



ROLE OF DIET AND YOGA IN PREVENTION OF AADHYAVATA (VATASHONITA) IN CONTEXT TO CHARAK SAMHITA

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Abstract: The lifestyle disorders known internationally as non-communicable diseases (NCD's) or chronic diseases of lifestyle. The first WHO Global status report on life style disorders 2010 confirms that 36.1 million people died from lifestyle disorders in 2008. W.H.O. predicts that non communicable disease will cause over three quaters of all death in 2030. Aadhyavata also known as Vatashonita emerges from inappropriate relationship of people with their diet, occupation and environment. The name of the disease itself represent as it is more prevalent among rich people. The causative factors of Aadhyavata mentioned in Charak Samhita are closely related to faulty eating habits and sedentary life styles. It may be nearly corelated with Gouty arthritis which is also known as the disease of Kings. The prevalence of gout is between 1.3 -3.7% and while that of hyperurecemia ranges between 2-13.2% in 2011. Gout is seen in only one tenth of patients of hyperuricemia. Aadhyavata can be prevented by adopting practicies like intake of proper diet, Yogic practices, physical exercise, detoxification of body and destressing.

Keywords: ...Lifestyle, Non-communicable, Aadhyavata, Hyperurecemia, Yogic practice.

Introduction: Lifestyle disorders are known internationally as non-communicable diseases (NCD's) or chronic diseases of lifestyle. First WHO Global status report on life style disorders 2010 confirms that 36.1 million people died from lifestyle disorders in 2008. W.H.O. predicts that non communicable diseases will cause three quaters of all deaths in 2030. Aadhyavata also known as Vatashonita emerges from inappropriate relationship of people with their diet, occupation and environment. The name of the disease itself represents as it is more prevalent among Adhya i.e. rich people. The causative factors of Aadhyavata mentioned in Charak Samhita are closely related to faulty eating habits and sedentary life styles ^[1]. Here mainly vata Dosh is involved which affects Rakt Dhatu (Blood). In person who indulge in sweet food, leisurely eating and sedentary habits, vitiation of Vata Dosha and Rakta Dhatu (Blood) occurs due to-

- Increased intake of spicy, sour, salty, alkaline, unctuous, ushana and uncooked food.
- Increased intake of putrified or dry meat of

aquatic or marshy land inhabiting animals.

- Increased intake of Radish, Kulattha, Masha, Nishpava, leafy vegetables, meat and Ikshu.
- Excessive intake of Dhdhi (curd), Aranala, Sauvira, Shukta, Takra, Sura and Aashva.
- Intake of incompatible food.
- Intake of food before the previous meal is digested.
- Restoring anger in excess.
- Sleeping during day time and remaining awake at night

In persons whose blood is vitiated by the above mentioned causative factors, Vata rakta gets aggravated due to the following reasons-

- Abhighat
- Ashudhi
- Excessive intake of kashaya, tikta, kattu and ruksha draya
- Intake of less food or abstinence from food
- Excessive riding, restoring to swimming and jumping
- Excessive wandering in hot seasons and suppression of the manifested natural urges.

Impaired Doshas move through the Strotasa of the body and get accumulated at the

smaller joints causing damage to the tissues and bones of the joint resulting in Vatarakta. Ayurvedic line of treatment emphasizes herbal preparations, diet and lifestyles that help to cleanse the blood.

Characteristics of Vatarakta are as follows

- Excessive or absence of perspiration
- Black coloration of joints
- Insensibility to touch and excessive pain if there is injury to the afflicted part
- Looseness of joints, indolence and asthenia
- Appearance of Pidika
- Pricking pain, twitching sensation, heaviness and numbness in knees, calf region, thighs, umbilical region, shoulders, hands, feet and joints in the body.
- Itching
- Pain in the joints off and on
- Discoloration of the skin and appearance of circular patches over the body

The Diet Regimen of Vatarakta Mentioned in Charaka Samhita is as follows

- **CEREALS**
 - Old barley (*Puran Yava*)
 - Wheat (*Godhuma*)
 - Nivara
 - Shali as well as Shastika types of rice.
- **SOUP** of meat (*Mansarasa*) of vishikara and pratuda birds
- **YUSH**
 - Adhaki,
 - Chanaka
 - Mudhga
 - Masra
 - Makustha added with ghee in liberal quantity.
- Leafy vegetables like Sunishnaka, Vetraagra, Kakamachi, Shatavri, Vastuka, Upodika and Sauvarchala with ghee and meat soup (*Masarasa*)
- Milk of cow, buffalo and goat

Acharya Charaka has mentioned the use of pulses and *Mansarasa* in *Adhyavata* because there is need of protein in adequate quantity as it is the structural unit of every cell and tissue of the body but should not be given in excess quantity.

Other Remedies for Adhyavata

SHATKARMA

- Neti
- Vaman dhauti
- Shankprakashalana
- Kapal bhati

YOGIC PROCEDURE-

- Suksham Vyayama

ASANA

- Shalabhasana
- Dhanurasana
- Bhujangasana
- Ardhkatichakrasana
- Trikonasana
- Shavasana

PRANAYAMA

- Bhastrika
- Bhramri
- Anulom vilom

Modern Aspect: In modern science, Vatarakta can be correlated with gout which is also known as the disease of Kings or disease of rich person already mentioned in the same way by Acharya Charaka also. The causes of Vatarakta are

Diet

- Dietary causes account for about 12% of gout.
- Alcohol, fructose-sweetened drinks, meat, and seafood

Genetics

- Familial juvenile hyperuricemic nephropathy.
- Medullary cystic kidney disease.
- Hypoxanthine-guanine phosphoribosyl transferase deficiency

Medical Conditions

- Metabolic syndrome
- Renal failure
- BMI >35 in male – risk increase threefold

Medication

- Prolonged intake of Diuretics, niacin, aspirin and Cyclosporine

The Characteristics Features of Gout: The characteristics features of gout resembles arthritis

- Sudden pain in big toe, with the pain continuing to the leg
- Usually occurs after the age of 35 and is characterized by specific heritable metabolic defects
- Obesity is usually associated with a gouty condition

The dietary management of gout according to modern science is

1. Restriction of Purine Rich Diet

- All food have some traces of nucleoprotein from which purines are derived
- Purines are synthesized in the body from simple metabolites, which are constantly available from dietary CHO, COOH, Fat

and endogenous purine breakdown

- In cases of severe or advanced gout the purine content of the daily diet is restricted to approximately 100 to 150 mg

2. Restriction of Fat Rich Diet

- Excessive use of fats should be avoided, since fats are believed to prevent the normal excretion of urate
- Fat is kept to 40% of the caloric intake
- Excessive use of fats should be avoided, since fats are believed to prevent the normal excretion of urate

3. Restriction of Protein Rich Diet

- Protein intake should be adequate but not excessive
- Limitation of protein to 50 to 70 gms daily (in the form of plant and dairy protein

Diet having Low Purine content

Cheese

Chocolate

Coffee

Rice

Beans

Apricot

Cereals and cereals product

Raw vegetables juice

products as much as possible)

- Most of the proteins in the therapeutic diet come from cheese, eggs and milk, which are low in nucleoproteins

4. Intake of Carbohydrate Rich Diet

- The calories should be maintained through carbohydrate
- Carbohydrate have the tendency to increase the uric acid excretion.

5. Increase Intake of Water: Drinking abundant water helps in bringing down the uric acid levels and hence one must drink at least ten to twelve glasses of water daily. It helps in eliminate of excess of uric acid through urine.

Popcorn

Puddings

Condiments

Apples

Milk

Lemon

Banana

Cherries

Conclusion: On the basis of above collections it can be concluded that Vatashonita or Adhyavata in Ayurveda has strong correlation with Gout in contemporary medical science in reference of signs and symptoms. Unhealthy diet and lifestyle has a significant role in progression of disease. The level of uric acid can be reduced by diet management and even its excretion from the body can also be enhanced by some Yogic procedures. Pranayam and Asana improve the kidney functions, joint mobilities and other

metabolic activities of the body.

Therefore one can easily control the progression and complications of the disease by adopting a holistic approach including diet, lifestyle and Yoga. There needs more studies and advance researches in this field so that a complete way of treatment can be established.

Reference

1. Devvrata, Acharya. (2002). *Charaka Samhita*, Chikitsa Sathan chapter- 29, Astang Yoga.