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**“THERAPEUTIC POTENTIAL OF MUNDI CHURNA IN THE MANAGEMENT OF VATARAKTA: AN REVIEW”****Dr. Aachal Gajbhiye<sup>1</sup>, Dr. Jayant Gulhane<sup>2</sup>**

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**ABSTRACT:**

Vatarakta occurs due to an imbalance of Vata and Rakta Dosha. The obstruction (Margavarodha) of Vata by vitiated Rakta leads to the manifestation of Vatarakta. It is a chronic condition that primarily affects the joints and surrounding musculature, resulting in pain, swelling, stiffness, and restricted joint movements. Because of its progressive nature and significant impact on joint function, Vatarakta is considered a serious disorder. The persistent pain and inflammation associated with this condition greatly impair quality of life, and many patients continue to experience recurrent symptoms despite advances in modern therapeutic approaches.

Mundi, also known by synonyms such as Munditika, Shravana, and Bhikshu (Latin name: *Sphaeranthus indicus* Linn.), is a medicinal herb traditionally used in the management of such conditions. It possesses anti-inflammatory properties, purifies the blood (Raktashodhana), and helps in restoring physiological balance.

Munditika Churna, described in classical Ayurvedic texts such as Chakradutta and Bhaishajya Ratnavali, is indicated in the treatment of Vatarakta. It exhibits properties such as Tridoshaghna, Shothahara, Vedanahara, Daha-prashamana, Raktashodhaka, Shoolaghna, and Vranaropaka. Owing to these therapeutic attributes, Munditika Churna may be effective in controlling the symptoms of Vatarakta and improving joint function.

**KEY WORDS:-** Mundi, Vatarakta, Ayurvedic therapy, Anti-inflammatory, Raktashodhak.

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## INTRODUCTION

Vatarakta is a chronic musculoskeletal disorder described in classical Ayurvedic texts, characterized by joint pain, swelling, burning sensation, and stiffness resulting from the combined vitiation of *Vata* and *Rakta* Doshas. In contemporary medical terminology, Vatarakta is often correlated with gouty arthritis, a condition in which deposition of monosodium urate (MSU) crystals within the joints leads to intense pain, inflammation, and functional impairment[1]. According to the *Charaka Samhita*, vitiated *Vata* and *Rakta* initially affect the extremities—particularly the hands, feet, and digits—and gradually involve multiple joints, eventually impacting the entire body[2]. Based on clinical manifestations, Vatarakta shows close resemblance to gouty arthritis described in modern medicine.

Epidemiological data indicate that gout affects approximately 2.0–2.6 individuals per 1,000 population, with a higher prevalence among adults aged 25–50 years [API].

*Sphaeranthus indicus* Linn., commonly known as *Mundi*, possesses *Tikta* and *Katu Rasa*, *Ushna Virya*, and *Katu Vipaka*. These properties contribute to its therapeutic actions, including anti-inflammatory, diuretic, and blood-purifying effects, making it beneficial in inflammatory joint disorders such as Vatarakta [3].

Gout is a metabolic disorder primarily associated with disturbances in purine metabolism, leading to hyperuricemia. It is classified as a form of metabolic arthritis characterized by recurrent acute and chronic inflammatory episodes. These episodes present with redness, severe pain, swelling, and burning sensation in the affected joints. The inflammatory response occurs due to deposition of MSU crystals, which accumulate predominantly in the superficial layers of articular cartilage. Clinically, gout is categorized into four stages: asymptomatic hyperuricemia, acute gouty arthritis, intercritical gout, and chronic tophaceous gout [4].

This review aims to integrate classical Ayurvedic literature with contemporary scientific evidence to evaluate the pharmacological properties and clinical efficacy of *Mundi Churna* in the management of Vatarakta.

## Methodology

This review aims at showing therapeutic potential of *Mundi Churna* in *Vatarakta* with special reference to gout. Classical Ayurvedic literature and other researches were reviewed to collect the information.

Classical references and information were collected from *Charak Samhita*, *Vagbhat Samhita*,

Bhavaprakash, Bhaishajyaratnavali and Chakradutta where *Mundi Churna* is explained in relation to *Vatarakta*.

Pubmed, Google Scholar, Ayush Research Portal were searched for other information.

### **Pharmacodynamic Properties of *Mundi Churna* <sup>[5]</sup>**

we can infer Pharmacodynamic properties of combined drug *Mundi Churna* as follows –

*Rasa – Katu, Madhur*

*Vipaka – Katu*

*Virya – Ushna*

*Guna – Laghu, Snigdha*

*Karma - Tridoshaghna, Shothahara, Vedanahara, Dahaprashaman, Raktshodhaka, Vranaropaka*

### **Classical Perspective of *Mundi* in *Vatarakta***

The therapeutic efficacy of *Mundi Churna* in *Vatarakta* can be attributed to its multifaceted pharmacodynamic properties, which collectively facilitate *Sampraptibhanga* (interruption of disease pathogenesis).

Katu possesses Amapachana, Srotoshodhana, Kapha-Vata Shamana, and Lekhana properties. It alleviates Margavarana of Vata caused by vitiated Rakta, thereby reducing Shotha (swelling), Toda, and Shoola (pain). By digesting Ama and clearing obstructed Srotas, Katu Rasa restores normal Vata Gati, improves microcirculation in the joints, and helps in reducing pain and inflammation, thus contributing significantly to *Sampraptibhanga* [6].

Madhura Rasa exhibits Vata-Pitta Shamana, Dhātu-Poshana, Balya, Rasayana, and Daha Shamana properties. It pacifies aggravated Vata, thereby preventing recurrent pain, and calms vitiated Rakta-Pitta, resulting in a reduction of burning sensation. Additionally, it nourishes Asthi and Sandhi Dhātu, helping to stabilize Vata and cool Rakta, which in turn slows chronic joint degeneration and further interrupts disease progression [6].

Ushna Virya imparts heat-producing and mobility-enhancing actions. It counteracts Vata-dominant pathology, restores physiological Vata Gati, and enhances Agni, thereby reducing inflammation and preventing joint stiffness [7].

Katu Vipaka facilitates Amapachana, Srotoshodhana, Lekhana, and Shothahara actions while

maintaining metabolic equilibrium. By digesting Ama and clearing the channels, it further aids in breaking the pathogenic process of Vatarakta [8].

The combined Laghu and Snigdha Guna of Mundi Churna contribute to the reduction of Gaurava (heaviness) and Shotha, while promoting unobstructed Vata Gati through the removal of channel blockages [9].

Through these integrated actions, Mundi Churna effectively disrupts the Samprapti of gouty arthritis by reducing Ama, restoring normal Vata Gati, alleviating inflammation, and preventing progressive joint degeneration. Thus, Mundi Churna demonstrates a comprehensive and multidimensional therapeutic potential in the management of Vatarakta.

### **Pharmacological Activities of *Sphaeranthus indicus* Linn:**

#### **Anti-Inflammatory and Analgesic Actions**

Scientific evidence supports the immunomodulatory, antioxidant, anti-inflammatory, and analgesic properties of *Sphaeranthus indicus*. These pharmacological activities contribute to the reduction of joint inflammation and pain associated with gouty arthritis.

#### **Phytochemical Constituents**

Phytochemical investigations of *Sphaeranthus indicus* have identified several bioactive compounds responsible for its therapeutic effects. The acetone extract has yielded a sesquiterpene lactone, 7-hydroxyeudesm-4-en-6,12-olide, and a sesquiterpene acid, 2-hydroxycostic acid, along with known constituents such as  $\beta$ -eudesmol and ilicic acid. Additionally, three 7-hydroxyeudesmanolides and two sesquiterpenoids, cryptomeridiol and 4-epicryptomeridiol, have been isolated from the plant. These compounds are believed to play a significant role in mediating the anti-inflammatory and analgesic effects of the drug [10].

#### **Immunomodulatory Activity**

*Mundi* exhibits notable immunomodulatory activity by enhancing both humoral and cellular immune responses, as well as phagocytic function. Experimental studies in animal models have demonstrated that flower-head extracts, particularly petroleum ether and methanolic fractions, significantly increase the phagocytic index and macrophage activity in mice. These findings indicate stimulation of innate immune mechanisms, contributing to improved host defense and regulation of inflammatory responses [11].

### Mode of Action of Mundi Churna

*Mundi Churna*, through its *Rasa–Guṇa–Vīrya–Vipāka* attributes and validated pharmacological properties, acts at multiple stages of disease pathogenesis. It exhibits *Amapachana*, *Agni Deepana*, *Srotoshodhana*, *Margavarana Nivritti*, *Shothahara*, and *Vedanasthapana* actions. By pacifying aggravated *Vata* and improving the quality of *Rakta Dhatu*, *Mundi Churna* effectively interrupts the pathological process involved in gouty arthritis, thereby reducing inflammation, alleviating pain, and restoring joint function.

### DISCUSSION

Vatarakta is a complex pathological condition involving the simultaneous vitiation of *Vata Dosha* and *Rakta Dhatu*. The disease develops primarily through *Margavarodhajanya Samprapti*, in which the normal movement of *Vata* is obstructed by vitiated *Rakta*. This pathological process manifests clinically as *Shotha* (swelling), *Shoola* (pain), *Daha* (burning sensation), *Stambha* (stiffness), and progressive degeneration of joints, initially affecting smaller joints and gradually extending proximally.

*Mundi Churna*, characterized by *Katu* and *Madhura Rasa*, *Katu Vipaka*, *Ushna Virya*, and *Laghu–Snigdha Guna*, plays a significant role in interrupting the pathogenesis of Vatarakta. Its pharmacodynamic attributes such as *Vedanasthapana*, *Shothahara*, and *Shoolahara* render it therapeutically beneficial in alleviating the cardinal symptoms of the disease. Although well-designed clinical studies on *Mundi Churna* in Vatarakta are limited, traditional usage and classical references suggest its efficacy in reducing disease severity and improving quality of life.

From both Ayurvedic principles and modern pharmacological perspectives, *Mundi Churna* demonstrates considerable therapeutic potential in the management of Vatarakta. Contemporary scientific studies have reported its anti-inflammatory and analgesic activities, which contribute to symptom relief and reduction of disease progression. *Mundi Churna* (*Sphaeranthus indicus* Linn.) facilitates the removal of obstructions caused by vitiated *Rakta Dhatu*, restores normal *Vata Gati*, and alleviates pain and swelling. These combined actions effectively prevent further deterioration and help in breaking the pathological cascade of Vatarakta.

*Mundi* is extensively mentioned in classical Ayurvedic literature for the management of Vatarakta and other inflammatory joint disorders. Its therapeutic efficacy is attributed to its rich phytochemical profile, including sesquiterpene lactones and flavonoids, which are responsible for its anti-inflammatory, analgesic, antioxidant, and immunomodulatory properties. These bioactive constituents play a crucial role in mitigating inflammatory responses, reducing pain, and regulating immune-mediated tissue damage, thereby establishing *Mundi Churna* as a promising natural intervention in the management of arthritis-like conditions such as Vatarakta.



## CONCLUSION

Vatarakta is a chronic and painful disorder that primarily affects the smaller joints. It arises due to the vitiation of *Vata Dosha* and *Rakta Dhatu*, leading to impaired physiological function. Clinically, the condition is characterized by joint pain, swelling, burning sensation, stiffness, and restricted movement.

Vatarakta, which closely resembles gout in modern medicine, is known for its recurrent nature and prolonged course, often resulting in persistent discomfort and functional limitation. Despite the availability of various treatment modalities, disease relapse and incomplete symptom relief remain common challenges. Therefore, there is a need for further research to identify safe, effective, and sustainable therapeutic approaches that ensure long-term symptom control and minimize recurrence.

Although classical Ayurvedic texts and experimental studies indicate the therapeutic potential of *Mundi Churna* in the management of Vatarakta, robust clinical trials are required to establish its optimal dosage, efficacy, and safety profile. Based on available evidence, *Mundi Churna* appears to be a promising, holistic, and safe Ayurvedic formulation for the management of Vatarakta. When used judiciously, it may serve as an effective treatment option in alleviating symptoms and improving quality of life.

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