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Management of *Vatarakta* (Gouty Arthritis) in Ayurveda - A Review

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ABSTRACT

Vatarakta is a *Vatapradhana Tridoshaja Vyadhi* where *Raakt* is main *Dushya*. It is described under *Vatavyadhi Chikitsa* in *Sushruta* while *Charaka* has emphasised it in a separate chapter for *Vatarakta* after *Vatavyadhi Chikitsa*. It is a chronic and complex metabolic disorder of musculoskeletal system and characterised by severe pain, tenderness, inflammation and burning sensation in the affected joints. *Vatarakta* is an illness where in both *Vata* and *Rakta* are afflicted by distinct causative factors. The etiology, pathology and clinical features of *Gouty Arthritis* are quite similar to that of *Vatarakta*. Rapid modernization, Junk food culture, stressful life and urbanisation are the markers for prevalence of *Vatarakta*. Due to excruciating pain, inflammation, joint deformity and restricted joint movements with the risk of various complications like *Chronic Kidney Disease* and *Urate Nephrolithiasis*, it is necessary to have an overall review on all aspects of disease for treatment. Because of the morbidity, chronicity, incurability and complications, the management of *Vatarakta* is a difficult task. Hence an attempt has been made to focus on *Shamana Aushadis* and *Shodhana* procedures recommended in different authentic texts of Ayurveda. Evaluation of efficacy and framing certain guideline protocols for the budding Pharmaceutical and Clinical Researchers as a readymade reckoner are the main aim and objectives of this review.

Key words: *Vatarakta*. *Gout*. *Ayurveda*. *Gouty Arthritis*.

INTRODUCTION

Nowadays human beings are more prone to metabolic disorders due to their faulty dietary habits and life style. *Vatarakta*, an unique *Vatavyadhi* is one among such metabolic disorders. It is caused due to vitiation of *Vata* as well as *Rakta*. The Vitiated *Vata* becomes *Aavruta* with vitiating *Raktadhatu*. *Vridhhi* and

obstructed *Vata* in turn vitiates the whole *Rakta* and manifests as *Vatarakta*. It is characterised by severe pain, tenderness, inflammation and burning sensation in the affected joints. It is of two types i.e., *Uthana* and *Gambhira*. The *Gambhira Vatarakta* mainly affects *Asthidhatu* and causes *Ruja* which spreads as *Aakhorvisha* (rat poison). The clinical features are in accordance with Gout of modern medicine. Gout, "king of diseases" is a painful metabolic disorder causes inflammation and the deposition of uric acid in the cartilage of the joints, particularly the big toe (approximately 75 percent of first attacks). However; it affects other joints such as the ankle, heel, hip, knee, wrist, elbow, fingers and spine. In some cases, the pain in the joints of small toes which became immobile due to impact of injury in early life causes poor blood circulation that leads to complications. Considering the severity of the disease and necessity of its treatment, an attempt for facilitating further Clinical and Pharmaceutical Researches for

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establishing beneficial, cost effective and efficient therapies by availing the Herbal, Mineral and Herbo-mineral formulations a compilation work from the classical texts has been done.

Table 1: Plants recommended for Vatarakta

SN	Name of the Drug	Latin Name	Reference	Monograph
1.	Draksha	<i>Vitis vinifera</i>	B.P.Ni. ^[1] . sloka,Pp-197	Not available
2.	Guduchi	<i>Tinospora cordifolia</i>	B.P.Ni. 1-9 sloka,Pp-75-76	API ^[2] - Part 2,Pp-51-52
3.	Guggulu	<i>Commiphora mukul</i>	Su.Sam ^[3] chi.5/40-45,Pp-76	API -Part 2,Pp-52-53
4.	Kusta	<i>Saussurea lappa</i>	B.P.Ni. 164 sloka,Pp-32-33	API -Part 2,Pp-95-96
5.	Nakachikani	<i>Centipeda orbicularis</i>	B.P.Ni.306-307 sloka,Pp-135	Not available
6.	Nili	<i>Indigofera tentoria</i>	B.P.Ni. 200-203 sloka,Pp-114-115	API -Part 2,Pp-119-120
7.	Prasarini	<i>Paederia foetida</i>	B.P.Ni. 238-240sloka,Pp-120-121	API -Part 2,Pp-113-114
8.	Dhamasa	<i>Fagonia arabica</i>	B.P.Ni. 210-211 sloka,Pp-116	Not available
9.	Vanda	<i>Loranthus falcatus</i>	B.P.Ni. 235 sloka,Pp-126	Not available
10.	Rasna	<i>Pluchea indica</i>	B.P.Ni. 155-156 sloka,Pp-30-31	API -Part 2,Pp-140
11.	Yavasa	<i>Alhagi camelorum</i>	B.P.Ni. 208 sloka,Pp-116	Not available
12.	Sudarshana	<i>Crinum latifolium</i>	B.P.Ni. 155-156 sloka,Pp-30-31	Not available

13.	Saireyaka	<i>Barleria prionitis</i>	B.P.Ni.49 sloka,Pp-149	Not available
14.	Shalmali	<i>Bombax malabaricum</i>	B.P.Ni. 54-55 sloka,Pp-166	API -Part 2,Pp-153
15.	Varuna	<i>Eratereva nurvata</i>	B.P.Ni. 66 sloka,Pp-168-169	Not available
16.	Pippali	<i>Piper longum</i>	Sha,Sam, ^[4] Madyama Kand,5/4,Pp-81	API -Part 2,Pp-131-132
17.	Kutaja	<i>Holarrhena antidysentrica</i>	A.H ^[5] .Kalpa,1/44,Pp-537	API -Part 2,Pp-96
18.	Peelu	<i>Salvadorapersica Linn.</i>	Kaiyadeva Nigantu, ^[6] 1/454,Pp-83	API -Part 2,Pp-129

Table 2: Dhanya (food) recommended for Vatarakta

SN	Name of the drug	Reference	Monograph
1.	Yava	Kaiyadeva Nigantu 1/65, Pp-288	API-Part 2,Pp-192

Table 3: Mineral preparations recommended for Vatarakta.

SN	Name of the drug	Reference	Monograph
1.	Tala Bhasma	R.S.S. vatarakta chi. 9-14 sloka, Pp-652-653 ^[7]	API-Part 2,Pp-347-348
2.	Shilajatu	Kaiyadeva nigantu 1/65,Pp-288	API-Part 2,Pp-215

Table 4: Tailas recommended for Vatarakta

SN	Name of the Drug	Reference	Monograph
1.	Chandanadi Taila	BBR-3 rd Vol,3097 sloka,Pp-74, BBR- 2 nd vol, 1791 sloka Pp-175, SY ^[9] -Pp-141 ^[8]	Not available
2.	Dwipancha	Ga.Ni, taila	Not

	<i>Muladyadya Taila</i>	prakarana,141Pp/489-496 ^[10]	available
3.	<i>Dhaturadya Taila</i>	BBR-3 rd vol,3303 sloka,Pp-138	Not available
4.	<i>Madhukadi Taila</i>	BBR-4 th vol,5277 sloka, Pp-94	Not available
5.	<i>Maha Pippalyadya m Taila</i>	BBR-4 th vol,5299 sloka, Pp-106	Not available
6.	<i>Madhyama Guduchi Taila</i>	BBR-4 th vol, 5280 sloka, Pp-94	Not available
7.	<i>Maha Bala Taila</i>	BBR-4 th vol,5300 sloka,Pp-107	Not available
8.	<i>Maha Masha Taila</i>	BBR-4 th vol,5304 sloka,Pp-110	Not available
9.	<i>Rasnaputika Tailam</i>	BBR-4 th vol,5962 sloka,Pp-360	Not available
10.	<i>Vasa Rudra Taila</i>	BBR-4 th vol,6790 sloka,Pp-660	Not available
11.	<i>Vishnu taila (External application)</i>	BBR-4 th vol,6811 sloka,Pp-669 CD-22/113-120, Pp- 197, BR ^[12] . 26/307-314 , Pp-185 ^[11]	Not available
12.	<i>Visha Tinduka Taila</i>	BBR-4 th vol,6808 sloka,Pp-668 BR-27/167-169,Pp-268	Not available
13.	<i>Rudra Taila</i>	BR-27/170-179,Pp-269),	Not available
14.	<i>Dasapaka Bala Taila</i>	Vru.Ma.-23/43,Pp-371 ^[13] , CD-23/35-36,Pp-219 , BR- 27/188-189,Pp-271, BBR-3 rd Vol,3082 sloka, Pp-69	Not available
15.	<i>Bruhat Guduchi Tailam</i>	BBR-4 th Vol,6823 sloka,Pp-675-676 , CD-23/73-78,Pp-223, BR-27/148-153,Pp-263-	Not available

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16.	<i>Vrana Rakshasa Tailam</i>	BBR-4 th Vol,6833 sloka,Pp-680	Not available
17.	<i>Maha Narayana Tailam</i>	Vru.Ma, 1 st vol,22/147-157,Pp-328-330	Ayurvedic Formulary of India
18.	<i>Ajita Prasarini Taila</i>	Vru.Ma, 1 st vol, 22/285-306,Pp-350-352	Not available
19.	<i>Rasahwadi Taila</i>	Vru.Ma, 1 st vol, 23/43,Pp-371	Not available
20.	<i>Pinda Taila</i>	CD.23/42, Pp-220, Sha.Sam 9/147, Pp- 129,Vru.Ma , 1 st volume, 23/44, Pp-371, S.Y,Pp-120 ^[8]	Ayurvedic Formulary of India
21.	<i>Maha Pinda Taila</i>	BR-27/160-166,Pp-266, CD-23/43,Pp-220,BR-27/160-166,Pp-266, B.P.M.K.,Vataraktadhikara,P P-634,117-121 sloka ^[14]	Not available
22.	<i>Naga Bala Taila</i>	Vru.Ma, 1 st vol,10/106,Pp-121, Ga.Ni.,Taila prakarana,110Pp/277-282.	Not available
23.	<i>Saindavadya Taila</i>	Vru.Ma, 1 st vol,40/32,Pp-545-546	Ayurvedic Formulary of India
24.	<i>Sirisadya Taila</i>	Vru.Ma, 1 st vol,10/106,Pp-121, Ga.Ni.,Taila prakarana,110Pp/277-282.	Not available
25.	<i>Stiradi Taila</i>	Cha.Chi. 29/76-78,Pp-107 ^[15]	Not available
26.	<i>Madhu Yastyadi Taila</i>	Cha.Chi.29/95,Pp-115, A.H.Chi.22/41-44,Pp-520, ^[13] Ga.Ni.,taila prakarana,Pp-100/206-210	Not available
27.	<i>Sukumara Taila</i>	Cha.ci. 96-102,Pp-111	Not available
28.	<i>Amritadi Taila</i>	Cha.ci. 29/103-109 ,Pp-113, S.Y.,Pp-141	Not available

29.	<i>Maha Padma Taila</i>	Cha.ci. 29/110-113,Pp-114, B.P.M.K., Vataraktadhikara,PP-635,124-126 sloka	Not available
30.	<i>Kuddaka Padmaka Taila</i>	Cha.Chi.29/114-115,Pp-115,CD-23/38,Pp-219, BR-27/190,Pp-272	Not available
31.	<i>Madhuparny adi Taila</i>	Cha.Chi.29/91-95,Pp-110	Not available
32.	<i>Nagabaladh ya Taila</i>	Ga.Ni.2 nd vol,20/49-51,Pp-432	Not available
33.	<i>Sarja Taila</i>	CD-1/283,Pp-40	Not available
34.	<i>Maha Narayana Taila</i>	CD - 22/132-141, Pp-198	Ayurvedic Formulary of India
35.	<i>Dasanga Masa Taila</i>	CD-22/162-164,Pp-201	Not available
36.	<i>Saptasatika Prasarini Taila</i>	BR-26/383-393,Pp-194,CD-22/218,Pp-206.	Not available
37.	<i>Ashwaganda di Taila(Pana,A bhyanga,Vas ti,Nasya)</i>	CD-22/142-146,Pp-199, Ga.Ni.Taila prakarana,97 Pp/285-295	Not available
38.	<i>Guduchi Taila</i>	CD-23/21-22, Pp-218, BR-27/138-138,Pp-263	Not available
39.	<i>Guduchyadi ni Taila</i>	CD-23/39-41,Pp-220, BR-27/191-192	Not available
40.	<i>Shatavari Taila</i>	Sha.Sam-9/133-141,Pp-129	Not available
41.	<i>Dhatu Taila</i>	Sha.Sam-10/199-210,Pp-136	Not available
42.	<i>Brihat Saindavadya Taila</i>	CD-40/27-30,Pp-340	Not available
43.	<i>Somaraji Taila</i>	CD-50/163-165,Pp-409, BR-54/312-314,Pp-93, Vru.Ma-1st vol 51/157-159,Pp-640	Ayurvedic Formulary of India

44.	<i>Nakula Taila</i>	BR-26/536-544,Pp-222	Not available
45.	<i>Maha Kukkuta Mamsa Taila</i>	BR-26/545-554,Pp-223	Not available
46.	<i>Masha Taila</i>	BR-26/562-564,Pp-226	Ayurvedic Formulary of India
47.	<i>Maha Rudra Guduchi Taila</i>	BR-27/154-159,Pp-265	Not available
48.	<i>Maha Rudra Tailam</i>	BR-27/180-185,Pp-270	Not available
49.	<i>Satahvadi Taila</i>	BR-27/187,Pp-271	Not available
50.	<i>Sahasra Paka Bala Taila</i>	A.H.Chi.,22/45-46,Pp-521 ^[16]	Ayurvedic Formulary of India
51.	<i>Kusta Raksasa Taila</i>	BR-54/294-298,Pp-90, BBR 1 st vol, 878 sloka, Pp-267	Not available
52.	<i>Kandarpasara Taila</i>	BR-54/348-363,Pp-98	Not available
53.	<i>Eranda Taila with Milk</i>	BBR-1 st vol,1576 sloka,Pp-193 ,A.H.Chi.22/11,Pp-515	Not available
54.	<i>Amrutakya Taila</i>	BBR-1 st vol,175 sloka,Pp-67-68	Not available
55.	<i>Laxmi Vilas Tailam</i>	BR-101/29-36, Pp-684-685.	Not available
56.	<i>Brihat Vrana Rakshasa Taila</i>	BR-47/74-78,Pp-763	Not available
57.	<i>Ksheera Bala Avartana Taila</i>	S.Y-Pp-111 Taila prakarana	Ayurvedic Formulary of India
58.	<i>Bala Guduchyadi Taila</i>	S.Y.Pp-116 Taila prakarana, Vaidyayogaratnavali,Pp-304 ^[17]	Not available

59.	<i>Trumishrita Taila</i>	S.Y. Pp-116 Taila prakarana	Not available
60.	<i>Vrana Bhirava Taila</i>	S.Y.,Pp-156 Taila prakaran	Not available
61.	<i>Aranaladi Taila</i>	S.Y.,Pp-119, Taila prakarana	Not available
62.	<i>Satapaka Madhuka Taila</i>	Cha.chi.29/117-118,Pp-116, B.P.M.K., Vataraktadhikara, PP-641,158-159 sloka	Not available
63.	<i>Sahasrapaka Bala Taila</i>	Cha.Chi.,29/119-120,Pp-117, B.P.M.K., Vataraktadhikara,Pp-641,160-161 sloka, A.H.Chi.22/45-46,Pp-521	Not available
64.	<i>Satapaka Bala Taila</i>	Cha.Chi.29/119-120,Pp-117, B.P.M.K. Vataraktadhikara,PP-640,152-153 sloka	Not available
65.	<i>Prasarini Taila</i>	Ga.Ni.Taila prakarana,82P/67-72	Ayurvedic Formulary of India
66.	<i>Syonaka Taila</i>	Ga.Ni. Taila prakarana, 89P/115-127	Not available
67.	<i>Vyaghra Tailam</i>	Ga.Ni.Taila prakarana,134 Pp/445-455	Not available
68.	<i>Gunjamuladya Taila</i>	Ga.Ni.Taila prakarana,Pp-145/523-525	Not available
69.	<i>Apara Pinda Taila</i>	B.P.M.K.Vataraktadhikara,PP-629,88 sloka	Not available
70.	<i>Satahvadi Taila</i>	B.P.M.K.Vataraktadhikara,PP-643,116sloka	Not available
71.	<i>Kusumbadya Tailam (Vasti, Pana, Nasya, Karnapurana, Abhyanga)</i>	Ga.Ni.Taila prakarana,96P/170-174	Not available
72.	<i>Laghu Manjistadi</i>	YR. Vatarakta chi,Pp-554 ^[18]	Not available

	<i>Taila</i>		
73.	<i>Brihat Manjistadi Taila</i>	YR. Vatarakta chi,Pp-554	Not available
74.	<i>Laghu Marichyadya Taila</i>	YR. Vatarakta chi,Pp-556	Not available
75.	<i>Brihat Marichyadya Taila</i>	YR. Vatarakta chi,Pp-556	Ayurvedic Formulary of India
76.	<i>Rasna Putika Taila</i>	YR. Vatarakta Chi, Pp-541,BBR-4 th vol,5962 sloka,Pp-360	Not available

Table 5: Churnas recommended for Vatarakta

SN	Name of the Drug	Reference	Monograph
1.	<i>Brihat Agni Mukha Churna</i>	CD-6/30-36,Pp-95,BR-VOL 1 st ,10/67-75,BBR-4 th vol,6645 sloka,Pp-601,CD-6/30-38,Pp-95	Not available
2.	<i>Narasimha Churna</i>	CD-67/15-24,Pp-597	Not available
3.	<i>Katukadi Churna</i>	CD-23/15,Pp-217	Not available
4.	<i>Amrutadi Churna</i>	BBR-VOL 1 st ,70 sloka,Pp-70	Not available
5.	<i>Alambhushadi Churna</i>	BR-29/41-43,Pp-293, BBR-Vol 1 st , 81 sloka,Pp-25, B.P.M.K.Amavata chap,Pp-81, Vru.Ma.,25/56-59,PP-397	Not available
6.	<i>Nimbadi Churna</i>	BR-27/28-35,Pp-244,BBR-Vol 3 rd ,3443 sloka,Pp-173	Not available
7.	<i>Panchanimba Churna</i>	BR-54/80-88,Pp-53,Vru.Ma.- vol 2 nd 51/91-100,Pp-630,	Ayurvedic Formulary of India
8.	<i>Trivrutadi Churna</i>	BBR-2 nd vol,2370 sloka,PP-396	Not available
9.	<i>Navakarshikadi</i>	BBR-3 rd vol,3410 sloka,Pp-	Not available

	<i>Churna</i>	163	available
10.	<i>Methikadya Churna</i>	BBR-4 th vol,5158 sloka,Pp-39	Not available
11.	<i>Langalyadi Churna</i>	BBR-4 th vol,6239 sloka,Pp-476	Not available
12.	<i>Madyamanika Churna</i>	BR-1 st vol,8/87-89,Pp-491	Not available
13.	<i>Katukadi Churna</i>	CD-23/15,Pp-217	Not available
14.	<i>Amrutadi Kalka</i>	BR-27/24,Pp-243	Not available
15.	<i>Triphaladi Kalka</i>	BBR-2 nd vol, 2268 sloka,Pp-327	Not available
16.	<i>Basmarka Churna</i>	BBR-3 rd vol, 4817 sloka,Pp-625, Ga.Ni., Prayog Khand, Churnadikara,Pp-194/295-305	Not available
17.	<i>Happusadi Churna</i>	S.Y.,Pp-175	Not available
18.	<i>Devadali Churna Prayoga</i>	BBR-3 rd vol, 2974 sloka,Pp-32	Not available
19.	<i>Madhu Snuhi Churna</i>	Vaidyayogaratnavali Pp-67	Not available
20.	<i>Methikadya Churnam</i>	Ga.Ni., Prayog Khand, Churnadikara,Pp-194/373-376	Not available

4.	<i>Patoladi Kashaya</i>	CD-23/12,Pp-216,BR-27/11,PP-239	Not available
5.	<i>Datryadi Kashaya</i>	CD-23/16,Pp-217,BR-27/25,Pp-243,BBR-3 rd vol,3249 sloka,Pp-	Not available
6.	<i>Kokolakshadi Kashaya</i>	CD-23/17,Pp-217, BR-27/13,Pp-240,A.H.Chi.22/18-19,Pp-516,BBR 1 st vol,669 sloka,Pp-209	Not available
7.	<i>Navakrrshika Kashaya</i>	CD-23/23-25,Pp-218,BR-27/14-16,Pp-240	Not available
8.	<i>Brihat Manjistadi Kashaya</i>	Sha.Sam.2/137-143, Pp-73, Vru.Ma.,2 nd vol,51/2008-212,Pp-647	Not available
9.	<i>Rasna Dashamula Kashaya</i>	BR-26/83-84,Pp-146	Not available
10.	<i>Sampakadi Kashaya</i>	BR-27/9,Pp-239	Not available
11.	<i>Erandadi Kwatha</i>	BR-27/12,Pp-239, BBR-1 st vol,546 sloka,Pp-186,	Not available
12.	<i>Simhasyadi Kwatha</i>	BR-27/17-19,Pp-241,RTSSP 21/Pp-329	Not available
13.	<i>Aswatha Kwatha</i>	BR-27/20,Pp-241.	Not available
14.	<i>Trivrutadi Kwatha</i>	BR-27/21,Pp-242.	Not available
15.	<i>Amrutadi Kwatha</i>	BR-27/26,Pp-243.	Not available
16.	<i>Manjistadi Kashaya (Laghu)</i>	BR-54/66-67,Pp-49,BBR-4th vol,4981 sloka,Pp-3	Not available
17.	<i>Manjistadi Kashaya (Madhyama)</i>	BR-54/68-70,Pp-49,BBR-4th vol,4980 sloka,Pp-3	Not available
18.	<i>Manjistadi Kashaya (Vrudda)</i>	BBR-4th vol,4982 sloka,Pp-3	Ayurvedic Formulary of India

Table 6: Kashayas recommended for Vatarakta

SN	Name of the Drug	Reference	Monograph
1.	<i>Trikarshika Kashaya</i>	CD-23/4,Pp-215	Not available
2.	<i>Vatsadani Kashaya</i>	CD-23/5,Pp-215	Not available
3.	<i>Vasadi Kashaya</i>	CD-23/6,Pp-215, BR-27/23, Ga.Ni.part 2, 20/31,Pp-428	Not available

19.	<i>Atarushadi Kwata</i>	BR-54/73,Pp-50	Not available
20.	<i>Kakolyadi Kwata (3)</i>	BBR-1 st vol,634 sloka,Pp-205	Not available
21.	<i>Kashmaryadi Kwata (3)</i>	BBR-1 st vol,641 sloka,Pp-206	Not available
22.	<i>Bhunimbadi Kwatha</i>	BBR -3 rd vol,4801 sloka, Pp- 619 ,Vru.Ma -51/196-198,vol 2,Pp-646	Not available
23.	<i>Mustadi Kwata</i>	BBR-4th vol,5069 sloka,Pp-18	Not available
24.	<i>Rasnadi Kwata</i>	Vru.Ma.1 st vol,22/373-378, Pp-362,	Not available
25.	<i>Vatsadanyadi Kashaya</i>	BBR-4th vol,6484 sloka,Pp-567	Not available
26.	<i>Vasadi Kashaya</i>	BBR-4th vol,6519 sloka,Pp-673	Not available
27.	<i>Maha Rasnadi Kwata</i>	Vru.Ma. 1 st vol 22/104-113, Pp-322,	Not available
28.	<i>Nimbadi Maha Kashaya</i>	Vru.Ma., 2 nd vol, 51/217-220,Pp-648	Not available
29.	<i>Munditaka Kashaya</i>	CD-23/7,Pp-216	Not available
30.	<i>Dashamula Ksheera Yoga</i>	BBR-3 rd vol, 2826 sloka, Pp-4,	Not available
31.	<i>Manjistadi Kwata Churnam</i>	Vaidyayogaratnavali, Pp-208	Essential Drug List (Ayurveda)pP-9
32.	<i>Guduchyadi Kwata</i>	BBR-2 nd vol,1356 sloka,Pp-52	Not available
33.	<i>Rasnadi Kwata Churnam</i>	Vaidyayogaratnavali, Pp-214	Not available
34.	<i>Triphaladi Kwata</i>	Ga.Ni.part 2, 20/31,Pp-430	Not available

Table 7: *Guggulu* recommended for *Vatarakta*

SN	Name of the Drug	Reference	Monograph
1.	<i>Amrita Vatika Guggulu</i>	Vru.Ma.,44/56-57,Pp-582	Essential Drug List (Ayurveda) pP-12
2.	<i>Mahishakya Guggulu</i>	BBR-4 th vol,5186 sloka,Pp-52	Not available
3.	<i>Yogaraja Guggulu</i>	BBR-4 th vol,5780 sloka,Pp-296, , Ga.Ni., prayog khand, gutikaikara,Pp-268/326-332	Ayurvedic Formulary of India
4.	<i>Vajra Guggulu</i>	BBR-4 th vol,6686 sloka,Pp-617,R.T.S.S.P ^[15] 21/Pp-328	Not available
5.	<i>Vatari Guggulu</i>	BBR-4 th vol,6689 sloka,Pp-618	Not available
6.	<i>Kaishora Guggulu</i>	Vru.Ma.,1 st vol,23/55-64,Pp-373,CD-23/44-53,Pp-221,Sha.Sam.7/70-81,Pp-108	Ayurvedic Formulary of India
7.	<i>Guggulu Vati</i>	Vru.Ma.,1 st vol,23/35-37,Pp-370, BBR-2 nd vol,1330 sloka,Pp-42	Not available
8.	<i>Amrutakya Guggulu</i>	Vru.Ma.,1 st vol,23/65-71,Pp-375	Not available
9.	<i>Punarnava Guggulu</i>	Vru.Ma.,1 st vol,23/72-77,Pp-376	Ayurvedic Formulary of India
10.	<i>Simhanada Guggulu</i>	Vru.Ma.,1 st vol,23/41-46,Pp-394, B.P.M.K.Vataraktadhikara, Pp-650,116-122 sloka	Ayurvedic Formulary of India
11.	<i>Brihat Simhanada Guggulu</i>	Vru.Ma.,1 st vol,23/47-55,Pp-395	Not available
12.	<i>Goksuradi Guggulu</i>	Sha.Sam.,7/84-87,Pp-109,BBR-2 nd vol,1337 sloka,Pp-43	Ayurvedic Formulary of India

13.	<i>Rasabra Guggulu</i>	BR-27/91-97,Pp-256	Not available
14.	<i>Triphala Guggulu</i>	BBR-2 nd vol,2421 sloka,Pp-359, sloka,Pp359,B.P.M.K,Vataraktadhikara,PP-648,208-215 sloka	Ayurvedic Formulary of India
15.	<i>Triphaladya Guggulu</i>	BBR-2 nd vol,2425 sloka,Pp-362	Not available
16.	<i>Dashaka Guggulu</i>	BBR-3 rd vol,3010 sloka,Pp-41	Not available
17.	<i>Pathyadi Guggulu</i>	BBR-3 rd vol 4011 sloka,Pp-320	Not available
18.	<i>Swayambhu Guggulu</i>	Ga.Ni. prayog khand, gutikaikara,Pp-264/303-306	Not available
19.	<i>Kamsakya Guggulu</i>	Ga.Ni. prayog khand, gutikaikara,Pp-270/352-357	Not available
20.	<i>Astachwarim hat Sangnaka Guggulu</i>	Ga.Ni. prayog khand, gutikaikara,Pp-276/387-394	Not available
21.	<i>Kanthadika Guggulu</i>	Ga.Ni. prayog khand, gutikaikara,Pp-274/371-386	Not available
22.	<i>Samasharkara Guggulu</i>	B.P.M.K.Vataraktadhikara, PP-642,167-173 sloka	Not available

Table 8: Vati/Gutikas recommended for Vatarakta

SN	Name of the Drug	Reference	Monograph
1.	<i>Eladi Gutika</i>	Vru.ma.,1 st vol,9/30-33,Pp-198, CDCD-9/30-33,Pp-117	Ayurvedic Formulary of India
2.	<i>Sarpir Guda</i>	Cha.Chi.11/70-77, Pp-475-476	Not available
3.	<i>Shiva Gutika</i>	CD-66/172-193,Pp-592, BR-73/151-175,Pp-503	Not available
4.	<i>Brihat Shiva</i>	Ga.Ni. prayog khand,Gutikadikara,Pp-	Not available

	<i>Gutika</i>	255/216-239	available
5.	<i>Abhaya Gutika</i>	Ga.Ni. prayog khand,Gutikadikara,Pp-218/1-6	Not available
6.	<i>Kanakaavathi Vati</i>	BBR-1 st vol,738 sloka,Pp-221	Not available
7.	<i>Erandadi Gutika</i>	BBR-1 st vol,566 sloka,Pp-189	Not available
8.	<i>Guduchi Modaka</i>	BBR-2 nd vol,1313 sloka,Pp-35	Not available
9.	<i>Trikatukadya Gutika</i>	Ga.Ni. prayog khand,Gutikadikara Pp-243/255-256	Not available
10.	<i>Langali Gutika</i>	B.P.M.K ,Vataraktadhikara,Pp-635,82-83sloka	Not available
11	<i>Vatarakshasam</i>	Vaidyayogaratnavali,Pp-535	Not available

Table 9: Ghritas recommended for Vatarakta

SN	Name of the Drug	Reference	Monograph
1.	<i>Guggulu Pancha Tikta Gritam</i>	CD-50/118-121, BR-54/233-236,Pp-78, A.H.ci.21/58-61,Pp-508.	API -Part 1,Pp-117-119
2.	<i>Maha Tiktaka Gritam</i>	Vru.Ma ,Vol 2 nd , 51/138-141,Pp-637, CD-44/75-76,Pp-368, Ga.Ni.,prayog khand,169-175 sloka,Pp-28	API -Part 1,Pp-113-114
3.	<i>Maha Guduchi Gritam</i>	BBR-4 th vol,5232 sloka,Pp-72-73	Not available
4.	<i>Vasamruta Guggulu Gritam</i>	BBR-4 th vol,6745 sloka,Pp-640	Not available
5.	<i>Vidari Gritam</i>	BBR-4 th vol,6749 sloka,Pp-642,BR—35/26-37,Pp-479.	Not available
6.	<i>Bruhat Danti Gritam</i>	BBR-4 th vol,6761 sloka,Pp-648	Not available
7.	<i>Satavari</i>	Vru.ma. 1 st vol, 23/40,Pp-	Not available

	<i>Gritam</i>	371	available
8.	<i>Baladya Gritam</i>	Vru.Ma. 1 st vol, 31/32, Pp-468, CD-10/95, Pp134, BR-33/73, Pp451	Not available
9.	<i>Dhanvantara Gritam</i>	Vru.Ma. 1 st vol, 35/35-41, Pp-498-499, , CD-35/31-38, Pp-304, A.S.Chi14/13, Pp-432	API -Part 1, Pp-105-106
10.	<i>Paniya Kalyanika Gritam</i>	Vru.Ma. 1 st vol, 1/468-474, Pp-84.	Not available
11.	<i>Vrudda Amala Grita</i>	Vru.Ma. 1 st vol, 9/95-101, Pp-208	Not available
12.	<i>Kamadeva Gritam</i>	CD-9/53-63, Pp-119, BR-13/145-155, Pp-765, BBR 1 st Vol, 828 sloka, Pp-253	Not available
13.	<i>Aswagandadi Gritam</i>	S.Y.Pp-426, parisista taila prakarana	Not available
14.	<i>Triphaladi Gritam</i>	Cha.Chi, 7/136-139, Pp-354	Not available
15.	<i>Sravanyadi Gritam</i>	Cha.Chi, 29/55, Pp-683	Not available
16.	<i>Parushaka Gritam</i>	Cha.Chi, 29//58-60, Pp-104, B.P.M.K. ,vataraktadhikara, PP-629, 89-90 sloka	Not available
17.	<i>Jivaniya Gritam</i>	Cha.Chi, 29/61-70, Pp-104, BBR-2 nd vol, 2038, Pp-260	Not available
18.	<i>Stiradi Gritam</i>	Cha.Chi, 29/76-78, Pp-107	Not available
19.	<i>Guduchi Gritam</i>	CD-23/26, Pp-218, Sha.Sam.9/44, Pp-120, BR-27/129, Pp-261, BBR-2 nd vol, 1359 sloka, pp-52	Not available
20.	<i>Maha Guduchi Gritam</i>	B.P.M.K.Vataraktadhikara, Pp-633, 109-115 sloka	Not available
21.	<i>Pancha Guduchi Gritam</i>	B.P.M.K. Vataraktadhikara, Pp-632, 101-107 sloka	Not available

22.	<i>Shasta Guduchi Gritam</i>	B.P.M.K. Vataraktadhikara, Pp-632, 108 sloka	Not available
23.	<i>Shatavari Gritam</i>	CD-23/27, Pp-218, BR-27/130, Pp-261, B.P.M.K. Vataraktadhikara, Pp-630, 92 sloka	Not available
24.	<i>Amruutakya Grita</i>	CD-23/28-34 Pp-219, BR-27/131, Pp-262	Not available
25.	<i>Brihat Satavari Gritam</i>	Cha.Chi., 30/64-69, Pp-146	Not available
26.	<i>Kasisadya Gritam (Herbomineral)</i>	Sha.Sam.9/51-57, Pp-121, BBR-1 st Vol, 832 sloka, Pp-254	Not available
27.	<i>Amruta Gritam</i>	CD-25/60-61, Pp-233	Not available
28.	<i>Sukumara Gritam</i>	CD-32/30-37, Pp-288	Not available
29.	<i>Sita Kalyanaka Gritam</i>	CD-61/22-27, Pp-527	Not available
30.	<i>Brihat Satavari Gritam</i>	CD-61/28-33, Pp-527	Not available
31.	<i>Paniya Kalyanika Grita</i>	BR-24/64-70, Pp-105, Sha.Sam, 8/38-43, Pp-101, CD-20/21-27, Pp-174	Not available
32.	<i>Chagatadya Grita (Brihat)</i>	BR-26/232-256, Pp-174	Not available
33.	<i>Guda Gritam</i>	BR-27/38, PP-245, BBR 2 nd Vol, 1356 sloka, Pp-52	Not available
34.	<i>Brihat Ccyamadi Gritam</i>	BR-38/16-21, Pp-549	Not available
35.	<i>Danti Gritam</i>	BR-43/100-104, Pp-703	Not available
36.	<i>Sukumara Grita</i>	A.H.Chi -8/41-47, Pp-399	Ayurvedic Formulary of India
37.	<i>Amrutyadi Grita</i>	BBR-1 st vol, 163 sloka, Pp-59	Not available

38.	<i>Drakshadi Grita</i>	BBR-3 rd Vol, 3073 sloka, Pp-66,	Not available
39.	<i>Nimbadi Gritam</i>	BBR-3 rd vol,3488 sloka	Not available
40.	<i>Bala Gritam</i>	Cha.chi.29/56-57,Pp-103, BBR-3 rd vol,4656 sloka,Pp-576	Not available
41.	<i>Datryadi Grita</i>	S.Y. Pp,64, Grita prakarana	Not available
42.	<i>Maha Kushmanda Grita</i>	S.Y.,Pp-84, Grita prakarana	Not available
43.	<i>Karaskara Grita</i>	S.Y.,Pp-428,parisista taila prakarana	Not available
44.	<i>Talisadi Grita</i>	SY.,Pp-90	Not available
45.	<i>Rushabak Gritam</i>	B.P.M.K. Vataraktadhikara,Pp-630,93 sloka	Not available

Table 10: *Avalehyas recommended for Vatarakta.*

SN	Name of the Drug	Reference	Monograph
1.	<i>Kamsa Haritaki</i>	BBR-1 ST vol,774 sloka,Pp-233	Not available
2.	<i>Kushmanda Guda</i>	BBR-1 ST vol,808 sloka,Pp-246	Not available
3.	<i>Keshar Paka</i>	BBR-1 ST vol,817 sloka,Pp-249	Not available
4.	<i>Kandkadya Rasayanam</i>	BBR-1 ST vol,1078 sloka,Pp-328	Not available
5.	<i>Amruta Bhallataka Avaleha</i>	BBR-1 ST vol,146 sloka,Pp-49	Not available
6.	<i>Sri Bahu Sala Guda</i>	CD-5/78-88,Pp-81	Not available
7.	<i>Kushmanda Guda</i>	CD-5/76-84,Pp-70	Not available

8.	<i>Maha Bhallataka Guda</i>	Vru.Ma.1 st vol, 51/57-70,Pp-624-626, BR-54/207-221,Pp-75	Not available
9.	<i>Madhupakva Haritaki</i>	BBR-4 th vol, 5190 sloka,Pp-55	Not available
10.	<i>Methi Paka</i>	BBR-4 th vol, 5208 sloka,Pp-61	Not available
11.	<i>Rasona Paka</i>	BBR-4 th vol, 5936sloka,Pp-349	Not available
12.	<i>Yogasaramruta</i>	Vru.Ma.1 st vol, 23/78-90,Pp-377, BR-27/122-128,Pp-261	Not available
13.	<i>Bahusala Guda</i>	Vru.Ma, 1 st vol, 5/80-90,Pp-146-147	Not available
14.	<i>Chyavanaprasha</i>	Vru.Ma.,1 st vol,10/34-38,Pp-217	Ayurvedic Formulary of India
15.	<i>Agastya Haritaki</i>	Vru.Ma , 1 st vol,10/67-71,Pp-223 Cha,Chi.,1/62-74,Pp-20	Ayurvedic Formulary of India
16.	<i>Kandakadya Lauha</i>	BR-13/80-90, Pp-756, CD-9/82-96,Pp-122.	Not available
17.	<i>Madhu Snuhi Rasayana</i>	Vaidyayogaratnavali,Pp-251	Ayurvedic Formulary of India

Table 11: *Asavas recommended for Vatarakta*

SN	Name of the Drug	Reference	Monograph
1.	<i>Sarivadyasava</i>	Vaidyayogaratnavali Pp-32	API-Part 1,Pp-40-41
2.	<i>Gandirasava</i>	BBR-2 nd vol,1406 sloka,Pp-67	Not available
3.	<i>Chavikasava</i>	BBR-2 nd vol,1813 sloka,Pp-185	Not available

Table 12: Rasaoushadis (Herbo-mineral drugs) recommended for Vatarakta

SN	Name of the drug	Reference	Monograph
1.	<i>Virbhadrā Abrakā</i>	BR-10/225-229,Pp-675	Not available
2.	<i>Srinripati Vallabha Ras</i>	BR-8/351-365,Pp-534	Not available
3.	<i>Lokanadha Ras</i>	Sha.Sam.,12/59,Pp-165,Ras.Chandamsu Rajayakshma chi,Pp-224 ^[19]	Not available
4.	<i>Sudhakar Ras</i>	BR-23/15-17,Pp-89	Not available
5.	<i>Chaturmukha Ras</i>	BR-26/149-155,Pp-158	Not available
6.	<i>Vata Raktantak Ras</i>	BR-27/43-47,Pp-247 , R.S.S. Vatarakta chap/1-3 sloka ,Pp-449	Not available
7.	<i>Dwadashayasha</i>	BR-27/54-58,Pp-249,BBR-3 rd vol,3220 sloka	Not available
8.	<i>Vishweshwara Ras</i>	BR-27/48-53,Pp-249, R.S.S. Vatarakta chap/18-23 sloka , pP-654	Not available
9.	<i>Pittantaka Lauha</i>	BR-27/59,,Pp-252	Not available
10.	<i>Guduchydi Lauha</i>	BR-27/60-63,Pp-247	Not available
11.	<i>Langalyadya Lauha</i>	BR-27/67,Pp-252, R.S.S. Vatarakta chap/1-3 sloka , Pp-649-650	Not available
12.	<i>Maha Taleshwar Ras (M)</i>	BR-27/75-76,Pp-253 , R.S.S. Vatarakta chap/15-17 sloka , Pp-653	Not available
13.	<i>Sarveshwar Ras</i>	BR-27/77-82,Pp-254	Not available
14.	<i>Udaya Martanda</i>	BR-31/51-52,Pp-394	Not

	<i>Ras (M)</i>		available
15.	<i>Nityanandaras</i>	BR-45/30-38,Pp-734	Not available
17.	<i>Chandramruta Ras</i>	Ras chand,Kasa chi,Pp-244	Ayurvedic Formulary of India
18	<i>Kubja Vinoda Ras</i>	BBR-1 st vol,1019 sloka,Pp-308, Ras.Chandamsu.Vataroga chi,Pp-275	Not available
19.	<i>Purna Chandra Ras</i>	BR-73/78-88, Pp-495	Not available
20.	<i>Talakeshwar Ras</i>	BBR-2 nd vol,2689 sloka,Pp-466	Not available
21.	<i>Maha Talakeshwar Ras</i>	BBR-4 th vol, 5548 sloka,Pp-199	Not available
22.	<i>Ras Manikya Ras</i>	BR.54/117-123,Pp-60	API-Part 1,Pp-407
23.	<i>Manikya Ras</i>	BBR-4 th vol, 5598 sloka,Pp-229, BR.54/124-132,Pp-60	Not available
24.	<i>Kustari Ras</i>	R.S.S.kusta/107.p.457,B BR P.781/9523.Vol-5,BR.54/141-142,Pp-62	Not available
25.	<i>Amritankur Lauha</i>	BR.54/186-194,Pp-71	Not available
26.	<i>Sitapitta Bhanjana Ras</i>	BR-54/29-33,Pp-108	Not available
27.	<i>Vijaya Parpati Ras</i>	RTSSPS.Parpatiprakaran a./4.p.297.vol-1 ²⁰ ,BBR.p.757/7019,vol-4	Not available
28.	<i>Raja Vallabha Ras</i>	BBR-4 th vol, 6137 sloka,Pp-444	Not available
29.	<i>Amrutangura Lauha</i>	BBR-1 st vol,329 sloka,Pp-116	Not available
30.	<i>Amrutakya Lauha</i>	BBR-1 st vol,320 sloka,Pp-115	Not available

31.	<i>Amrutarnava Ras</i>	BBR-1 st vol,325 sloka,Pp-118	Not available
32.	<i>Jeevananandabram</i>	BBR-2 nd vol,2125 sloka,Pp-287	Not available
33.	<i>Tamra Parpati</i>	BBR-2 nd vol,2568 sloka,Pp-407	API-Part 1,Pp-422
34.	<i>Trinetra Ras</i>	BBR-2 nd vol,2722 sloka,Pp-480	Not available
35.	<i>Panchamruta Ras</i>	BBR-3 rd vol,4291 sloka,Pp- , YR. Vatarakta chi,Pp-559	Not available
36.	<i>Nripati Vallabha Ras</i>	BBR-3 rd vol,3664 sloka,Pp-248	Not available
37.	<i>Bola Badra Ras</i>	BBR-3 rd vol ,4753 sloka,Pp-606	Not available
38.	<i>Chandra Prabha Vati</i>	B.P.M.K. Vataraktadhikara, Pp-645,189 sloka	Ayurvedic Formulary of India
39.	<i>Nageshwaraha Ras</i>	BBR-3 rd vol,3638 sloka,Pp-237	Not available
40.	<i>Guduchyadi Loha</i>	RTSSP 21/Pp-329	Not available
41.	<i>Loha Mrutyunjaya Ras</i>	BBR-4 th vol, 6520 sloka,Pp-549	Not available
42.	<i>Vijaya Bhairava Ras</i>	BBR-4 th vol, 7020 sloka,Pp-759	Not available
43.	<i>Rasayanamruta Ras</i>	BBR-4 th vol, 6119 sloka,Pp-432	Not available
44.	<i>Maha Chandra Prabha Vati</i>	BBR-4 th vol, 5540 sloka,Pp-194	Not available
45.	<i>Meha Mudgara Ras</i>	Ras.chand. Prameha chi,Pp-318	Not available

Table 13: *Lepas* recommended in *Vatarakta*

SN	Name of the Drug	Reference	Monograph
1.	<i>Brusta Tila Kalka</i>	CD-23/14,Pp-217	Not available

SN	Name of the Drug	Reference	Monograph
	<i>Lepa</i>		
2.	<i>Shatadouta Grita</i>	CD-23/13,Pp-216	Not available
3.	<i>Tila Pralepa (with Milk)</i>	BR.27/38,Pp-245	Not available
4.	<i>Baladi Pralepa</i>	BR.27/41,Pp-246	Not available
5.	<i>Rasnadi Paralepa</i>	BR.27/43-53,Pp-247	Not available

Panchakarma procedures recommended for Vatarakta

Table 14 : *Bahirparimarjana Chikitsa*

SN	Name of procedure	Reference
1.	<i>Abhyanga</i>	Cha.chi 29/42,Pp-100, A.S.Chi.24/16,Pp-541, ^[21] CD-23/1/Pp-215 , B.P.M.K. Vatarakta chi/28, Pp-620
2.	<i>Pariseka</i>	Cha.chi 29/42,Pp-100, A.S.Chi.24/16,Pp-541, CD-23/1/Pp-215, B.P.M.K. Vatarakta chi/28, Pp-620
3.	<i>Parisechana</i>	Su.Sam.Chi 5/7, Pp-65
4.	<i>Upanaha</i>	Cha.Chi 29/42,Pp-100, A.S.Chi.24/16, Pp-541, CD-23/1, Pp-215
5.	<i>Avagaha</i>	A.S.Chi.24/16,Pp-541
6.	<i>Alepaha</i>	Cha.Chi, 29/43,Pp-100
7.	<i>Pradeha</i>	Su.Sam.Chi ,5/10,Pp-66

Table 15: *Abhyantara Chikitsa*

SN	Name of the procedure	Reference
1.	<i>Mrudu Vamana (Kaphaja)</i>	Cha.Chi.29/46,Pp-101
2.	<i>Sneha Virechana (Vataja)</i>	Cha.Chi.29/82-87,Pp-109, CD-23/1, Pp-215
3.	<i>Astapana Basti</i>	Cha.Chi.29/43,Pp-100, CD-23/1, Pp-215

4.	<i>Anuvasana Basti</i>	Cha.Chi.29/41-42,Pp-100
5.	<i>Nasya</i>	Cha.Chi.29/91-94,Pp-111.

Table 16: Sastra Pranidana Chikitsa recommended for Vatarakta

SN	Name of the procedure	Reference
1.	<i>Raktamokashana</i> (with <i>Srunga</i> , <i>Alabu</i> , <i>Jalauka</i>)	Cha.Chi.29/35-40,Pp-99, CD-23/1, Pp-215, H.S 23/6,Pp-366 ^[22]
2.	<i>Siravyadha</i>	Cha.Chi.29/35-40,Pp-99, CD-23/1, Pp-215
3.	<i>Prachana</i>	Cha.Chi.29/35-40,Pp-99, CD-23/1, Pp-215
4.	<i>Bhedana</i>	A.S. Chi 24/30-31,Pp-543

CONCLUSION

The prevalence of lifestyle disorders is rising rapidly. The best thing which can be done in current scenario is to prevent it rather than cure. *Nidana Parivarjanameva Chikitsa*. *Vatarakta* is a life style disorder of today's world. Drugs having *Vatahara* and *Raktahara* properties are beneficial in *Vatarakta*. *Vata* and *Rakta* both possess opposite qualities to each other hence a single drug use is insignificant. So, formulations like *Kalka* (paste), *Kwatha* (decoction), *Churna* (powder), *Vati* (tablet), *Avaleha* (lickables), *Guggulu* (tablet form) etc., are preferred and prescribed according to necessity. Treatment of Gouty Arthritis includes NSAID's and other drugs which are having limitations because of adverse ill effects. Hence, clinically effective, safer *Shamana* and *Shodana Chikitsa* are reviewed from various Ayurvedic classical texts and executed in the form of tables. Research is an ongoing process. To reap the huge benefits to mankind and to give a large scope of Research for future generation an attempt has been made to give a better option to mankind both qualitatively and quantitatively. Further Research works on these drugs is essential to enhance the treatment modalities of *Vatarakta* in Ayurveda.

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