

ANALYTICAL LITERARY STUDY OF *MUKUNUWENNA TUNBARA (MAHA TRIPHALADE) KVATHA* MENTIONED IN AYURVEDA AUSHADHA SANGRAHA ON *VATARAKTA*

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This analytical literary study examines *Mukunuwenna tunbara (Maha triphalade) kvatha* as presented in the Ayurveda Aushadha Sangraha, focusing on its application for *Vatarakta*. *Vatarakta* correlate with gouty arthritis in modern medicine. The global prevalence of Gout is 1 – 4% but it is an important and considerable condition concerning the disturbance to the day-to-day life. In this study aim was made to find out the effect of *Mukunuwenna thunbara (Maha triphalade) kvatha* on *Vatarakta*/ Gouty arthritis by using pharmacodynamic properties and pharmacological attribute of the ingredients. They were found out from authentic Ayurveda text books and electronic media. Collected data was analyzed by percentages by using SPSS software. According to the analyzed results, it was found that prominent *Rasas* are *Tikta* (65.625%), *Madhura* (50%) and *Katu* (40.625%). Prominent *Gunas* are *Laghuguna* (75%), *Rukshaguna* (46.875%) and *Snigdha guna* (37.5%). Prominent *Virya* is *Ushna* (53.125%). Prominent *Vipaka* is *Katu* (59.375%). Predominant *Doshakarma* is *Kapa-Vata shamaka* (34.375%). Predominant *Gunakarmas* are *Rakta shodana* (40.625%), *Vatanulomana* (40.625) and *Shulahara* (37.5%). Ultimately, it can be said that signs and symptoms like pain, swelling, burning sensation, discoloration, thirst, sweating were reduced and uplift the curing process of *Vatarakta* by these pharmacodynamic and pharmacological actions of *Mukunuwenna thunbara (Maha triphalade) kvatha*. Finally, it can be concluded that *Mukunuwenna thunbara (Maha triphalade) kvatha* is strengthen the curing property of *Vatarakta* especially by *Rakta shodana*, *Vatanulomana* and *Shulahara* actions.

Keywords: *Mukunuwenna tunbara (Maha triphalade) kvatha*, *Vatarakta*, Gouty arthritis