

An Ayurvedic Approach to Vatarakta (GOUT): A Case Study

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Abstract: : Vatarakta Is the Disease of Raktavaha Strotas and Is Madhyam-Marga Gatavyadhi. The Etiological Factors Responsible for Gouty Arthritis, Pathology and Clinical Features Are Quite Similar to Vatarakta. Hence Vatarakta Can Be Co-Related to Gout. Vatarakta Is Described as An Independent Disease as Vatashonita in Charak Samhita, Vagbhata and Other Samhitas. The present study is a case report on management of a female patient 50 yr's old with Severe Pain and Redness at First MTP Joint Since 1 month, Fever Since 4-5 days, Tenderness over the Same Joint Since 15 days, Mild Ankle Joint Pain. Ayurvedic medication along with Panchakarma were found to be effective in this case.

Keywords: Vatarakta, Gout, Raktavaha Strotas, MTP joint

I. INTRODUCTION

Ayurved Which Is an Ancient System of Medicine Based on Firm Principles Which Can Never Be Challenged But If these Principles are Violated Then It Will Give Rise To Different Diseases. Vata gets aggravated by it's own causes and due to ushna teeksha padartha sevan, rakta dhatu gets Vitiated which in turn into Vyadhi Like Vatarakta.

वायुर्विवृद्धोवृद्धेनरक्तेनावारितःपथि।
कृत्स्नसंदूषयेद्रक्ततज्जेयंवातशोणितम्।
खुडंवातबलासाख्यमाह्वयातचनमभिः॥
-(च.चि.29/10-11)

Vayu Gets Aggravated Because Of Self-Causing Factors. Being obstructed In Its Course By The Vitiated Rakta, The Disease Thus Is Called Vata-Rakta.

Synonyms→ Khudavat, Vathalasak And Aadhyavat.

Vatarakta To It Is the Disease of Raktavaha Strotas. And Is Madhyam-Marga Gatavyadhi.

Prakupit vata Along with Dushit rakta travels in whole body and affect the Sandhi Starting with Parvasandhi Especially Padangushta. It Reflects the Equal Role of Both Dosha and Dushya In Cause Of Disease.

Vatarakta Is Described as An Independent Disease as Vatashonita In Charak Samhita, Vagbhat And Other Samhitas.

Classical Symptoms of Vatarakta Are Kandu, Rooja, Toda, Sphurana, Shyavatwak, Raktatwak, Bheda, Gaurav And Suptata.

The Etiological Factors Responsible For Gouty Arthritis, Pathology And Clinical Features Are Quite Similar To Vatarakta. Hence Vatarakta Can Be Co-Related To Gout.

II. OBJECTIVES

1. To Study the clinical representation of Vatarakta (Gout) from Ayurvedic and Modern Perspective.
2. To observe haematological, clinical changes during treatment.



3. To reduce further complication and the duration of the disease.
4. To improve quality of life of the patient.

III. MATERIALS AND METHODS

A single clinical case study was performed on the patient taking informed consent before treatment.

Assessment criteria: subjective parameters according to gradation of signs and symptoms of vatarakta (gout) and objective parameters according to serum uric acid level

Through review of Ayurvedic text and Modern literature for Vatarakta (Gout) was done, Particular case represented here

IV. CONCEPTUAL STUDY

A) Disease Review-

Ayurvedic Review-

According To Acharya Charak There Is Wide Description Of Vatarakta. In Which hetu, Samprapti, Dosha, Dushya, Adhisthan, Avayav, Poorvarupa. Types According Doshabheda, Sutra, Sadhya-Asadhyakshana Is Described. Vatarakta Mostly Found In High Socioeconomical Status Peoples Also Called Adhyavata.

Hetu -Mithya Aahar - Vihar, Lavan, Katu, Rasasevan Snigdha Ushnabhojan, Virudhabhojan, Diwaswapan, Ratrijagaran.

Dosha- Vata Rakta

Dushya- Rakta Twak Mamsa

Avayav- twachya, mamsa, sandhi, hasth, sarvasandhi

Type-

a) According to Avastha-

- 1) Uttana
- 2) Gambhira

b) According to Doshabheda

वाताधिक्येनपित्ताचकफाददोषत्रयेनच।

रक्ताधिक्येनदोषाणां द्वेनत्रिविधः स्मृतः।

- (भा.प्र.म.खं. वातरक्त)

1) Vataja 2) Pittaja 3) Kaphaja 4) Raktaja 5) Vata-Pittaja 6) Vata-Kapaja 7) Kapha-Pittaja 8) Sannipattik.

Classical Symptoms Of Vatarakta Are Kandu, Rooja, Toda, Sphurana, Shyavatwak, Raktwak, Bheda, Gaurav And Suptata.

Modern Review-

Gout is a common and complex form of arthritis that can affect anyone. It's characterized by sudden, severe attacks of pain, swelling, redness and tenderness in one or more joints, most often in the big toe.

An attack of gout can occur suddenly, often waking you up in the middle of the night with the sensation that your big toe is on fire. The affected joint is hot, swollen and so tender that even the weight of the bedsheet on it may seem intolerable.

V. CAUSES OF GOUT

- High level of uric acid in blood increases the risk of GOUT
- Medical conditions like Diabetes, High Blood Pressure, Kidney Disease
- High Level of Fat & cholesterol in blood, Obesity, Psoriasis, Osteoarthritis
- Food habits that increase uric acid



- Drinking a lot of beer and spirits

Common Symptoms-

- Sudden and severe joint pain
- Joint swelling
- Joint stiffness
- Mild fever.

Prevention For Gout

- Lifestyle Change like
- Losing Weight
- Changing the Diet
- Taking Medication to lower Uric Acid level.

B) Drugs Review-

1) Kaishor Guggul-

It contains Guduchi, Amalaki, Bibhitaki, Haritaki, Shunti, Maricha, Pippali, Vidanga, Trivruth, Danti, Guggulu resin. Its main ingredients, guduchi, triphala, and trikatu are combined with guggulu to remove deep-seated pitta from the tissues. They also act to nourish and strengthen the system, supporting the overall health and proper function of the joints and muscles. Triphala, Trikatu, Vidanga and Guggulu ingredients in Kaishor guggulu – all are useful in High Uric acid levels in blood and gout treatment.

2) Arogyavardhini Vati-

It Contains- Shuddha Parada, Shuddha Gandhak, Loha Bhasma, Abhraka Bhasma, Tamra Bhasma, Shilajatu, Guggulu, Chitrakmool, Neemba, Katuki, Haritaki, Bibhitaki and Amalaki. It helps to manage the digestive problem due to its Deepan and Pachan properties. It also helps to maintain body weight and other complications of the digestive system by improving metabolism and expelling waste products from the body because of its Shodhana (detoxification) nature.

3) Guduchi Ghan Vati-

It reduces the pitta amount. It helps balance pitta and vata dosha and decrease uric acid amount in blood. It also relieves pain and inflammation of the joints.

4) Mahamanjishthadi Kwath-

It Contains manjishtha, chitrak, vacha, pippali, bhringaraj, haritaki, bibhitak, and amalaka. It helps detoxify and cleanse the body by removing toxins.

5) Eranda oil(castor oil)

It pacifies vata by giving normal direction to vata i.e.vatanuloman, strotovishodhana, kaphahara.

Mode of action of Panchkarma therapy:

1. **Oleation therapy (Snehan)** – It works as a Vataghna (Decrease Vata Dosha in body), softness in Dosha, purification of Kostha (Abdomen), increase in digestive power, and increase the strength of the body²⁵.

2. **Sudation therapy (Swedan)** – Sudation act as if, there is heaviness in body, it is away from sweat, coldness is removed by sweating, and sweating comes from perspiration which is a shit. With this stool, the skin remained an all seven levels and its impurities are removed in the muscles, gout, juice, blood, and fattening²⁶.

3. **Enema (Basti)** – Basti mainly possesses Vedanasthapana, Shothahara, Deepana, Pachana, Mutrala, Vatahara, Rasayana. Basti collectively decreases Vata Dosha and nourishes Asti and Majja Dhatu. Ksheera basti is a Mrudu Niruha Basti which does Dosha Shaman and Brimhana.

4. **Bloodletting therapy (Jalaukavacharana)** - Healing of the skin, the strength of the body increases, the sensory and mind becomes happy and embodied in their work, the work of fire increases which is beneficial in digestive diseases,



there is a benefit in inflammation, blood pressure is of special importance in Shul, Vata Vyadhi, Vatarakta, Lephadhi, Visarpadi the above mention diseases are prevented.

Case Presentation-

A 50 year old female patient, housewife by occupation reported at hospital on date 09/06/2026 with complaints of Severe Pain and Redness at First MTP Joint Since 1 month, mild Fever Since 4-5 days, Tenderness over the Same Joint Since 15 days, Mild Ankle Joint Pain.

H/O- past illness- No any comorbidities.

No any surgical history.

Personal History-

- Appetite-loss of appetite.
- Allergy-Not detected.
- Addiction- not any
- Bowel-Regular
- Bladder- Normal
- Diet- veg, non-veg diet.
- Exercise-None.

Sleep- Disturbed due to Pain.

Investigations-

1) CBC-

Haemogram	09/06/26	15/06/26
Hb	10.6 gm%	10.4 gm%
RBC	4.62million/cmm	4.12million/cmm
WBC	12,800 /cmm	10,100 /cmm
PLT	3.20 lacs cumm	3.02 lacs cumm

2) CRP-

- 10.4 mg/dl. (09/06/26)
- 8.4 mg/dl. (15/06/26)

3) Uric Acid -

- 6.53 mg%. (09/06/26)
- 5.96 mg%. (15/06/26)

4) RA- Non reactive. (09/06/26)

5) Urine R&M-(09/06/26)

Albumin -Absent

Sugar- Nil

Bile Salt -Nil

Ketone – Absent.

Pus cells -0-2

Epithelial cells-1-3

RBCs-Nil

Treatment- 1) Ayurvedic Medicine Chart-

Sr. No.	09/06/26	15/06/26
Kaishor Guggul 250 mg	2 BD After Meal	2 BD After Meal
Arogyavardhini Vati 250 mg	2 BD After Meal	2 BD After Meal
Guduchi Ghan Vati 250mg	2 BD After Meal	2 BD After Meal



Mahamanjsthadi Kwath	20 ml BD After Meal	20 ml BD After Meal
Eranda tail(castor oil)	15ml HS After meal with Lukewarm milk	15ml HS After meal with Lukewarm milk

2. Panchakarma given as follows:

- Oleation therapy (Snehan) - Locally with Bala Tail for 7days.
- Sudation therapy (Swedan) - Locally with Nadi Sweda for 7days.
- Guduchyadi Ksheer Basti - Guduchyadi ksheer Basti - Guduchi, Bala, Erand, Manjishta, Nimba powder Each 4 gms, boiled with Milk 250ml make Ksheera paka and add Madhu 10ml, Bala Tail 50ml, Panchatiktak Ghrita 20ml for 7 days.
- Bloodletting therapy (Jalaukavacharana)

VI. DISCUSSION

- The Treatment approaches on Ayurveda such as life style modification, management of underlying disease & systemic drug administration.
- This patient was managed with treatment of Ayurvedic with panchakarma and oral medicine. The patient was observed on clinical examination & laboratory investigation reports.
- There is no any specific scale applied for the assessment criteria for the case only the following points were observed-

Change in appetite/diet over 1 month.

Change in pain over 15 days.

Change in fatigue over 1 months.

Change in Change in sleep quality

Overall change in quality of life (QOL).

Initially before starting the ayurvedic medications patient was having Severe Pain and Redness at First MTP Joint, fatigue, disturbed sleep and low appetite. Then he was started on above ayurvedic formulations. Over a period of time symptoms reduced.

VII. OBSERVATIONS

- There was improvement in theAppetite, sleep quality of the Patient.
- Pain and Redness at First MTP Joint reduced.
- Haematological changes got improved over time.
- Overall improvement in the quality of life.

VIII. CONCLUSION

below mentioned conclusions can be drawn from the current case study.

- On 7th day, some improvement in sign and symptoms was seen.
- The used drugs alleviate Vata by bringing back its normal function and removed obstruction in Raktavaha Srotas by Kaphamedoghna action
- Therapy such as Oleation therapy (Snehan), Sudation therapy (Swedan) and Enema therapy (Basti) treated Vata by bringing the aggravated Doshas from peripheral region of the body to alimentary tract and eliminating through gut.



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