakarasyana
 4. Panchatiktaghritaguggulu
 5. Kaishoraguggulu
 6. Mahamanjishtadikashaya
 7. Manjistadikashaya
 8. Triphalakashaya
 9. Panchavalkalakashaya
- Srotoshodhaka**
1. Panchatiktakashaya
 2. Panchavalkalakashaya
 3. Triphalaguggulu
 4. Kaishoraguggulu
 5. Trikatuchoorna with madhu
 6. Nimbakwatha
- Soothing to Skin and Blood vessels**
1. Mannishtadilepa
 2. Manjishtadikashaya
 3. Sarivadyasava
 4. Chandanasava
 5. Chandanadiloa
 6. Shilajatwadiloa
 7. Shatavariguda
 8. Shatavariswarasa
- Virechana**
1. Triphala tablets
 2. Triphalakashaya
 3. Shatsakarachoorna
 4. Trivritchoorna
 5. Aragwadhapalamajja
 6. Goksheera
 7. Avipattikarachoorna
- Vasodilators**
1. Sarivadyasava
 2. Varunadikashaya
- Tiktarasayukta**
1. Mahatiktakakashaya
 2. Amritadi kashayam
 3. Panchatiktakashaya
 4. Sarivadihima
 5. Panchanimbadichoorna
 6. Nimbakashaya
 7. Patolakaturohinyadikashaya
- Madhurarasayukta**
1. Ksheerabalataila
 2. Parushakaghrita
 3. Shatavariswarasa
 4. Shatavariguda

5. Kharjuradimantha
6. Kharjuraphala
7. Parushakaphala
8. Ashwagandhapaka

4. Rasa sindoora
5. Siddha makaradhwaja
6. Rasamanikya
7. Vrinapahari rasa

Ojaskara

1. Goksheera
2. Goghrita
3. Drakshakalka
4. Parushakaghrita
5. Ashtaksheera
6. Kooshmandavaleha
7. Ashwagandharishta

Vishahara

1. Swarnabhasma
2. Chandanasava
3. Amritadikwatha
4. Shirishadikashaya

Rasayana

1. Ashwagandhachoorina
2. Ashwagandhadileha
3. Ashwagandharista
4. Balarista
5. Rasasindoora
6. Arogyavardhinivati
7. Gandhakarasyana
8. Manjistadikashaya

Mala vatanulomaka

1. Triphalakwatha
2. Triphala tablet
3. Trivritchoorna
4. Goksheera
5. Dantyarista
6. Shatsakara choorna
7. Panchasakara choorna

Vrinaropaka

1. Triphalakwatha
2. Arogyavardhini rasa
3. Triphalaguggulu
4. Gandhakarasyana
5. Mahatiktakashaya
6. Panchatiktaghritaguggulu
7. Sarivadyasava
8. Panchavalkalakashaya

Anti infective

1. Gandhakarasyana
2. Triphalaguggulu
3. Mahatiktakamkashayam
4. Panchatiktakashayam
5. Phalatrikadikashaya

Dahahara

1. Chandanaditaila
2. Chandanalepa
3. Shatadhoutaghritalepa
4. Chandanasava
5. Usheerasava
6. Usheeradipeya

Pooyahara

1. Triphalaguggulu
2. Gandhakarasyana
3. Mallasindoora

DISCUSSION

Vataraktaroga is caused due to vitiation of Vata Pitta and Rakta. Utthanavatarakta can be correlated with Peripheral Vascular disease by comparing the symptoms of the disease. It can be better treated by Ayurveda medicine. Avoidance of causative factors, use of Vyadhipratyanikaushadhis, Virechana, Ksheerabasti, shamana aushadhiprayoga, use of pathyapathya, diet, and lifestyle changes are helpful for the elimination of the disease. Virechana helps in eliminating pitta dosha. And Raktavikriti. By various actions of drugs signs and symptoms of uthanavatarakta can be relieved.

CONCLUSION

1. UthanaVatarakta can be correlated with PVD.
2. Ayurveda treatment in PVD is having a positive role.
3. PVD treatment requires a longer time to get completely cured.
4. Complications of PVD can be minimized by Ayurveda treatment.

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