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Review Article

Ayurvedic Management of Vatarakta (Gout)

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Abstract	Manuscript Information
Vatarakta is a <i>vyadhi</i> of Sandhi (Joints) but today lifestyle is responsible for its increased incidence in young age groups also. This disease is mainly due to the Aggregated Vata. According to modern science and Ayurveda, Gout is almost similar to Vatarakta <i>vyadhi</i> . It is one type of <i>Vataroga</i> that is due to aggravated <i>Vata</i> & <i>dushita Rakta</i> . In Ayurvedic, <i>Vata</i> is the main and dominant dosha among the <i>tridoshas</i> because it has special features like quick action, vigor, spreading, and the capability to vitiate other <i>doshas</i> to produce many diseases. Also, life fully depends on the <i>Rakta dhatu</i> because of its carrier property of oxygen and Glucose to tissue level. In Ayurveda, proper and specific treatment is mentioned in <i>samhitas</i> . So, this paper aims to present the details of Vatarakta <i>vyadhi</i> with management.	▪ ISSN No: 2583-7397 ▪ Received: 05-01-2025 ▪ Accepted: 11-02-2025 ▪ Published: 27-02-2025 ▪ IJCRM:4(1); 2025: 182-186 ▪ ©2025, All Rights Reserved ▪ Plagiarism Checked: Yes ▪ Peer Review Process: Yes
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KEYWORDS: Sandhi, Shotha, Shoola, Ashthi

INTRODUCTION

Word Vatarakta is a combination of two words Vata & Rakta. Here we know that Vata is the main dosha and Rakta is also a unique dhatu because it transports the nutrition to the cellular level & also eliminates the toxins. In Ayurvedic, Vata is the main and dominant dosha among the tri doshas because it has special

features like quick action, vigor, spreading, and capability to vitiate other doshas to produce many diseases. Also, life fully depends on the Rakta dhatu because of its carrier property of oxygen and Glucose at the tissue level. In Ayurveda, proper and specific treatment is mentioned in *samhitas*.

METHODS AND MATERIALS

Ayurvedic view of *Vatarakta vyadhi*. So, details of *Vatarakta vyadhi* are as follows -

Etymological Derivation

“वात् दुष्टं रक्तं यत्र रोग विशेषः।”

The disease is produced by excessive *Vata dosha* and dushita *Rakta dhatu* is called as *Vatarakta*.

“वातरक्ताभ्यां जनितो व्याधि वातरक्तं।”

When illness is caused by excess *vata dosa* and dushita *rakta dhatu* then it is called as *Vatarakta*.

Definition

- “वायोः विवृद्धो वृद्धेन रक्तेनावरितः पथिः। कृत्स्न संदुष्येद् रक्तं तज्ज्ञेयं वातशोणितं॥”
- “कुद्धो अत्यर्थं मार्गावरोधात्स वायुः अत्युदक्तं दुषयेत् रक्तं आशु तत् सम्पृक्तं वायुना दूषितेन तत् प्राबल्यादुच्यते वातरक्तं।”

When *vata dosa* is obstructed by dushita *rakta dhatu* in many times and becomes more virulent than it is called as *vata shonita*. Here due to the obstruction of the passage of *Vata dosha* by dushita *rakta dhatu*, *Vata* becomes more prominent and severe. So *Kupita Vata dosha* disturbs the *Rakta dhatu* many times and lastly, it manifests as a *Vatarakta* disease.

NIDAN

Aharaja Nidana

- *Kulatta, masha,*
- *Nishpava,*
- *Sura,*
- Excessive intake of foods that are *lavana, amla,* and *katu* in taste
- *Ajeerna bhojana,*
- *Viruddhasana,*
- *Adhyasana,*
- *Anupa mamsa,*
- *Asava* etc.

Viharaja Nidana

- *Ratrijagarana,*
- Riding on elephant, horse and camel,
- Sporting in water,
- *Abhighata,*
- *Acankramana silata,*
- *Divasvapna,*
- Jumping,
- Excessive traveling on foot in the hot season,
- Sexual intercourse and suppression of urges etc...

Manasika Nidana

- *Harshanityatva*
- *Acinta,* etc....

Purvarupa

Table 1: Purvarupa of *Vatarakta*

Prodromal symptoms	C.S.	S.S.	A.S.
<i>Siradhamni spandan</i>	-	+	-
<i>Sakti dourbalya</i>	-	+	-
<i>Ati slakshan sparsha</i>	-	+	-
<i>Khara sparsha</i>	-	-	+
<i>Sandhi Saithilya</i>	+	+	+
<i>Pidikodgama</i>	+	-	-
<i>Atisweda</i>	+	-	+
<i>Asweda</i>	+	-	+
<i>Kharanyata</i>	+	-	-
<i>Sparshaghata</i>	+	-	-
<i>Mandalotpatti</i>	-	+	+
<i>Sheetalata</i>	-	+	-
<i>Osha</i>	-	+	-
<i>Daha</i>	-	+	+
<i>Shopha</i>	-	+	-
<i>Twaka paurashya</i>	-	+	-

BHEDA

(A) 2 Bheda

Uttan and Gambhira Vatarakta Sama Nirama Vatarakta

(B) 4 Bheda

Vatadhikya Vatarakta
Pittadhikya Vatarakta
Kaphadhikya Vatarakta
Raktadhikya Vatarakta

(C) 8 Bheda

Dvandaj and Sanipatika bheda.

RUPA

(A) Uttana Vatarakta

Table 2: Symptoms of *Uttana Vatarakta*

Lakshana	Charak. S.	Sushruta. S.	Ashtang. H.
<i>Rakta Twak</i>	+	-	+
<i>Tamra Twak</i>	+	-	+
<i>Bheda</i>	-	-	+
<i>Gourav</i>	-	-	+
<i>Toda</i>	+	-	+
<i>Spurana</i>	+	-	+
<i>Kunchana</i>	+	-	-
<i>Shyava Twak</i>	+	-	+
<i>Suptata</i>	-	-	+
<i>Kandu</i>	+	-	+
<i>Daha</i>	+	-	+
<i>Ruja</i>	+	-	-
<i>Ayama</i>	+	-	+

(B) GAMBHIRA VATARAKTA**Table 3:** Symptoms of Gambhira Vatarakta

Lakshana	Charak. S.	A.S.	Ashtanga. H.
Tamra Twak	+	-	-
Daha	+	-	-
Svathu stabdhata	+	-	-
Svathu kathinya	+	-	-
Brusharti	+	-	-
Shyavatha	+	-	-
Vidaha	+	-	+
chindanniva charana	+	-	-
Kanajitwa	+	-	+
Pangutwa	+	-	+
Toda	+	-	+
Spurana	+	-	-
Paka	+	-	-
Ruja	+	-	-

UPASHAYA – ANUPASHAYA

Anayasa upashaya: All activity that expands the vatadosa is an upasaya in Vatarakta.

Snigdha upasaya: Use of sneha is an upasaya because Here Ruksha subsides by Snigdha guna.

Ushna upasaya: Live in warmth environment is an upasaya because Here Sheeta guna subsides by Ushna guna.

Sita anupasaya: Live in cool environment aggravate the Vata dosha. So, this is an upasaya.

Ruksha anupasaya: All activities that develop Rukshata is an upasaya because it aggravate the Vata dosha.

SAMPRAPTI

When *vata dosa* obstructed by dushita *rakta dhatu* in many times and becomes more virulent than it is called as *vata shonita*. Here due to the obstruction of the passage of Vata dosha by dushita rakta dhatu, Vata becomes more prominent and severe. So Kupita Vata dosha disturbs the Rakta dhatu many times and lastly, it manifests as a Vatarakta disease. Lastly, there will be signs and symptoms of Vatarakta disease. This is the Pathogenesis of Vatarakta.

SAMPRAPTI GHATAK

Dosa: Vata Pradhan Tridosaja

Dusya (Dhatu): In Uttan Vatarakta- Rakta, Ras, Mamsa.

In Gambhir Vatarakta- Rakta, Ras, Mamsa, Meda, Aasthi, Majja.

Adhistan: Janu (Knee), Jangha (Thigh), Uru (Chest), Kati (Back),

Amsa (Shoulder), Hastpadang sandhi (Hand and joints of leg)

Svabhava: Aashukari

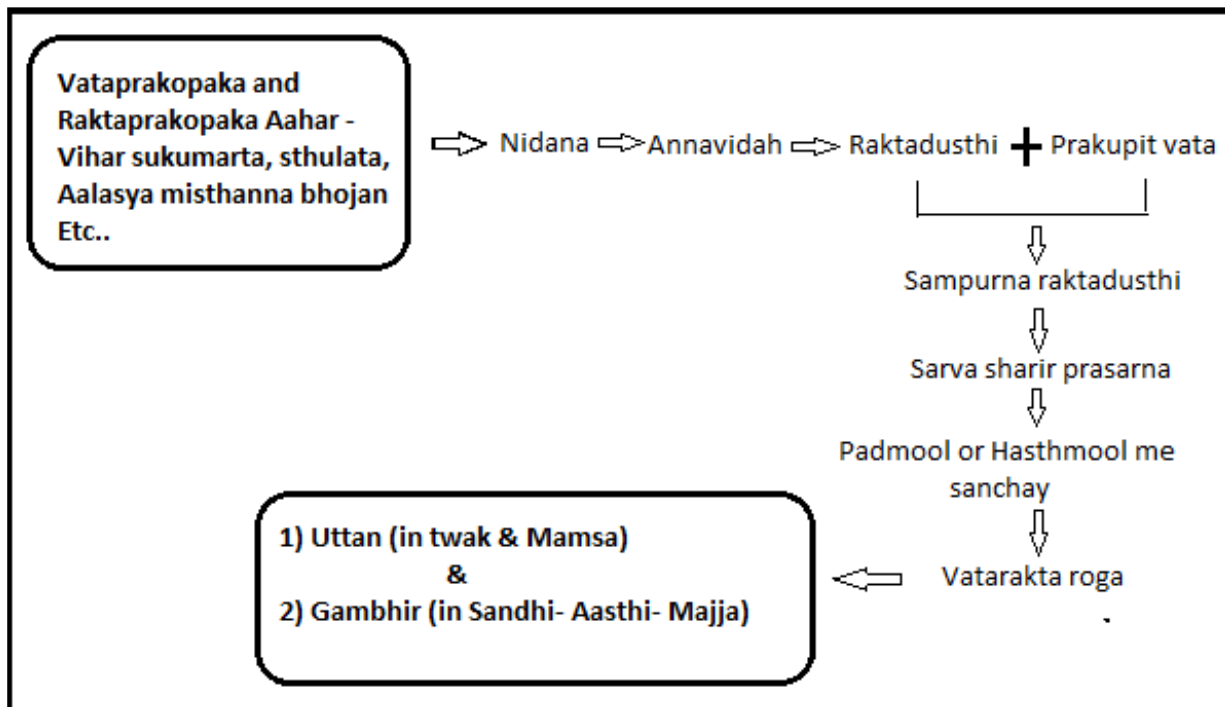
Vyadhi marga: Bahya and madhyama roga marga

Agni: Jatharagni, Dhatvagni

Agni Dusthi: Mandagni

Shrotas: Vatavaha, Rasvaha, Raktavah

Srotas Dustiprakara: Sanga

SAMPRAPTI CHAKRA

AYURVEDA TREATMENT: General Line of Treatment

- *Snehana* (bahya and abhyantara)
- *Mrudhu virechana* (ruksha or snigdha according to the need)
- Repeated *basthi*.
- Besides this *seka* (sprinkling), *abhyanga* (massage), *pradeha* (application of paste) should be adopted.
- The diet comprising of unctuous substances which is *avidahi* should be used.

Specific Treatment for Specific Conditions of Vatarakta

In *uttana Vatarakta*: *Alepana* (ointment), *Abhyanga* (oil massage), *Pariseka* (pouring of medicated oil/decoction), *upanaha* (poultice).

In *gambhira vatarakta*: *Virechana* (purgatives), *Asthapana* (decoction enema), *Snehapana* (intake of medicated oil internally).

Table 4: According to the predominant dosha

Vatottara Vatarakta	Pittottara Vatarakta/Raktottara Vatarakta	Kaphottara Vatarakta
Intake of <i>ghrta</i> , <i>taila</i> , <i>vasa</i> , <i>majja</i> . <i>Abhyanga</i> (massage), <i>Basti</i> (enema), <i>Sukhosna upanaha</i> (warm poultice)	<i>Virechana</i> (purgatives) <i>kshira</i> and <i>ghrtapana</i> (intake of milk and ghee), <i>Seka</i> (sprinkling), <i>Basti</i> (enema) Cold applications	<i>Mrdu vamana</i> (mild emesis) Moderate oil application Sprinkling Fasting Warm pastes

Antahparimarjana Chikitsa

Raktamoksana
Langhana
Snehapana
Vamana
Virechna
Basti karma

Anuvasana vasthi

Sahacharadhi mezhugupakam
Yastimadhu thailam
Bala thailam
Dhanwantara mezhugupakam

Asthapana vasthi

Kshira vasthi
Guduchi siddha vasthi
Balaguduchiyadhi vasthi.
Rasayana

Bahiparimarjana Chikitsa:

Pariseka
Abhyanga
Pradeha
Upanahana
Sastra pranidhana

Agraushadi: *Amruta*

Formulations useful in Vatarakta:

Svarasa: *Guduchi svara*¹

Churna: *Haritaki*, *Nimbadi*, *Munditiki*, *Godhumachurnadiyoga* etc.

Kalka: *Amrutadi kalka*.

Phanta: *Guduchyadi phant*⁴.

Kvatha⁸⁵: *Patola*, *Shampaka*, *Kokilaksha*, *Ashvatha*, *Trivrutta*, *Amrutadi*, *Vasadi*, *Navakarshika*, *Kashmaryadi*, *Laghuand Bruhata Manjishtadikvatha*, *Vatsadani kvatha* etc.

Taila: *Laghu* and *Bruhat Guduchi taila*,

Ghrta: *Guduchighrta*, *Shatavarighrta*, *Amrutadighrta* etc.

Avaleha: *Gudaghrita*, *Shilajatu*, *Amrutadhatakiavleha*, *Chayvanaprasha*, *Gandirarasayana*, *Brahatmadhusnuhi rasayana* etc.

Asavarishta: *Dashamularishta*, *Dhattryarishta*, *Ashokartishta* etc.

Arka: *Guduchiarka*.

Rasa: *Vataraktantakarasa*, *Vishveshvararasa*, *Dvadashayasa*, *Guduchyadi-loha*,

Basti: *Ardhamatrika niruhabasti*, *Lekhanabasti*.

SADHYATA-ASADHYATHA

Table 5: Sadhyasadhyata of Vatarakta

Yapya	Charak. S.	Sushrut. S.	Ashtang. H.
<i>Dvidosaja</i>	+	-	+
<i>Akritisnaopadrava</i>	+	-	-
<i>Samvatsaroithi</i>	-	+	-
Asadhyata	Charak. S.	Sushrut. S.	Ashtang. H.
<i>Updravauktha</i>	+	+	-
<i>Tridosaja</i>	+	-	+
Sadhyata	Charak. S.	Sushrut. S.	Ashtang. H.
<i>Ekdosaja</i>	+	-	+
<i>Nava</i>	+	-	+
<i>Nirupadrava</i>	+	+	+

PATHYA AND APATHYA**PATHYA AHARA**

Shastica shali (*Oryza sativa* grown in 60 days), *Yava* (*Hordeum vulgare*), *Mudga* (*Phaseolus trilobus*), *Kulatha* (*Dolichos biflorae*), *Gramya mamsa* (meat of tame animals), *Jangala mamsa* (Meat of wild animals), *Kshira* (milk), *Gritha* (Ghee), *Takra* (Butter milk). *Ushnajala* (Hot water). *Bimbi* (*Coccinia Indica*), *Bijapura* (*Citrus medica*), *Madhu* (Honey), *Dishes prepared out of sugar*, *Tila taila* (sesaman oil), *Jivanthi* (*Lepta denia reticulata*), *Gostani* (*vitis vinefera*), *Maricha* (*Piper nigrum*) etc. **habbit:** *Laghvanna* (light diet).

PATHYA VIHARA

Warm weather, Pollutant environment, Sound sleep during the night.

APATHYA AHARA

Tila, *Saktu*, *Masha*, *Nishpava*, *Matsya* (Fish), *Dadhi*, *Dusta Jala*, *Sheeta Jala*, *Amlaphala*, *Ikshu*. *Tilataila*, *Mulaka*, *Madhura rasa* (sweet), *guru ahara*, *Dishes prepared out of flour of cereals* *Payasa* (food prepared with milk).

APATHYA VIHARA

Dhumasevana (Smoking), Dusta Pavana Rajo Marga Nishevana (Walking on polluted roads), Maithuna (sexual intercourse),

CONCLUSION

- *Vatarakta* is common in the lower limb.
- It is mainly due to Vatakopa and Raktadushti.
- In the Modern era, we can compare it with Gout.
- In Ayurveda, there is proper treatment of *Vatarakta vyadhi*.

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