

**“A CLINICAL STUDY ON THE MANAGEMENT OF VATARAKTA  
WITH SPECIAL REFERENCE TO GOUT WITH NAVAKARSHIKA  
GHANA VATI”**



**Dissertation submitted as partial fulfillment for the degree of**

**AYURVEDA VACHASPATI  
[Doctor of Medicine – AYURVEDA]  
Specialty – Kayachikitsa**

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## ABSTRACT

**TITLE:** “A Clinical Study on the Management of *Vatarakta* with Special Reference to Gout with *Navakarshika Ghana Vati*”.

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### INTRODUCTION:

*Vatarakta* is the disease which is having historical roots since *Puranakala*, is described in all the *Samhitas* and *Samgraha Granthas* with its details of *Nidana Panchaka* and *Chikitsa* as well. The incidence of *Vatarakta* still remains at peak as it emerges from inappropriate dietary regime, sedentary life style, occupation and environment. The disease is also known as *Adhyavata* which is self-explanatory that it is more prevalent among *Adhya* (Rich people). *Vatarakta* exhibits its resemblance with Gout disease described in modern parlance due to similarity in etiological factors, signs and symptoms. Gout is the most common cause of inflammatory arthritis in men aged more than 50, affecting approximately 1–2% of adult men in the Western world. Studies clarifies that urban Indian population is involved more than the rural population and due to increased prevalence of metabolic syndrome in younger population. Looking at the increasing epidemiology, the sources to eradicate the disease are always focused for management of the disease as well as to decrease the prevalence of disease.

### AIM AND OBJECTIVES:

#### Aim:

1. To evaluate the therapeutic effect of *Navakarshika Ghana Vati* in the management of *Vatarakta*.

**Objectives:**

1. To evaluate efficacy of *Navakarshika Ghana Vati* in reducing the serum uric acid level and classical symptoms of Gout.
2. To evaluate the adverse event of *Navakarshika Ghana Vati* if any.

**METHODOLOGY:**

**Design:** Open labeled .clinical study with pre and post design

**Study selection:** 32 patients suffering from *Vatarakta*, irrespective of sex and caste were selected from O.P.D. Kayachikitsa of Parul institute of Ayurveda hospital.

**Intervention:** Selected patients were treated with “*Navakarshika Ghana Vati*” 2 tab of 500mg four times a day for 2 months with *Anupana* of Luke warm water.

**OBSERVATIONS & RESULTS:**

**Observations:** Observations done during the study disclosed that maximum patients were from age group 51-60, female, had gradual onset & intermittent course, had movement as aggravating factor & rest as relieving factor, had positive family history, had association of great toe and knee joint each, had restricted range of motion of joints, had use of *Madhura, Amla, Lavana Katu, Snigdha Ahara* in their diet, were of *Vata Pradhana Vatarakta, Gambhira Vatarakta, Intercritical gout and Samtarpana Janya Vatarakta*, and reported with hyperuricemia.

**Results:** *Navakarshika Ghana Vati* provided statistically highly significant result in subjective parameters viz. *Sandhishula, Sandhishotha, Daha, Pain* in small joints, *Parvabheda, Stambha*, interval of manifestation of symptoms and Visual Analog score whereas statistically significant result was found in *Vaivarnya* and *Suptata*. No result was on nodules of the *Vatarakta* patients. In objective parameters statistically highly significant result was obtained in reduction of Uric Acid, ESR and WBC.

**CONCLUSION:**

The study confirms that *Navakarshika Ghana Vati* selected for the study is effective in treating the disease.

**KEY WORDS:**

*Vatarakta, Gout, Navakarshika Ghana Vati*