

**ROLE OF SHWETA MUSALI (CHLOROPHYTUM BORIVILIANUM)  
CHURNA IN THE MANAGEMENT OF MOOTRASHMARI W.S.R  
UROLITHIASIS – A CASE STUDY**

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**ABSTRACT**

Ayurveda based on *Vedas* told the main aim of eradication of the diseases and maintenance of health of healthy individuals (Su. Su. – 1/4). *Sushruta samhita* describes in detail about the diseases of urinary tract. From the study of ancient surgical text *Sushruta samhita*, it becomes evident that the urological problems form an important part of medical sciences. It may be the reason that a clear and striking picture regarding their classification, symptomatology, complications and management are available in all the texts.<sup>[1]</sup> Among all the urinary problems described in Ayurvedic texts, there is one variety where both the medicinal and the surgical treatments are advised and agreed upon

by all the *Acharyas* and this entity is the *Mootrashmari*. In *Bhaishajyaratnavali Shweta musali churna* described for the treatment of *Mootrashmari* which having antiurolithitic action.<sup>[5]</sup>

**KEYWORDS:** *Shweta musali Churna, Mootrashmar.*<sup>[2]</sup>

**INTRODUCTION**

The urinary tract system consists of the kidneys, the ureters, the bladder and the urethra. The kidneys are devoted to performing excretory function in the body and waste material excreted in the form of urine. In our body, there are two kidneys, on either side of the spine under the lower ribs. Urine is carried via the ureters from the kidneys to the bladders. Urine is temporary stored in the urinary bladder until urination occurs and passed out of the body through a tube called the urethra.<sup>[6]</sup>

The urinary system contributes to homeostasis by altering blood composition, pH, volume and pressure, maintaining blood osmolarity, excreting wastes and foreign substances and producing hormones. It is an ancient and common problem whose clinical occurrence is described in Aphorisms of Hippocrates (Alvin et al., 2005). Kidney stones also called Renal Calculi or Nephrolithiasis or Urolithiasis. In Ayurveda Various treatment modalities are available regarding to cure renal calculus, in *Bhaishajyaratnavali Ashmarichikitsa prakaranam Shweta musali Churna* mentioned for treatment of *Mootrashmari* and very effective due to its anti-urolithitic action. It was given in *churna* form for 15 days in early morning.

### AIM AND OBJECTIVES

To evaluate the role of *Shwetamusali Churna* in the management if renal calculus.

Drug profile-

*Shweta musali*.<sup>[5]</sup>

Family: Liliaceae

Latin name: Chlorophytum borivilianum

Constituents: Steroidal glycoside

### Properties

*Rasa: Madhura*

*Virya: Sheeta*

*Vipak: Madhura*

*Karma: Vata pita shamak, Kaphavardhak.*

### CASE STUDY

A male patient of age 25 years, hindu religion, driver by occupation admitted in Govt. Ayurvedic College and hospital, Nanded, presenting with complaints which were pain in abdomen with nausea and vomiting since 15 days. Patient was alright before 15 days then gradually he was started above complaints. He was taking many modern medicines for this symptoms, but does not get relief. So he comes to our hospital, on examination of the patient reveals severe tenderness on right iliac region with radiating pain from back. All vitals were normal. Ultrasonography impression shows 8mm right mid polar calculus with mild hydronephrosis.

## Assessment Criteria Before Treatment

### Objective criteria

Size of calculus will be assessed by USG abdomen and pelvis. And will be recorded in mm.

### Subjective Criteria-

1. Pain - 1- Present 0- Absent
2. Burning micturation - 1- Present 0- Absent
3. Hematuria - 1- Present 0- Absent

### Diagnosis

The condition diagnosed as a Right ureteric calculus (*Mootrashmari*).

### Methodology

*Shweta musali churna* given in 3 gms was given orally with *Vyushit jala* (water stored in *Tamra patra* in whole night) in early morning daily.

### Assessment Criteria After Treatment

Sr. No.	Days of follow- ups	Pain	Burning micturation	Haematuria
1	0 <sup>th</sup>	1	0	0
2	7 <sup>th</sup>	1	0	0
3	14 <sup>th</sup>	1	1	0
4	21 <sup>th</sup>	0	0	0
5	28 <sup>th</sup>	0	0	0

Sr. No.	Days of follow-ups	Size of Calculus in USG	Site of calculus in USG
1	0 <sup>th</sup>	8mm	Right kidney mid pole
2	28 <sup>th</sup>	Nil	Nil

### Management and Observation

*Shweta musali churna* was given orally daily for 15 days in early morning with *Vyushit jal* along with he was advised plenty of water, simple lifestyle with food habits explained to the patient that can significantly improve symptoms. The patient took treatment for 15 days and get relief in the symptoms.

### DISCUSSION

*Acharya Sushruta* gives importance to *Shleshma* in all three types of *Doshaj Ashmari*, similarly modern medicine also mentioned that the urinary calculi consist of aggregates of crystals which are bounded by small amount of proteins and glycoproteins (*Shleshma*) to make the stone insoluble. The basic cause of *Mootrashmari* is an aggregation of *Kapha*

*pradhan doshas* in *Mootravaha srotasa* due to *Agnimandya* and *Aama* formation which is caused by different *Nidana sevana*. The drug *Shweta musali churna* contains carbohydrates, proteins, fibers, saponin and alkaloids which reduce the stone formation by its antiurolithitic action. According to Ayurvedic concept it works as a '*Samprapti Vighatana kriya*'. *Mootrashmari* is mentioned in *Bruhatrayee* and *Shwetamusali churna* is mentioned for Renal calculus (*Mootrashmari*). This drug having anti urolithitic action and very effective for treatment of Renal calculus.<sup>[4]</sup>

## CONCLUSION

*Shweta musali* is beneficial as its marked relief over symptoms. This treatment is non-invasive, easy for implement, no requirement for hospitalization. The renal calculus is very irritating condition and hampers the daily activity of the patient because severe radiating pain, nausea and vomiting. In *Bhaishjyaratnavali Shweta musali churna* described for treatment for *Mootrashmari*. Its having antiurolithitic action. And its use is very effective<sup>3</sup>.

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