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## Observational study of etiological factor of Vatarakta W.S.R to Gout

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### Abstract

Gout is one of the most common inflammatory arthritis's, which is considered to be a true crystal deposition disorder caused by the formation of monosodium urate crystals in and around joints. A number of epidemiological studies from a diverse range of countries suggest that gout has increased in prevalence and incidence in recent years and that the clinical pattern of gout is becoming more complex. In particular, the greatest increase has been observed in primary gout in older men. Thus the present observational study aims at finding out exclusive and pinpointed etiological factors, which unidirectional aims at Gout to help the clinicians to stop the disease progression at a very early stage.

**Keywords:** Observational, etiological, Vatarakta

### Introduction

The site of Vatarakta are joints of hands and feet and all the joints of body. According to Sushruta, Padmula is the main site of Vatarakta [2].

Vatarakt is a vaat pradhana tridoshaj vyadhi including soth and shool affecting locomotory system [1]. On the basis of characteristics sign and symptoms which present after manifestation of disease and etiological factors diagnosis is made. Some specific type lifestyle dietary habit which increases vaat and rakta dushti is causes vatarakta [1]. This sample survey basically shows the prevalence of gout. The factor like dietary history and life styles which play major role in precipitating of any disease [3]. In gout small joint s and big toes, ankle joint is affected firstly [1].

Review of ayurvedic and modern literature to find out the role of dietary and life style factors in etiopathogenesis of gout and observational study of patients for clinical etiological factor s was done on 10 patients from OPD/ IPD of P.G.department of Roga Nidana. Govt. ayurvedic college chaukaghat Varanasi.

### Observation

This is the demographic study. It is beneficial in prevention and management of gout, after getting percentage of improper diet habits and life style we can advise the patient how to prevent the causes of gout non communicable disease vatarakta are caused by stotodushti sang and Vimargagama.

### Result

Observational etiological factor s and clinical feature in 10 patients of gout show following results.

Amladiexcessive intake in 4 patients (40%)

Lavanadi excessive intake in 6 patients (70%)

Shushka in 5 patients (80%)

Abhojanam in 4 patients (40%)

Kashayadi in 6 patients (60%)

Virudhha bhojana in 5 patients (50%)

Adhyasana in 3 patients (40%)

Divasvapna in 6 patients (80%)

Ride over horse and camel (Bike riding and excessive journey) in 7 patients (70%)

Trauma in 8 patients (80%)

Sukumar in 7 patients (70%)

Pleasurable people in 5 patients (50%)  
 Achankramanasheel in 9 patients (90%)

### Contemporary medical science

Increase production of Uric acid due to excessive intake of-  
 Cereals in 8 patients (80%)  
 Cheese in 6 patients (60%)  
 Paneer in 7 patients (80%)

### Risk Factor

Age and gender  
 Genetics  
 Life style choice in 9 patients (90%)  
 Resents trauma or surgery 3 patients (40%)

### Symptoms according to classical text

Sandhishool in 10 patients (100%)  
 Daha 6 patients (60%)  
 Sotha in 8 patients (90%)  
 Sprshasahatva in 7 patients (70%)

### Epidemiologically observation

**Age group**  
 -20-30 years of 1 patient (10%)  
 -30-40 years of 2 patients (20%)  
 -40-50 years 4 patients (40%)  
 -50-60 years 3 patients (30%)

### Sex

Male 10 patients (100%)  
 Female 0 patients (0%)

### Disease history

Hypertension 2 patients (20%)  
 Diabetes 2 patients (20%)  
 Thyroid 1 patients (10%)

### Discussion

Above study is suggestive that data found after examined 10 patients are much more similar to the contemporary medical science and our classical ayurvedic texts. This data shows about 40-50 age group of people are much more affected by gout about 40%. male are more affected than female About 10%. when we consider etiological factors then intake of ruksha, lavanadi and clinical feature then sandhishool, daha, shoth, Sparsh asahatva are more common sign and symptoms which occurs about 100%, 60%, 80% and 70%.

### Conclusion

The Above data gives an input on gout and we can say and shots a trends for gout predisposing factor s like excessive diet consciousness less nutritive food and salty substance eating habits and a stressful unorganized undisciplined life with more use of luxury habit than physical workout turns out to be important cause of gout. further study on this topic with a large sample size may give as some shot direction for precaution from gout.

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