

A REVIEW ON FORMULATIONS USED IN TREATMENT OF VATARAKTA IN AYURVEDIC FORMULARY OF INDIA

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ABSTRACT

Vatarakta is the severe problem in the present era. It is a *Tridoshaja Vyadhi*, in which *rakta* is main *dushya*. In *Ayurveda Vatarakta* is characterized by a specific type of pain called *Aakhudanshvat pida* (piercing pain like rat bite) in joints. Inflammation, severe pain, burning sensation and tenderness in affected joints are other symptoms. It especially affects small joints of hands and feet. According to signs and symptoms, *Vatarakta* can be very well correlated with Gout. Gout is inflammatory disorder characterized by hyperuricemia, deposition of uric acid crystals in and around joints. Prevalence of Gout is increasing day by day due to sedentary lifestyle of people. Conventional treatments for Gout have many severe adverse effects with low efficacy. So, herbal based medicines can be used as a best option for the treatment of Gout. In AFI standard formulations are mentioned. In this review article formulations are listed from three Parts of Ayurvedic Formulary of India. By using these herbal medicines we can get better efficacy with fewer side effects.

Keywords: *Ayurveda*, *Vatarakta*, Gout, hyperuricemia

INTRODUCTION

Vatarakta is a *Tridoshaja Vyadhi*, in which firstly *Vata* getting aggravated vitiates *Rakta* (blood) which turn, obstructs the path of *Vata*; becoming greatly aggravated such obstruction of its path. *Vata* causes great vitiation of blood; because the vitiated blood combined with greatly aggravated *Vata*, which is very predominant the disease is called as *Vatarakta*¹. It is most common inflammatory arthritis in men and in older women. It is a disorder of purine metabolism with the increased level of serum uric acid (se-

rum uric acid >6.8mg/dL)². Gout is a crystal deposition disease. It is defined as the pathological reaction of the joint or periarticular tissues to the presence of monosodium urate monohydrate crystals (MSU). MSU crystals preferentially deposit in peripheral connective tissue in and around synovial joint, initially favoring lower rather than upper limbs and especially targeting the first Metatarsophalangeal joint and small joints of feet and hands³.

NIDANA (ETIOLOGICAL FACTORS)

Generally, Vatarakta arises in persons of tender physique who indulge in unhealthy foods and activities. Persons who are greatly troubled by diseases, excessive walk, women (sexual activities), drinking wine and physical activities are more prone to Vatarakta. Persons who involve in foods and activities opposite of the *Ritu* (seasons) and *Satmya* (suitable to the body)⁴.

TYPES AND SYMPTOMS

Acharya Charaka has described two types of *Vatarakta*⁵:-

1. **Uttana Vatarakat (Superficial)**:- It is characterized by blackish, red or coppery skin. It is associated with itching, burning sensation, stretching, piercing pain, quivering and contraction.
2. **Gambhira Vatarakta (Deep)**:-It is characterized by swelling, stiffness, and hardness with severe pain inside, blackish and coppery skin with burning sensation, piercing pain, quivering and inflammation associated with distress and burning sensation in the stomach. *Vata* moves with force frequently in joint, bone and marrow as if cutting and making them crooked produces limping or lameness while moving all over the body.

ACCORDING TO CONTEMPORARY SCIENCE PATHOLOGICAL FEATURES WITH SIGN AND SYMPTOMS

Initially, there is monoarticular involvement associated with intense pain, but later it becomes polyarticular along with constitutional symptoms like fever. It affects firstly and commonly great toe than ankles, heels, knees, wrists, fingers and elbow. Then synovial proliferation, panus formation and progressive destruction of articular cartilage and subchondral bone. Deposits of urates in the form of tophi may be found in the periarticular tissues. Chronic gouty arthritis frequently involves the kidney⁶.

TREATMENT PRINCIPLE

According to *Acharya Charaka* firstly *Rakta mokshana* (letting out blood) should be done with horn, leech, needle, bottle-gourd, *Pracchaan* (scari-fying) or *Siramokshana* (venesection) according to morbidity and strength of patients.

General treatment principle for Vatarakta is following⁷:

1. *Snehana* (Oleation)
2. *Snehayukta Virechana* or *Ruksha* (Dryness) and *Mridu* (Softness), *Virechana*
3. Repeated *Basti Karma* (Medicated enema)
4. *Seka*, *Abhyanga*, *Pradeha* with *Avidahi Dravya* and

Anna prepared with decoction of *Avidahi Dravya* *Acharya Charaka* has stated the *Basti Karma* most important treatment. There is no treatment of *Vatarakta* equal to *Basti* (Medicated enema). *Basti chikitsa* is one side and all other treatments are one side.

Acharya Sushruta has mentioned following treatment principle for treatment of *Vatarakta*⁸:

1. *Shodhana by Vaman* (emesis and other purifactory therapies)
2. Medicated oil for external application
3. *Parishechana* (pouring liquids on the body)
4. *Pradeha* (Warm poultice)

TREATMENT ACCORDING TO CONTEMPORARY SCIENCE

Currently, in modern science NSAID'S, Colchicine, Corticosteroids and Uricosuric drugs like Allopurinol are being used to treat Gout. But these drugs have certain limitations and many drawbacks. Therefore, it is necessary to find alternative treatments which should be more effective and fewer drawbacks. So, plant-based medicine can be a better option for its treatment in present era⁹.

FORMULATION INDICATED IN TREATMENT OF VATARAKTA IN AFI

Ayurvedic Formulary of India has many classical formulations of Ayurveda, which are most common-

ly manufactured and used in the clinical practice of Ayurveda. AFI is the only authentic document to make standard formulations and to know their indications. In AFI there are many formulations for Vatarakta. In Ayurvedic formulary of India Part I

twenty-two formulations have been indicated in the treatment of Vatarakata, which are mentioned in Table No.1. Six formulations in Part II, which is listed in Table No.2 and thirteen formulations in Part III, which is listed in Table No.3.

TABLE 1: Formulation Used In Vatrakta In AFI Part I¹⁰

S.N.	Name of Formulation	Dosage	Anupana	Page No.	Reference
1.	<i>Vatari Guggul</i>	3gm	Warm water	70	<i>Bhaishajya Ratnawali Amavatadhikar 87</i>
2.	<i>Saarivaadyasava</i>	12 to 24ml	Water	22	<i>Bhaishajya Ratnawali Vataraktadikara/119-122</i>
3.	<i>Madhusnuhi Rasayan</i>	12gm	Water, Milk	42	<i>Sahasrayoga lepraprakaran 41</i>
4.	<i>Brhanmanjisthadi Kavatha</i>	48gm	-	59	<i>Sharangdhar Samhita madhaymkhand 2:135-141</i>
5.	<i>Gokshuradi Guggul</i>	3gm	<i>Mustakvatha, Pasanabhedkvath, Usirkavath</i>	67	<i>Sharangdhar Samhita Madhyakhand 7:84-86</i>
6.	<i>Mahayograjya Guggul</i>	½ -1 gm	-	68	<i>Sharangdhar Samhita madhyakhand 7:56-60</i>
7.	<i>Amrita ghrta</i>	12gm	Warm milk ,Warm water	61	<i>Cakradatta amavatachikitsa 58</i>
8.	<i>Kasisadi ghrta</i>	-	-	83	<i>Sharangdhar Samhita madhaymkhand 9</i>
9.	<i>Dhatryadi ghrta</i>	12gm	Ghee mixed with equal quantity of sugar	88	<i>Sahastrayoga lepraprakrana 41</i>
10.	<i>Panchtikta (Bitter) guggul ghrta</i>	12gm	Milk, Warm water	91	<i>Astanghriday chi.21;57-58</i>
11.	<i>Sukumar ghrta</i>	12gm	Warm milk, Warm water	99	<i>Sahasrayog ghrtaprakran 4</i>
12.	<i>Nimbadi churna</i>	1 -3gm	<i>Guduchi kvatha</i> , Warm milk	112	<i>Bhaishajya Ratnawali vatadhikar31-33</i>
13.	<i>Ksirbala taila</i>	12gm	Milk, warm water	132	<i>Astanga hridaya chikitsa sthan22;44</i>
14.	<i>Pinda taila</i>	-	-	140	<i>Astanga hridaya chikitsa sthan22;22</i>
15.	<i>Balaguchyadi taila</i>	-	-	143	<i>Sahasrayog ,taila prakran 14</i>
16.	<i>Brhatguduchi taila</i>	12gm	Warm water	145	<i>Bhaishajya Ratnawali Vatadhikar53-56</i>
17.	<i>Madhuyastyadi taila</i>	6gm	Milk, Warm water		<i>Astanga hradaya chikitsa</i>
18.	<i>Visatinduka taila</i>	-	-	153	<i>Bhaishajya Ratnawali Vatarakta 76,77</i>
19.	<i>Somaraji taila</i>	-	-	155	<i>Bhaishajya Ratnawali ,kushtaadhikar 208</i>
20.	<i>Grhadhumadilepa</i>	-	-	173	-
21.	<i>Vataraktantaka rasa</i>	500mg	<i>Nimbapatra, Nimbapushpa, Nimbatvak</i>	274	<i>Bhaishajya Ratnawali Vataraktadhikar-119-122</i>

TABLE 2: Formulation Used In Vatrakta In AFI Part II¹¹

S.N.	Name of Formulation	Dosage	Anupana	Page No.	Reference
1.	<i>Punarnava gugulu</i>	3gm		94	<i>Bharata bhaisajya Ratnakar tritiyobha 40</i>
2.	<i>Guduchyadi taila</i>	-	-	141	<i>Bhavprakash Vatarakta 132-137</i>
3.	<i>Brhanmaricayadi taila</i>	-	-	147	<i>Yogratnakar</i>
4.	<i>Visnu taila</i>	2-6gm	Hot water	156	
5.	<i>Manikya rasa</i>	125-250 mg	Cold water, Milk	252	<i>Bhaisajya Ratnavali kushadikar 300-308</i>
6.	<i>Guduchi lauha</i>	250mg	-	309	<i>Bhaishajya Ratnavali kushadikar /90</i>

TABLE 3: Formulation Used In Vatrakta in AFI Part III¹²

S.N.	Name of formulation	Dosage	Anupana	Page No.	Reference
1.	<i>Guduchi arka</i>	20-50ml	-	30	<i>Ayurved Sarsangrah Arkprakran</i>
2.	<i>Triphala arka</i>	20-50ml TDS four dhara		32	<i>Ayurved sarsangraha Arkprakran</i>
3.	<i>Yogsaramrit Bharat</i>	5-15gm BD		56	<i>Bhaishajya Ratnakar bhag4</i>
4.	<i>Shatavari Modaka</i>	6-12gm	Luke warm milk	67	<i>Bhaishajya Ratnavali Vajikaranaprakaran 208-225</i>
5.	<i>Navakarshika kvatha Churna</i>	24-48gm	-	85	<i>Yogratnakar Vatarakta chikitsa</i>
6.	<i>Laghu (Lightness) manjisthaadi Kvathchurna</i>	24-48gm	-	95	<i>Sharangdhar Samhita madhyakhand2;139</i>
7.	<i>Amritaadi Guggul</i>	250-500mg BD	-	95	<i>Bhavaprakash Vatarakta chi.183-190</i>
8.	<i>Vrihataagnimukh churna</i>	5-10gm BD	-	144	<i>Chakradatta agnimandya chi.30-38</i>
9.	<i>Madhyamanayika churna</i>	1-3gm	-	147	<i>Bhaishajya Ratnavali kushtarog chi.294-298</i>
10.	<i>Kushtarakshas taila</i>			186	<i>Bhaishajya Ratnavali kushatrog chi.294-298</i>
11.	<i>Khuddakpadmak taila</i>	-		187	<i>Chakradattta Vatarakta chi.36</i>
12.	<i>Rudra taila</i>	-		208	<i>Bhaishajya Ratnavali Vatarakta chi.</i>
13.	<i>Jivanandabhra churna</i>			315	<i>Bhaishajya Ratnavali jvarchikitsa</i>

TABLE 4: Contents of Amritaadi Guggul

S.N.	Name of content	Guna (Property)	Rasa (Taste)	Veerya (Potency)	Vipaka (Post digestion effect)	Doshkarma (Action)
1.	<i>Guduchi</i>	<i>Guru</i> (Heaviness), <i>Snigdha</i> (Soothingness)	<i>Tikata</i> (Bitter), <i>Kashaya</i> (astringent)	<i>Ushna</i> (Hot)	<i>Madhura</i> (Sweet)	<i>Tridhosha shamaka</i>
2.	<i>Shudhda Guggul</i>	<i>Snigdha</i> (Soothingness), <i>Pichhil</i> (Sliminess)	<i>Tikta</i> (Bitter), <i>Katu</i> (Pungent)	<i>Ushna</i> (Hot)	<i>Katu</i> (Pungent)	<i>Tridhosha shamaka</i>
3.	<i>Aamala</i>	<i>Guru</i> (Heaviness), <i>Ruksha</i> (Dryness), <i>Sita</i> (Coldness)	<i>Panchrasa</i> (<i>Lavanrahit</i>)	<i>Sita</i> (Cold)	<i>Madhura</i> (Sweet)	-

4.	<i>Haritaki</i>	<i>Laghu</i> (Lightness), <i>Ruksha</i> (Dryness)	<i>Panchrasa</i> (<i>Lavanrahit</i>)	<i>Ushna</i> (Hot)	<i>Madhura</i> (Sweet)	<i>Tridosha shamaka</i>
5.	<i>Bahedatvak(bark)</i>	<i>Ruksha</i> (Dryness), <i>Laghu</i> (Lightness)	<i>Kashaya</i> (astringent)	<i>Ushna</i> (Hot)	<i>Madhura</i> (Sweet)	
6.	<i>Punarnava mula</i>	<i>Laghu</i> (Lightness), <i>Ruksha</i> (Dryness)	<i>Madhura</i> (Sweet), <i>Tikta</i> (Bitter), <i>Kashaya</i> (astringent)	<i>Ushna</i> (Hot)	<i>Madhura</i> (Sweet)	<i>Tridosha shamaka</i>
7.	<i>Danti mulchurma</i>	<i>Guru</i> (Heaviness), <i>Tikta</i> (Bitter)	<i>Katu</i> (Pungent)	<i>Ushna</i> (Hot)	<i>Katu</i> (Pungent)	<i>Shothhara</i> , <i>Vedanashamaka</i> (<i>Analgesic</i>)
8.	<i>Chitraka mulchurna</i>	<i>Laghu</i> (Lightness), <i>Ruksha</i> , <i>Tikshna</i>	<i>Katu</i> (Pungent)	<i>Ushna</i> (hot)	<i>Katu</i> (Pungent)	<i>Kaphvatashamka</i>
9.	<i>Pippali mulchurna</i>	<i>Laghu</i> (Lightness), <i>Snigdha</i> (Soothingness), <i>Tikshna</i>	<i>Katu</i> (Pungent)	<i>Anushna</i> (Hot) <i>Sita</i> (Cold)	<i>Madhura</i> (Sweet)	<i>Vatashamaka</i>
10.	<i>Sunthi churna</i>	<i>Laghu</i> (Lightness), <i>Snigdha</i> (Soothingness)	<i>Katu</i> (Pungent)	<i>Ushna</i> (Hot)	<i>Madhura</i> (Sweet)	<i>Kaphvatshamaka</i>
11.	<i>Vayvidanga</i>	<i>Laghu</i> (Lightness), <i>Ruksha</i> (Dryness), <i>Katu</i> (Pungent)	<i>Katu</i> (Pungent), <i>Kashaya</i> (astringent)	<i>Ushna</i> (Hot)	<i>Katu</i> (Pungent)	<i>Kaphvatshamaka</i>

TABLE 5: Contents of Vatar Guggul

S.N.	Name of content	<i>Guna</i> (Property)	<i>Rasa</i> (Taste)	<i>Veerya</i> (Potency)	<i>Vipaka</i> (Post digestion effect)	<i>Doshkarma</i> (Action)
1.	<i>Eranda Taila</i>	<i>Snigdha</i> (Soothingness), <i>Tikshna</i> , <i>Sukshma</i>	<i>Madhura</i> (Sweet)	<i>Ushna</i> (Hot)	<i>Madhura</i> (Sweet)	<i>Vatashamaka</i>
2.	<i>Gandhaka</i>	<i>Sara</i> (Mobility)	<i>Katu</i> (Pungent), <i>Tikta</i> (Bitter), <i>Kashaya</i> (astringent)	<i>Ushna</i> (Hot)	<i>Madhura</i> (Sweet)	<i>Kaphvathara</i>
3.	<i>Guggulu</i>	<i>Snigdha</i> (Soothingness), <i>Pichhila</i> (Sliminess)	<i>Tikta</i> (Bitter), <i>Katu</i> (Pungent)	<i>Ushna</i> (Hot)	<i>Katu</i> (Pungent)	<i>Tridoshara</i>

TABLE 6: Contents of Amritadi Ghrita

S.N.	Name of content	<i>Guna</i>	<i>Rasa</i>	<i>Veerya</i> (Potency)	<i>Vipaka</i> (Post digestion effect)	<i>Doshkarma</i> (Action)
1.	<i>Guduchi</i>	<i>Guru</i> (Heaviness), <i>Snigdha</i> (Soothingness)	<i>Tikta</i> (Bitter), <i>Kashaya</i> (astringent)	<i>Ushna</i> (Hot)	<i>Madhura</i> (Sweet)	<i>Tridoshshamaka</i>
2.	<i>Mulethi</i>	<i>Guru</i> (Heaviness) <i>Snigdha</i>	<i>Madhura</i> (Sweet)	<i>Sita</i> (Cold)	<i>Madhura</i> (Sweet)	<i>Vatapittashamaka</i>

		(Soothingness)				
3.	<i>Munakka</i>	<i>Snigdha</i> (Soothingness), <i>Guru</i> (Heaviness), <i>Mridu</i> (Softness)	<i>Madhura</i> (Sweet)	<i>Sita</i> (Cold)	<i>Madhura</i> (Sweet)	<i>Vatapittashamaka</i>
4.	<i>Triphala</i>	<i>Laghu</i> (Lightness), <i>Ruksha</i> (Dryness)	<i>Kashaya</i> (astringent)	<i>Anushna</i> (Hot)	<i>Madhura</i> (Sweet)	<i>Tridoshshamaka</i>
5.	<i>Sunthi</i>	<i>Laghu</i> (Lightness), <i>Snigdha</i> (Soothingness)	<i>Katu</i> (Pungent)	<i>Ushna</i> (Hot)	<i>Madhura</i> (Sweet)	<i>Kaphavatanashaka</i>
6.	<i>Bala</i>	<i>Laghu</i> (Lightness), <i>Snigdha</i> (Soothingness)	<i>Madhura</i> (Sweet)	<i>Sita</i> (Cold)	<i>Madhura</i> (Sweet)	<i>Vatapittashamaka</i>
7.	<i>Vasa</i>	<i>Ruksha</i> (Dryness), <i>Laghu</i> (Lightness)	<i>Tikta</i> (Bitter), <i>Kashaya</i> (astringent)	<i>Sita</i> (Cold)	<i>Katu</i> (Pungent)	<i>Shothahara</i> , <i>Vedanasthapana</i>
8.	<i>Amalata</i>	<i>Guru</i> (Heaviness), <i>Mridu</i> (Softness)	<i>Madhura</i> (Sweet)	<i>Sita</i> (Cold)	<i>Madhura</i> (Sweet)	<i>Shothahara</i> , <i>Vedanasthapana</i>
9.	<i>Punarnava</i>	<i>Laghu</i> (Lightness), <i>Ruksha</i> (Dryness)	<i>Madhura</i> (Sweet), <i>Tikta</i> (Bitter)	<i>Ushna</i> (Hot)	<i>Madhura</i> (Sweet)	<i>Tridoshhara</i>
10.	<i>Devdaru</i>	<i>Laghu</i> (Lightness), <i>Snigdha</i> (Soothingness)	<i>Tikta</i> (Bitter)	<i>Ushna</i> (Hot)	<i>Katu</i> (Pungent)	<i>Vatashamaka</i>
11.	<i>Gokshura</i>	<i>Guru</i> (Heaviness), <i>Snigdha</i> (Soothingness)	<i>Madhura</i> (Sweet)	<i>Sita</i> (Cold)	<i>Madhura</i> (Sweet)	<i>Vatashamaka</i>
12.	<i>Shatavari</i>	<i>Guru</i> (Heaviness), <i>Snigdha</i> (Soothingness)	<i>Madhura</i> (Sweet), <i>Tikta</i> (Bitter)	<i>Sita</i> (Cold)	<i>Madhura</i> (Sweet)	<i>Vatapittashamaka</i>
13.	<i>Pippali</i>	<i>Laghu</i> (Lightness), <i>Snigdha</i> (Soothingness)	<i>Katu</i> (Pungent)	<i>Anushna</i> (Hot), <i>Sita</i> (Cold)	<i>Katu</i> (Pungent)	<i>Vatashamaka</i>
14.	<i>Rasna</i>	<i>Guru</i> (Heaviness)	<i>Tikta</i> (Bitter)	<i>Ushna</i> (Hot)	<i>Katu</i> (Pungent)	<i>Vishahagna</i>
15.	<i>Talamakhana</i>	<i>Laghu</i> (Lightness), <i>Ruksha</i> (Dryness)	<i>Tikta</i> (Bitter), <i>Katu</i> (Pungent), <i>Kashaya</i> (astringent)	<i>Sita</i> (Cold)	<i>Katu</i> (Pungent)	<i>Shothahara</i>
16.	<i>Eranda multvak</i>	<i>Snigdha</i> (Soothingness), <i>Tikshna</i>	<i>Madhu</i>	<i>Ushna</i> (Hot)	<i>Madhura</i> (Sweet)	<i>Vatashamaka</i>
17.	<i>Nagarmotha</i>	<i>Laghu</i> (Lightness), <i>Ruksha</i> (Dryness)	<i>Tikta</i> (Bitter), <i>Katu</i> (Pungent)	<i>Sita</i> (Cold)	<i>Katu</i> (Pungent)	<i>Shothahara</i>
18.	<i>Neelkamal</i>	<i>Laghu</i> (Lightness)	<i>Kashaya</i> (astringent)	<i>Sita</i> (Cold)	<i>Madhura</i> (Sweet)	<i>Dahashamaka</i>

TABLE 7: Contents Of Vishatinduka Taila

S.N.	Name of content	Guna	Rasa	Veerya (Potency)	Vipaka (Post digestion effect)	Doshkarma (Action)
1.	<i>Tila</i>	<i>Guru</i> (Heaviness), <i>Snigdha</i> (Soothingness)	<i>Madhura</i> (Sweet)	<i>Ushna</i> (Hot)	<i>Madhura</i> (Sweet)	<i>Tridoshsha shamaka</i>
2.	<i>Kuchala</i>	<i>Ruksha</i> (Dryness), <i>Laghu</i> (Lightness)	<i>Tikta</i> (Bitter), <i>Katu</i> (Pungent)	<i>Ushna</i> (Hot)	<i>Katu</i> (Pungent)	<i>Shothahar, Vedanasthapana</i>
3.	<i>Shahijana Tvaka</i>	<i>Laghu</i> (Lightness), <i>Ruksha</i> (Dryness)	<i>Katu</i> (Pungent), <i>Tikta</i> (Bitter)	<i>Ushna</i> (Hot)	<i>Katu</i> (Pungent)	<i>Vatashamak</i>
4.	<i>Dhatu swaras</i>	<i>Laghu</i> (Lightness), <i>Ruksha</i> (Dryness)	<i>Tikta</i> (Bitter), <i>Katu</i> (Pungent)	<i>Ushna</i> (Hot)	<i>Katu</i> (Pungent)	<i>Kaphavata shamaka</i>
5.	<i>Varuna Tvaka</i>	<i>Laghu</i> (Lightness), <i>Ruksha</i> (Dryness)	<i>Tikta</i> (Bitter), <i>Kashaya</i> (astringent)	<i>Ushna</i> (Hot)	<i>Katu</i> (Pungent)	<i>Vatakaphashamak</i>
6.	<i>Chitrakamul swarasa</i>	<i>Laghu</i> (Lightness), <i>Ruksha</i> (Dryness)	<i>Katu</i> (Pungent),	<i>Ushna</i> (Hot)	<i>Katu</i> (Pungent)	<i>Kaphavata shamak</i>
7.	<i>Snuhi patra</i>	<i>Laghu</i> (Lightness), <i>Tikshna</i>	<i>Katu</i> (Pungent)	<i>Ushna</i> (Hot)	<i>Katu</i> (Pungent)	<i>Kaphavatahar</i>
8.	<i>Ashvagandha</i>	<i>Laghu</i> (Lightness), <i>Tikshna</i>	<i>Tikta</i> (Bitter), <i>Katu</i> (Pungent)	<i>Ushna</i> (Hot)	<i>Madhura</i> (Sweet)	<i>Vedanasthapana</i>
10.	<i>Aagnmantha tvakkvatha</i>	<i>Ruksha</i> (Dryness), <i>Laghu</i> (Lightness)	<i>Tikta</i> (Bitter), <i>Katu</i> (Pungent)	<i>Ushna</i> (Hot)	<i>Katu</i> (Pungent)	<i>Shothahar, Pidahara</i>

DISCUSSION

Contents of *Amritadi guggulu* are shown in table No.4. *Amrita (Guduchi)* is the drug of choice in *Vatarakta*. It acts as *Vyadhi pratyneeka* and is a very good *Rasayana*. *Guggulu* definitely has an action on the pacification of *Vata Dosha*. *Vatari guggulu* is a proven anti arthritic drug and its contents are mentioned in table No.5. Maximum drugs of *Vatari guggulu* have *Ushna* (Hot) *veerya* and *Katu* (Pungent) *Vipaka* (Post digestion effect) Also, it has dominantly *Tikta* (Bitter), *Katu* (Pungent), and *Kashaya* (astringent) *Rasa*, but it also has a *Vata kapha Shamaka* property. *Amalaki*, *Haritaki*, and *Gandhaka* have *Rasayana* effects. Contents of *Amritadi Ghrta* are mentioned in table No.6. All ingredients have *Tridosha shamaka* and *Vatashamak*

property and we know that *Vatarakta* is *Vata* dominance *Tridoshaja vyadhi*. All drugs have *Madhura* (Sweet) & *Katu* (Pungent) *rasa*, which are opposite to *Vata* and *Rakta*. Ingredients of *Vishatinduka taila* are shown in table no.7. Most of the ingredients have *Ushna* (Hot) *guna*, *Ushna* (Hot) *Veerya* (Potency) and *Katu* (Pungent) *rasa*, which is helpful to reduce pain¹³. All drugs are proved anti-inflammatory.

CONCLUSION

Vatarakta (Gout) is one of the major problems among articular diseases in the present era. There are many treatments introduced by contemporary medical science. But these conventional therapies have many less effect and severe drawbacks. So it is necessary to return to nature for the treatment of such

major problems. In Ayurveda many medicinal plants and herbal formulations are mentioned. We have collected the list of formulations from Ayurvedic Formulary of India, which are indicated in the treatment of Vatarakta. In AFI Part I, there is 22, and in Part II there is 6 and in Part III there is 13 formulations are mentioned. From these *Asava*, *Arka*, *Guggul*, *Vati*, *Arishta*, *Churna*, *Kvatha* are indicated use internally and *Lepa* & *Taila* should be used externally. Overall all these 41 herbal formulations are very effective in the treatment of *Vatarakta*. Further scientific study and pharmacological actions should be explored to know the exact mechanism of these herbal medicines.

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