



## Review Article

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### PSORIATIC ARTHRITIS AND VATARAKTA: A COMPARATIVE LITERARY REVIEW

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Received on: 25/06/17 Accepted on: 31/07/17

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DOI: 10.7897/2277-4343.084206

**ABSTRACT**

Many diseases in modern medical science focus on controlling symptoms of the disease & preventing further damage, as there is no specific cure. Ayurveda is a holistic science and gives importance to cure & healing. In this world of globalisation Ayurveda should also move towards making itself globalised. For this, common terms for diseases are to be researched & specified which can be used globally. Psoriatic arthritis, a common manifestation of psoriasis is taking its severe forms by weakening the immune system & has no cure in modern medicine. In this article, we have tried to develop an ayurveda view to look towards this disease. A literary review is the first step in any disease research. So, a comparative literature study is done to find the correlation between psoriatic arthritis & Vatarakta. Many similarities were found between both the diseases from which we can say psoriatic arthritis can be considered as one of the presentations of Vatarakta though many variations may be seen. Considering that all psoriatic arthritis is Vatarakta Ayurveda can surely give better treatment options to the patients.

**Keywords:** Ayurveda globalisation, psoriasis, psoriatic arthritis, Vatarakta, comparative literary review.

**INTRODUCTION**

Psoriatic arthritis is a disease of inflammation of joints that affects one third of the people having psoriasis. And people with severe psoriasis have a greater chance of getting psoriatic arthritis. In most of the patients, psoriasis develops first and later diagnosed with psoriatic arthritis, but skin lesions can proceed after the joint problems. About 40% of patients getting psoriatic arthritis have relatives with same disease or with psoriasis. Both, psoriasis and psoriatic arthritis are diseases of inflammation, occurring due to weak immune system. There is no cure for psoriatic arthritis in modern science. So, its focus is on controlling symptoms and preventing damage to the joints.

Ayurveda has a holistic approach towards any disease and just suppressing the symptoms would mean an incomplete therapy. There has been increasing interest and awareness about Ayurveda among global community. So, a scientific research is necessary to study the new challenges of health and Ayurveda. In such increasing globalisation, comparative literary studies are an excellent foundation for further research. Many scholars in this field have considered Vatarakta similar to psoriatic arthritis so we have taken same for comparing.

Here we are not considering these diseases for clinical integration but an Ayurveda view to look to the already diagnosed diseases. Where a disease already named by modern medical science can be seen from the other angle and this view can be used in efficient use of Ayurveda therapy. Also, this type of research can be used to look towards diseases globally.

**Review of Previous Work Done**

There have been close to 37 studies conducted all over India on Vatarakta. An analysis reveals that most of the studies were carried out by considering Vatarakta as gouty arthritis or rheumatoid arthritis. Very few studies have been performed considering Vatarakta as an ischemic limb or psoriatic arthritis.<sup>2,3</sup>

**Comparison of Literary Review**

A detail description of each of the disease described above can be referred from the genuine source.<sup>4,9</sup>

**Table 1: Similarities between Psoriatic Arthritis and Vata Rakta**

Points to be considered	PsA	Vata Rakta
Joint symptoms	Pain, stiffness, swelling, Distal Interphalangeal Predominant (DIP) types of PsA - It involves the joints of the fingers and toes closest to the nails.	Shotha (swelling), Ruja (pain), Stabhdhata (stiffness); Hasta Pada Sandhishu Shopha and Sthambha- swelling and stiffness in small joints of upper and lower extremities.
Skin changes	Psoriasis may proceed arthritis or onset may be synchronous or arthritis may proceed psoriasis	Purvarup shows Swedo Atyartham na va, Karshnyam, Sparshadnyadtvam-excessive sweating or absence of sweating, skin discolouration and loss of sensation, etc.; Vayvarnyam Mandolotpatti and Kandu-skin colour changes and pruritic.

Types	Arthritis Mutilans- It is a severe, deforming, and destructive type of PsA that usually affects the small joints of the hands and feet. It can also cause neck and lower-back pain.	Gambhir Vata Rakta –Shotha, Sthabdhatta, Kathinata, Rujasandhi Asthi Majjasu; Antarvakrikurvaccha vegavana, karoti khanja pangu va(i.e. severe deforming destructive pathology at the joints).
Prognosis	Poor prognosis-Younger age of onset, extensive skin disease, polyarticular involvement.	(Asadhya)Poor prognosis-Upadrava yukt- Mansa Kotha, Visarpa, Paka, Sphota, Arbuda which indicates extensive skin disease; Pangulya, Anguli Vakrata which indicates polyarticular involvement.
Complications	Heart diseases	Hrudroga(heart disease)

Table 1 shows the point wise study of similarities in comparison of the psoriatic arthritis and vatarakta after going through a detail literary review of the both diseases.<sup>4-9</sup>

**Table 2: Difference between Psoriatic Arthritis and Vata Rakta**

Points	PsA	Vata Rakta
Associated symptoms	Enthesitis, uveitis or iritis or conjunctivitis	---
Causes	No exact cause, combination of genetic, immunologic, and environmental factors	The Factors Aggravating Vata, rakta and or both which include specific dietary or habitual factors
Types	A)Symmetric Arthritis, B)Asymmetric Arthritis, C)Spondylitis, D)Arthritis Mutilans, E)Distal Interphalangeal Predominant (DIP)	Gambhir and Uttana
Treatment	Nonsteroidal anti-inflammatory drugs (NSAIDs), Corticosteroids, Disease-modifying Antirheumatic Drugs (DMARDs), Biologics, surgical like synovectomy and joint arthroplasty, Rehabilitation therapy	Snehana, Abhyanga (oleation therapy), Seka, Pradeha, Virechana (purgation therapy), Basti, List of specific Pathya and Apathya is described.

Table 2 shows the point wise study of differences in comparison of the psoriatic arthritis and vatarakta after going through a detail literary review of the both diseases.<sup>4-9</sup>

## DISCUSSION

Ayurveda is said to have its origin some 5000 years ago. Ayurveda literally means Ayu+Veda i.e. science of life. It has its own philosophy and theories. And it looks human body by its view. Modern medicine is said to have its origin in 800 BC. It is based on experimental evidences.

Any disease is a particular abnormal condition of human body where the structure or function is affected. This definition remains same in both the sciences. Arthritis is the name given by modern medicine to the diseases of joints. There are more than 100 different types of arthritis diagnosed and named in modern medicinal science. In Ayurveda, joint diseases come under Sandhigata Vata, Amavata, Vatarakta etc.

We have identified the exact similarities & differences from the two diseases described in two literatures of different sciences. Though not all, but main symptoms i.e. of joints & skin resemble a lot in both diseases. The type of PsA i.e. arthritis mutilans has exactly same manifestations as Gambhir Vatarakta described in Ayurveda. And also complications of both the disease show heart disease. Prognosis shows many similarities though not exactly same. Both these diseases show many differences in associated symptoms, causes, no. of types, diagnosis & treatment.

As we have seen earlier, signs & symptoms are important in defining a disease. As observed above there is a close resemblance in the signs & symptoms of both diseases. Coming to the differences like diagnosis & treatment, it can be considered as unique features of that science to look towards the disease. Types & causes also show differences which can be listed in any way. Here both sciences seem to have their own observations towards the disease regarding number of types & causes.

Though the two sciences are different, the human body on which it is applied remains the same. So whatever changes or pathology occurs in the body will remain same even if two people or two sciences name it differently.

## CONCLUSION

There are many similarities in Psoriatic Arthritis & Vatarakta described in two sciences. Differences have occurred due to difference in the view of the particular science. Thus we can say both diseases resembles to each other in many ways. Psoriatic Arthritis can be said as a subset of Vatarakta as other diseases such as Gout also resembles to it as said by many scholars. So Vatarakta can be considered as a bigger entity where modern diseases can be included as per their presentations. Ayurveda is an individual specific medicinal science & considers every patient as a separate human body to treat. So, though these diseases look similar, when dealing in Ayurveda, the physician examines the patient as per Ayurveda Parikshanas and draws the line of treatment accordingly.

## Further Scope

1. Clinical study of already diagnosed Psoriatic Arthritis according to Ayurveda.
2. Study of differences separately according to both sciences if they are present in other science too.

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**Cite this article as:**

Dhone Pooja and Jadhav Mahesh. Psoriatic arthritis and Vatarakta: A comparative literary review. *Int. J. Res. Ayurveda Pharm.* 2017;8(4):8-10 <http://dx.doi.org/10.7897/2277-4343.084206>

Source of support: Nil, Conflict of interest: None Declared

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