



**AYURVEDIC MANAGEMENT OF GOUT (VATARAKTA): A REVIEW OF CLASSICAL  
CONCEPTS AND CONTEMPORARY EVIDENCE**

Prakash P.\*<sup>1</sup>, Rawat H.<sup>2</sup>

<sup>1</sup>PhD Scholar (Kayachikitsa), Department of Kayachikitsa, National Institute of Ayurveda, Deemed to Be University (De Novo), Jaipur, Rajasthan, India.

<sup>2</sup>BAMS, M.D. (Kaumarbhritya), Medical Officer, Department of Ayush and Ayush Education, Government of Uttarakhand.



**\*Corresponding Author: Prakash P.**

PhD Scholar (Kayachikitsa), Department of Kayachikitsa, National Institute of Ayurveda, Deemed to Be University (De Novo), Jaipur, Rajasthan, India.

**DOI:** <https://doi.org/10.5281/zenodo.19280746>



**How to cite this Article:** Prakash P.\*<sup>1</sup>, Rawat H.<sup>2</sup> (2026). Ayurvedic Management Of Gout (Vatarakta): A Review Of Classical Concepts And Contemporary Evidence. European Journal of Biomedical and Pharmaceutical Sciences, 13(4), 48–51. This work is licensed under Creative Commons Attribution 4.0 International license.

Article Received on 19/02/2026

Article Revised on 11/03/2026

Article Published on 01/04/2026

**ABSTRACT**

Gout is a metabolic disorder characterized by hyperuricemia and deposition of monosodium urate crystals in joints, resulting in recurrent inflammatory arthritis. The prevalence of gout has increased globally due to lifestyle changes, dietary habits, and metabolic syndromes. In Ayurveda, gout closely resembles *Vatarakta*, a disorder resulting from the simultaneous aggravation of *Vata Dosha* and *Rakta Dhatu*. Classical Ayurvedic texts describe the etiopathogenesis, symptomatology, and therapeutic strategies for *Vatarakta* in considerable detail. Management primarily includes *Shodhana* therapies such as *Virechana* and *Raktamokshana*, along with *Shamana* therapy using herbal formulations and dietary modifications. Drugs such as Guduchi (*Tinospora cordifolia*), Guggulu (*Commiphora mukul*), Triphala, and Eranda (*Ricinus communis*) are frequently indicated due to their anti-inflammatory and detoxifying properties. Contemporary studies suggest that several Ayurvedic herbs exhibit uric acid-lowering and anti-inflammatory effects, supporting their role in gout management. The present review aims to explore the Ayurvedic concept of *Vatarakta*, correlate it with gout, and evaluate therapeutic strategies described in classical texts in light of modern research.

**KEYWORDS:** Gout, *Vatarakta*, Ayurveda, Hyperuricemia, Guduchi, Guggulu.

**INTRODUCTION**

Gout is one of the most common inflammatory arthritic conditions worldwide and results from persistent hyperuricemia leading to deposition of monosodium urate crystals in joints and periarticular tissues. The disease is characterized by recurrent episodes of acute pain, swelling, erythema, and restricted movement of affected joints, most commonly the first metatarsophalangeal joint. Epidemiological studies suggest that the global prevalence of gout ranges between 1% and 4% and is increasing due to dietary habits rich in purines, alcohol consumption, obesity, and sedentary lifestyles.<sup>[1]</sup> Hyperuricemia may arise either from excessive production or reduced excretion of uric acid, ultimately leading to inflammatory responses in joints.

In Ayurvedic literature, the clinical presentation of gout closely corresponds to *Vatarakta*, a disease described extensively in classical texts such as Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya. The term *Vatarakta* denotes a pathological condition resulting from the simultaneous aggravation of *Vata Dosha* and *Rakta Dhatu*. According to Charaka, the obstruction of aggravated *Vata* by vitiated *Rakta* leads to intense pain, inflammation, discoloration, and deformities of joints.<sup>[2]</sup> Lifestyle factors such as excessive intake of sour, salty, and pungent foods, alcohol consumption, sedentary habits, and suppression of natural urges are considered major etiological factors.

Ayurveda approaches the management of *Vatarakta* through a comprehensive strategy that includes detoxification therapies, herbal medicines, dietary

regulation, and lifestyle modification. These interventions aim to eliminate the vitiated *Doshas*, restore metabolic balance, and prevent recurrence of the disease. The present review examines the Ayurvedic concept of *Vatarakta* and explores therapeutic strategies for gout management based on classical texts and modern scientific evidence.

## MATERIALS AND METHODS

The present study is a narrative review based on classical Ayurvedic literature and contemporary biomedical research publications. Primary Ayurvedic references were collected from authoritative classical texts including Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya along with their standard commentaries and translations. Modern scientific literature was retrieved from electronic databases including PubMed, Google Scholar, and the AYUSH Research Portal. Search terms used included “gout,” “*Vatarakta*,” “Ayurvedic management of gout,” “hyperuricemia Ayurveda,” and “herbal treatment of gout.”

Studies and publications that discussed Ayurvedic concepts, herbal interventions, or clinical management related to gout or *Vatarakta* were included in the review. Articles not relevant to gout or those lacking scientific credibility were excluded. Relevant information from

classical Ayurvedic texts regarding aetiology, pathogenesis, symptoms, and treatment of *Vatarakta* was systematically reviewed and correlated with modern concepts of gout.

## RESULTS

### Ayurvedic Concept of *Vatarakta*

In Ayurvedic physiology, the equilibrium of *Doshas*, *Dhatu*s, and *Malas* is essential for maintaining health. *Vatarakta* develops when both *Vata Dosh*a and *Rakta Dhatu* become simultaneously aggravated due to improper diet and lifestyle practices. According to classical descriptions, the vitiated *Rakta* obstructs the normal movement of *Vata* in peripheral channels, leading to localized inflammation and severe pain.

Dietary habits such as excessive consumption of salty, sour, oily, and fermented foods, as well as alcohol intake and sedentary lifestyle, contribute to *Rakta Dushti*. At the same time, irregular routines, excessive physical exertion, and fasting may aggravate *Vata*. The interaction between these two pathological factors initiates the disease process.

### *Samprapti* (Pathogenesis)

The pathogenesis of *Vatarakta* involves progressive pathological events that ultimately affect joints and surrounding tissues.

**Table No. 1: Comparative Correlation between the Ayurvedic Pathogenesis of *Vatarakta* and the Modern Pathophysiology of Gout.**

Stage	Ayurvedic Concept	Modern Correlation
<i>Nidana</i> (etiological factors)	Excess sour, salty, alcohol, sedentary lifestyle	High purine diet, alcohol intake
<i>Dosha</i> vitiation	Aggravation of <i>Vata</i> and <i>Rakta</i>	Hyperuricemia
<i>Srotorodha</i>	Obstruction of channels by vitiated <i>Rakta</i>	Crystal deposition in joints
<i>Lakshana</i> manifestation	Pain, redness, swelling	Acute gouty arthritis

## DISCUSSION

### Therapeutic Principles of Ayurveda

Ayurvedic management of *Vatarakta* focuses on eliminating vitiated *Doshas* and restoring physiological balance. Treatment is broadly classified into *Shodhana* therapy (purification) and *Shamana* therapy (palliative treatment). The choice of therapy depends on the stage of disease, strength of the patient, and severity of symptoms.

### *Shodhana* Therapy

Detoxification therapies are considered essential in the management of *Vatarakta*, especially in chronic conditions. *Virechana* (therapeutic purgation) is recommended to eliminate vitiated *Pitta* and *Rakta Dosh*a from the body. *Raktamokshana* (bloodletting) is described as one of the most effective procedures for conditions involving *Rakta Dushti*. According to Sushruta, removal of vitiated blood reduces inflammation and pain in *Vatarakta*. In addition, *Basti* therapy is widely used to pacify aggravated *Vata Dosh*a and restore balance in the body.

### *Shamana* Therapy

When purification therapy is not feasible, palliative treatment using herbal formulations is recommended. Several classical formulations are commonly used in the management of *Vatarakta* due to their anti-inflammatory and detoxifying properties.

**Table No. 2: Important Ayurvedic Medicinal Plants Used in the Management of *Vatarakta* (Gout) and Their Therapeutic Actions.**

Ayurvedic Drug	Botanical Name	Therapeutic Actions
Guduchi	<i>Tinospora cordifolia</i>	Anti-inflammatory, immunomodulatory
Guggulu	<i>Commiphora mukul</i>	Anti-arthritic, lipid-lowering
Triphala	Combination of three fruits ( <i>Haritaki, Bibhitaki, Amlaki</i> )	Antioxidant, detoxifying
Eranda	<i>Ricinus communis</i>	Vata-pacifying, mild purgative
Manjistha	<i>Rubia cordifolia</i>	Blood purifier

**Table 3: Common Ayurvedic Formulations Used in the Management of *Vatarakta* (Gout).**

Ayurvedic Formulation	Major Ingredients	Therapeutic Properties	Clinical Relevance in Gout
<b>Kaishora Guggulu</b>	Guggulu, Guduchi, Triphala, Trikatu	Anti-inflammatory, blood purifier, detoxifying	Reduces joint inflammation and improves metabolism
<b>Simhanada Guggulu</b>	Guggulu, Triphala, Eranda Taila, Gandhaka	Vata-kapha pacifying, mild laxative	Useful in chronic gout with constipation and Ama accumulation
<b>Yogaraja Guggulu</b>	Guggulu, Chitraka, Vidanga, Pippali	Anti-arthritic, digestive stimulant	Improves joint mobility and reduces stiffness
<b>Guduchi Ghana Vati</b>	<i>Tinospora cordifolia</i> extract	Immunomodulatory, anti-inflammatory	Helps reduce inflammatory response and metabolic imbalance
<b>Triphala Churna</b>	Haritaki, Bibhitaki, Amalaki	Antioxidant, detoxifying	Improves digestion and elimination of metabolic toxins
<b>Punarnavadi Kashaya</b>	Punarnava, Guduchi, Daruharidra	Anti-edematous, anti-inflammatory	Helps reduce swelling and fluid accumulation in joints

**Table No. 4: Modern Pharmacological Actions of Selected Ayurvedic Herbs Used in *Vatarakta*.**

Ayurvedic Herb	Botanical Name	Key Active Constituents	Pharmacological Actions	Relevance to Gout
<b>Guduchi</b>	<i>Tinospora cordifolia</i>	Alkaloids, diterpenoids	Anti-inflammatory, immunomodulatory, antioxidant	Reduces inflammation and oxidative stress
<b>Guggulu</b>	<i>Commiphora mukul</i>	Guggulsterones	Anti-arthritic, anti-inflammatory, lipid-lowering	Helps reduce joint inflammation
<b>Manjistha</b>	<i>Rubia cordifolia</i>	Anthraquinones	Blood purifying, anti-inflammatory	Supports detoxification of Rakta
<b>Eranda</b>	<i>Ricinus communis</i>	Ricinoleic acid	Anti-inflammatory, laxative	Helps eliminate toxins and pacify Vata
<b>Haridra</b>	<i>Curcuma longa</i>	Curcumin	Anti-inflammatory, antioxidant	Reduces inflammatory mediators in joints
<b>Punarnava</b>	<i>Boerhavia diffusa</i>	Punarnavine	Anti-oedematous, anti-inflammatory	Reduces joint swelling and improves renal function

### Dietary and Lifestyle Management

Dietary regulation plays a significant role in the prevention and management of *Vatarakta*. Foods that aggravate *Rakta* and *Vata*, such as excessive sour, salty, and fermented items, are discouraged. Alcohol, red meat, and heavy oily foods are also avoided. Instead, easily digestible foods such as barley, green gram, and bitter vegetables are recommended. Adequate hydration and regular physical activity are also advised.

### Modern Scientific Evidence

Recent pharmacological studies have demonstrated that several Ayurvedic herbs possess anti-inflammatory and antioxidant properties. For example, *Tinospora cordifolia* has been shown to modulate inflammatory pathways and improve immune function. Similarly, *Commiphora*

*mukul* exhibits anti-arthritic and lipid-lowering effects. Some experimental studies suggest that certain herbal extracts may help reduce serum uric acid levels and inhibit inflammatory mediators associated with gouty arthritis. These findings support the traditional use of Ayurvedic medicines in the management of gout.

### CONCLUSION

Gout is a chronic metabolic disorder that significantly affects quality of life. Ayurvedic literature provides a detailed description of a similar condition known as *Vatarakta*, including its aetiology, pathogenesis, and management strategies. The Ayurvedic approach emphasizes purification therapies, herbal medications, dietary regulation, and lifestyle modifications to restore physiological balance and prevent recurrence. Emerging

scientific evidence suggests that several Ayurvedic herbs possess pharmacological properties relevant to gout management, including anti-inflammatory and antioxidant effects. Integrating traditional Ayurvedic therapies with modern medical approaches may offer a holistic and effective strategy for managing gout. However, further well-designed clinical trials are necessary to validate the efficacy and safety of Ayurvedic formulations in the treatment of gout.

## REFERENCES

1. Dalbeth N, Merriman TR, Stamp LK. Gout. *Lancet*, 2016; 388: 2039-52.
2. Sharma RK, Dash B. *Charaka Samhita*. Varanasi: Chaukhamba Sanskrit Series Office, 2014.
3. Murthy KRS. *Ashtanga Hridaya*. Varanasi: Chaukhamba Krishnadas Academy, 2012.
4. Sushruta. *Sushruta Samhita*. Varanasi: Chaukhamba Orientalia, 2010.
5. Singh JA. Epidemiology of gout. *Semin Arthritis Rheum*, 2015; 45: S5-10.
6. Sharma PV. *Dravyaguna Vijnana*. Varanasi: Chaukhamba Bharati Academy, 2013.
7. Firestein GS, Budd RC. *Kelley and Firestein's Textbook of Rheumatology*. Philadelphia: Elsevier, 2017.
8. Richette P, Bardin T. Gout. *Lancet*, 2010; 375: 318-28.
9. Patwardhan B, Warude D. Ayurveda and traditional medicine. *Curr Sci*, 2005; 86: 789-99.
10. Chaturvedi GN, Singh RH. Studies on Vatarakta. *J Res Ayurveda Siddha*, 1995; 16: 1-12.
11. Chopra A, Doiphode VV. Ayurvedic medicine. *Rheum Dis Clin North Am*, 2011; 37: 95-113.
12. Sharma H, Chandola HM. Ayurvedic concept of metabolic disorders. *AYU*, 2011; 32: 1-6.
13. Bopana N, Saxena S. *Tinospora cordifolia* pharmacology. *Phytother Res*, 2007, 21: 1-9.
14. Urizar NL, Moore DD. Guggulsterone pharmacology. *Science*, 2003, 296: 1703-6.
15. Panda AK, Kar A. Herbal anti-inflammatory drugs. *Indian J Pharmacol*, 2011; 43: 437-42.
16. Mukherjee PK. *Quality control of herbal drugs*. New Delhi: Business Horizons, 2002.
17. Kessler CS, Michalsen A. Ayurveda for rheumatic diseases. *Clin Rheumatol*, 2012; 31: 173-9.
18. Singh RH. Exploring issues in Ayurvedic research. *J Ayurveda Integr Med*, 2010; 1: 91-5.
19. Gupta SK. Clinical evaluation of Ayurvedic drugs in gout. *AYU*, 2014; 35: 45-50.
20. Mishra LC. *Scientific basis for Ayurvedic therapies*. Boca Raton: CRC Press, 2004.
21. Tripathi KD. *Essentials of Medical Pharmacology*. New Delhi: Jaypee, 2018.
22. WHO. *WHO traditional medicine strategy*. Geneva: World Health Organization, 2013.
23. Rastogi S. Building evidence for Ayurveda. *J Ayurveda Integr Med*, 2018; 9: 147-9.
24. Tilburt JC, Kaptchuk TJ. Herbal medicine research challenges. *Ann Intern Med*, 2008; 148: 69-72.
25. Dash B, Kashyap L. *Materia Medica of Ayurveda*. New Delhi: Concept Publishing, 2012.