

ANTI GOUT (VATARAKTAHARA) DRUGS OF BHAVPRAKASH NIGHANTU**Dr. Dheeraj Khajuria*¹, Dr. Pooja Modh², Dr. Arun Kumar³, Dr. Hemil Patel⁴, Dr. Rekha Parmar⁵ and Dr. Satej T. Banne⁶**¹First Year P. G. Scholar, Department of Dravyaguna, Parul University, Parul Institute of Ayurveda, Faculty of Ayurveda, Limda, Tal. Waghodia, Dist. Vadodara, Gujarat, India.^{2,3}First Year P. G. Scholar, Department of Dravyaguna, Parul University, Parul Institute of Ayurveda, Faculty of Ayurveda, Limda, Tal. Waghodia, Dist. Vadodara, Gujarat, India.⁴Assistant Professor, Department of Dravyaguna, Parul University, Parul Institute of Ayurveda, Faculty of Ayurveda, Limda, Tal. Waghodia, Dist. Vadodara, Gujarat, India.⁵Associate Professor, Head of Department of Dravyaguna, Parul University, Parul Institute of Ayurveda, Faculty of Ayurveda, Limda, Tal. Waghodia, Dist. Vadodara, Gujarat, India.⁶Ph.D Scholar, Assistant Professor, Department of Dravyaguna, Parul University, Parul Institute of Ayurveda, Faculty of Ayurveda, Limda, Tal. Waghodia, Dist. Vadodara, Gujarat, India.***Corresponding Author: Dr. Dheeraj Khajuria**

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ABSTRACT

Countless dealing modalities have been elucidated in Brihatrayi (Charak Samhita, Sushruta Samhita & Vagbhata Samhita) & Laghutrayi (Sharangdhara, Bhavprakash and Madhav Nidan). Bhavprakash mentions several drugs acting on Vatarakta. The present study is designed to screen the drugs with Vatasrajit, Samirasrapha, Vatasrahanti, Vataraktahara, Samirasranashanam, Vatasrahara, Anilasrajita, Vataraktapha, Vatasrapha, Vatasranihanti, Vatashonitahara etc. properties. Out of 426 drugs, 21 were described in for the management of Vatarakta throughout the text. Utmost significance was given to Guduchyadi Varga with 9 drugs (42.85%), very next to that Vatadi Varga with 4 drugs (19.05%), and Haritakyadi Varga with 3 drugs (14.28%), subsequent to this pushpadi varga with 2 drugs (9.52%) were explained. Slightest importance was given to Amradiphala varga, Shaka varga, Taila varga, each respectively 1 drug (4.76%) for treating Vatarakta. No drugs are elucidating from Karpuradi varga, Dhatvadi varga, Dhanya varga, Mamsa Varga, Krutanna Varga, Vari Varga, Dugdha varga, Dadhi Varga, Takra varga, Navaneet Varga, Ghruta varga, Mutra varga, Sandhana varga, Madhu varga & Ikshu Varga.

KEYWORDS: Anti-Gout, Vatarakta, Bhavprakash Nighantu, Varga, Laghutrayi, Brihatrayi.**INTRODUCTION**

Ayurveda is the ancient and effective medical science in the modern world. According to Ayurveda, freedom from disease is not only health, a person should be happy by mentally, physically, socially and spiritually. Imbalance of doshas is termed as disease. Among tridosha, vata is responsible for majority of diseases. The disease Vatarakta is described as one the disease of sammurchna of Vata & Rakta.^[1]

The origin of word Vatarakta is from two words Vata and Rakta. The Vata is the chief (King) without which no any disease may take place, the Rakta is also a very important hetu which gives nutrition to each & every body tissues & maintains them normal by eliminating toxins – malas (waste products) through the natural orifices of the body. Vatarakta (Gout) is a variety of Vataroga (group of diseases caused by Vayu). The disease which is caused by excessively aggravated Vayu

(Vata) & vitiated blood (Rakta) is called Vatarakta. In modern medical science the features of gout are similar to that found in Vatarakta. Gout is metabolic disorder having the incidence of 0.2 to 2.5 per 1000, with an overall prevalence of 2-26 per 1000. Gout is rare in children and pre-menopausal females in India. Out of the affected population males are more common while females of post-menopausal group are on more risk. Gout is the true crystal deposition disease characterized by pain & swelling of 1st metatarsophalangeal joint initially followed by other joints with an abnormal elevation of urate level in the body either due to over production or under excretion or sometimes both. It can also be elucidated as the pathological reaction which occurs in joints or periarticular tissues due to the presence of mono sodium urate monohydrate crystals, which clinically exhibits as cellulitis, bursitis, nodular tophaceous crystal deposit or inflammatory arthritis.

Although prolonged hyperuricemia is necessary but is alone not sufficient for development of Gout.^[2]

Synonyms of Vatarakta^[3]

Charaka explain some of the synonyms of Vatarakta are Khuda Roga, Vata-balasa, Vatasra & Adhya vata.

MATERIALS AND METHODS

This study shows literary reconsideration on Bhavprakash Nighantu. Bhavprakash Nighantu mentions total 21 drugs which act as Vataraktahara.

Description of Vatarakta

Nidan^[4]

Aharaj nidana

By habitual use of salt, acid, pungent, alkaline, unctuous and hot articles of diet, by predigestion-meals, by excessive indulgence in stale or dry flesh of aquatic and wet-land animals, or by the use of tila (sesame) paste or radish, or by taking horse gram, black gram, nishpav and other greens, oil-cakes and sugar cane, and by the use of curds, sour kanjee, sauvira-wine, vinegar, butter milk, sura-wine and medicated wines, by antagonistic diet, by eating on a loaded stomach.

Viharaj nidana

By anger (krodha), by day sleep (divaswap) and remain awoken at night (ratri jagaran).

Due to these above factors, the vata and the rakta become provoked, especially in the body of delicate persons and of those who are accustomed to sumptuous and luxurious diet and who are given to sedentary habits.

Samprapti Ghatak

- 1) Dosha – Vata, Rakta.
- 2) Dushya – Rakta, Twaka, Mamsa.
- 3) Strotasa – Raktavaha strotasa
- 4) Adhithana – Sandhi, Twaka, Mamsa.
- 5) Swabhava – chirkari

Sites^[5]

The sites of manifestation of disease are hands, feet, fingers, toes, and all joints. It establishes its base first in the hands and feet, and then spreads to entire body.

Rupa

The signs & symptoms of Uttana (superficial) Vatarakta are stated very similar by the Acharya Charaka^[6] and Acharya Vagbhata^[7] but the Ashtanga Hridayakara stated one more sign that is burning penetrating sensation (Osha) produced like that of mustard oil. These are – itching, burning sensation, ache, extension, pricking pain, throbbing sensation & contraction. The skin becomes brownish black, red or coppery in colour.

The signs & symptoms of Gambhira (Deep seated) Vatarakta are stated as following – hard inflammation with stiffness, severe pain beneath oedema, blackish or coppery coloration of skin, burning sensation, piercing pain, quivering & suppuration inside the oedema. The

aggravated Vayu while causing pain & burning sensation at the site of inflammation constantly moves with high speed through the joints, bones & bone marrows produces cutting pain, make the joints curved inwards & when this aggravated Vayu moves to all over the body, results the person lame & paraplegic.

Pathya in Vatarakta^[8]

Yava (Barley), Godhum (Wheat) & Nivara (Wild rice) that are old, Shali and Shastika rice are wholesome diet; and for meat juices, the flesh of vishikara (Gallinaceous) and Pratuda (Pecker) birds is wholesome.

Adaki (Red gram), Chanaka (Bengal gram), Mugda (Green gram), Masour (Lentils) and Mukustha (Kidney beans) are recommended for use, mixed with plenty of ghee in the preparation of soup.

Sunishnaka (Marsilia plants), sprouts of Vaitra (Country willow), Kakmachi (Black nightshade), Shatawari (Climbing asparagus), Vastuka (White goose foot), Upodika (Indian spinach) and Souvarchala (Heliotrope) should be fried in ghee and meat juice, and given as sauce to patients who are habituated to vegetable diet. Similarly milk of cow, buffalo, and goat are wholesome.

Apathya in Vatarakta^[9]

Day sleep, excessive heat, exercise, sex-act as well as articles of diet that are pungent, hot, heavy, viscid, and salty and sour should be avoided.

Chikitsa^[10]

In the beginning, Snehana – oleation therapy is given to the patient suffering from Vatarakta. Thereafter, he is given Sneha virechana – purgation therapy with unctuous ingredients (if the patient is slightly unctuous) or Rooksha Virechana – if the patient has excess oiliness. These purgatives are of mild nature. (Sharp purgative may excessively provoke Vayu for which these are contra indicated for the treatment of patients suffering from Vatarakta).

Uthana (superficial) type of Vatarakta (gout) is treated with: Alepana – application of ointments, Abhyanga – Massage, Seka – affusion and Upanaha – application of hot poultice. Gambhira (deep seated) type of Vatarakta is treated with: Vireka – purgation, Asthapanana – a type of medicated enema containing decoction of drugs among others and Snehapanana – intake of unctuous potions.

The patient is given medicated enema therapies (both Niruha and Anuvāsana) frequently. Patient is given Seka – affusion, Abhyanga – massage, Pradeha – application of thick ointments, food and unctuous substance which do not cause burning sensation.

Table 1: Vataraktahara Drugs of Haritakyadi Varga.

Sr. No.	Sanskrit Name	Latin Name	Family	Action	Reference
1	Indrayava	<i>Holarrhena antidysenterica</i> Wall.	Apocynaceae	Vatasrajit	B.P.N.1/159
2	Rasna	<i>Pluchea lanceolata</i> Olive r&Hiern.	Asteraceae	Samirasrapha	B.P.N.1/164
3	Kushtha	<i>Saussurea lappa</i> C.B.Clarke	Asteraceae	Vatasrahanti	B.P.N.1/173

- B.P.N. Bhavprakash Nighantu, first number is corresponding number of varga, and second number is respective verse.

Table 2: Vataraktahara Drugs of Guduchyadi Varga.

Sr. No.	Sanskrit Name	Latin Name	Family	Action	Reference
1	Guduchi	<i>Tinospora cordifolia</i> (Wiild.) Miers ex Hook. f. & Jhoms	Menispermaceae	Vatasraharet	B.P.N.3/10
2	Gambhari	<i>Gmelina arborea</i> Linn.	Verbenaceae	Vataraktahara	B.P.N.3/18
3	Bala chatuastya	<i>Sida cordifolia</i> Linn. <i>Vernonia cinerea</i> Less. <i>Abutilon indicum</i> (Linn.) Sw <i>Grewia hirsuta</i> Vanb.	Malvaceae Asteraceae Malvaceae Tiliaceae	Samirasranashanam	B.P.N.3/144
4	Neeli	<i>Indigofera tinctoria</i> Linn.	Fabaceae	Vataraktahara	B.P.N.3/209
5	Yavasa	<i>Alhagi pseudalhagi</i> (Bieb.) Desv. <i>Alhagi camelorum</i> Fisch.	Fabaceae	Vatasrahara	B.P.N.3/213
6	Kokilaksha	<i>Hygrophila spinosa</i> T. And. <i>Asteracantha longifolia</i> Nees	Acanthaceae	Anilasrajita	B.P.N.3/225
7	Prasarini	<i>Paederia foetida</i> Linn.	Rubiaceae	Vataraktapha	B.P.N.3/235
8	Vanda	<i>Loranthus longiflorus</i> Desr. <i>Dendrophthoe falcata</i> (Linn. f.) Etting.	Loranthaceae	Vatasrapha	B.P.N.3/261
9	Chikkani	<i>Centipeda orbicularis</i> Lour.	Asteraceae	Vataraktahari	B.P.N.3/304

- B.P.N. Bhavprakash Nighantu, first number is corresponding number of varga, and second number is respective verse.

Table 3: Vataraktahara Drugs of Pushpa Varga.

Sr. No.	Sanskrit Name	Latin Name	Family	Action	Reference
1	Jati	<i>Jasminum grandiflorum</i> Linn.	Oleaceae	Anilasrajita	B.P.N.4/28
2	Saireyaka	<i>Barleria prionitis</i> Linn.	Acanthaceae	Vatasrapha	B.P.N.4/53

- B.P.N. Bhavprakash Nighantu, first number is corresponding number of varga, and second number is respective verse.

Table 4: Vataraktahara Drugs of Vatadi Varga.

Sr. No.	Sanskrit Name	Latin Name	Family	Action	Reference
1	Panch kshirivriksha	<i>Ficus bengalensis</i> Linn. <i>Ficus religiosa</i> Linn. <i>Thespesia populnea</i> Soland ex Correa <i>Ficus lacor</i> Buch.-Ham <i>Ficus glomerata</i> Roxb.	Moraceae Moraceae Malvaceae Moraceae Moraceae	Vatasrahara	B.P.N.5/18
2	Palasha	<i>Butea monosperma</i> (Lam) kuntze	Fabaceae	Vataraktahara	B.P.N.5/ 52
3	Shalmali	<i>Bombax malabaricum</i> DC.	Bombacaceae	Vatasrahara	B.P.N.5/55
4	Varuna	<i>Crataeva religiosa</i> Forst. F	Capparidaceae	Vatasranihanti	B.P.N.5/ 66

- B.P.N. Bhavprakash Nighantu, first number is corresponding number of varga, and second number is respective verse.

Table 5: Vataraktahara Drugs of Aamradiphala Varga.

Sr. No.	Sanskrit Name	Latin Name	Family	Action	Reference
1	Draksha	<i>Vitis vinifera</i> Linn.	Vitaceae	Vatasrahanti	B.P.N.6/112

- B.P.N. Bhavprakash Nighantu, first number is corresponding number of varga, and second number is respective verse.

Table 6: Vataraktahara Drugs of Shaka Varga.

Sr. No.	Sanskrit Name	Latin Name	Family	Action	Reference
1	Guduchi patra	<i>Tinospora cordifolia</i> (Wiild.)Miers ex Hook. f. & Jhoms	Menispermaceae	Vatasrakahara	B.P.N.9/42

- B.P.N. Bhavprakash Nighantu, first number is corresponding number of varga, and second number is respective verse.

Table 7: Vataraktahara Drugs of Taila Varga.

Sr. No.	Sanskrit Name	Latin Name	Family	Action	Reference
1	Erand Taila	<i>Ricinus communis</i> Linn.	Euphorbiaceae	Vatashonitahara	B.P.N.19/25

- B.P.N. Bhavprakash Nighantu, first number is corresponding number of varga, and second number is respective verse.

DISCUSSION

Bhavamishra has given sole consideration to the disease Vatarakta and used various drugs to treat this disease. Present study deals with extensive variety of drugs from Bhavprakash Nighantu. Author has determined on herbal drugs rather than other diversity of group. There is no mineral origin and animal origin drug mention in the Bhavprakash Nighantu. Drugs from whole Bhavprakash Nighantu were screened for the action as Vataraktahara.

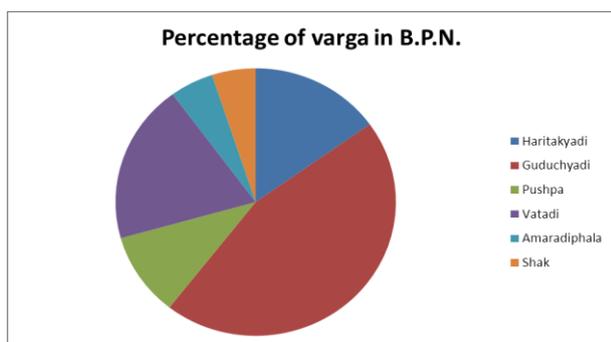
Obtained data were presented as per an action of treating Vatarakta with respect to herbal origin drugs which are belongs to different vargas (chapter wise classification) with corresponding reference.

Out of 426 drugs 3 (14.28%) belong to Haritakyadi varga, 9 (42.85%) of drugs from Guduchyadi varga, Pushpa varga has 2 (9.52%), Vatadi varga 4 (19.05%) are stated, Amradiphala varga 1 (4.76%), Shaka varga 1 (4.76%), also taila varga 1(4.76%) were used for the treatment of Vatarakta.

No drugs are elucidating from Karpuradi varga, Dhatvadi varga, Dhanya varga, Mamsa Varga, Krutanna Varga, Vari Varga, Dugdha varga, Dadhi Varga, Takra varga, Navaneet Varga, Ghruta varga, Mutra varga, Sandhana varga, Madhu varga & Ikshu Varga.

Table 8: Total number of drugs with their percentage.

Sr. No.	Name or varga	No. of drugs	Percentage (%)
1	Haritakyadi varga	3	14.28
2	Guduchyadi varga	9	42.85
3	Pushpa varga	2	9.52
4	Vatadi varga	4	18.18
5	Amradiphala varga	1	4.76
6	Shak varga	1	4.76
7	Taila varga	1	4.76
	Total	21	100

**Chart 1: Percentage of varga in Bhavprakash Nighantu.**

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CONCLUSION

The present review on Vataraktahara drugs of Bhavprakash Nighantu is original of its kind. Total 21 drugs are mentioned by Bhavprakash Nighantu. All the drugs have been mentioned with Vatasrajit, Samirasapha, Vatasrahanti, Vataraktahara, Samirasranashanam, Vatasrahara, Anilasrajita, Vataraktapha, Vatasrapha, Vatasranihanti, Vatashonitahara etc properties, but the mode of action has not been detailed. A detailed clinical study is required to understand the mode of action of these drugs.

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