Comparative study of Vatarakta Chikitsa chapter from Charaka Samhita and Vangasena Samhita

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Abstract:
Brihatrayee and laghutrayee are today’s available classical texts. However literature about Ayurveda has been created before & after these classical texts. Vangasena Samhita is one of such neglected but valuable text in between these two literatures. There might be chances that Vangasena contains different diagnosis and treatment principle of diseases. Vatarakta is important health condition which may lead to several health morbidities, if untreated. So efforts are made to study difference between formulations and treatment principles of Charak Samhita (One of the part of Brihatrayee) & Vangasena samhita. The information is scattered in samhitas and thus it is necessary to compile them, also every samhita writer has its own view for diagnosis and treatment hence comparison between those samhitas with respect to Vatarakta is very important.

Key word:  
Vangasena Samhita, Vatarakta, Charak samhita

INTRODUCTION:
Classics of Ayurveda has quoted that Vata as the most important in the Tridoshas, because of its unique properties like spreading, quick action, vigor, capability to vitiate other Doshas such as Pitta and Kapha, and influence to produce the highest number of diseases. ¹ Simultaneously, classics have also mentioned that the life of human beings entirely depends on Rakta.² Vatarakta is an illness where both Vata and Rakta are vitiated by different causative factors.³ Vatarakta is comparable with gout which described by modern science. Gout is the most common form of inflammatory arthritis in men (5-27 per 1000 men). Gout rarely occurs in children and in women before menopause.⁴ Incidence of gout in India is not very clear. The prevalence is 0.12% as per International League of Nations Against Rheumatism, Community Oriented Program for Control of Rheumatic Diseases (ILAR COPCORD) study in Bhigwan village of India.⁵ A study from Vellore revealed that 15.8% of the affected patients are less than 30 years of age. Urban Indian population is
involved more than the rural population. Due to increased prevalence of metabolic syndrome in younger population, the first attack of gout occurs a decade earlier to them.[6] Another Indian study showed that high uric acid level is associated with laboratory and anthropometric parameters of metabolic syndrome.[7] It has clarified that the prevalence of gout is considerable.

Charaka Samhita is well known for its therapeutic guidance for physicians of Ayurveda. Vangasena Samhita originally known as ‘Chikitsasarsangraha’ is written by Vangasena, as it contains pathology, description of diseases along with the principles of treatment, different pharmaceutical preparations, prognosis and dietetics.[8] This scientific book contains 11, 572 verses, arranged in 104 chapters. It contains Ashtangas (8 branches) of Ayurveda. It has explained the diagnostic methodologies and treatment in detail.[9] There are dedicated chapters as well scattered references regarding Vatarakta in this classic. He has followed the previous classics like Charaka Samhita, Sushruta Samhita, etc., but also contributed some special things.

AIMS AND OBJECTIVES:
1. To find out similarities in Charaka Samhita and Vangasena Samhita regarding Vatarakta Chapter.
2. To find out contribution of Vangasena Samhita regarding Vatarakta Chapter.

MATERIAL AND METHODS:
For this study, material is Charaka Samhita and Vangasena Samhita. Methodology will be review in comparative aspect.

Hetu’s by both Samhita:

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<th>Hetu</th>
<th>Charak samhita</th>
<th>Vangasena samhita</th>
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<td>1. लवणाम्लक्षार</td>
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As per Acharya charak, hetu’s of Vatarakta are excessive intake of saline, sour, pungent, alkaline, unctuous, hot and uncooked food.

And according to Vangasena samhita, hetu’s of Vatarakta are, excessive intake of saline, sour, sweet or honey, alkaline, unctuous, hot and uncooked food.

Below are the difference of pungent taste and sweet taste or Honey.

a) Action of pungent taste[12]:

b) Action of sweet taste[13]:

Because of the dominance of vayu and agni mahabhutas they also cause giddiness, burning sensation, tremor, piercing and stabbing pain in legs, hands and back etc.

c) Action of Honey[14]:

According to Ashtang hrudaya samhita, Honey is astringent and sweet in taste,
being it’s ununctuous and astringent taste it aggravates vata
d) वातलं गुरु शीतं च रक्तपित्तकाफापहम मल्लिकाः परमो वनस्पतिः
\[\text{नूतन स्वास्थ्य करं}
\text{मधुं गंधुं मम} \]
\[\text{२७/२४५}\]

As honey is ununctuous, of astringent taste and cold in potency, it is advisable to take it only in a small quantity. It taken in large quantity, it causes ama owing to its heaviness. Due to it’s being ununctuous, astringent taste and cold potency. It aggravates vata resulting in manifestation of very serious diseases\[15\].

As Honey is ununctuous, astringent taste and cold in potency, it aggravates vata and due to its heaviness it causes ama. And on other hand sweet taste do not aggravates vata.

Hence, honey is more appropriate meaning than sweet taste.

**Balaghrita (chikitsa) by both samhita**

*Balaghrita* is prescribed by both the texts, but Charaka has included *Ridhhi* in ingredients; while instead of that Vangasena has mentioned *Mridvi*. According to charak, *mridvika* is sweet taste, unctuous and cold in potency it serves as a *brihaniya* and *virya vardhak* \[18\]. And according to bhavprakasha, *riddhi* is also of sweet taste, cold potency. It also serve as a *brihaniya* and *shukra vardhak* \[19\] both are useful in *vata, pitta*, and *kapha, trishna, jwar* and *daha*.

**Discussion**

In today’s era we find many patients suffering from vatarakta disease. Therefore to overcome or to get relief from this serious health issue, need of preventive measures and some new treatment with new principle is must. In Ayurveda few neglected *samhitas* like Vangasena which have very good knowledge and have some new principles also. Hence, an attempt is made here to find out new treatment principles; some new drugs formulations and *pathya*. After the thorough study of vatarakta adhyay from Vangasena samhita it is observed that the more focus has given on principles of management, various drugs combination and *pathya* for vatarakta.

**Conclusion:**

This study was conducted to assess the comparison between Vangasena Samhita and Charak Samhita. It can be said that, there are some differences and some similarities between them. Vangasena Samhita has its own exclusive kalpa’s and treatment method. Therefore Vangasena Samhita has special importance in *chikitsa*. so there is need to study it along with *Brihatrayee*.

In Vangasena samhita 50 shaman chikitsa kalpa has been mentioned which are more. Hence, for the treatment of all types of vatarakta more options are available and we can treat vatarakta better.

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