

## CASE STUDY

# Exceeding Role of Raktamokshana Chikitsa along with Shaman Chikitsa in Vatarakta W.S.R To Gout – A Case Study

Manas Vyas<sup>1</sup>, Dattu N. Bandapalle<sup>2</sup>, Mangala Dattatray Bandapalle<sup>3</sup>

<sup>1-2</sup>Department of Rachanasharir, Parul Institute of Ayurved, Parul University, Vadodara, Gujarat, India

<sup>3</sup>Assistant Professor-Master of Public Health (MPH), Jay Jalaram Ayurved College, Shivpuri, Godhra, Gujarat

Email ID: mangalabandapalle23@gmail.com

\*Corresponding Author

Dr.Dattu N. Bandapalle

Email ID: bandapalle.dattu18576@paruluniversity.ac.in

### ABSTRACT

*Gout, a crystal-induced arthropathy characterized by sudden joint inflammation due to hyperuricemia, aligns closely with the Ayurvedic condition known as Vatarakta. This study explores the effectiveness of Ayurvedic interventions, particularly Raktamokshana (bloodletting) and Shamana Chikitsa (palliative treatments), in managing a case of gout. A 48-year-old male presented with classical symptoms of gout such as severe joint pain, swelling, redness, and restricted movement. Based on Ayurvedic diagnosis, he was treated with internal medications like Kaishore Guggulu, Guduchi Satva, and Mahamanjishthadi Kwatha, alongside Raktamokshana on the medial cubital vein. The integrated treatment approach led to a significant reduction in symptoms and recurrence. This case supports the correlation between modern gout and Ayurvedic Vatarakta, highlighting that a holistic treatment involving detoxification (Shodhana), pacification (Shamana), diet, and lifestyle regulation can offer effective and sustained relief. The findings encourage the incorporation of Ayurvedic principles into the integrative management of metabolic disorders like gout.*

**Keywords:** Gout, Vatarakta, Raktamokshana, Shamana Chikitsa, Ayurveda, Kaishore Guggulu, Panchakarma, Hyperuricemia, Joint Inflammation, Bloodletting

Received 21.12.2025

Revised 12.01.2026

Accepted 12.02.2026

### How to cite this article:

Manas V, Dattu N. B, Mangala Dattatray B. Exceeding Role of Raktamokshana Chikitsa along with Shaman Chikitsa in Vatarakta W.S.R To Gout – A Case Study. Adv. Biores. Vol 17 [2] February 2026. 213-217

### INTRODUCTION

Gout is a common form of inflammatory arthritis that occurs due to the deposition of monosodium urate crystals in the joints, resulting from elevated levels of uric acid in the blood. This condition is characterized by sudden, severe attacks of pain, swelling, redness, and tenderness in the joints, most frequently affecting the metatarsophalangeal joint of the big toe. It is widely recognized as a metabolic disorder associated with purine metabolism, and is often triggered by dietary factors, alcohol consumption, obesity, genetic predisposition, and renal dysfunction. Gout is considered a chronic condition that can significantly affect the quality of life if not managed appropriately. In Ayurvedic medicine, gout finds its closest and most appropriate correlation in a disease known as Vatarakta. The term "Vatarakta" is a combination of two words — *Vata* and *Rakta*, which refer to the Vata dosha (the principle of movement and nervous function) and Rakta dhatu (blood tissue) respectively. Vatarakta is a disease described in all major Ayurvedic texts, and it typically arises from the simultaneous vitiation of both Vata dosha and Rakta dhatu. [1][2][3] The mutual aggravation and obstruction between Vata and Rakta lead to symptoms such as joint pain, inflammation, stiffness, discoloration, and deformity — signs that are strikingly similar to those observed in gout. The causative factors of Vatarakta, as mentioned in classical texts, include excessive intake of salty, sour, and spicy foods, alcohol, meat, and an overall sedentary lifestyle — all of which are also recognized as major contributors to gout in modern medicine.

[1][2][4] This further reinforces the correlation between these two conditions. Vatarakta is also known to affect the small joints of the body, especially the feet and hands, which is consistent with the classical presentation of gout. Understanding gout through the Ayurvedic lens of Vatarakta allows for a more holistic and individualized approach to treatment, focusing not just on symptom suppression but also on addressing the root causes of the disease. [3][5] Ayurveda offers a wide array of therapies, including Panchakarma (detoxification), herbal formulations, dietary modifications, and lifestyle interventions aimed at restoring the balance of doshas and purifying the blood. [6][7] Therefore, the Ayurvedic perspective on gout not only enhances clinical understanding but also broadens the scope of integrative treatment strategies for this painful and recurrent disorder.

## CASE REPORT

A 48-year-old male patient visited OPD & came to Shree Sanidhya Panchakarma and Ayurvediya Chikitsalaya, Vadodara, Gujarat with the complaints of,

- Severe joint pain
- **Swelling in the joint**
- **Redness and warmth**
- **Limited range of motion**
- **Lingering discomfort**

**History:** The patient was completely healthy until approximately 3 months ago. After that, he began experiencing sudden and severe pain in the right big toe joint, accompanied by redness, swelling, and tenderness. The pain episodes were intense, often starting at night, and would last for several days, making it difficult for him to walk or even wear footwear. Over time, the attacks started occurring more frequently and also began affecting other small joints intermittently. In addition to joint pain, the patient also reported experiencing heaviness in the body, occasional burning sensation, and a feeling of stiffness in the affected joints. He consulted an allopathic physician and was prescribed NSAIDs, painkillers, and uric acid-lowering medications. However, despite regular use of these medicines, the pain relief was temporary and the symptoms kept recurring. The patient also tried various dietary changes and over-the-counter remedies but did not experience lasting improvement. There is **no significant family history** of gout, arthritis, or other joint-related disorders. No major trauma or systemic illness was reported prior to the onset of symptoms.

**Personal history:** No history of HTN / DM / Thyroid dysfunction / any other allergic illness

**Family history:** Not any significant

### Physical Examination:

Blood Pressure-138/78 mmhg.

Pulse rate-73 beats/min

Respiratory rate-17/min

Temperature-98.6°C

Bowel- Irregular (Once in two days)

Appetite-Decreased (Less intake of food)

Micturition-4-5 times a day

Sleep-altered

### **Ashtasthana Pariksha :**

*Nadi(Pulse) – pitta Pradhana kapha*

*Mala(Stool) - Asamyak*

*Mutra(Urine) - Alpa pravritti*

*Jihva(Tongue) - Lipta*

*shabda(Speech) -*

*Prakrita Sparsha (Tactilation) - Ushna*

*Druk(Eyes) -*

*Prakruta Akriti(Anthropometry) – Madhyama*

## MATERIAL AND METHODS

Medications:

1. **Kaishore Guggulu Tablets** – 2 tablets thrice a day with lukewarm water
2. **Guduchi Satva** – 500 mg twice daily with honey or lukewarm water
3. **Triphala Churna** – 1 teaspoon at bedtime with warm water
4. **Saptamrita Lauha** – 1 tablet twice a day after meals

5. **Nirgundi Oil** – For external application on affected joints, twice daily
6. **Mahamanjishtadi Kwatha** – 20 ml twice daily after meals with equal water

Panchakarma procedure

- 1- Raktamokshana Procedure (60ml) on Medial cubital Vein.

**Treatment Underwent:**

Table 1: Internal Medicines

S. No.	Medicine Name	Dosage & Timing	Mode of Use
1	Kaishore Guggulu Tablets	2 tablets, thrice a day	With lukewarm water
2	Guduchi Satva	500 mg, twice daily	With honey or lukewarm water
3	Triphala Churna	1 teaspoon at bedtime	With warm water
4	Saptamrita Lauha	1 tablet, twice a day after meals	Oral
5	Nirgundi Oil	Apply twice daily on affected joints	External application
6	Mahamanjishtadi Kwatha	20 ml, twice daily after meals (mixed with equal amount of water)	Oral decoction

Table 2: Panchakarma procedures given to patient

Sr.No	Procedure	Date	No of Days
1	Raktamokshana Procedure (60ml) on Medial cubital Vein.	20-06-2024	1

Table 3 : Comparison of Symptom Severity Before and After Treatment

Symptoms	Before Treatment	After Treatment
Severe joint pain (especially in big toe)	4	1
Swelling in joints	4	1
Redness and warmth	4	1
Stiffness and restricted movement	4	2
Burning sensation in joints	4	1

**DISCUSSION**

Gout is a well-recognized metabolic disorder in modern medicine, characterized by hyperuricemia leading to the deposition of monosodium urate crystals in joints and soft tissues. It manifests with acute inflammatory symptoms such as intense joint pain, swelling, redness, and restricted movement, most commonly affecting the big toe (podagra) [8-11]. Recurrent gout attacks may lead to chronic arthritis, joint deformities, and complications like tophi and kidney involvement. The condition is often associated with dietary habits, alcohol consumption, obesity, and impaired renal function. In Ayurveda, Gout is closely correlated with the disease entity Vatarakta, which is described extensively in classical texts like Charaka Samhita and Sushruta Samhita. Vatarakta is a disease involving the vitiation and mutual obstruction of Vata dosha and Rakta dhatu. It occurs due to causes such as excessive intake of sour, salty, spicy foods, alcohol, meat, long-standing indigestion, suppression of natural urges, and sedentary habits — which align closely with gout-inducing factors in modern science [12-14]. The clinical presentation of Vatarakta mirrors that of gout, including joint pain (especially in small joints), swelling, burning sensation, redness, stiffness, and chronicity. The disease is classified into Vata-dominant and Rakta-dominant types, helping in personalized treatment planning. The Ayurvedic approach aims not only at symptom relief but also at balancing the vitiated doshas and purifying the Rakta (blood). In the management of Vatarakta, Shodhana therapies such as Raktamokshana (bloodletting) and Virechana (therapeutic purgation) are emphasized, especially in acute and Rakta-dominant cases. Basti (medicated enema) is employed to pacify Vata. Alongside Panchakarma, internal medications like Kaishore Guggulu [6], Guduchi Satva, Mahamanjishtadi Kwatha, and Triphala Churna are used to reduce inflammation, purify the blood, and restore doshic balance. Local application of Nirgundi oil helps reduce joint pain and swelling externally. The outcome observed after Ayurvedic management in such cases typically shows a significant reduction in pain, swelling, and recurrence of attacks. Patients also report improvement in digestion and reduction in associated symptoms like stiffness and burning sensation. These results highlight the efficacy of a holistic Ayurvedic approach in managing gout-like conditions. Thus, by understanding gout through the Ayurvedic framework of Vatarakta, a comprehensive, root-cause-

focused, and individualized treatment plan can be developed, which not only relieves symptoms but also prevents recurrence and supports overall health. [1][6][7]

Table 4: Samprapti Ghataka (Pathogenetic Factors)

Samprapti Ghatak	Details
Dosha	Vata and Rakta (with possible association of Pitta in some cases)
Dushya	Rasa, Rakta, Mamsa, Meda
Type (Samprapti)	Avarana type – Rakta obstructing the normal movement of Vata
Adhishthana (Site of Disease)	Sandhi (joints), Pada (feet), Hasta (hands), especially small joints
Srotas Involved	Raktavaha, Rasavaha, Mamsavaha Srotas
Agni	Jatharagni Mandya and Dhatvagni Dushti (especially of Rasa and Rakta Dhatus)
Marga (Pathway)	Abhyantara Marga (internal pathway) with Bahya Lakshanas (external signs)

### **ACTION OF MEDICINES IN GOUT (ACCORDING TO AYURVEDA)**

#### **1. Kaishore Guggulu**

Kaishore Guggulu is a classical formulation well-known for its Rakta Shodhaka (blood purifying) and Amapachana (digestive toxin-removing) properties. In Vatarakta, where vitiated Rakta and Vata doshas obstruct normal joint function, Kaishore Guggulu helps detoxify the blood and reduce inflammatory metabolites. It contains ingredients like Guduchi and Triphala which support Agni (digestion), reduce uric acid levels, and relieve swelling and pain in joints. The Guggulu base aids in anti-inflammatory action and enhances tissue repair, making it effective in chronic joint diseases like Gout. [6]

#### **2. Guduchi Satva**

Guduchi (*Tinospora cordifolia*) is a powerful Rasayana and Vishaghna herb that balances all three doshas, especially Pitta and Vata. Its Satva form (pure extract) offers enhanced bioavailability and quicker action. In Vatarakta, Guduchi Satva acts as an immunomodulator, reduces Rakta Dushti, and aids in breaking down Ama (toxins), which are key contributors to joint inflammation. Its cooling and anti-inflammatory effects reduce burning, swelling, and help in restoring the joint's normal function while also improving overall vitality. [5]

#### **3. Triphala Churna**

Triphala, a combination of Haritaki, Bibhitaki, and Amalaki, acts as a mild laxative and Raktashodhaka. In Vatarakta, where impaired digestion and constipation can worsen Rakta Dushti and Ama accumulation, Triphala helps by cleansing the gut and improving Apana Vata function. Its regular use ensures Koshta Shuddhi (gut cleansing), improves absorption of medicines, and prevents further vitiation of Rakta and Vata doshas. It also supports weight balance and reduces systemic inflammation. [5]

#### **4. Saptamrita Lauha**

Saptamrita Lauha is traditionally used for eye and blood disorders but has a strong role in treating Rakta **vitiation** due to its Lauh Bhasma (iron-based) content. In Vatarakta, it helps correct Rakta Dushti, improves hemoglobin levels, and supports tissue oxygenation. Its ingredients like Yashtimadhu and Amalaki also reduce oxidative stress and inflammation, aiding in tissue regeneration and pain relief in affected joints. [6]

#### **5. Nirgundi Oil (External Application)**

Nirgundi (*Vitex negundo*) is a powerful Shothahara (anti-inflammatory) and Vedanasthapana (pain-relieving) herb. Used as a medicated oil, it provides localized relief from pain, stiffness, and inflammation when applied over gout-affected joints. Its warming nature helps pacify aggravated Vata locally and improve circulation, thus supporting joint mobility and comfort.

#### **6. Mahamanjishtadi Kwatha**

This decoction is one of the most effective Raktaprasadaka (blood-purifying) formulations in Ayurveda. Manjistha, the key ingredient, clears Rakta Dushti, reduces inflammation, and supports liver detoxification—a vital process in removing uric acid and other metabolic waste. Mahamanjishtadi Kwatha also helps pacify Vata and Pitta, reduces joint pain and swelling, and prevents recurrence of acute episodes. It acts systemically to restore doshic balance and enhance skin and blood tissue health. [6]

### **CONCLUSION**

Gout, a disorder marked by elevated serum uric acid and recurrent joint inflammation, shows strong conceptual alignment with the Ayurvedic condition of *Vatarakta*. Classical Ayurvedic descriptions closely

correspond to the clinical features, underlying mechanisms, and episodic nature of gout recognized in contemporary medicine. However, Ayurveda extends beyond symptomatic management by addressing the fundamental imbalance of *Dosha* and *Dushya*, along with impaired metabolic function.

The Ayurvedic approach emphasizes restoration of systemic balance through correction of *Agni*, elimination of metabolic toxins (*Ama*), and purification of *Rakta Dhatu*. Therapeutic strategies integrate both *Shodhana* (bio-cleansing procedures) and *Shamana* (palliative measures), aiming not only to alleviate acute symptoms but also to reduce disease recurrence. Commonly used formulations such as *Kaishore Guggulu*, *Guduchi Satva*, and *Mahamanjishtadi Kwatha* contribute to anti-inflammatory effects, metabolic regulation, and improved tissue homeostasis.

Additionally, *Panchakarma* interventions—including *Raktamokshana*, *Virechana*, and *Basti*—offer targeted detoxification and support long-term disease control. When combined with appropriate dietary practices, lifestyle modifications, and continuous monitoring, this holistic framework provides a sustainable and patient-centered strategy for managing chronic and relapsing conditions like gout.

In summary, the Ayurvedic concept of *Vatarakta* not only parallels modern understanding of gout but also offers a broader, integrative model for its comprehensive and preventive management.

## REFERENCES

1. Charaka Samhita (2001). Chikitsa Sthana, Chapter 29 – *Vatarakta Chikitsa Adhyaya* Commentary by Chakrapani Dutta. Chaukhambha Sanskrit Sansthan, Varanasi. – Detailed description of Vatarakta, its types, etiology, symptoms, and treatment.
2. Sushruta Samhita (2001). Nidana Sthana, Chapter 5 – *Vatarakta Nidana* Edited by Kaviraj Ambikadatta Shastri. Chaukhambha Sanskrit Bhavan, Varanasi. – Classification, samprapti, and pathogenesis of Vatarakta with surgical approach.
3. Ashtanga Hridaya. (2002). Nidana Sthana, Chapter 13 – *Vatarakta Nidana* Translated by Dr. K.R. Srikantha Murthy. Chaukhambha Krishnadas Academy. – Samanya and Vishishta Lakshanas of Vatarakta and its doshic involvement.
4. Madhava Nidana (1991). Chapter 26 – *Vatarakta Nidana* Hindi Commentary by Dr. Yadunandana Upadhyaya. Chaukhambha Prakashan. – Descriptions correlating gout-like symptoms with the concept of Vatarakta.
5. Bhavaprakasha.(2005). Madhyama Khanda – *Vatarakta Chikitsa* Commentary by Sri Brahmasankara Mishra and Sri Rupalalaji Vaishya. Chaukhambha Sanskrit Series Office, Varanasi. – Herbs and formulations beneficial in Vatarakta (gout).pp87
6. Bhaishajya Ratnavali (2000). Chapter 29 – *Vatarakta Chikitsa* Hindi Translation by Pandit Shri Lalachandji. Motilal Banarsidass Prakashan. – Classical formulations like Kaishore Guggulu, Mahamanjishtadi Kwatha, etc.
7. Sharangadhara Samhita, (2000). Purva Khanda, Chapter 5 – *Dosha Dushya Sammurchana and Shamana Chikitsa* Chaukhambha Orientalia, Varanasi. – Dosha-wise understanding of joint disorders like Vatarakta.86
8. Kumar P, Clark M. (2020). Kumar and Clark's Clinical Medicine. 10th ed. Elsevier; 2020. Chapter: Rheumatology – Crystal Arthropathies.
9. Walker BR, Colledge NR, Ralston SH, Penman ID. (2022). Davidson's Principles and Practice of Medicine. 24th ed. Elsevier. Chapter: Musculoskeletal Disorders – Gout and Pseudogout.
10. Kasper DL, Fauci AS, Hauser SL, Longo DL, Jameson JL, Loscalzo J. (2018). Harrison's Principles of Internal Medicine. 20th ed. McGraw-Hill Education; 2018. Chapter: Gout and Hyperuricemia.
11. Munjal YP, Sharma SK, Agarwal AK, Gupta P. (2019). API Textbook of Medicine. 11th ed. Jaypee Brothers Medical Publishers; Section: Rheumatology – Gout.
12. Kumar V, Abbas AK, Aster JC. (2020). Robbins and Cotran Pathologic Basis of Disease. 10th ed. Elsevier; Chapter: Diseases of Joints – Crystal-induced Arthropathies.
13. Mohan H. (2019). Textbook of Pathology. 8th ed. Jaypee Brothers Medical Publishers. Chapter: Disorders of Joints – Gout.
14. Watts RA, Conaghan PG, Denton CP, Foster HE, Isaacs JD.(2013). Oxford Textbook of Rheumatology. 4th ed. Oxford University Press. Chapter: Crystal Arthropathies – Gout.

**Copyright:** © 2026 Author. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.