

EFFECT OF *HSEI-WEIK-ZA* IN PATIENTS WITH *VATARAKTA* WITH SPECIAL REFERENCE TO GOUTY ARTHRITIS

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Abstract: *Vatarakta* is a heterogenous disorder that results in the deposition of uric acid salts and crystals in and around joints and soft tissues. *Vatarakta* comes under the purview of Gouty Arthritis. Various modalities of treatment for *Vatarakta* have good outcome. Also in Myanmar, Myanmar traditional medicine practitioners have been using *Hsei-Weik-Za* (*HWZ*) for the patients with *Vatarakta* since several years. The *HWZ* has property to reduce vitiated *kapha dosha* and *medas dosha* which are the major causative factors of *Vatarakta*. To study the “Effect of *Hsei-Weik-Za* in patients with *Vatarakta* with special reference to Gouty Arthritis”. According to the source of data, 44 patients suffering from *Vatarakta* with signs & symptoms and hyperuricaemia were selected from Out Patient Department of (100) bedded Traditional Medicine Teaching Hospital, Mandalay. Hospital based Quasi-experimental study of 44 patients with Simple Random Sampling Method (patients were subjected to *Hsei-Weik-Za* three times per day with warm water in an interval of 28 days) was undertaken. Therapeutic effect was observed using the subjective and the objective criteria which were graded and analyzed statistically. Moderate to marked improvement of the symptoms of *Vatarakta* was observed in this study. But overall response was significantly more in total symptoms score (marked improvement 75%) with p value was 0.000 but uric acid level from day 0 to day 14 (moderate remission 67%) when compared to from day 14 to day 28 (mild remission 33%) with p value was 0.008. Therefore, *Hsei-Weik-Za* is found to be more effective in the management of *Vatarakta* with signs and symptoms than hyperuricaemic *Vatarakta*.