

## **Integrative Ayurveda treatment protocol for *Uttana Vatarakta*: A clinical case report with symptomatic outcomes**

K. K. A. Nilani<sup>1</sup>, R. D. H. Kulathunga<sup>2</sup>, E. D. T. P. Gunaratna<sup>2</sup>

<sup>1</sup>*Postgraduate Institute of Indigenous Medicine, University of Colombo, Sri Lanka*

<sup>2</sup>*Department of Ayurveda Medicine and Indigenous Medicine, Faculty of Indigenous Medicine, University of Colombo, Sri Lanka*

*Uttana Vatarakta*, a superficial manifestation of *Vatarakta*, resembles stasis dermatitis with vascular involvement and arises due to the vitiation of *Vata* and *Rakta doshas*. The aim of this observational case study was to evaluate the effectiveness of a comprehensive Ayurvedic treatment regimen in managing the clinical symptoms of *Uttana Vatarakta* in a single patient. A 36-year-old female presenting with severe itching, burning sensation, pricking pain, oozing, and skin discoloration over both lower limbs for three months was selected for the study. She underwent a 45-day individualized Ayurvedic treatment protocol, including internal medications such as *Vasa Guduchi Kashaya*, *Panchamooli Laghu Draksha Kashaya*, and *Panchatikta Ghrita*, along with external therapies such as *Abhyanga*, *Seka*, and *Upanaha Sweda* using *Pinda Taila* and *Neelyadi Taila*. Symptom assessment was conducted using the Visual Analogue Scale (VAS), Pruritus Severity Scale (PSS), oozing scores, and photographic documentation. Results showed 100% relief in pain, burning, and oozing; 89% in itching; and 80% improvement in skin discoloration. These results suggest that the integrated approach demonstrated significant efficacy, emphasizing the potential of classical Ayurvedic management in chronic dermatological conditions recommending further studies with larger sample sizes.

**Keywords:** *Vatarakta, Ayurveda, Itching, Static dermatitis*