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Avarana and serum uric acid metabolism - A Conceptual Interpretation

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ABSTRACT

Avarana is a very broad concept dealt in Ayurveda explaining the concepts of many diseases generally termed as *Avarana Janya Vyadhis* like *Vata Rakta*. *Vatarakta* is generally correlated with Gouty Arthritis where Serum Uric Acid increase and deposition in the joints are considered to be the major pathological causes. The correlation between these two disease mainly focuses on the similarity between the symptoms, site of attack and re-occurrence pattern. Here an attempt is made in this article to discuss the various concepts in the relation between *Avarana*, Serum Uric Acid and the micro pathogenesis in *Vatarakta* / Gouty Arthritis.

Key words: *Avarana*, Serum Uric Acid, Gouty Arthritis, *Vatarakta*.

INTRODUCTION

What is *Avarana*???

Vata Dosha as we know is a *Chala Pradhana Dosha*, which with its five classifications (*Pancha Vata*) govern almost all the *Chala Pradhana Karmas* of a human body. *Ayurvediya Shabda Kosha* explains any obstruction to the normal pathway of *Vata Dosha* by other *Doshas* or *Dhatu*, causing the *Kopa* of *Vata Dosha* and hampering its particular *Karma*, it is termed as *Avarana*.^[2] *Charaka Acharya* has explained "Vayuhu Dhatu Kshayath Kope Margasya Avaraneen Cha"^[1] i.e. *Vayu Kopa* occurs in two ways, due to *Dhatu Kshaya* (depletion of *Dhatu*) and *Marga*

Avarana.

Further in *Vividhashitapitiya* he quotes proper *Jataragni*, *Dhatwagni*, *Anupahata Srotas* and *Anupahata Vayu* are some of the vital pieces we need to build a Healthy and disease free life.^[2] *Avarana* can be caused by *Doshas*, *Anna*, *Dhatu*, *Malas* and also by other components of *Vata Dosha* itself. In this particular subject, as we are trying to find out a conceptual relation between *Avarana* and Serum Uric Acid, more concentration should be laid on *Anupahata Vayu* and its *Karmas*, *Jataragni*, *Rakta Dhatu Avarana*, *Rakta Dhatwagni*, its *Malas* as Serum Uric Acid is considered to be a metabolic waste product or *Mala* that circulates through the *Rakta Dhatu*.

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CONCEPTUAL ANALYSIS

In *Vatarakta Samprapthi*, *Acharya* has clearly mentioned due to the intake of *Lavana*, *Amla*, *Katu*, *Kshara Aharas* and other *Rakta Prakopaka Nidanans*, *Prakupitha Rakta* causes *Marga Avarana* of *Vata*, which inturns causes further *Vata Prakopa* which in turn causing more vitiation of *Rakta* which is nothing but *Avarana*. *Acharya* has also explained separately the *Shoola Pradhana* and *Asoon Harathi* (death) condition, where *Anyonya Avarana* is mentioned

where both *Vata* and *Rakta* attains *Swakarma Hani* and becomes *Vikarmakari* where the symptoms is more aggravated.^[3]

Involvement of Agni???

Agni in its various forms from *Bhoothagni* to *Dhatwagni* carries out all the conversion / metabolic activities which in my view can be correlated with all enzymatic actions in a human body.

As we see the *Samprapthi*, *Rakta Dhatu* in its *Dhatwavritha Vikarmakari Sthiti*, will be showing *Vridhatha* or *Saama Dhatulakshanas* which in either way hampers the *Dhatuushmata / Dhatwagni* causing improper metabolism-enzymatic actions or improper *Saara Mala Vibhajanam*; forming *Aparinamita Dhatu* along with over or lesser productions of *Sara Bhaga* and *Malabhaga*.

When *Rakta* gets vitiated *Pitta Dosha* will also be, due to their *Samanyatha* in *Guna* and *Pitta* is also *Mala* of *Rakta Dhatu*.^[4]

Keeping these views in mind, When we see to the details of Serum Uric Acid, which is a Metabolic waste of purine Metabolism (*Mala Bhaga*) which is seen in *Rakta*. Increased Serum Uric Acid levels (hyperuricemia or *Adhika Mala Bhaga*) which results in many further diseases like Gouty arthritis or *Vata Rakta*, urolithiasis, liver disorders, urate nephropathy, uric acid nephropathy etc. and decreased production (Hypouricemia) which is not much of a problematic condition.

Hyperuricemia which is more closely related with our subject explains its pathology in two ways that is Increased Production and Decreased Excretion.^[5]

Increased production is mainly due to intake of more Purine rich food items such *Madya*, *Mamsa*, *Lavana*, *Amla Katu Kshara Aharas* which are almost similar to that of *Rakta Pradushaka Nidanas* and it is also caused by the defect in enzymatic actions like Hypoxanthine guanine phosphoribosyl Transferase^[5] which can be compared to the *Agni* concepts of metabolism of *Rasadi Dhatu* by various *Nyayas* and enzymatic actions which we have discussed earlier.

Also the production of Serum Uric Acid^[5] mainly takes place in the liver and Intestine which are mainly the sites of *Pitta* that is, *Ranjaka Pitta* which helps in *Rasa Ranjanam* or Metabolic activities.^[8] As *Rakta Dhatwavarana* happens, *Pitta* also gets deranged which results in the improper Metabolism of Serum Uric Acid eventually.

Symptoms

As we see to the symptomatology of *Vatarakta*^[3] or Gouty Arthritis the affected joints like toe, ankle, knee joints etc. will be having *Shotha* and Redness along with excruciating pain, just like an inflammation where the joint will be deteriorated due to the stagnated *Dushita Doshas* and Malnutrition caused by a *Srotorodha* of micro channel arteries like nutrient arteries supplying the articular areas of that joint, obstructing the proper *Rakta Paribhramana* there by obstructing the proper movement of *Vyana Vata*, which is having the major function of *Rasa Rakta Paribhramana*^[7] which can also be taken as *Avarana* of *Vyana Vata* by *Vikarmakari Dushita Rakta Dhatu* and Serum Uric Acid crystals (*Mala Vridhi*) formed by *Avarana Janya Dhatwagni Mandya*, which gets deposited over the afflicted *Sandhi*.

The treatment concepts of Gouty Arthritis / *Vata Rakta* with increased Serum Uric Acid levels mainly focuses both on removing the *Avarana* and *Avarajanya Mala Nirharana*.

According to Ayurveda, mainly the treatments like *Raktamokshana* when more *Raktaja Lakshanas* are present to remove the *Avarana* of *Rakta Dhatu*, *Virechana* which is both *Pittahara* and *Mala* (Serum Uric Acid) *Sodhaneeya* and *Vasti* which has dual effect of removing the *Avarana* of *Vata* and *Rakta* and *Sodhana* of the *Sanchita Mala* are incorporated.

DISCUSSION

As we combine all these factors, the concepts of *Avarana* plays a major role in the formation of Serum Uric Acid as a key to all the theories of *Samprapthi* like the *Dhatwagni Janya Adhika Sanchita Mala* (Hyperuricemia) or *Alpa Mala Pravratthi* (Hypouricemia) and the *Dushita Raktha Dhatu / Pitta*

Dosha Janya Utpatti of serum uric acid. Along with that the concepts of *Avarana* is again incorporated with the symptomatology where the *Sandhi Sosha* is happening due to impaired *Vyana Vata Karma*.

The treatment modalities in Ayurveda like *Raktamoksha*, *Virechana*, *Vasti* and other *Gutika*, *Kashaya Yogas* mentioned in *Vataraktha Avarana Chikitsa* are so well organized that, it can be used both in gouty arthritis and impaired serum uric acid levels in the body.

CONCLUSION

Avarana is a supreme concept developed by our *Acharyas*, which can explain and treat the most complex diseases of today's medical science with ease. When we focus on a conceptual relationship between *Avarana* of *Vata* and *Rakta Dhatu* and the production of Serum Uric Acid in its pathophysiology and treatment aspects, we need to study more on the aspects of Micro Pathophysiological, Pharmacodynamic Drug Interaction in the correlative similarities of Gouty Arthritis and *Vatarakta*. All the ailments small or big causes distress to the patient, so what ever the treatment concepts and modalities we adopt should finally aim at *Roga Mukthata*, which is the prime motto of all treatment systems. After all, a disease free life or *Swasthya* is a dream of every Human Being, so lets work together for that to happen someday and lead a healthy, disease free life..... "SARVE SANTU NIRAMAYA"

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