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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 Dhatus, causing the Kopa of Vata Dosha and hampering its particular Karma, it is termed as Avarana.² Charaka Acharya has explained “Vayuha Dhatu Kshayath Kope Margasya Avaraneen Cha”² i.e. Vayu Kopa occurs in two ways, due to Dhatu Kshaya (depletion of Dhatu) and Marga Avarana.

Further in Vividhashtapitiya 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, Dhatus, 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.

CONCEPTUAL ANALYSIS

In Vatarakta Samprapthi, Acharya has clearly mentioned due to the intake of Lavana, Amla, Katu, Kshara Aharas and other Rakta Prakopaka Nidanas, 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 is 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 Dhatwavrittha 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 (hyperuricimia 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 (Hypouricimia) which is not much of a problematic condition.

Hyperuricimia 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\[^6\] which can be compared to the Agni concepts of metabolism of Rasadi Dhatus 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 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 Manda, which gets deposited over the afflicted Sandhii.

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 Raktamokshhana 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 (Hyperuricimia) or Alpa Mala Pravrathi (Hypouricimia) 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 Mukhata, 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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