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

*Madhu Sharma, **Umesh Shukla and ***Rajika Gupta
*P.G. Scholar, **Lecturer and ***Sr. Lecturer, Department of Swasthavritta and Yoga, R.G.G.P.G. Ayurvedic College Paprola Distt.-Kangra Pincode-176115, Mob.09459121387, E-mail: sjmasharma20@gmail.com, Corresponding Author: Madhu Sharma

Abstract: The lifestyle disorders known internationally as non-communicable diseases (NCD’s) or chronic diseases of lifestyle. The first WHO Global status report on lifestyle 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 quarters of all death in 2030.Aadhyayvata 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 Adhya i.e. rich people. The causative factors of Aadhyayvata mentioned in Charak Samhita are closely related to faulty eating habits and sedentary life styles. It may be nearly correlated 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. Aadhyayvata can be prevented by adopting practices like intake of proper diet, Yogic practices, physical exercise, detoxification of body and destressing.

Keywords: Lifestyle, Non-communicable, Aadhyayvata, 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 lifestyle 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 quarters of all deaths in 2030.Aadhyayvata 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 Aadhyayvata 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 inhabitating animals.
- Increased intake of Radish, Kulattha, Masha, Nishpava, leafy vegetables, meat and Ikshu.
- Excessive intake of Dhddhi (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 Vatrakta. 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 gout
  - 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
- Shankprakshalana
- Kapal bhati

YOGIC PROCEDURE-
- Suksham Vyaya

ASANA
- Shalabhasana
- Dhanurasana
- Bhujangasana
- Ardhamtikachakrasana
- 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)

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.

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<thead>
<tr>
<th>Diet having Low Purine content</th>
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<tbody>
<tr>
<td>Cheese</td>
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<td>Chocolate</td>
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<td>Coffee</td>
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<td>Rice</td>
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<td>Beans</td>
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<td>Apricot</td>
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<td>Cereals and cereals product</td>
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<td>Raw vegetables juice</td>
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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