

5. VĀTARAKTA (GOUT)

A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Harītakī Cūrṇa (Terminalia chebula)	Cūrṇa	3 gm BD	Guḍūcī Kwātha	B.R. Vātarakta Cikitsā
2.	Guḍūcī (Tinospora cordifolia)	Kwātha	30 ml BD	Water	V. M. 23/9
3.	Eraṇḍa (Ricinus communis)	Taila	QS	Milk	A.H.Ci. 21/11

B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Śivā Guṭikā	Vaṭī	1 gm BD	Milk	A.H.Ut 49/193

2.	Amṛtādi Guggulu	Vaṭī	500 mg BD	Warm water	B. R. Vātarakta Cikitsā
3.	Kaiśora Guggulu	Vaṭī	500 mg BD	Mudga yūṣa	B. R. Vātarakta Cikitsā
4.	Amṛtādyā Ghr̥ta	Ghr̥ta	10 gm BD	Luke warm water	C. D. Vātarakta Cikitsā
5.	Piṇḍa Taila	Taila	QS Ext. Appln.	-	A.H.Ut. Vātaśonita Cikitsā

C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Barley, wheat, śāli rice	-
Pulses	Pigeon pea (arahara), chickpea (canā), green gram (mudga), masūra	Kulathī, peas (maṭara)
Fruits & vegetables	Bathuā, white gourd melon (kūṣmāṇḍa), paṭola, makoya, śatāvārī	Radish

Others	Clarified butter	Sour vinegar (kāñjī), curd, pungent, sour, heavy and hot food substances
Life style	Massage, sprinkling (pariṣeka)	Day sleeping, sunlight exposure, physical exercise

Note:

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.