

**“A COMPARATIVE STUDY OF VATARAKTA WITH  
PERIPHERAL VASCULAR DISEASES”**



Dissertation submitted as partial fulfillment for the degree of

**AYURVEDA VACHASPATI**

**[Doctor of Medicine - AYURVEDA]**

**Specialty – RogaNidana Evam VikritiVigyana**

**Scholar**

**DR. MOHAMMADHANIF A SAIYED**

**Under the supervision of**

**Guide**

**DR. SACHIN DEVA,**

**M.D.(Ayu), READER**

**Department of RogaNidana Evam VikritiVigyana**

**Parul Institute of Ayurveda**

**Parul University, Limda, Vadodara**

**Gujarat – 391760 (India).**

**April – 2020**

**Enrollment No. 170202209005**

# ABSTRACT

**TITLE:**“ A COMPARATIVE STUDY OF VATARAKTA WITH PERIPHERAL VASCULAR DISEASES”

**NAME OF STUDENT:** DR MOHAMMADHANIF ABDULRAHIM

**NAME OF GUIDE:** DR SACHIN DEVA, READER.

**NAME OF DEPARTMENT:** ROGANIDANA EVAM VIKRITIVIGYANA

**INTRODUCTION:** Health care is a highly individualized practice under *Ayurveda* principles which state that everyone has a specific constitution or *Prakruti* that determines his or her physical, physiological and mental character and disease vulnerability. Comparison of disease between two pathy paves the knowledge about similarities and gives extra ways to think about pathogenesis as well as treatment of disease. Usually *Vatarakta* is compared with gout but *Lakshansamuchchaya* of *Uttana* and *Gambhira Vatarakta* paves the way for understanding *Vatarakta* as PVD rather than particularizing it only as gout, thus helping in diagnosing the disease earlier to prevent further complications.

**AIM AND OBJECTIVES:**

- To compare *Vatarakta* with Peripheral Vascular Diseases.
- To review the concept of *Vatarakta*.
- To review the concept of PVD.

**METHODOLOGY:**

30 Pre diagnosed patients of PVD were selected according to inclusion criteria from OPD & IPD of Parul Ayurved Hospital, Parul Sevashram Hospital and Khemdas Ayurved Hospital.

- a) Study design: 30 Pre diagnosed patients of PVD were selected.
- b) Sample size: 30 patients

30 patients *Nidana* and *Lakshansamuchchaya* compared with *Vatarakta*.

**OBSERVATIONS & RESULTS:** Observation is done with all the subjects including in this study. Critical observation was made on the basis of various factors like age, occupation, *Nidana*, symptoms appearance etc. In the result section mainly deals with the critical observation and assessment of results by using proper comparison. All the parameters were assessed very critically and transparent result was drawn for the study. In this study gout and varicose vein compared with different *avasthas* of *Vatarakta*.

**CONCLUSION:**

- ✓ From the present study, it can be concluded that the symptoms of both varicose veins and gout which was found in patients can be classified under the *Lakshanas* of *Uttana* and *Gambhira Vatarakta* which are *Avastha anusar* classification of disease.
- ✓ It was found that maximum number of symptoms of gout in patients were classified under *Gambhira Vatarakta lakshanas*.
- ✓ It was found that maximum number of symptoms of varicose vein in patients were classified under *Uttana Vatarakta lakshanas*.
- ✓ The study concludes that gout and varicose veins were classified under *Vataja and Raktaja Vatarakta* based on *Doshik lakshanas*.
- ✓ In *Aharaja Nidana- Kashaya, Tikta, Rooksha* type of *Vata prakopaka Nidana* and *Lavana, Katu Amla, Ushna bhojana, mamsa, dadhi, Takra, Sura and Viruddha Ahara* type of *Rakta Prakopaka Nidana* are present in maximum which leads to *Vatarakta*.
- ✓ In *Viharaja Nidana – Haya, Ushtra yaan, Veganigraha* type of *Vata Prakopaka Nidanas* and *Sukhajivana, Achakramana* type of *Rakta Prakopaka Nidanas* are present in maximum number of patients which leads to *Vatarakta*.