



**THE DISEASES OF SMALL JOINTS VATARAKTA (GOUT): A REVIEW BASED ON
AYURVEDA**

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ABSTRACT

The Gout is a disease which is characterized by excess serum level of uric acid more than 2-7 mg/dl and mostly affects small joints of feet & hand, the excess uric acid deposited due to the disturbances in purine metabolism, this diseases spread throughout body as like rat poison and termed as *Vatarakta* in Ayurveda. The female population affected more than male due to the hormonal disturbances associated with menopausal stage after the age of 40 years. This article summarized Ayurveda perspective of Gout.

KEYWORDS: Gout, Ayurveda, *Vatarakta*, Small Joints, Uric Acid.

INTRODUCTION

Gout starts with deposition of crystal of monosodium urate monohydrate in joints in the form of tophi. Sometimes Gout also may occur due to the drug induced kidney disease. Ayurveda described that vitiated *Vata* affect *Rakta* which further leads *Vatarakta*.^[1-4]

The therapeutic approaches for gout involve use of NSAIDS, analgesic drugs, physiotherapy & corticosteroids. The most available therapeutic options of gout only offer symptomatic relief without complete cure of disease. Ayurveda described various treatment modalities for the treatment of *Vatarakta*.^[4-6]

Causes of Gout

- Consumption of spicy, salty, bitter, hot and oily food.

- Eating of fishes obtained from dried and dumped area.
- Excess consumption of reddish, pulses and *Kuthi* as vegetable.
- *Virudh-Ahara*: intake of meal over indigested food.
- Angriness, habit of day sleeping and late night sleeping.
- Delicate persons are more prone to Gout.
- Excess consumption of *Ahara* which involve *Madhur Rasa*.
- Vitiation of *Vata* due to the exertion especially in summer season.
- Excess of camel and horse riding.
- Lack of exercise.

Table 1. Etiology of *Vatarakta* as per Various Ayurveda *Grantha*.

S. No.	Causative Factors	Charaka	Susruta	A.H.*	A.S.*	M.N.*	B.P.*
1.	Tender Physique	+	+	+	+	+	+
2.	Sedentary habits	+	—	+	+	—	+
3.	Excessive intake of sweet food	+	—	—	—	—	—
4.	Leisurely eating	+	—	—	—	+	+
5.	Unwholesome diets & Activities	—	+	—	—	+	+
6.	Deteriorated Diseases	—	+	—	—	—	—
7.	Long walking	—	+	—	—	—	—
8.	Excessive sexual activities	—	+	—	—	—	—
9.	Excessive physical exercise	—	+	—	—	—	—
10.	Obtains of sex	—	+	—	—	—	—
11.	Perversely sex	—	—	+	+	—	—

S. No.	Causative Factors	Charaka	Susruta	A.H.*	A.S.*	M.N.*	B.P.*
12.	Obesity	—	+	—	—	+	—
13.	Most often fallen to sad	—	+	—	—	—	—
14.	Often be angry	+	+	—	—	—	—
15.	To take sleep during day	+	—	+	+	+	+
16.	Remaining awake at night	+	—	+	+	+	+
17.	Take of Food before the previous meal is not digested	+	—	—	—	+	+
18.	Excessively intake of saline, sour, pungent, alkaline taste	+	+	—	—	+	+
19.	Excessively intake of unctuous & hot potency food.	+	+	—	—	+	+
20.	Intake of purified or dry meat of aquatic or marshyland dweller animals	+	—	—	—	+	+
21.	Excessive intake of <i>Sesamun indicum</i> cake preparation	+	—	—	—	+	+

***Note:**

A.H. *Astanga Hridayam*
A.S. *Astanga Samgraha*
M.N. *Madhav nidana*
B.P. *Bhavprakasha*

- *Kandu*: Itching
- *Daha*: Burning sensation
- *Aayash*: Stretching
- *Kunchana*: Defamation of body part
- Skin pigmentation

Samprapti of Vatarakta

The aforesaid aggravated factors of *Vayu* vitiate blood resulting obstruction in the path of *Vayu*. Further *Vayu* aggravated due to obstruction of its path then this *Vayu* vitiate blood which combined with aggravated *Vata*, which resulting *Vatarakta*.^[3-7]



Figure 1. Pathogenesis of *Vatarakta*.

Symptoms of *Vatarakta*

- Excess or absence of perspiration.
- Black coloration of skin of joints.
- Insensibility to touch.
- Excessive pain if there is injury to the afflicted part.
- Looseness of joints indolence & asthenia.
- Appearance of pimples in knee joint, calf region, thighs, lumber region, shoulders & small joints of feet.
- Heaviness & numbness of joints.
- Pain in joints.
- Circular patches all over the body.

STAGES OF VATARAKTA

There are two stages of *Vatarakta*; *Uttana* & *Gambhira*:

1. *Uttana* (superficial) *Vatarakta*

It affects *Twak* (skin) and *Mamsa* (muscle); it characterized as pain associated with prinking sensation:

2. *Gambhira* (deep) *Vatarakta*

It affects blood, fatty tissue and other *Dhatu*s:

- Stiffness of body along with unbearable pain.
- Skin pigmentation.
- *Daha* (burning sensation) in joints, pricking pain and twittering sensation.
- Tophi or nodule formation occurs.

Disease associated with *Vatarakta*

- *Anidra*
- *Anorexia*
- *Swasa*
- Sloughing of muscles
- *Mursha*
- Intoxication
- *Jwara*
- Tumour

TREATMENT OF VATARAKTA**1. Initially oleation therapy should be applied:**

Relief in pain observed when Bee's Wax, *Manjistha*, *Sarjarass* & *Sariba* applied as *Abhyanga*.

2. Purgation (*Virechana*) therapy in *Gambhira Vatarakta*

Eranda Taila with milk. The decoction of *Abhaya*; *Terminalia chebula* sizzled with *Ghee*. The powder of *Trivrit* along with grape juice. *Virechana* cleans the *Dhatu* by purification process. *Virechana* drug possess *Ushna*, *Tikshna*, *Sukshma Guna* and thus reaches to heart by the virtue of their potency and thereby circulates all over the body. *Virechana* control vitiates *Vata* and control *Samprapti* of disease.

3. Enema: *Niruha* & *Anuvasana Vasti*

The Affusion, Massage, *Pradeha* should may also used to prevent swelling and burning sensation:

➤ *Seka*

Boiled milk containing *Bilva*, *Syonaka*, *Gambhari*, *Patala*, *Ganikarika*, *Sala Parni*, *Prishniparni*, *Brihati*,

Kantakari and *Goksura*; *Seka* with this cures pain in *Vatarakta*.

➤ **Abhyanga**

Massage of oil containing *Madhucchista*, *Manjistha*, *Sarja* and *Sariva* cures pain in *Vatarakta*.

➤ **Pradeha**

Wheat flour along with gout milk and *Ghee* offers relief in *Vatarakta*.

➤ **Compatible Ahara**

Use of food stuff which generally not cause burning sensation such as; barley, wheat and *Nivara*, soup of the meat of the *Visikra* & *Pratuda*, Milk of Cow, Buffalo and Goat should be consumed in *Vatarakta*.

Following formulation also offer beneficial effects in *Vatarakta*:

- Juice of *Guduchi*
- *Guda haritaki*
- *Nimbadi Churnam*
- *Guduchi Ghrita*
- *Sukumara Taila as drink*
- *Pinda taila*
- *Madhuka tailam*
- *Satapaka madhuka tail*

Pathya for *Vatarakta*

Patient of *Vatarakta* should use following guideline:
Consumption of cereals; Barley, Wheat, *Nivara* & *Sali*.
Intake of *Vishikara*, *Sunishnaka*, *Vetra*, *Kakamachi*, *Vastuka*, *Upodika Chakavada*, *Kheera*, *Aragavadha* and *Guduchi* etc.

Apathya for *Vatarakta*

Sleep during day time, exposure to heat, excessive exercise and sexual intercourse. Excessive intake of pungent, saline, sour, alkaline & hot food stuffs. Intake of meat of *Anoopa* habitat animals.^[5-9]

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