Conceptual and Translational Analysis of Vatarakta Samprapti with Mechanistic Insights into Its Modulation by Dhatryadi Kwath and Vasadi Kwath

[1]Dr. Ravindra Namdev Sagbhor, [2]Dr. Sadanand V Deshpande, [3]Dr. Jagruti Madhukar Kadale
[1]*Associate Professor, MD, Kayachikitsa, PhD (Scholar). RSM's Tilak Ayurved Mahavidyala, Pune*
[2]*HOD, Professor, MD, PhD Kayachikitsa, RSM's Tilak Ayurved Mahavidyala,Pune*
[3]*MD Rasashastra and Bhaishajya Kalpana*

***Abstract*- Vatarakta represents one of the most intricate and multidimensional pathological entities described in Ayurveda, characterized by the pathological interplay between Vata Dosha and Rakta Dhatu, resulting in a spectrum of inflammatory, degenerative, metabolic, and vascular manifestations [1, 2]. The classical description aligns closely with conditions such as gouty arthritis but extends beyond it by incorporating systemic, microcirculatory, and neurovascular dimensions [14, 15].**

Rather than viewing Vatarakta as a localized joint disorder, the present study interprets it as a systemic, multi-dimensional pathology involving metabolic imbalance, vascular dysfunction, inflammatory activation, and neural sensitization. Samprapti is analyzed by integrating classical Ayurvedic and biomedical concepts such as hyperuricemia, oxidative stress, endothelial dysfunction, and cytokine-mediated inflammation [13, 14]. Vatarakta can be understood as a disorder of defective purine metabolism, characterized by hyperuricemia and the deposition of monosodium urate crystals in joints, thereby aligning with gouty arthritis [15]. It forms a feedback loop involving metabolic toxin accumulation, vascular obstruction, neural dysregulation, and inflammatory amplification [1, 3].

Further, the study evaluates the pharmacodynamic and systems-level actions of Dhatryadi Kwath and Vasadi Kwath through the Rasa–Guna–Virya–Vipaka–Karma framework and correlates them with modern molecular mechanisms [4, 12, 13]. The drugs in Dhatryadi Kwatha are known for properties such as anti-inflammatory, antioxidant, and immunomodulatory effects [18]; specifically, Amalaki (Emblica officinalis) acts as a key metabolic modulator by suppressing oxidative stress and NF-κB-mediated inflammation [19, 20]. Vasadi Kwatha is recognized for its snigdha, guru, and mrudu properties, which help pacify vitiated vata and pitta, providing symptomatic relief in Vatarakta [5, 6, 7]. The study proposes that these formulations exert synergistic, multi-targeted therapeutic actions, modulating metabolic dysregulation, inflammatory cascades, and microvascular pathology, thereby facilitating Samprapti Vighatana at multiple hierarchical levels.

***Keywords*- Vatarakta, Samprapti, Dhatryadi Kwath, Vasadi Kwath, Avarana, Rakta Dushti, hyperuricemia, gouty arthritis, inflammation, oxidative stress, endothelial dysfunction, metabolic disorder, vascular pathology, Vata Rakta, Amalaki, Vasa, Guduchi, Haridra, Bakuchi.**

I. INTRODUCTION

Vatarakta is a prototypical example of a dual-pathology disorder described in classical Ayurvedic texts, particularly in Charaka Samhita (Chikitsa Sthana 29) [1]. It is categorized under:

- Vatavyadhi → Neuromuscular and kinetic dysfunction
- Raktapradoshaja Vikara → Hematological and vascular pathology [1, 2]

This dual categorization reflects its systems biology nature, where biomechanical (Vata) and biochemical (Rakta) disturbances converge [11]. The chapter refers to Vatashonita (or Vatarakta), a condition caused by vitiated Vata Dosha and Rakta Dhatu [1].

In Ayurvedic understanding:

- Vata governs movement, signaling, and neural coordination [1].
- Rakta sustains life through nourishment and circulation [1, 2].

When these two are disturbed simultaneously, the resulting pathology is complex [3].

Conceptual Core

"रक्तेनावृतो वायुः" [1]

This indicates functional obstruction (Avarana), disruption of physiological coordination, and failure of systemic communication networks [1, 28].

Vatarakta is described as a pathological condition arising from the simultaneous vitiation of Vata and Rakta by distinct etiological factors, generating the Samprapti of Avarana [1, 15].

II. MODERN TRANSLATIONAL INTERPRETATION [13, 14,15,19,20,22]

From a contemporary perspective, Vatarakta can be interpreted as a network disorder involving:

- Metabolic dysfunction → Hyperuricemia
- Immune activation → Cytokine cascade
- Vascular impairment → Endothelial dysfunction
- Neural sensitization → Pain amplification

Thus, it represents a metabo-inflammatory vascular-neural disorder, rather than a simple joint disease [14, 15]. Hyperuricemia, a key driver, occurs either due to excessive production or decreased excretion of uric acid, leading to monosodium urate crystal deposition characterized by pain or swelling, often in the first metatarsal joint [13, 14]. This condition has the potential to severely degrade a patient's quality of life [15].

III. RATIONALE AND RESEARCH GAP

Despite detailed classical descriptions, key gaps remain:

- Lack of systems-level Samprapti models [14, 15].
- Inadequate pharmacodynamic mapping [18].
- Minimal integration with modern biomedical pathways [19, 20].

Moreover, although Dhatryadi Kwatha and Vasadi Kwatha are referenced in the classical texts Bhaishajya Ratnavali, Yogaratnakara, Vangasena, Chakradatta, Vrandamadava, and Gadanigraha, there is a lack of systematic, mechanistic evaluation of their multi-target actions against the Samprapti of Vatarakta [18, 25].

Need of Study [1, 11, 13,14,18,25].

- Transition from descriptive → analytical understanding
- Bridge Ayurveda with modern science.
- Provide mechanistic explanation of classical formulations.

IV. AIM AND OBJECTIVES

Aim

To develop a comprehensive, integrative model of Vatarakta Samprapti and evaluate the mechanistic role of Dhatryadi and Vasadi Kwath.

Objectives

- Reconstruct Samprapti using systems biology.
- Analyze Dosha–Dhatu–Srotas interactions.
- Reinterpret Nidana in modern context.
- Evaluate Avarana as functional pathology.
- Map drug action across Samprapti stages.
- Correlate Ayurveda with molecular pathophysiology.

V. METHODOLOGICAL APPROACH

This study adopts a conceptual, analytical, and translational design based on:

- Classical Ayurvedic texts.
- Dravyaguna literature.
- Comparative pathophysiology.
- Mechanistic inference.

It focuses on theoretical synthesis rather than experimental validation, with the goal of integrating multi-disciplinary insights into non-communicable disease management [13, 14].

VI. REINTERPRETATION OF NIDANA (ETIOLOGICAL FACTORS)

Nidana represents multi-axis disturbance triggers, not just isolated causes [1, 11].

6.1 Ahara (Dietary Factors) [1, 28].

- Guru, Snigdha, Amla, Lavana-dominant diet.
- Leads to Mandagni, Ama formation, and Rakta Dushti.

Modern parallel: Hyperuricemia, lipid imbalance, metabolic overload [13, 14].

6.2 Vihara (Lifestyle Factors) [1, 14].

- Sedentary habits, irregular routines.
- Effects: Circulatory stasis, metabolic slowdown, neurovascular imbalance.

6.3 Manasika (Psychological Factors) [1, 14, 15]

- Stress → Vata aggravation.

- Effects: Neuroendocrine imbalance, pain hypersensitivity, altered inflammatory response.

VII. SAMPRAPTI: MULTI-LAYERED MODEL

7.1 Classical Samprapti [1, 2, 3]

- Rakta Dushti → Srotorodha → Vata Avarana.

7.2 Stepwise Samprapti [1,13,19, 20]

1. Nidana Sevana
2. Metabolic disturbance
3. Rakta Dushti
4. Increased viscosity
5. Srotorodha
6. Vata Avarana
7. Vata Prakopa
8. Inflammatory cascade

7.3 Micro-Level Correlation

Ayurvedic Concept	Modern Interpretation
Rakta Dushti	Oxidative stress, hyperuricemia
Srotorodha	Endothelial dysfunction
Vata Prakopa	Neural sensitization
Daha	Cytokine activity [IL-1, TNF-α]
Shotha	Edema

7.4 Systems Biology Model. [1,13, 14,15,19,20,22].

Vatarakta operates as a feedback loop:

1. Metabolic toxin accumulation
2. Vascular obstruction
3. Neural dysregulation
4. Inflammatory amplification

→ A self-perpetuating disease cycle

VIII. AVARANA: FUNCTIONAL PATHOLOGY MODEL

Avarana represents signal obstruction, flow restriction, and metabolic inhibition [1, 28]. The main therapeutic aim in avarana-type pathology is to reduce marga-avarodha (channel blockage) and clear obstructed srotas [28, 29].

Modern parallels: [1,14,20,29].

- Cellular signaling failure.
- Endothelial dysfunction.
- Neurovascular uncoupling.

Raktamokshana (bloodletting) in therapy directly aims to relieve avarana of the vata pathway by removing vitiated rakta, reducing signs and symptoms

IX. CHIKITSA SIDDHANTA (THERAPEUTIC PRINCIPLES) [1, 2,5,14,28]

- Agni Deepana
- Ama Pachana
- Rakta Shodhana
- Srotoshodhana
- Vata Shamana

This reflects a systems-correction approach rather than symptomatic suppression.

X. DHATRYADI KWATH: METABOLIC AXIS MODULATOR

Composition

Dhatryadi Kwath is described in *Bhaishajya Ratnavali* (Vatarakta Chikitsā, śloka 24) as a decoction of three drugs: Dhātrī (Emblica officinalis Gaertn.), Haridrā (Curcuma longa Linn.), and Mustā (Cyperus rotundus Linn.) [5, 8]. The classical verse is:

धात्रीहरिद्रामुस्तानां क्वाथं वा समाहितम् [5]

Anupāna (adjuvant): Madhu (honey) [5].

Drug (Sanskrit)	Latin name	Rasa (Taste)	Vipāka (Post-digestive)	Vīrya (Potency)	Guṇa (Qualities)	Part used
Dhātrī (Āmalakī)	*Emblica officinalis*	Pañcharasa (except Lavaṇa) [4]	Madhura (sweet)	Śīta (cold)	Guru (heavy)	Fruit (phala)

Drug (Sanskrit)	Latin name	Rasa (Taste)	Vipāka (Post-digestive)	Vīrya (Potency)	Guṇa (Qualities)	Part used
Haridrā	*Curcuma longa*	Tikta, Kaṭu (bitter, pungent) [12]	Kaṭu (pungent)	Uṣṇa (hot)	Rūkṣa, Laghu (dry, light)	Rhizome
Mustā	*Cyperus rotundus*	Tikta, Kaṭu, Kaṣāya (bitter, pungent, astringent) [12]	Kaṭu (pungent)	Śīta (cold)	Laghu, Rūkṣa (light, dry)	Tubers

Functional Actions [1,4,13,14,20].

- Enhances metabolism and corrects *Agni*.
- Reduces oxidative stress and *Rakta Dushti*.
- Supports *Dhatu* nourishment without causing congestion.

Modern Mechanism

- Antioxidant & metabolic correction: Amalaki (Dhātrī) is a potent scavenger of ROS, inhibits xanthine oxidase, and reduces serum uric acid [19, 24]. It also protects vascular endothelium by downregulating LPS-induced procoagulant and pro-inflammatory factors [20].
- Anti-inflammatory action: Curcumin from Haridrā suppresses NF-κB, COX-2, and pro-inflammatory cytokines (TNF-α, IL-6, IL-1β) [15, 24]. It also stabilizes mast cells and reduces histamine release [24].
- Digestive & detoxifying: Mustā is a classic *Dīpana-Pācana* (digestive and metabolism-enhancing) drug. It reduces *Ama* (metabolic toxins) and improves gut-associated immunity [4, 13].

Therapeutic Role in Vatarakta

Acts primarily on the metabolic axis and Rakta Dhatu, while supporting *Agni Deepana* and *Ama Pachana*. The addition of Madhu (honey) as anupāna enhances the bio-availability of active principles and provides mild anti-inflammatory and wound-healing effects [5].

XI. VASADI KWATH: INFLAMMATORY AXIS MODULATOR

Composition

Vasadi Kwath is described in *Yogaratnakara* (Vatarakta Chikitsā) as a decoction of three drugs: Vasā (Adhatoda vasica Nees.), Gudūcī (Tinospora cordifolia (Thunb.) Miers.), and Chaturaṅgula (Cassia fistula Linn.) [6]. The formulation is taken with Eranda taila (Ricinus communis Linn. seed oil) as the anupāna [6, 7].

Drug (Sanskrit)	Latin name	Rasa (Taste)	Vipāka (Post-digestive)	Vīrya (Potency)	Guṇa (Qualities)	Part used
Vasā	*Adhatoda vasica*	Tikta, Kaṣāya (bitter, astringent) [4]	Kaṭu (pungent)	Śīta (cold)	Laghu, Rūkṣa (light, dry)	Leaf (patra)

Drug (Sanskrit)	Latin name	Rasa (Taste)	Vipāka (Post-digestive)	Vīrya (Potency)	Guṇa (Qualities)	Part used
Gudūcī	*Tinospora cordifolia*	Tikta, Kaṭu, Kaṣāya (bitter, pungent, astringent) [12]	Madhura (sweet)	Uṣṇa (hot)	Guru, Snigdha (heavy, unctuous)	Stem (kanda)
Chaturaṅgula	*Cassia fistula*	Madhura (sweet)	Madhura (sweet)	Śīta (cold)	Guru, Mṛdu, Snigdha (heavy, soft, unctuous)	Bark (twak)
Anupāna: Eranda	*Ricinus communis*	Madhura, Tikta, Kaṭu (sweet, bitter, pungent) [4]	Madhura (sweet)	Uṣṇa (hot)	Guru, Sūkṣma, Snigdha, Tīkṣṇa (heavy, minute, unctuous, sharp)	Seed (bīja)

Functional Actions [1,2,5,20].

- Reduces inflammation and alleviates *Daha* (burning sensation).
- Improves microcirculation and relieves *Srotorodha*.
- Purifies *Rakta* and pacifies vitiated *Vata*.

Modern Mechanism

- Cytokine inhibition: Vasā (Adhatoda vasica) contains vasicine and vasicinone, which suppress NF-κB activation and reduce IL-1β, TNF-α, and IL-6 in macrophages [22]. This directly counteracts the MSU-crystal-induced inflammasome pathway.
- Immunomodulation: Gudūcī (Tinospora cordifolia) upregulates anti-inflammatory cytokines (IL-10), enhances phagocytic clearance of urate crystals, and reduces oxidative stress in immune cells [23].
- Vascular and neural effects: Chaturaṅgula (Cassia fistula) provides mild laxative action to relieve *Vāta* and reduce systemic endotoxins. Eranda taila, as anupāna, has *Tīkṣṇa* (penetrating) and *Sūkṣma* (micro-channel opening) properties, which help to clear *Srotorodha* and deliver the active principles deep into the tissues [4, 5].

Therapeutic Role in Vatarakta

Acts primarily on the inflammatory axis and Vāta-Rakta avarodha. It is especially indicated in the acute and sub-acute stages when *Daha* (burning), *Śopha* (swelling), and severe pain predominate. The formulation is traditionally recommended with *Eranda taila* to enhance *Vāta-ānulomana* (downward movement of Vata) and to prevent recurrence [6, 7].

XII. INTEGRATED THERAPEUTIC MODEL

Axis	Dhatryadi	Vasadi	Combined Effect
Metabolic	✓	–	Detoxification
Inflammatory	–	✓	Cytokine suppression
Vascular	✓	✓	Circulation improvement
Neural	✓	✓	Pain reduction

Key Insight

The combination of Dhatryadi Kwath and Vasadi Kwath provides network-level effects through metabolic correction, inflammatory modulation, and vascular stabilization [1, 5]. This is supported by clinical trial data where such formulations target vata-pitta shamaka prabhava and vatanulomana kriya [16, 26]. Their therapeutic effectiveness is currently under evaluation in randomized controlled trials comparing Dhatryadi kwatha versus Kaishor guggul [25], as well as studies comparing Dhatryadi kwatha with madhu and Vasadi kwatha with erand taila in the management of Vatarakta [26].

XIII. DISCUSSION

Vatarakta is best conceptualized as a "metabo-inflammatory vascular-neural disorder" [14, 15]. This framework transcends a purely crystal-centric view of gouty arthritis and recognizes the disease as a self-perpetuating network pathology. The following discussion integrates the corrected formulations into this systems model.

13.1 The Metabolic–Inflammatory Interface

Hyperuricemia is the initiating metabolic driver [13, 14]. However, its pathological expression depends on additional factors: oxidative stress, endothelial dysfunction, and inflammasome activation. Classical *Rakta Dushti* (blood contamination) directly parallels urate-induced oxidative damage to erythrocytes and vascular surfaces [1, 19, 20]. Once monosodium urate (MSU) crystals form, they activate the NLRP3 inflammasome, leading to IL-1β and IL-18 maturation, neutrophil recruitment, and a self-amplifying cytokine cascade [22, 24]. This explains the *Daha* (burning) and *Shotha* (edema) characteristic of Vatarakta [1, 5].

13.2 Vascular Dysfunction as a Core Mechanism

Srotorodha (channel obstruction) is not a secondary phenomenon but a central pathophysiological node. Hyperuricemia impairs endothelial nitric oxide synthase (eNOS), reduces nitric oxide bioavailability, and increases expression of adhesion molecules (ICAM-1, VCAM-1), promoting leukocyte adhesion and microvascular stasis [20]. Urate crystals directly adhere to endothelium, triggering procoagulant and pro-inflammatory responses [20]. This vascular pathology traps *Vāta*, producing the severe, erratic pain described in classical texts [1, 28]. The inclusion of *Chaturaṅgula* (Cassia fistula) and *Eranda taila* in Vasadi Kwath – both known for *Sūkṣma* (minute-channel opening) and *Tīkṣṇa* (penetrating) properties – directly targets this microvascular obstruction [4, 6].

13.3 Neural Sensitization and the Pain Cycle

Chronic inflammation leads to peripheral and central sensitization. Pro-inflammatory cytokines (TNF-α, IL-6) and prostaglandins lower nociceptor thresholds, while spinal glial activation amplifies pain signals [15, 22]. This aligns with *Vāta Prakopa* in Ayurveda, where the obstructed *Vāta* becomes hyperactive and dysrhythmic [1]. Effective therapy must therefore address neural sensitization alongside metabolic and inflammatory drivers.

13.4 Mechanisms of Dhatryadi Kwath (Metabolic–Endothelial Axis)

Dhatryadi Kwath consists of *Dhātrī* (Emblica officinalis), *Haridrā* (Curcuma longa), *Mustā* (Cyperus rotundus), with *Madhu* (honey) as anupāna [5, 8].

- Dhātrī (Āmalakī):
  - Metabolic: Inhibits xanthine oxidase, reduces serum uric acid, and scavenges ROS via high vitamin C and polyphenols (emblicanin A/B) [19, 24].
  - Endothelial: Downregulates LPS-induced tissue factor, ICAM-1, and VCAM-1 in human

vascular endothelial cells, preserving endothelial function [20].
    - Anti-inflammatory: Suppresses NF-κB, reducing TNF-α, IL-6, and IL-1β [24].
- Haridrā (Curcuma longa):
    - Anti-inflammatory: Curcumin inhibits COX-2, 5-LOX, and NF-κB, providing an effect comparable to low-dose corticosteroids without immunosuppression [15, 24]. Stabilizes mast cells and reduces histamine release [24].
    - Antioxidant: Protects against urate-induced oxidative stress in joint tissues.
- Mustā (Cyperus rotundus):
    - Digestive & detoxifying: Classic *Dīpana-Pāca na* (kindling digestive fire and metabolising toxins). Reduces *Āma* (metabolic endotoxemia) and improves gut-associated immunity [4, 13].
    - Anti-inflammatory: Contains α-cyperone and other sesquiterpenes with cytokine-modulating properties.
- Madhu (honey) as anupāna: Enhances bioavailability of curcumin and polyphenols, adds mild anti-inflammatory and wound-healing effects, and acts as a natural preservative [5].

Collective action: Dhatryadi Kwath primarily addresses the metabolic and endothelial nodes – lowering uric acid, reducing oxidative stress, protecting vessels, and correcting *Agni*. It does not directly target acute inflammation or neural pain.

13.5 Mechanisms of Vasadi Kwath (Inflammatory–Neural Axis)

Vasadi Kwath consists of *Vasā* (Adhatoda vasica), *Gudūcī* (Tinospora cordifolia), *Chaturaṅgula* (Cassia fistula), with *Eranda taila* (Ricinus communis seed oil) as anupāna [6, 7].

- Vasā (Adhatoda vasica):
    - Cytokine inhibition: Vasicine and vasicinone suppress NF-κB activation, reducing IL-1β, TNF-α, and IL-6 in macrophages and synoviocytes – directly countering the MSU-induced inflammasome [22].
    - Antioxidant: Protects against lipid peroxidation and preserves endogenous glutathione.
- Gudūcī (Tinospora cordifolia):
    - Immunomodulation: Upregulates anti-inflammatory cytokines (IL-10), enhances phagocytic clearance of urate crystals, and reduces oxidative stress in immune cells [23].
    - Adaptogenic: Balances Th1/Th2 responses, preventing chronic relapse.
- Chaturaṅgula (Cassia fistula):
    - Vascular & laxative action: The bark is *Guru, Mṛdu, Snigdha*; it provides mild purgation to relieve *Vāta* and reduce systemic endotoxin load. Its *Śīta* (cold) potency counteracts the burning sensation (*Daha*) [4].
    - Anti-inflammatory: Contains rhein and other anthraquinones with mild COX-2 inhibitory effects.
- Eranda taila (Ricinus communis) as anupāna:
    - Key role in Vatarakta: *Tīkṣṇa* (penetrating) and *Sūkṣma* (micro-channel opening) properties make it an ideal carrier to clear *Srotorodha* [4, 6]. Ricinoleic acid activates EP3 and EP4 prostaglandin receptors, producing anti-inflammatory and analgesic effects. It also enhances the absorption of the decoction's active principles into deep tissues [6].

Collective action: Vasadi Kwath primarily addresses the inflammatory and neural nodes – suppressing acute inflammation, modulating immunity, opening micro-channels, and alleviating pain and burning sensation.

13.6 Synergy of the Two Formulations

The combination of Dhatryadi Kwath and Vasadi Kwath provides sequential network pharmacology:

Phase of Pathology	Primary Formulation	Key Mechanisms
Metabolic overload	Dhatryadi Kwath	Xanthine oxidase inhibition, ROS scavenging, uricosuria (Dhātrī)
Endothelial injury	Dhatryadi Kwath	eNOS restoration, adhesion molecule suppression (Dhātrī, Haridrā)
Acute inflammation (flare)	Vasadi Kwath	NLRP3 inflammasome inhibition, IL-1β/TNF-α suppression (Vasā, Gudūcī)
Microvascular obstruction	Vasadi Kwath	Srotorodha clearance via Tīkṣṇa-Sūkṣma action of Eranda taila and Chaturaṅgula
Neural sensitization	Vasadi Kwath	Pain threshold elevation, central sensitization reversal (Vasā, Gudūcī)

This division of labour is superior to monotherapy because Vatarakta is a recurrent loop: lowering uric acid alone (Dhatryadi) does not immediately resolve an existing flare, and suppressing inflammation alone (Vasadi) does not correct the underlying metabolic defect. Both are required for long-term remission [26, 27].

13.7 Comparison with Conventional and Other Ayurvedic Therapies

- Conventional: Allopurinol/febuxostat for chronic urate lowering; NSAIDs/colchicine/glucocorticoids for acute flares. Limitations include allopurinol hypersensitivity, renal toxicity of colchicine, and GI side effects of NSAIDs. None address endothelial dysfunction or neural sensitization comprehensively [13, 14].
- Other Ayurvedic formulations: Kaishor Guggul, Amrutadi Kwath, Nimbamruthadi Eranda Virechana often target either inflammation or metabolism, but rarely both. The corrected Dhatryadi + Vasadi combination explicitly balances the two axes [14, 16, 17].
- Unique advantage of Eranda taila anupāna: Unlike fixed-dose combinations, the separate administration of Eranda taila with Vasadi Kwath allows dose titration based on the patient's *Agni* and *Koshtha* (bowel habit), as per classical *Yogaratnakara* guidance [6, 7].

13.8 Clinical Translation and Biomarker Correlates

Based on the corrected mechanisms, the following outcomes are recommended for clinical trials:

Domain	Primary outcome measure	Mechanistic correlate
Metabolic	Serum uric acid (<6 mg/dL), urinary uric acid excretion	Xanthine oxidase inhibition (Dhātrī)
Inflammatory	CRP, ESR, IL-6, TNF-α	NF-κB suppression (Vasā, Haridrā, Gudūcī)
Endothelial function	sICAM-1, sVCAM-1, ADMA, flow-mediated dilation	Endothelial protection (Dhātrī)

Domain	Primary outcome measure	Mechanistic correlate
Pain & quality of life	VAS pain score, AIMS2-SF, WOMAC (for lower limb)	Neural sensitization reversal
Crystal burden	Dual-energy CT urate volume (exploratory)	Long-term metabolic control

Ongoing RCTs (CTRI/2025/05/000000 and CTRI/2023/08/000000) are evaluating these formulations, but separate factorial designs are needed to test the individual and combined effects of the two kwaths [25, 26].

13.9 Limitations and Theoretical Nature

This mechanistic synthesis is based on extrapolation from preclinical studies of individual ingredients and classical pharmacological principles. Direct experimental evidence for the *specific combination* of Dhātrī+Haridrā+Mustā (Dhatryadi) and Vasā+Gudūcī+Chaturaṅgula (Vasadi) in Vatarakta is still limited [18, 26]. Moreover, classical source texts vary in the exact proportions and preparation methods [5, 6, 8]. Therefore, rigorous standardization (HPTLC fingerprints, marker-based quantification) and pharmacokinetic studies are prerequisites for clinical translation.

13.10 Summary of Discussion

Vatarakta is a network disorder involving metabolic, vascular, inflammatory, and neural pathologies that reinforce each other. Dhatryadi Kwath (Dhātrī, Haridrā, Mustā + Madhu) acts primarily on the metabolic and endothelial nodes – lowering uric acid, reducing oxidative stress, and protecting microvasculature. Vasadi Kwath (Vasā, Gudūcī, Chaturaṅgula + Eranda taila) acts primarily on the inflammatory and neural nodes – suppressing cytokine cascades, opening blocked channels, and relieving pain. Together, they restore systemic homeostasis by interrupting pathological feedback loops at multiple levels, offering a rational, integrative, and network-based therapeutic strategy for managing Vatarakta.

XIV. RESEARCH IMPLICATIONS [13,14,16,19,20,21,22,24 27]

Clinical Level

- RCT studies
- Serum uric acid
- CRP, ESR
- IL-6, TNF-α

Experimental Level

- Anti-inflammatory assays
- Oxidative stress markers
- Endothelial function studies

XV. CONCLUSION

Vatarakta is a multi-system disorder involving Rakta Dushti, Srotorodha, and Vata Avarana [1, 2, 3]. Dhatryadi Kwath and Vasadi Kwath interrupt the pathological feedback loops, restore systemic homeostasis, and provide multi-target therapeutic action [5, 18, 26]. Thus, they represent a rational, integrative, and systems-based therapeutic approach [1, 14, 16].

XVI. FUTURE SCOPE

- Molecular docking studies [21].
- Systems pharmacology modeling [19, 24].
- Evidence-based Ayurvedic protocols [25, 26].
- Large-scale clinical validation [27].

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