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## **Ayurveda in the Management of Vatarakta - A Case Report**

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### **ABSTRACT**

In Ayurveda, Vatarakta is indeed considered a disorder caused by an imbalance in the Vata Dosha, affecting the Rakta (blood) tissue<sup>1</sup>. The Vata Dosha, characterized by qualities like dryness, coldness, and mobility, becomes aggravated due to various factors like excessive travel on two-wheelers, exposure to wind, and intake of certain types of food, particularly those with Katu (spicy), Amla (sour), Lavana (salty), and Kshara (bitter) tastes. When aggravated, Vata can disturb the balance of the blood tissue, leading to Raktaprapakopa, which in turn obstructs the normal flow of Vata in the body, causing Avarana (blockage) in the limbs or other vulnerable parts of the body. This obstruction results in symptoms akin to Rheumatoid arthritis such as pain, swelling, and inflammation in the joints. Correlating Vatarakta with Rheumatoid arthritis is an apt comparison, as both conditions involve similar symptoms and underlying mechanisms, albeit from different medical perspectives. Ayurveda offers its unique approach to understanding and treating such disorders, focusing on restoring balance to the doshas and supporting the body's natural healing processes. Ayurveda's emphasis on personalized treatment, considering an individual's constitution (Prakriti) and current imbalance (Vikriti), makes it a promising option for managing chronic conditions like Vatarakta. Additionally, its focus on prevention and lifestyle modifications align with the growing interest in natural and holistic approaches to health in the 21st century.

**KEYWORDS:** Vatarakta, Avarana, Inflammation, Rheumatoid arthritis.

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