INTRODUCTION

Vatarakta (Gout) disease associated with joints involves deposition urate crystal in joints. The modern health science considered various factors responsible for disease including disturbed purine metabolism while Ayurveda mentioned that vitiated Vata leads Vatarakta. The modern science described different therapeutic approaches for the treatment of gout such as; use of NSAIDS, corticosteroids and physiotherapy. The Ayurveda described oleation therapy, Virechana, Seka and Abhyanga, etc. for the management of Vatarakta. There are two types of Vatarakta Uttana (initiation stage) & Gambhira (progressive disease), in Uttana disease persisted superficially, mainly affects Twak and Mamsa, it associated with pain, pricking sensation, Kandu, Daha, Aayash, Kunchana and Skin pigmentation, while Gambhira Vatarakta affects blood and fatty tissue, it affects body deeply and possessed severe manifestations of disease. Gambhira Vatarakta associated with stiffness, severe pain and Daha, Tophi or nodule formation also occurs. Vatarakta may lead various diseases such as; Anidra, Anorexia, Sloughing of muscles, Intoxication and Swasa. 

Symptoms of Vatarakta

- Joint becomes black in colour.
- Touching insensibility.
- Pain and burning sensation.
- Small dark spots over joints.
- Morning stiffness.
- Problem in movement after sitting for long time.
- Joints become numb and heavy.
- Sever pain in cloudy season.

KEYWORDS: Ayurveda, Vatarakta, Gout, Urate crystals.
**Figure 1. Etiological factors of Vatarakta:**

| Intake of spicy, bitter, salty, hot and oily food |
| Sedentary habits |
| Tender Physique |
| Lack of Physique |
| Intake of Vata |
| Intake of fishes from dried and dumped area |
| Consumption of Ahara which possess Madhur Rasa |
| Sleeping in day time |
| Virudh-Ahara |
| Late night sleeping |

**Samprapti of Disease.**

The various etiological factors mentioned above aggravates Vata which vitiate Rakta resulting obstruction of path of Vayu; this again vitiates Vayu, resulting more vitiation of Rakta, further vitiated Rakta along with aggravated Vata leads Vatarakta.\(^2,4\)

**Pathya for Vatarakta**

Consumption of wheat, cereals; barley, Nivara & Sali, use of Sunishmaka, Vishikara, Vetra, Kakamachi, Vastuka, Kheera, Upodika Chakavada, Aragavadha and Guduchi etc. Milk of Cow, Buffalo and Goat offer relief in Vatarakta.

**Apathya for Vatarakta**

Consumption of meat of Anoopa habitat animals, excessive exercise, sexual intercourse, sleeps during day time, exposure to heat. Excessive intake of saline, pungent, alkaline, sour & hot food stuffs.

**TREATMENT OF VATARAKTA**

**Abhyanga:** Manjistha, Sarjarass & Sariba, it cures pain in Vatarakta.

**Virechana:** Virechana cleans the Dhatu it can be done using decoction of Terminalia chebula, Abhaya with Ghee. Trivrit with grape juice. This therapy offer Tikshna, Ushna, Sukshma Guna and therefore circulates all over the body. Virechana manage vitiates Vata and thus reduces disease prognosis.

**Seka**

Seka of boiled milk containing Syonaka, Bilva Patala, Gambhari, Sala Parni, Gandakari, Prishniparni, Brihati, Kantakari and Goksura; cures pain.

**Pradeha**

Wheat flour along with gout milk and Ghee cure Vatarakta.

**Ayurveda for Vatarakta**

- Guda haritaki
- Guduchi Juice
- Churnam of Nimbadi
- Sukumara Taila
- Guduchi Ghrita
- Madhuka tailam
- Satapaka madhuka tail
- Pinda taila.\(^4,8\)

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