



ISSN : 2350-0743

www.ijramr.com



International Journal of Recent Advances in Multidisciplinary Research

Vol. 04, Issue 10, pp.2925-2930, October, 2017

RESEARCH ARTICLE

MEDICINAL PLANTS USED IN VATARAKTA (GOUT): A CRITICAL REVIEW

*Lalchand, Sahu Rekha, Gupta Rakshapal and Rout Om Prakash

Department of Dravyaguna, Govt. Ayurved College, Raipur, Chhattisgarh

ARTICLE INFO

Article History:

Received 21st July, 2017

Received in revised form

17th August, 2017

Accepted 04th September, 2017

Published online 30th October, 2017

Keywords:

Ayurveda, Vatarakta,
Gout, Hyperurecemia,
Medicinal plant.

ABSTRACT

Vatarakta is Vata pradhana Tridoshaja Vyadhi, Rakta is main dushya. It is characterized by Aakhudanshvat Pida (Piercing Pain like rat bite) in joints. There are two types of Vatarakta- Uttana and Gambhira. Symptoms of Vatarakta is very similar to Gout, So Vatarakta can be very well correlated with Gout. Gout is one of the most common articular disease, which is caused by Hyperurecemia. It is characterized by severe pain, inflammation, tenderness and burning sensation in affected joints especially small joints of hands and feet. Due to sedentary lifestyle many peoples are affecting day by day from this severe disease. Currently in modern science NSAID'S, Colchicine, Corticosteroids and Uricosuric drugs like Allopurinol are being used to treat Gout. But these drugs have certain limitations and many drawbacks. Therefore, it is necessary to find alternative treatments which should be more effective and fewer drawbacks. So plant based medicine can be better option for its treatment in present era. In different Ayurvedic literatures many medicinal plants have been mentioned for treatment of Vatarakta. Therefore, this review article aims to collect medicinal plants mentioned for treatment of Vatarakta in different Ayurvedic literatures. In this review article we have enlisted 71 medicinal plants from XXX number of literatures, which is used for its treatment. By using these plants treatment of Vatarakta can be done more effectively with fewer side effects.

INTRODUCTION

In Ayurveda health means the state of doshasamyā, agnisamyā, dhatusamyā and Malakriyasamyā as well as wellness of ātma, indriya and mana (Sushrut Samhita, 2010). According to Ayurveda, freedom from disease is not only health, a person should be happy by mentally, physically, socially & also spiritually. Imbalance of Doshais termed as Roga. Among Tridosha, Vata is responsible for almost all disease. In classical literatures Vata being predominant among the Tridoshas has the potential to cause more serious and long term diseases other than two (Astanga Hridaya, 2002). The classical texts stated functions and characteristics of Vata. At the same time, Rakta being the foremost body tissue also plays an important role in sustaining the healthy life of the person. Vatarakta is an illness where both vata and rakta are afflicted by distinct aetiological factors (Sharangdhar Samhita, 2005). The disease Vatarakta is described as one of the disease of Sammurchana of Vata & Rakta. When aggravated Vata is obstructed by aggravated Rakta, this obstructed Vata is again aggravates Rakta (Charak Samhita, 2009).

According to Ayurveda- Purvrupa (Prodromal Symptoms)

Atisweda (Excessive perspiration), Asweda (Absence of perspiration), Karshnya (Blackness), Sparshagyatva (Anaesthesia), Kshate - Atiruk (Severe pain on injury),

*Corresponding author: Lalchand

Department of Dravyaguna, Govt. Ayurved College, Raipur, Chhattisgarh, India.

SandhiShaithilya (Laxity in joints), Aalsaya (Lassitude), Sadana (Malaise), Pidika udgam (Appearance of boils), Nistoda (Piercing pain), Sphuran (Quivering), Bheda (Tearing), Guruta (Heavyness), Supti (Numbness) and Kandu (Itching) in knee, shanks, thigh, waist, shoulder, hands, feet and joints of body. Unstable Ruja (Pain) in Sandhi (Joints). Vaivarnya (Abnormal complexion), Mandal utpatti (Appearance of patches) – these are the prodromal symptoms of Vatarakta (Charak Samhita, 2014).

Bheda and Rupa (Types and Symptoms)

According to Acharya Charaka Vatarakta has two types: Uttana and Gambhira.

1. Uttan Vatarakta: Kandu (Itching), Daha (Burning sensation), Ruja (Pain), Ayama (Extension), Toda (Throbbing pain), Sphurana (Contraction) accompanied with Shyavarakta (Dusky red coppery coloration) of the skin are considered the symptoms of Uttana Vatarakta.

2. Gambhira Vatarakta: Shotha (Swelling), Stabdhta (Rigidity), Kathinata (Hardness), Shyavataamra (Dusky red or coppery) coloration, Daha (Burning sensation), Todaspurana (Pricking and throbbing pain) and Paakvan (Tendency to suppuration) are symptoms of Gambhira Vatarakta (Charaka Samhita, 2008).

Table 1. Drugs used in Vatarakta in Charak Samhita

S. No.	Common Name	Botanical Name	Family	Parts Used
1.	Guduchi	<i>Tinospora cordifolia</i>	Menispermaceae	Stem
2.	Shaalparni	<i>Desmodium gangeticum</i>	Leguminosae	Whole plant
3.	Eranda	<i>Ricinus communis</i>	Euphorbiaceae	Root, Leaf, Seed
4.	Pippali	<i>Piper longum</i>	Piperaceae	Fruit, Root
5.	Haritaki	<i>Terminalia chebula</i>	Combretaceae	Fruit
6.	Trivritta	<i>Operculina turpethum</i>	Convovulaceae	Root Bark
7.	Bala	<i>Sida cordifolia</i>	Malvaceae	Root, Seed
8.	Ashwatth	<i>Ficus religiosa</i>	Moraceae	Stem Bark

Table 2. Drugs mentioned in Sushruta Samhita in Vatarakta

S.No.	Common Name	Botanical Name	Family Name	Parts Used
1.	Mulethi	<i>Glycyrrhizaglabra</i>	Papilionatae	Root
2.	Prishniparni	<i>Uraria picta</i>	Papilionatae	Root
3.	Guduchi	<i>Tinospora cordifolia</i>	Menispermaceae	Stem
4.	Haritaki	<i>Terminalia chebula</i>	Combretaceae	Fruit
5.	Pippali	<i>Piper longum</i>	Piperaceae	Fruit
6.	Amlaki	<i>Emblica officinalis</i>	Euphorbiaceae	Fruit
7.	Mangarela	<i>Nigella sativa</i>	Ranunculaceae	Seed
8.	Karvellaka	<i>Momordia charantia</i>	Cucurbitaceae	Whole Plant

Table 3. Drugs used in Vatarakta in Astanga Samgraha

S.No.	Common Name	Botanical Name	Family Name	Parts Used
1.	Shigru	<i>Moringa oleiferae</i>	Moringaceae	Root Bark, Seed
2.	Trivritta	<i>Operculina turpethum</i>	Convovulaceae	Root Bark
3.	Eranda	<i>Ricinus communis</i>	Euphorbiaceae	Root, Seed
4.	Godhuma	<i>Triticum Aestivum</i>	Graminae	Seed
5.	Punarnava	<i>Boerhavia diffusa</i>	Nyctaginaceae	Whole plant, Root, Seed
6.	Pippali	<i>Piper longum</i>	Piperaceae	Fruit

Table 4. Drugs used in Vatarakta in Astanga Hridaya

S.No.	Common Name	Botanical Name	Family	Parts Used
1.	Haritaki	<i>Terminalia chebula</i>	Combretaceae	Fruit
2.	Kokilaksha	<i>Astercanthalongifolia</i>	Acanthaceae	Whole plant, Seed
3.	Tila	<i>Sesamum indicum</i>	Pedaliaceae	Seed
4.	Guduchi	<i>Tinospora cordifolia</i>	Menispermaceae	Stem

Table 5. Drugs used in Vatarakta in Bhavaprakash Nighantu

S.No.	Common Name	Botanical Name	Family	Parts Used
1.	Kutaja	<i>Holarrhena antidiysentrica</i>	Apocynaceae	Seed, Bark
2.	Rasna	<i>Pluchea lanceolata</i>	Compositae	Root, Leaf
3.	Kustha	<i>Saussurea lappa</i>	Compositae	Root
4.	Vanaharidra	<i>Curcuma aromatica</i>	Zingiberaceae	Rhizome
5.	Neel	<i>Indigoferatinctorea</i>	Fabaceae	Whole plant
6.	Jawasa	<i>Alhagipseudoalhagi</i>	Fabaceae	Whole plant
7.	Guduchi	<i>Tinasporacordifolia</i>	Menispermaceae	Root, Stem
8.	Gandhaprasarini	<i>Paederia foetida</i>	Rubiaceae	Root, Leaf
9.	Bandaak	<i>Dendrophthoe falcata</i>	Loranthaceae	Whole plant
10.	Chhikni	<i>Centepeda minima</i>	Compositae	Seed
11.	Kokilaksha	<i>Astercanthalongifolia</i>	Acanthaceae	Whole plant, Seed
12.	Champa	<i>Michelia champaka</i>	Magnoliaceae	Bark, Flower
13.	Sareyak	<i>Barleria cristata</i>	Acanthaceae	Whole plant
14.	Palash	<i>Butea monosperma</i>	Fabaceae	Flower, Seed, Bark, Gum
15.	Shalmali	<i>Bombax malabarica</i>	Bombacaceae	Tuber
16.	Varuna	<i>Crataeva nurvula</i>	Capparidaceae	Bark
17.	Draksha	<i>Vitis vinifera</i>	Vitaceae	Fruit

Table 6. Drugs used in Vatarakta in Madanapal Nighantu

S.No.	Common Name	Botanical Name	Family	Parts Used
1.	Bala	<i>Sida cordifolia</i>	Malvaceae	Whole plant, Seed
2.	Raj bala	<i>Sida veronicaefolia</i>	Malvaceae	Whole plant, Seed
3.	Atibala	<i>Abutilon indicum</i>	Malvaceae	Whole plant, Seed
4.	Mahabala	<i>Sida rhombifolia</i>	Malvaceae	Whole plant, Seed
5.	Chakramarda	<i>Cassia tora</i>	Leguminosae	Seed, Leaf

Table 7. Drugs used in Vatarakta in Kaiyadev Nighantu

S.No.	Common Name	Botanical Name	Family	Parts Used
1.	Duralabha	<i>Fagoniaarabica</i>	Zygophyllaceae	Whole plant
2.	Prasarani	<i>Sidaveronicaefolia</i>	Malvaceae	Whole plant
3.	Guduchi	<i>Tinosporacordofilia</i>	Menispermaceae	Stem
4.	Neelini	<i>Indigoferatinctoria</i>	Leguminosae	Whole plant
5.	Kushth	<i>Sausserealappa</i>	Compositae	Root
6.	Vridhdharu	<i>Argyreaspectiosa</i>	Convovulaceae	Root

Table 8. Drugs used in Vatarakta in Raj Nighantu

S.No.	Common Name	Botanical Name	Family	Parts Used
1.	Mudga-parni	<i>Phaseolustrilobus</i>	Leguminosae	Whole plant
2.	Bramhi	<i>Bacopamonnier</i>	Scrophulariaceae	Whole plant
3.	Haridra	<i>Curcuma longa</i>	Zingiberaceae	Rhizome
4.	Raktkhadir	<i>Areca catechu</i>	Palmae	Fruit

Table 9. Drugs used in Vatarakta in Dhanwantari Nighantu

S. No.	Common Name	Botanical Name	Family	Parts Used
1.	Guduchi	<i>Tinosporacordifolia</i>	Menispermaceae	Stem
2.	Sariva	<i>Hemidesmusindicus</i>	Asclepiadaceae	Root
3.	Haritaki	<i>Terminaliachebula</i>	Combretaceae	Fruit
4.	Rasna	<i>Pluchelanceolata</i>	Compositae	Root
5.	Nagakesara	<i>Mesuaferrea</i>	Guttiferae	Stamen
6.	Palandu	<i>Allium cepa</i>	Liliaceae	Tuber, Seed
7.	Aamra	<i>Mangiferaindica</i>	Anacardiaceae	Stem Bark, Leaf, Flower, Mesocarp of Fruit
8.	Eranada	<i>Ricinuscommunis</i>	Euphorbiaceae	Root, Seed
9.	Nimba	<i>Azadirachta indica</i>	Meliaceae	Seed, Leaf, Stem Bark

Table 10. Drugs used in Vatarakta in API Part I, Vol. I

S. No.	Common Name	Botanical Name	Family	Parts Used
1.	Kushtha	<i>Saussurea lappa</i>	Compositae	Root
2.	Mulethi	<i>Glycyrrhizaglabra</i>	Leguminosae	Root

Table 11. Drugs used in Vatarakta in API Part I, Vol. II

S. No.	Common Name	Botanical Name	Family	Parts Used
1.	Kokilaksha	<i>Astercanthalongifolia</i>	Acanthaceae	Whole plant
2.	Nagakesara	<i>Mesuaferreae</i>	Guttiferae	Stamen
3.	Nili	<i>Indigoferatinctoria</i>	Fabaceae	Root
4.	Yavasaka	<i>Alhagipseudoalhagi</i>	Fabaceae	Whole plant

Table 12. Drugs used in Vatarakta in API Part I, Vol. III

S. No.	Common Name	Botanical Name	Family	Parts Used
1.	Adhaki	<i>Cajanus cajan</i>	Fabaceae	Root
2.	Draksha	<i>Vitis vinifera</i>	Vitaceae	Fruit
3.	Mahabala	<i>Sida rhombifolia</i>	Malvaceae	Root
4.	Nili	<i>Indigofera tinctoria</i>	Fabaceae	Whole plant
5.	Rasna	<i>Pluchea lanceolata</i>	Asteraceae	Leaf
6.	Sahachara	<i>Barleria prionitis</i>	Acanthaceae	Whole plant

Table 13. Drugs used in Vatarakta in API Part I, Vol. IV

S. No.	Common Name	Botanical Name	Family	Parts Used
1.	Champaka	<i>Michelia champaca</i>	Magnoliaceae	Flower
2.	Krisnasariva	<i>Cryptolepis buehanani</i>	Asclepiadaceae	Root
3.	Mudgaparni	<i>Vigna trilobata</i>	Fabaceae	Whole plant
4.	Munditika	<i>Sphaeranthus indicus</i>	Asteraceae	Whole plant
5.	Palasha	<i>Butea monosperma</i>	Fabaceae	Flower
6.	Prishniparni	<i>Uraria picta</i>	Fabaceae	Whole plant
7.	Sarja	<i>Vateria indica</i>	Dipterocarpaceae	Exudate
8.	Satavari	<i>Asparagus recemosus</i>	Liliaceae	Root
9.	Tila	<i>Sesamum indicum</i>	Pedaliaceae	Seed

Treatment principle

According to Charaka general treatment of Vatarakata are (Charaka Samhita 2014):

1. Snehan
2. Snehayukta Virechana or Ruksha and Mridu Virechan.
3. Repeated Basti Karma
4. Seka, Abhyanga, Pradeha with Avidahi Dravya and Anna prepared with decoction of Avidahi Dravya.

According to Modern

Term Gout is used to describe constellation of clinical features that result from deposition of microcrystals of Sodium urate, monohydrate or uric acid from hyperuricemic body fluids. These include acute arthritis, tenosynovitis, bursitis, or cellulitis, tophaceous deposits, renal disease and urolithiasis. Hyperuricemia is defined as an elevation in serum urate (SUA) level ≥ 6.8 mg/dL (Golwalas Medicine, 2011).

Clinical Features

1. Asymptomatic hyperuricemia
2. Acute gout – First attack occurs commonly in men aged 30-60 years, usually monoarticular, the metatarsophalangeal joint of the great toe is the first joint affected in 70%. Acute gouty arthritis can occur in ankles, knees, wrists, elbows and small joints of hands and feet. The initial attack may be sudden. The affected joint becomes hot, red and swollen with shiny overlying skin and is extremely painful and tender. Very acute attacks may be accompanied by fever, leukocytosis and raised ESR.
3. Intercritical gout – Variable symptom-free periods between acute attacks, with progressive shortening of the intercritical period between attacks.
4. Chronic tophaceous gout – Inevitably follows recurrent attacks and is characterized by asymmetrical joint swelling. Tophy (massive accumulations of microcrystals of uric acid and amorphous urates surrounded by histiocytes, giant cells and fibrosis) develop in periarticular tissues, cartilaginous helix of the ear, bursae and tendon sheaths (Golwalas Medicine, 2011).

Diagnosis

- Sudden onset of acute inflammatory monoarthritis, particularly in foot or ankle
- Onset following provoking event
- One or more previous episodes of self-limited acute arthritis followed by periods completely free of symptoms
- History of renal colic or nephrolithiasis.
- History of hypertension or renal disease
- Family history of gout, hyperuricemia, nephrolithiasis or renal disease.

Diagnosis is supported by:

- Raise serum uric acid
- Characteristic radiological changes (Golwalas Medicine 2011).

Management

Acute attack is managed with NSAIDs, Colchicine and Corticosteroids. Long term management is done with Uricosuric drugs like Allopurinol (Golwalas Medicine, 2011).

NSAID'S, Glucocorticoids are used to treat Gout, which have severe adverse effects especially renal insufficiency and Gastrointestinal disorders. These increase chronicity of disease after prolong usage (Shivprasad Huded et al., 2013).

Charak Samhita (Charak Samhita, 2013)

In CharakChikitsa Chapter 29, There are 8 medicinal plants mentioned for treatment of Vatarakta –

1. GuduchiSwaras siddha ghrita or kshira. (Cha. Chi. 29/71)
2. Shalparni siddha kshira (milk) with sugar. (Cha. Chi. 29/80)
3. Eranda Taila (castor oil) with milk. (Cha. Chi. 29/83)
4. Decoction of Haritaki fried with ghee. (Cha. Chi. 29/84)
5. Trivritta powder with milk or grape juice. (Cha. Chi. 29/84)
6. Oil prepared with Decoction and paste of Bala. (Cha. Chi. 29/119)
7. Oil prepared with juice of Guduchi and milk. (Cha. Chi. 29/121)
8. Decoction of Ashwatth with honey (Cha. Chi. 29/158)

General description of above plants are given below in Table No.1.

Susruta Samhita (Sushruta Samhita, 2010)

In SushrutaChikitsa 05, There are 8 medicinal plants mentioned for treatment of Vatarakta –

1. Mulethi with goat milk and oil. (Su. Su. 5/7)
2. Prishniparnisiddhagoat milk with Sugar and honey. (Su. Su. 5/7)
3. Decoction of Guduchi. (Su. Su. 5/8)
4. Haritaki with guda. (Su. Su. 5/10)
5. Pippali with milk or water. (Su. Su. 5/12)
6. Amalakiras siddha puranghrita. (Su. Su. 5/12)
7. Mangrela siddha ghrita. (Su. Su. 5/12)
8. Karvellak siddha ghrita. (Su. Su. 5/12)

General description of above plants are given below in Table No.2.

Astanga Samgraha (Astanga Samgraha, 2011)

In Astanga Sangraha Chikitsa 24, There are 6 medicinal plants mentioned for treatment of

1. External application of Shigru mula withghrita (lepa). (A. S. Chi. 24/8)
2. Trivritt powder with milk. (A. S. Chi. 24/9)
3. Erand oil with milk. (A. S. Chi. 24/9)
4. External application of Godhum churna with goat milk (lepa). (A. S. Chi. 24/11)
5. External application of Punarnava with ghrita (lepa). (A. S. Chi. 24/14)
6. Pippali vardhman. (A. S. Chi. 24/15)

General description of above plants are given below in Table No.3.

Astanga Hridaya (Astanga Hridaya, 2012)

In Chapter 22, VataraktaChikitsaadhyaythere are one medicinal plant mentioned for treatment of Vatrakta

1. Decoction of Haritaki fried with Ghee. (A.H.Chi.22/12)
2. Kokilaksha Decoction and vegetable. (A.H.Chi.22/18) (Page no. -817)
3. External application of Tila with milk.(A.H.Chi.22/33-34)
4. Decoction of Guduchi (A.H.U. 40/59)

General description of above plants are given below in Table No.4.

Bhavaprakash Nighantu (Bhavaprakash Nighantu, 2013)

In Bhavaprakash Nighantu, There are 17 medicinal plants mentioned for treatment of Vatrakta, which is shown in Table No.5.

Madanapal Nighantu (Madanapal Nighantu, 1939)

In Madanpal Nighantu, There are 5 medicinal plants mentioned for treatment of Vatrakta which is shown in Table No.6.

Kaiyadev Nighantu (Kaiyadev Nighantu, 2016)

In Kaiyadev Nighantu, There are 17 medicinal plants mentioned for treatment of Vatrakta, which is shown in Table No.7.

Raj Nighantu (Raj Nighantu, 1988)

In Raj Nighantu, There are 4 medicinal plants mentioned for treatment of Vatrakta, which is shown in Table No.8.

Ayurvedic Pharmacopia of India, Part I, Vol. I. (API Part I, Vol.I, 2009)

In API Part 1, Vol.I, There are two medicinal plants have been mentioned for treatment of Vatarakta, which is shown in Table No.10

Ayurvedic Pharmacopoeia of India, Part I, Vol. II (API Part I, Vol.II,1999)

In API Part 1, Vol.II, There are two medicinal plants have been mentioned for treatment of Vatarakta, which is shown in Table No.11.

Ayurvedic Pharmacopoeia of India, Part I, Vol. III (API Part I, Vol.III, 2001)

In API Part 1, Vol.III, There are two medicinal plants have been mentioned for treatment of Vatarakta, which is shown in Table No.12.

Ayurvedic Pharmacopoeia of India, Part I, Vol. IV (API Part I, Vol. IV, 2004)

In API Part 1, Vol.IV, There are two medicinal plants have been mentioned for treatment of Vatarakta, which is shown in Table No.13.

Ayurvedic Pharmacopoeia of India, Part I, Vol.V (API Part I, Vol.V, 2006)

In API Part 1, Vol.V, There are two medicinal plants have been mentioned for treatment of Vatarakta, which is shown in Table No.14.

Ayurvedic Pharmacopoeia of India, Part I, Vol. VI (API Part I, Vol.VI, 2008)

In API Part 1, Vol.VI, There are two medicinal plants have been mentioned for treatment of Vatarakta, which is shown in Table No.15.

Table 14. Drugs used in Vatarakta in API Part I, Vol. V

S. No.	Common Name	Botanical Name	Family	Parts Used
1.	Bastantri	<i>Argyrea nervosa</i>	Convovulaceae	Root
2.	Dhanvayasah	<i>Fagoniacretica</i>	Zygophyllaceae	Whole plant
3.	Himsraa	<i>Capparispinosa</i>	Capparidaceae	Root
4.	Khsirakakoli	<i>Fritillariaroylei</i>	Liliaceae	Bulb
5.	Nilajhinti	<i>Barleriastrigosa</i>	Acanthaceae	Root
6.	Piluh	<i>Salvadorapersica</i>	Salvadoraceae	Leaf, Root bark
7.	Potagala	<i>Typhaelephantina</i>	Typhaceae	Root

Table 15. Drugs used in Vatarakta in API Part I, Vol. VI

S. No.	Common Name	Botanical Name	Family	Parts Used
1.	Aamragandhi – Guggulu(42)	<i>Balsamodendron caudata</i>	Burseraceae	Leaf
2.	Dvipantra Shatavari(80)	<i>Asparagus officinalis</i>	Liliaceae	Root
3.	Erandkarkati(88)	<i>Carica papaya</i>	Caricaceae	Root
4.	Gokshur(95)	<i>Tribulus terrestris</i>	Zygophyllaceae	Whole plant
5.	Karaphsa(115)	<i>Apium graveolens</i>	Apiaceae	Root
6.	Shiva Neeli(184)	<i>Indigofera aspalathoides</i>	Fabaceae	Root, Stem
7.	Sphitkitari(192)	<i>Dryopteris filix</i>	Dryopteridaceae	Rhizome
8.	Avetasa(203)	<i>Salix alba</i>	Salicaceae	Leaf
9.	Ikshu(252)	<i>Saccharum officinarum</i>	Graminae	Sugar (Stem juice)

Dhanwantari Nighantu (Dhanwantari Nighantu, 2016)

In Dhanvantari Nighantu, There are 9 medicinal plants mentioned for treatment of Vatrakta, which is shown in Table No.9 -

Conclusion

Since ages medicinal plants have been used worldwide for prevention and treatment of various diseases. In current

scenario Gout is major among articular disease. Modern medicines which are used for treatment of Gout have many side effects. So it is necessary to find alternatives approaches such as herbal medicines for the treatment of Gout. We have collected the list of medicinal plants from different Ayurvedic literatures and Pharmacopoeias. In Charak Samhita eight plants are mentioned, In Sushruta Samhita five, In Ashtanga Samgraha six, In Ashtanga Hridaya four, In Bhavaprakash Nighantu seventeen, In Madanpala Nighantu five, In Kaiyadeva Nighantu six, In Raj Nighantu four, In Dhanvantari Nighantu nine, In API Part 1 Volume I two, In API Part 1 Volume II four, In API Part 1 Volume III six, In API Part 1 Volume IV nine, In API Part 1 Volume V seven, In API Part 1 Volume VI nine single herbs have been mentioned for the treatment of Vatarakta. Overall 71 medicinal plants have been indicated in different Ayurvedic literatures and Pharmacopoeias for its treatment. Further scientific evaluation and clinical researches is necessary to establish its pharmacological actions. So that herbal medicine can be used practically and more effective way for the the treatment of Gout.

REFERENCES

- Anonymous. The Ayurvedic Pharmacopoeia of India, Part I, Vol. I, Govt. Of India, M.H. & F.W. Dept. of Ayush, 2001.
- Anonymous. The Ayurvedic Pharmacopoeia of India, Part I, Vol. II, Govt. Of India, M.H. & F.W. Dept. of Ayush, 1999.
- Anonymous. The Ayurvedic Pharmacopoeia of India, Part I, Vol. III, Govt. Of India, M.H. & F.W. Dept. of Ayush, 2001.
- Anonymous. The Ayurvedic Pharmacopoeia of India, Part I, Vol. IV, Govt. Of India, M.H. & F.W. Dept. of Ayush, 2004.
- Anonymous. The Ayurvedic Pharmacopoeia of India, Part I, Vol. V, Govt. Of India, M.H. & F.W. Dept. of Ayush, 2006.
- Anonymous. The Ayurvedic Pharmacopoeia of India, Part I, Vol. VI, Govt. Of India, M.H. & F.W. Dept. of Ayush, 2008.
- Ashtanga Hridaya by Dr. Bramhananda Tripathi, Chaukhambha Sanskrit Pratishthan, Delhi, 2012.
- Ashtanga Samgraha by Kaviraj Atridev Gupt, Vol.II. Chaukhambha Krishnadas Academy, Varanasi, 2011.
- BhavPrakashNighantu, Commentary By Prof. K. C. Chuneekar, ChaukhambhaBharati Academy, Varanasi, 2013.
- Charak Samhita by P.V.Sharma Vol.II. Chaukhambha Sanskrit Orientalia, Varanasi .2014 p.487.
- CharakSamhita, 2013. TranslatorDrBramhanandTripathi, ChaukhambhaSurbharatiPrakashan, Varanasi, Volume I.
- Charaka Samhita by Dr. Bramhananda Tripathi, Vol.II. Chaukhambha Surbharti Prakashan Varanasi. 2014.p.991
- Dhanvantari Nighantu by P.V. Sharma, Dr. Guruprasad Sharma, Chaukhambha Orientalia, Varanasi, 2016.
- Dr.KashinathShashtri, editors, CharakSamhita, Reprint 2009, Varanasi, ChaukhambhaSanskritSansthan, 2009, p. 730.
- Golwalas Medicine by ASPI F.GOLWALLA,, 23rd Edition. Neel Graphics 2011. p.900-903.
- Kaiyadeva Nighantu, by P.V. Sharma, Dr. Guruprasad Sharma, Chaukhambha Orientalia, Varanasi, 2016.
- Madanpala Nighantu by Gangavishnu Shrikrishnadas, Kalyan Bombay, 1939.
- Raj Nighantu By Dr.I.D.Tripathi, Krishnadas Academy, Varanasi, IInd Edition 1988.
- Shivprasad Huded, Sonia V. Gummadi, Kuner Sankh, Asha H.N., Ashwini H.S. and Lingadore K. 2013. Evaluation of Guduchi yoga in the management of Vatarakta (Gouty arthritis):A clinical study. *Int.J.Res. Ayurveda Pharm.* 4(5)688-692.
- Smt. ShailajaShrivastav, editors, SharangdharSamhita, 4th edition, Varanasi, ChoukhambhaOrientalia, 2005, p. 99.
- SushrtaSamhita, Dr. AmbikadattaShastri, Vol.I. ChaukhambhaSanskrita Sansthan, Varanasi, 2010.
- Sushruta Samhita by Dr. Ambikadatta Shastri, Vol.I. Chaukhambha Sanskrit Sansthan Varanasi. 2010.p84.
- The Charaka Samhita, with translations in Hindi, Gujrati and English, Vol. IV, Chaukhambha Orientalia Varanasi, Reprint 2008.p.2433.
- Vagbhatta Ashtanga Hridaya, 2002. Varanasi, Chaukhambha Orientalia 9th edition Shareera Sthana; p. 402.
