MANAGEMENT OF VATARAKTA WITH PANCHATIKTAGHRITA GUGGULU W.S.R. TO GOUT

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ABSTRACT
In today’s revolutionary era, because of busy lifestyle in lack of time people are ignoring their own health which would be more precious for them. Nowadays people are indulging in bad food habits. They are continuously taking half fried vegetables, baked food, junk foods, cold drinks, they don’t take proper sleep, live sedentary life, no regular exercise, that is the reason because of which a big population is enclosed by lifestyle disorders. One of them is Vatarakta. The main presenting problems of people suffering from Vatarakta are intense, unbearable pain and inflammation for which the patient comes to the doctor. Pain and inflammation affect the normal comfortable daily routine of patients and if it is not managed it causes many other complications, so it becomes necessary to treat the patient. Panchatiktaghrita Guggulu is described for treating Vatarakta in Bhaishajya Ratnavali. Panchatiktaghrita Guggulu is a combination of 33 very effective and easily available drugs. My ambition of this article is to provide complete information about the disease Vatarakta and to facilitate a cost effective and approachable treatment for it.

Keywords: Vatarakta, Ayurveda, Panchatiktaghrita Guggulu,

INTRODUCTION
In Ayurvedic classical literatures it is described that where both vata and rakta are afflicted by distinct etiological factors and develops disease known as Vatarakta.¹ According to modern medical science Vatarakta is correlated with Gout, which is a common disease of impaired purine metabolism characterized by recurrent attack of inflammatory arthritis caused by tissue deposition of monosodium urate-monohydrate crystals in synovial joints secondary to hyperuricemia. In 50% of cases its onset is acute monoarthritis, generally attacks on metatarsophalangeal joint and other common site at small joints of hands and wrist elbow etc., with severe pain, extreme tenderness, marked swelling with red shiny skin, irregular firm nodules called tophi.² The prevalence of gout varies between populations, but it is approximately 1-2% with a greater than 5:1 male preponderance.³ Gout is a severe disease which affects daily routine of patient suffer from
Vatarakta management becomes necessary. Panchatiktachhrita Guggulu is described under Kushtha-roghadhar in Bhaishajya Ratnavali but even at the same time it is described that Panchatiktachhrita Guggulu must be used in Vatarakta too. [4] Panchatiktachhrita Guggulu is made up of 33 drugs and as main constituents. It contains drugs of Panchatikta, Ghrita, Guggulu etc. certainly this medicine is capable in mitigation of vata dosha and purification of rakta in body, so Acharya are described for the management of Vatarakta.

Vatarakta caused by vitiated vata and impure rakta and following are the etiological factors which contribute to both conditions.
1. Excessive intake of diet containing lavan(salt), alma(sour), katu(pungent), chhar(alkaline) rasa, snigdha, ushna(hot) diet.
2. Dried food, meat of aquatic animals, long time preserved meat.
3. Eating Mooli (Daikon), Kulthi, Urad, Sem, Dadhi, Takra, Viruddahar.
4. Drinking alcohol, staying awake at night and sleeping during the day.

When a person indulges in all nidans described above, their vata dosha and rakta gets aggravated by their own causes, then dushit rakta causes obstruction in the passage of aggravated vata dosha, aggravated vata dosha again causes vitiation of whole rakta, these all process impairs the proper functioning of vata dosha, afterward vitiated vata dosha circulates in whole body and find hindrance in small joints of shakha and finally causes the disease known as Vatarakta.

In Vatarakta along with Vata Dosha, Rakta affected too. So, the disease arises in blood circulatory system and gets localized in small joints and then spread throughout the body. The symptoms of Vatarakta initiate from the inflammation of big toe and thumb of hand with “akhorvishvat vedana” after that all small and big joints get involved. Its typical features include severe pain with extreme tenderness, inflammation and marked swelling. Just because Vatarakta involves rakta dushti too. Many times, skin rashes and allergic symptoms are also present with severe itching or discoloration of skin.

Vatarakta can be effectively managed with:
1. Nidan parivarjana- Avoid the causative factors, apathyahar-vihar and follow pathya aahar-vihar.
2. Bahir parimarjana- procedures like Lepa, Abhyanga, Upanaha play a very important role in management of Vatarakta.
3. Shamshaman chikitsa- A wide number of medicinal yoga are mentioned in samhitas for the treatment of Vatarakta these are Amrutadi churna, Kaishord guggulu, Pinda tail, Panchatiktachhrita guggulu, Patoladi kwatha maha manjistha kwahta etc.
4. Shamshodhan chikitsa- Panchakarma procedures like Snehana, virechana, vasti, Raktamokshan can also be done in the advance stage of Vatarakta. Among all of them, basti is said to be the best treatment for managing Vatarakta in Charak Samhita.

Aim and Objective-
1. To study about nidan, samprapti, lakshan, and samanya chikitsa of Vatarakta.
2. To study about the Ayurvedic aushadhi yoga, Panchatiktachhrita Guggulu and its properties.
3. To study the mode of action, efficiency of Panchatiktachhrita Guggulu and to facilitate a cost effective and approachable treatment for Vatarakta.

Material and Methods-
Various information regarding Vatarakta and medicine Panchatiktachhrita Guggulu has been studied and collected from various classical textbooks, journals and internet sources. Afterward discussion and conclusion are drawn based on complete information.
## DISCUSSION

### Table 1: Formation of *Panchatiktaghrita Guggulu* done by following drugs-

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Drug Name</th>
<th>Rasa</th>
<th>Guna</th>
<th>Virya</th>
<th>Vipaka</th>
<th>Dosha-Karma</th>
<th>Mukhya-Karma</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Nimba</td>
<td>Tikta, Kashay</td>
<td>Laghu</td>
<td>Shita</td>
<td>Katu</td>
<td>Kapha-Pit-tahar</td>
<td>Kandugnya, Raktasodhan, Dahaprasmman, Shothahar</td>
</tr>
</tbody>
</table>
| 2      | Guduchi       | Tikta, Kashay | Guru, Snigdha | Ushna | Madhura | Tridosha-Shamak | Mootrajanan, Rakta
dhak, Kushtaghna, Deepan Pachan, Vedanasthapana |
| 3      | Vasa          | Tikta, Kashay | Laghu, Ruksa | Shita | Katu   | Kapha-Pit-tahar  | Vedanasthapana, Shothaha, Raktashodhaka, Mootrajanan, Kushtaghna |
| 4      | Patol         | Tikta      | Laghu, Snigdha | Ushna | Katu   | Tridosha-Shamak | Deepan, Pachan, Raktashodhak, Vedanasthapana |
| 5      | Kantakari     | Tikta, Katu | Laghu, Ruksha, Sara | Ushna | Katu   | Kapha-Vatashamak | Vedanasthapana, Deepan, Pachan, Mootrul |
| 6      | Guggulu       | Tikta, Katu | Laghu, Ruksha | Ushna | Katu   | Kapha-Vatashamak | Vedanasthapana, Mootral, Shothahar |
| 7      | Ghrita        | Madhura    | Guru, Snigdha | Shita | Madhura | Tridosshar     | Rasayana, Yogavahi |
| 8      | Patha         | Tikta      | Laghu, Snigdha | Ushna | Katu   | Kapha-Pittashamak | Raktashodhak, Mootral, Deepan, Pachan, Shothahar |
| 9      | Vaividang     | Katu, Tikta | Laghu, Ruksha, Tikshna | Ushna | Katu   | Kapha-Vatashamak | Deepan, Pachan, kushtaghna, Raktashodhak, Mootra
danan, |
| 10     | Devadaru      | Tikta      | Laghu, Snigdha | Ushna | Katu   | Kapha-Vatashamak | Deepan, Pachan, Shothahar, Vedanasthapana, Rak
taprasadak, Mootra
danan, |
| 11     | Gajippali     | Katu       | Ruksha     | Ushna | Katu   | Kapha-Vatashamak | Krimighna |
| 12     | Swarjichhar   | Katu       | Laghu, Tikshna, Ruksha | Ushna | Katu   | Kapha-Vatashamak | Deepan, Pachan |
| 13     | Yavachchar    | Katu       | Laghu, Snigdha | Ushna | Katu   | Kapha-Vatashamak | Raktashodhan, Deepan |
| 14     | Sunthi        | Katu       | Laghu, Snigdha | Ushna | Madhura | Kapha-Vatashamak | Vedanasthapana, Deepan, Pachan, Shoolprashman |
| 15     | Haridra       | Katu, Tikta | Laghu, Ruksha | Ushna | Shita  | Tridosshar     | Rakta
preasadak, Prame
hga, Shothghna |
| 16     | Mishreya      | Madhura, Katu, Tikta | Laghu, Snigdha | Shita | Madhura | Vata-Pit-tashamak | Mootral, Dahprasamak, Rakta
prasadak |
| 17     | Chavya        | Katu       | Laghu, Ruksha | Ushna | Katu   | Kapha-Vatashamak | Deepan, Pachan, Shoolprashman |
| 18     | Kushtha       | Madhura, Tikta, Katu | Laghu, Ruksha, Tikshna | Ushna | Katu   | Kapha-Vatashamak | Deepan, Pachan, Mootral, Vedanasthapana |
Probable mode of action of Panchatikttaghrita Guggulu- Mode of action of any aushadha yoga depends upon the rasa, guna, virya, vipaka, and doshakarma of the components it contained. Any aushadha dravya containing opposite properties to disease is capable of dissolving samprapti of that disease. According to Acharya Charak some drugs act by their rasa, some by their virya, some by guna and some by their prabhav. [17] So based on that we can estimate the mode of action of Panchatikttaghrita Guggulu in following way-

Based on rasa- in a major number of components of, katu and tikta rasa present primarily. The functions of katu and tikta rasa are agni, deepan, aama pachan so it is able to subside the obstructions in srotas that all

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<table>
<thead>
<tr>
<th>No.</th>
<th>Drug (Katu/Katu)</th>
<th>Components</th>
<th>Rasa</th>
<th>Kapha</th>
<th>Deepan, Pachan, Vedanasthapana</th>
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<tbody>
<tr>
<td>19</td>
<td>Malkangni</td>
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<td>Deepan, Pachan, Vedanasthapana</td>
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<tr>
<td>20</td>
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<td>Tikshna, Ushna Kapha-Vatashamak</td>
<td>Deepan, Pachan, Vedanasthapana</td>
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<td>21</td>
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<td>Deepan, Pachan, Vedanasthapana</td>
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<tr>
<td>22</td>
<td>Jeerak</td>
<td>Tikta, Laghu, Ushna Kapha-Vatashamak</td>
<td>Deepan, Pachan, Vedanasthapana</td>
<td></td>
<td></td>
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<tr>
<td>23</td>
<td>Chitraka</td>
<td>Tikshna, Ushna Kapha-Vatashamak</td>
<td>Deepan, Pachan, Raktashodhan</td>
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<tr>
<td>24</td>
<td>Kutaki</td>
<td>Laghu, Ushna Kapha-Vatashamak</td>
<td>Raktashodhan, Deepan, Shothahar</td>
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<tr>
<td>25</td>
<td>Bhallataka</td>
<td>Tikshna, Ushna Madhura Kapha-Vatashamak</td>
<td>Deepan, Pachan, Kushthaghna</td>
<td></td>
<td></td>
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<tr>
<td>26</td>
<td>Vacha</td>
<td>Tikshna, Ushna Kapha-Vatashamak</td>
<td>Jwaraghna, Medhya, Vedanasthapana</td>
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<td>27</td>
<td>Pippali Mool</td>
<td>Laghu, Ushna Anusna-Shita Madhura Kapha-Vatashamak</td>
<td>Deepan, Pachan, Shool-prashman, Rasayana, Mootral, Raktashodhak</td>
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<td>Raktashodhan, Shothahar, Kushthaghna, Pramehaghna</td>
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<tr>
<td>29</td>
<td>Ativisha</td>
<td>Laghu, Ushna Kapha-Vatashamak</td>
<td>Tridosahar, Deepan, Pachan, Raktashodhan, Shothahar</td>
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<tr>
<td>30</td>
<td>Haritaki</td>
<td>Laghu, Ushna Madhura Vatashamak</td>
<td>Deepan, Pachan, Vedanasthapana, Rasayana, Shothahar, Mootral</td>
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<td>31</td>
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<td>Amalaki</td>
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<td>Vedanasthapana, Shothahar, Mootrajanan</td>
<td></td>
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</tbody>
</table>
causes increase in *dhatvagni* and proper nourishment and formation of *uttarotar dhatus*. After *katu* and *tikta rasa* the *rasa* present secondary is *kashay*, *kashay rasa* works as *samsaman*, *sangrahi*, *ropan*, *sandhakar*, *kapha*, *rakta* and *pitta prasamak* and *rakta shodhak*.  

**Based on guna-** *Laghuv guna* is present predominantly in the components of *Panchatiktaghrita Guggulu* and the properties of *laghu guna* are *kaphanashak*, *srotosodhak*, *agnideepak*, *shighrapaki* and *pathya*.  

**Based on virya-** *ushna virya* is predominantly present in the component of *Panchatiktaghrita Guggulu*, *ushna virya* works as *vatashamak*, *deepan* and *pachan*.  

**Based on vipaka-** *katu vipaka* is predominantly present in components of *Panchatiktaghrita Guggulu*, properties of *katu vipaka* is *kaphashamak*, *aampachan*, *kledanashan*. After *katu* secondarily *madhura vipaka* is present, *madhura vipaka* possess *vata* and *rakta shamak* property. Able in *trishnanigrahana*, *jwarghna* and *dahaprashman*.  

**Based on doshakarma-** out of 33 components of the *Panchatiktaghrita Guggulu* 18 are *Kapha-Vatashamak*, 05 are *Kapha-Pittashamak*, 01 is *Vata-Pittashamak* and 04 are *Tridosha-Shamak*. As we know *Vatarakta* is a *Tridoshas vyadh* with predominant *vata dosha* and vitiated *rakta dushya*.  

**Based on mukhyakarma-** all the components of the *Panchatiktaghrita Guggulu* have very specific actions on the patient suffering from *Vatarakta*. These are following-  

- *Vedanasthapana-Vasa*, *Kantakari*, *Patol*, *Guggulu*, *Devadaru*, *Chavya* etc.  
- *Raktaashodhak- Nimba*, *Guduchi*, *Patol*, *Patha*, *Haridra*, *Manjishtha*, *Ativisha* etc.  
- *Deepan Pachan- Patol*, *Swarjichhar*, *Shunthi*, *Kalimaricha*, *Jeerak*, *Haritaki* etc.  
- *Mootral- Kantakari*, *Guggulu*, *Mishreyas*, *Kushtha*, *Pippali Mool* etc.  
- *Dahaprasamak- Nimba*, *Mishreyas*, *Amalaki* etc.  
- *Rasayana- Ghrita*, *Pippali Mool*, *Chitrak*, *Haritaki*, *Amalaki* etc.  

So, the combined action of *doshakarma* and *mukhyakarma* of all the components of *Panchatiktaghrita Guggulu* will be able to dissipate *samprapti* of *Vatarakta*.  

**Probable Mode of action of Panchatiktaghrita Guggulu as per modern view-**  
In modern medical science *Vatarakta* is correlated with gout and typical features of gout are severe pain, stiffness, redness, inflammation, swelling etc. with raised uric acid and ESR. A lot of research conducted and found that there are many drugs among which some also present in *Panchatiktaghrita guggulu* are works on the sign and symptoms mentioned above and capable of curing the gout. *Nimba*, *Guduchi*, *Kantakari*, *Guggulu*, *Amalaki*, *Pippali mool* etc. these all have anti-inflammatory effects. *Guduchi*, *Patol*, *Guggulu*, *Kantakari*, and *Vacha* etc. these all have property to work as analgesics. Drugs like *Guduchi*, *Kantakari*, *Vadvidang*, *Kutaki*, *Tejovati* etc. show antipyretic effect. *Kushtha*, *Mishreyas*, *Kantakari*, and *Vayvidanga* etc. these all works on urinary system and regulates the proper excretion of uric acid apart from all this *Sunthi*, *Mishreyas*, *Kutaki*, *Bhallataka*, *Manjistha* etc. are good antioxidant. So, their combined effect will show very good results in the management of gout.  

**CONCLUSION**  
Hence, after the overview of all properties like *rasa*, *guna*, *virya*, *vipaka*, *doshakarma* and *samanyakarma* it can be concluded that *Panchatiktaghrita Guggulu* is an effective medicine in the management of *Vatarakta*. Nowadays, the main cause behind *Vatrakta* are excessive use of alcohol, high purine diet, non-vegetarian diet especially aquatic animals, bakery items like cake pastries, chemical persevered food items and sedenary lifestyle. These all should be avoided. *Panchatiktaghrita Guggulu* with *Nidan-parivarjana* in combination gives a magical result in the patient of *Vatarakta*.  

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