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A COMPREHENSIVE STUDY OF CHARAKOKTA VATARAKTA AND TO COMPARE THE EFFICACY OF GHRITABHRISTA ABHAYA KWATHA AND TRIVRUT CHURNA WITH DRAKSHYA RASA

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ABSTRACT

Due to the busy schedule in society no one is focusing to maintain their health, so most are affected with one or more disease. The things that create trouble in most of the people are having faulty dietary habit and not following Dinacharya and Ritucharya. So different disease related to daily life are appeared, out of them Vatarakta is one of most common.

Materials And Method

30 No. of Vatarakta patients were randomly selected from OPD, IPD of Govt. Ayurvedic College & Hospital, Balangir and Saradeswari Govt. Ayurvedic Hospital, Balangir and the Camps to be conducted by Govt. Ayurvedic College & Hospital, Balangir.

Result And Discussion

During the entire duration of therapy, there was not any adverse effect for both the trial groups. Here, Group-B should better result in overall total parameters.

Conclusion

The effect of medicine, that is Trivrut churna with Drakshya rasa was more significant in Vatarakta than Ghritabhrista Abhaya kwatha in this study.

KEYWORDS: *Vatarakta, Ghritabhrista Abhaya kwatha, Trivrut churna with Drakshya rasa.*

INTRODUCTION

Vatarakta is a well-described disease in Ayurvedic classics, arising from the simultaneous vitiation of Vata dosha and Rakta dhatu. When Vata, known for its mobility, becomes obstructed by vitiated Rakta, it leads to impaired circulation and inflammation, primarily affecting the peripheral joints and extremities. Classical texts like Charaka Samhita and Sushruta Samhita describe dietary habits, sedentary lifestyle, excessive intake of salty, sour, spicy foods, and alcohol as major causative factors. The condition manifests with severe joint pain, burning sensation, redness, swelling, and discoloration, resembling gout and certain vascular disorders in modern medicine. Ayurveda provides a holistic approach to management through Shodhana, Shamana, lifestyle modification, and diet, aiming to restore balance between Vata and Rakta and prevent recurrence. Here in this study Ghritabhrista Abhaya kwatha and Trivrut churna with Drakshya rasa have been taken trial drug due to it's sodhan and saman guna which is the prime treatment for Vatarakta.

AIM AND OBJECTIVE OF STUDY

- To compile and review of literature on the topic Vatarakta from Charaka Samhita.
- To establish an effective Ayurvedic formulation on Vatarakta.
- To evaluate the efficacy of Ghrita Bhrista Abhaya Kwatha and Tribrut Churna with Drakshya Rasa in the management of Vatarakta.

MATERIALS AND METHOD

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Clinical Sources
30 No. of Vatarakta patients were randomly selected from OPD, IPD of Govt. Ayurvedic College & Hospital, Balangir and Saradeswari Govt. Ayurvedic Hospital, Balangir and the Camps to be conducted by Govt. Ayurvedic College & Hospital, Balangir.

ETHICAL CLEARANCE
With due approval by IEC (Institutional Ethical Committee), Govt. Ayurvedic College & Hospital, Balangir, the study was conducted among the patients registered for the purpose. Written consent was obtained from each patient participate in the study with prior proper information.

STUDY DESIGN AND GROUPING
A special proforma was prepared which includes details of history taking, physical sign and symptoms, subjective and objective parameters. With this proforma 30 no. of patients were randomly scrutinized and selected for the study.

METHODOLOGY- Randomized controlled trial (open label)
30 no. of patients, satisfying the inclusion as well as exclusion criteria, were taken for the present study and all patients were divided into 2 equal groups i.e Group-A and Group B. And the assessment was made before and after treatment.

Group A: - 15 patients were given Ghritabhrista Abhaya Kwatha orally.
Group B: - 15 patients were given Tribrut Churna with Drakhya Rasa orally.
A comparison was done among Group A and Group B before and after treatment.

DIAGNOSTIC CRITERIA
The patients were diagnosed on the basis of both subjective and objective parameters. The subjective and objective parameters was examined through Trividha, Astavidha & Dasavidha parikshya.

INCLUSION CRITERIA
- As per the classical sign and symptoms described in Ayurvedic text and modern literature.
- Age- 20 to 50yrs of either sex.
- Patient willing for trial and co-operative.
- Patient having serum uric acid concentration more than 7.0 mg/dl in males and 6.0 mg/dl in females.

EXCLUSION CRITERIA
- Age below 20 years and above 50 years
- Patients having any associated chronic ailment.
- Pregnant and lactating women.
- Person undergoing treatment for any other serious illness.
- Patient not willing for trial.

ASSESMENT CRITERIA
Assessment of the effect of therapy was done based on various subjective and objective criteria. For the purpose of assessment, a detailed research proforma in corporating various parameters like Dashvidha Parikhsya and Astavidha Parikshya was created. Patient was thoroughly assessed after every 15 days during the entire study period. Improvement in the signs and symptoms was graded as 0,1,2,3 grade for normal (0), mild (1), moderate (2), severe (3) accordingly.

CLINICAL ASSESMENT
The average percentage improvement in the severity of different clinical sign and symptoms was calculated. The overall clinical assessment was done considering the sign and symptoms as follows:
- Marked improvement – Above 75% relief in sign and symptoms
- Moderate improvement – 51%- 75% relief in sign and symptoms
- Mild improvement – 26%-50% relief in sign and symptoms
- Unsatisfactory – below 25% relief in sign and symptoms

SUBJECTIVE CRITERIA
- Kandu (Itching)
- Daha (Burning Sensation)
- Ruk (Ache)
- Toda (Pricking Pain)
- Swayathu (Inflammation)

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- Stabdha (Stiffness)
- Akunchana (Contraction)

OBJECTIVE CRITERIA

- Serum uric acid
- DC
- TLC
- ESR

SELECTION OF DRUGS AND PREPARATION METHOD

There were two trail drugs for this study i.e.
Ghritabhrusta abhaya kwatha, Ingredients: Ghrita, Abhaya
Tribrut churna with Draksha rasa, Ingredients: Tribrut, Drakshya

PREPARATION OF TRIAL DRUGS

Group-A Trial Drug (Ghritabhrista Abhaya Kwatha)

- Collected from local drug market.
- Identified and authenticated by experts of dravyaguna department of GAC, Bolangir.

Preparation Of Kashaya (For single dose):

In this preparation, 25 grams of Haritaki in its Yabakuta form was added to 200 mL of water, maintaining a 1:8 proportion. The mixture was subjected to heat by Manda Agni and boiled until it reduced to 1/4th of its original quantity, yielding 50 mL of Kashayam. Then keep it cool and filtered through a clean cotton. Following filtration, 10–12 grams of pre-boiled Go-ghrita was added with kasayam. The resultant formulation was then made ready for internal administration. The above medicine was prepared in the Pharmacy of Govt. Ayurvedic college, Bolangir under the direct supervision of experts Rasashastra and Bhaisajya Kalpana, Govt. Ayurvedic college, Bolangir.
Dose: 50 ml
Anupana: Ushna Jala
Duration: 30 days

Group-B Trial Drug (Tribrut churna with Drakshya Rasa)

- Collected from local drug market.
- Identified and authenticated by experts of dravyaguna department of GAC, Bolangir.

Preparation Of Tribrut Churna: (For single dose)

The dried roots were broken and then pulverized using a mechanical grinder to obtain a fine powder. Then powdered material was passed through a sieve no. 85 to ensure Churna. Then Tribṛut Churna was collected and stored in a clean, dry, airtight glass container to prevent moisture absorption and contamination.

Preparation of Drakshya Rasa:(For single dose)

25 grams of Drakshya are soaked in two times their weight of water for overnight. This process facilitates rehydration and softening of the fruit, allowing for juice extraction. After soaking, the softened drakshya are subjected to grinding to obtain juice.
Dose: 5 gm Tribrut churna with 20 ml Drakshya Swarasa
Anupana: Ushna jala
Duration: 30 days

FOLLOW UP

Follow up was done in every 15 days interval i.e 15th and 30th day in two groups. During the follow up both subjective & objective parameters of assessment was done to assess the result.

OBSERVATION AND RESULTS

The research work was conducted after scrutinized by DRC and IEC and approved by competent authority of Sambalpur university. During research work the data were observed time to time and assessment was recorded as authentic document for dissertation. The constitutional data related to ayurvedic and demographic data related to age, sex, educational qualification etc. were observed during clinical study and put forth here in table and graphical form for easy understanding and proper presentation.

In this study 30th numbers of patients were registered. 15 patients were registered for treatment of **Ghritabhrusta abhaya kwatha** in group-A, 15 patients were registered for treatment of **Tribrut churna with Draksha rasa** in group-B.

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It has been observed that, in this study 66.67% belonged to age group 41-50 years, 60% were male, 100% were belonged to Hindu religion, 93.33% were literate, 53.33% were
belonged to middle class family, 43.33% were belonged to service (teacher) occupation, 67.67%were having sudden unset, 66.67% were taking mixed diet, 56.67% were taking vishamasana type dietary habit, 60% were taking lavana & amla predominant food, 73.33% were having poor apetite, 50% were having vishama agni, 40% were doing occasionally vyayama, 50% were having disturbed sleep, 43.33% were taking alcohol addiction, 70% were having less urination, 63.33% were abnormal bowel habit.

Table No:01- Showing effects of Ghritabhrista Abhaya kwatha (group-A) and Trivrut churna with Drakshya rasa (group-B) on Kandu of patients.

KANDU		Mean	Median	SD	SE	Wilcoxon W	P-Value	% Effect	Result
Group A	BT	1.93	2.00	1.10	0.28	-3.286	0.00102	72.41	Sig
	AT	0.53	1.00	0.52	0.13				
Group B	BT	1.47	1.00	0.52	0.13	-3.508	0.00045	100.00	Sig
	AT	0.00	0.00	0.00	0.00				

Since observations was on ordinal scale, Wilcoxon Signed Rank Test was used to test efficacy in Group A and Group B. From above table, we observed that P-Value for Group A and Group B less than 0.05. Hence, we concluded that, effect observed Group A and Group B was significant.

Table No:02- Showing effects of Ghritabhrista Abhaya kwatha (group-A) and Trivrut churna with Drakshya rasa (group-B) on Daha of patients.

DAHA		Mean	Median	SD	SE	Wilcoxon W	P-Value	% Effect	Result
Group A	BT	2.87	3.00	0.35	0.09	-3.397	0.00068	51.16	Sig
	AT	1.40	1.00	0.63	0.16				
Group B	BT	2.87	3.00	0.35	0.09	-3.493	0.00048	81.40	Sig
	AT	0.53	1.00	0.52	0.13				

Since observations was on ordinal scale, Wilcoxon Signed Rank Test was used to test efficacy in Group A and Group B. From above table, we observed that P-Value for Group A and Group B less than 0.05. Hence, we concluded that, effect observed Group A and Group B was significant.

Table No:03- Showing effects of Ghritabhrista Abhaya kwatha (group-A) and Trivrut churna with Drakshya rasa (group-B) on Ruk of patients.

RUK		Mean	Median	SD	SE	Wilcoxon W	P-Value	% Effect	Result
Group A	BT	2.87	3.00	0.35	0.09	-3.384	0.00072	48.84	Sig
	AT	1.47	2.00	0.64	0.17				
Group B	BT	2.87	3.00	0.35	0.09	-3.573	0.00035	74.42	Sig
	AT	0.73	1.00	0.46	0.12				

Since observations was on ordinal scale, Wilcoxon Signed Rank Test was used to test efficacy in Group A and Group B. From above table, we observed that P-Value for Group A and Group B less than 0.05. Hence, we concluded that, effect observed Group A and Group B was significant.

Table No:04-Showing effects of Ghritabhrista Abhaya kwatha (group-A) and Trivrut churna with Drakshya rasa (group-B) on Toda of patients.

TODA		Mean	Median	SD	SE	Wilcoxon W	P-Value	% Effect	Result
Group A	BT	2.53	3.00	0.64	0.17	-3.286	0.00102	47.37	Sig
	AT	1.33	1.00	0.62	0.16				
Group B	BT	2.20	2.00	0.68	0.17	-3.508	0.00045	69.70	Sig
	AT	0.67	1.00	0.49	0.13				

Since observations was on ordinal scale, Wilcoxon Signed Rank Test was used to test efficacy in Group A and Group B. From above table, we observed that P-Value for Group A and Group B less than 0.05. Hence, we concluded that, effect observed Group A and Group B was significant.

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Table No:05- Showing effects of Ghritabhrista Abhaya kwatha (group-A) and Trivrut churna with Drakshya rasa (group-B) on Swayathu of patients.

SWAYATHU		Mean	Median	SD	SE	Wilcoxon W	P-Value	% Effect	Result
Group A	BT	1.20	1.00	0.86	0.22	-2.714	0.00666	50.00	Sig
	AT	0.60	1.00	0.51	0.13				
Group B	BT	1.53	2.00	0.92	0.24	-3.286	0.00102	78.26	Sig
	AT	0.33	0.00	0.49	0.13				

Since observations was on ordinal scale, Wilcoxon Signed Rank Test was used to test efficacy in Group A and Group B. From above table, we observed that P-Value for Group A and Group B less than 0.05. Hence, we concluded that, effect observed Group A and Group B was significant.

Table No:06- Showing effects of Ghritabhrista Abhaya kwatha (group-A) and Trivrut churna with Drakshya rasa (group-B) on Stabdha of patients.

STABDHA		Mean	Median	SD	SE	Wilcoxon W	P-Value	% Effect	Result
Group A	BT	2.27	3.00	0.96	0.25	-3.314	0.00092	50.00	Sig
	AT	1.13	1.00	0.64	0.17				
Group B	BT	2.00	2.00	0.65	0.17	-3.508	0.00045	86.67	Sig
	AT	0.27	0.00	0.46	0.12				

Since observations was on ordinal scale, Wilcoxon Signed Rank Test was used to test efficacy in Group A and Group B. From above table, we observed that P-Value for Group A and Group B less than 0.05. Hence, we concluded that, effect observed Group A and Group B was significant.

Table No:07- Showing effects of Ghritabhrista Abhaya kwatha (group-A) and Trivrut churna with Drakshya rasa (group-B) on Akunchana of patients.

AKUNCHANA		Mean	Median	SD	SE	Wilcoxon W	P-Value	% Effect	Result
Group A	BT	1.93	2.00	0.80	0.21	-3.360	0.00078	79.31	Sig
	AT	0.40	0.00	0.51	0.13				
Group B	BT	2.13	2.00	0.74	0.19	-3.482	0.00050	84.38	Sig
	AT	0.33	0.00	0.49	0.13				

Since observations was on ordinal scale, Wilcoxon Signed Rank Test was used to test efficacy in Group A and Group B. From above table, we observed that P-Value for Group A and Group B less than 0.05. Hence, we concluded that, effect observed Group A and Group B was significant.

Table No:08 Showing comparision between effects of Ghritabhrista Abhaya kwatha (group-A) and Trivrut churna with Drakshya rasa (group-B) on subjective parameters.

Variable	Group	N	Mean Rank	Sum of Ranks	Mann-Whitney U	P-Value	Result
KANDU	Group A	15	15.47	232.00	112.000	1.0000	NS
	Group B	15	15.53	233.00			
	Total	30					
DAHA	Group A	15	10.87	163.00	43.000	0.0030	Sig
	Group B	15	20.13	302.00			
	Total	30					
RUK	Group A	15	11.33	170.00	50.000	0.0090	Sig
	Group B	15	19.67	295.00			
	Total	30					
TODA	Group A	15	13.53	203.00	83.000	0.2330	NS
	Group B	15	17.47	262.00			
	Total	30					

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SWAYATHU	Group A	15	12.10	181.50	61.500	0.0330	Sig
	Group B	15	18.90	283.50			
	Total	30					
STABDHA	Group A	15	12.03	180.50	60.500	0.0290	Sig
	Group B	15	18.97	284.50			
	Total	30					
AKUNCHANA	Group A	15	14.03	210.50	90.500	0.3670	NS
	Group B	15	16.97	254.50			
	Total	30					

Mann Whitney U Test was carried out for comparison between Group A and Group B (Inter-Group). From above table, we observed that P-Value for KANDU, TODA and AKUNCHANA Parameters was greater than 0.05. Hence, we concluded that, there was no significant difference between Group A and Group B.

And P-Value for DAHA, RUK, SWAYATHU and STABDHA Parameters was less than 0.05. Hence, we concluded that, there was significant difference between Group A and Group B.

Table No:09- Showing effects of Ghritabhrista Abhaya kwatha (group-A) and Trivrut churna with Drakshya rasa (group-B) on Neutrophils of patients.

Neutrophils		Mean	N	SD	SE	t-Value	P-value	% Change	Result
Group A	BT	66.13	15	6.50	1.68	2.927	0.0110	5.44	Sig
	AT	62.53	15	2.88	0.74				
Group B	BT	67.80	15	6.75	1.74	2.448	0.0282	6.19	Sig
	AT	63.60	15	2.61	0.67				

Since observations was quantitative, paired t-test was carried out to test significance in Group A and Group B. From above table, we observed that P-Value for Group A and Group B less than 0.05. Hence, we concluded that there was significant change observed in Group A and Group B.

Table No:10-Showing effects of Ghritabhrista Abhaya kwatha (group-A) and Trivrut churna with Drakshya rasa (group-B) on Eosinophils of patients.

Eosinophils		Mean	N	SD	SE	t-Value	P-value	% Change	Result
Group A	BT	5.27	15	3.10	0.80	1.453	0.1682	21.52	NS
	AT	4.13	15	1.13	0.29				
Group B	BT	5.07	15	1.98	0.51	0.674	0.5112	6.58	NS
	AT	4.73	15	1.03	0.27				

Since observations was quantitative, paired t-test was carried out to test significance in Group A and Group B. From above table, we observed that P-Value for Group A and Group B greater than 0.05. Hence, we concluded that there was no significant change observed in Group A and Group B.

Table No:11- Showing effects of Ghritabhrista Abhaya kwatha (group-A) and Trivrut churna with Drakshya rasa (group-B) on Basophils of patients.

Basophils		Mean	N	SD	SE	t-Value	P-value	% Change	Result
Group A	BT	0.40	15	0.63	0.16	-4.785	0.0003	183.33	Sig
	AT	1.13	15	0.74	0.19				
Group B	BT	0.40	15	0.63	0.16	-2.086	0.0558	133.33	NS
	AT	0.93	15	0.80	0.21				

Since observations was quantitative, paired t-test was carried out to test significance in Group A and Group B. From above table, we observed that P-Value for Group A less than 0.05. Hence, we concluded that there was significant change observed in Group A. P-Value for Group B greater than 0.05. Hence, we concluded that there was no significant change observed in Group B.

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Table No:12- Showing effects of Ghritabhrista Abhaya kwatha (group-A) and Trivrut churna with Drakshya rasa (group-B) on Lymohocyte of patients.

Lymphocytes		Mean	N	SD	SE	t-Value	P-value	% Change	Result
Group A	BT	25.33	15	3.89	1.00	-1.958	0.0705	9.47	NS
	AT	27.73	15	2.84	0.73				
Group B	BT	24.80	15	5.58	1.44	-1.551	0.1432	9.41	NS
	AT	27.13	15	2.67	0.69				

Since observations was quantitative, paired t-test was carried out to test significance in Group A and Group B. From above table, we observed that P-Value for Group A and Group B greater than 0.05. Hence, we concluded that there was no significant change observed in Group A and Group B.

Table No:13- Showing effects of Ghritabhrista Abhaya kwatha (group-A) and Trivrut churna with Drakshya rasa (group-B) on Monocyte of patients.

Monocytes		Mean	N	SD	SE	t-Value	P-value	% Change	Result
Group A	BT	2.87	15	2.56	0.66	-1.625	0.1265	55.81	NS
	AT	4.47	15	2.92	0.76				
Group B	BT	1.93	15	1.49	0.38	-2.269	0.0396	86.21	Sig
	AT	3.60	15	2.26	0.58				

Since observations was quantitative, paired t-test was carried out to test significance in Group A and Group B. From above table, we observed that P-Value for Group A was greater than 0.05. Hence, we concluded that there was no significant change observed in Group A.P-Value for Group B less than 0.05. Hence, we can conclude that there was significant change observed in Group B.

Table No:14- Showing effects of Ghritabhrista Abhaya kwatha (group-A) and Trivrut churna with Drakshya rasa (group-B) on TLC of patients.

TLC (/cumm)		Mean	N	SD	SE	t-Value	P-value	% Change	Result
Group A	BT	10256.67	15	1489.59	384.61	3.187	0.00659	11.02	Sig
	AT	9126.67	15	1502.60	387.97				
Group B	BT	10240.00	15	1399.39	361.32	4.351	0.00066	13.15	Sig
	AT	8893.33	15	1400.24	361.54				

Since observations was quantitative, paired t-test was carried out to test significance in Group A and Group B. From above table, we observed that P-Value for Group A and Group B less than 0.05. Hence, we concluded that there was significant change observed in Group A and Group B.

Table No:15- Showing effects of Ghritabhrista Abhaya kwatha (group-A) and Trivrut churna with Drakshya rasa (group-B) on ESR of patients.

ESR (mm/hr.)		Mean	N	SD	SE	t-Value	P-value	% Change	Result
Group A	BT	44.67	15	17.15	4.43	6.029	0.00003	33.58	Sig
	AT	29.67	15	11.09	2.86				
Group B	BT	40.27	15	18.74	4.84	3.848	0.00177	31.13	Sig
	AT	27.73	15	10.36	2.68				

Since observations was quantitative, paired t-test was carried out to test significance in Group A and Group B. From above table, we observed that P-Value for Group A and Group B less than 0.05. Hence, we concluded that there was significant change observed in Group A and Group B.

Table No:16- Showing effects of Ghritabhrista Abhaya kwatha (group-A) and Trivrut churna with Drakshya rasa (group-B) on Serum uric acid of patients.

S. URIC ACID		Mean	N	SD	SE	t-Value	P-value	% Change	Result
Group A	BT	7.79	15	0.78	0.20	8.511	0.000000662	22.15	Sig
	AT	6.07	15	0.41	0.11				
Group B	BT	7.64	15	0.58	0.15	11.331	0.000000019	19.14	Sig
	AT	6.18	15	0.43	0.11				

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Since observationsb was quantitative, paired t-test was carried out to test significance in Group A and Group B. From above table, we observed that P-Value for Group A and Group B less than 0.05. Hence, we concluded that there was significant change observed in Group A and Group B.

Table No:17- Showing the comparison between effects of Ghritabhrista Abhaya kwatha (group-A) and Trivrut churna with Drakshya rasa (group-B) on objective parameters.

Variable	Group	N	Mean	SD	SE	t-Value	P-value	Result
Neutrophils	Group A	15	3.60	4.76	1.23	-0.284	0.7783	NS
	Group B	15	4.20	6.65	1.72			
Eosinophils	Group A	15	1.13	3.02	0.78	0.866	0.3937	NS
	Group B	15	0.33	1.91	0.49			
Basophils	Group A	15	-0.73	0.59	0.15	-0.671	0.5078	NS
	Group B	15	-0.53	0.99	0.26			
Lymphocytes	Group A	15	2.40	4.75	1.23	0.034	0.9728	NS
	Group B	15	2.33	5.83	1.50			
Monocytes	Group A	15	1.60	3.81	0.98	-0.054	0.9571	NS
	Group B	15	1.67	2.85	0.73			

Unpaired t-Test was carried out for comparison between Group A and Group B (Inter-Group). From above table, we observed that P-Value for all parameter was greater than 0.05. Hence, we concluded that, there was no significant difference between Group A and Group B.

Table No:18

Variable	Group	N	Mean	SD	SE	t-Value	P-value	Result
TLC (/cumm)	Group A	15	1130.00	1373.19	354.56	-0.460	0.6488	NS
	Group B	15	1346.67	1198.73	309.51			
ESR (mm/hr.)	Group A	15	15.00	9.64	2.49	0.602	0.5521	NS
	Group B	15	12.53	12.61	3.26			
S. URIC ACID	Group A	15	1.73	0.79	0.20	1.095	0.2827	NS
	Group B	15	1.46	0.50	0.13			

Unpaired t-Test was carried out for comparison between Group A and Group B (Inter-Group). From above table, we observed that P-Value for all parameters was greater than 0.05. Hence, we concluded that, there was no significant difference between Group A and Group B.

Table No:19- Showing the comparison between overall effects of Ghritabhrista Abhaya kwatha (group-A) and Trivrut churna with Drakshya rasa (group-B).

Overall Effect (Patient Wise)	Group A		Group B	
	N	%	N	%
Marked Improvement	0	0.00%	13	86.67%
Moderate Improvement	10	66.67%	2	13.33%
Mild Improvement	5	33.33%	0	0.00%
Unsatisfactory	0	0.00%	0	0.00%
TOTAL	15	100.00%	15	100.00%

It was observed that 13 patients (86.67%) from group-B were shown marked improvement, 10 patients (66.67%) from group-A and 2 patients (13.33%) from group-B were shown moderate improvement, 5 patients (33.33%) from group-A were shown mild improvement.

DISCUSSION

Probable mode of action of Ghritabhrista Abhaya kwatha and Trivrut churna with Drakashya rasa on subjective parameters

KANDU

There was 72.41% mean percentage of improvement in Group-A and statistically significant with p-value <0.05. There was 100% mean percentage of improvement in Group-B and statistically significant with p-value <0.05. It acts on kandu due to snigdha *and*

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mrudu guna of ghruta which reduces dryness and irritation. Katu, tikta rasa have kandunsahaka property, ushna veery cleans srotas and reduced vata-kapha. Chebulic acid, chebulagic acid have anti-histamine properties.

DAHA

There was 51.16% mean percentage of improvement in Group-A and statistically significant with p-value <0.05. There was 81.40% mean percentage of improvement in Group-B and statistically significant with p-value <0.05. It acts on Daha due to madhura, tikta, Kashaya rasa, sita veerya, snigdha guna have pittanashak properties and it reduced burning sensation.

RUK

There was 48.84% mean percentage of improvement in Group-A and statistically significant with p-value <0.05. There was 74.42% mean percentage of improvement in Group-B and statistically significant with p-value <0.05. It acts on Ruk due to its madhura rasa, snigdha and mrudu guna which pacify vata. It has vatanulomaka and vedanahara properties.

TODA

There was 47.37% mean percentage of improvement in Group-A and statistically significant with p-value <0.05. There was 69.70% mean percentage of improvement in Group-B and statistically significant with p-value <0.05. It acts on Toda due to its Kashaya, katu rasa, Ushna veerya act as vatanulomaka, amapachaka and srotasodhaka properties which relief from obstruction and controlling vata.

SWAYATHU

There was 50% mean percentage of improvement in Group-A and statistically significant with p-value <0.05. There was 78.26% mean percentage of improvement in Group-B and statistically significant with p-value <0.05. It acts on Swayathu due to its ushna veerya which reduces kapha, laghu rukshya guna abhaya and tribrut absorb kapha and Abhaya have the sothahara properties.

STABDHA

There was 50% mean percentage of improvement in Group-A and statistically significant with p-value <0.05. There was 86.67% mean percentage of improvement in Group-B and statistically significant with p-value <0.05. It acts on stabdha due to its katu rasa which clears the obstruction then ushna veerya cleans srotas and decrease vata-kapha. And snigdha guna lubricate tissue.

AKUNCHANA

There was 79.31% mean percentage of improvement in Group-A and statistically significant with p-value <0.05. There was 84.38% mean percentage of improvement in Group-B and statistically significant with p-value <0.05. It acts on Akunchana due to its snigdha and mrudu guna which relax and softness the tissue and vatanulomaka prabhaba which pacify aggravate vata. Turpenthin, scopoletin, resin, glycoside which have antispasmodic in nature.

DISCUSSION ON OVERALL EFFECT OF THERAPY

When the data was analysed for overall results of therapy the following observation were made:

- Marked improvement was seen in 13 patients (86.67%) in group-B.
- Moderate improvement was seen in 10 patients (66.67%) in group-A and 02 patients (13.33%) in group-B.
- Mild improvement was seen in 05 patients (33.33%) in group-A.
- During the entire duration of therapy, there was not any adverse effect or adverse drug reaction observed for both trial groups.
- Here group-B showed better result in overall total parameters.

CONCLUSION

- In Vatarakta, all three Doshas are involved, but the vitiation of Vata and Rakta Dosha is of prime importance.
- In Vatarakta, Vataprakopaka and Raktaprakopaka Nidanas lead to the vitiation of the respective Dosha and Dhatu. The vitiated Rakta obstructs the aggravated Vata, resulting in the manifestation of Vatarakta.
- the disease mainly involves Rasavaha, Raktavaha, Mamsavaha, Asthivaha, Medovaha, Majjavaha, and Swedavaha Srotas.
- Regular practice of Yoga, Pranayama, Meditation, and Exercise was also recommended, as these helps relieve stress and may benefit society as a whole.
- As the saying goes, “Prevention is better than cure”; therefore, it is advisable to avoid all causative factors of Vatarakta to maintain a healthy life.
- If the study is carried out on a larger sample size in the future, it will be more clarified the effect of medicine on Vatarakta and definitely useful for the society betterment for the human being. Further research may be carried out.

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