

## MANAGEMENT OF UROLITHIASIS BY PAANIYA TILA NALA KSHARA- A CASE STUDY

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### ABSTRACT

*Mutrashmari* (Urolithiasis) is the one of the commonest disease of the *Mutravaha Srotasa* (Urinary System). *Acharya Sushruta* described two types of *Kshara* (Medicated alkali salt) for the treatment of various diseases in his text *Sushruta Samhita*.<sup>[1]</sup> *Acharya Yogratnakara* in his text *Yogratnakar Samhita* indicated the use of *Tila Nala Kshara* (Medicated alkali salt from stem of *Tila* Plant) as oral administration in the treatment of *Mutrashmari*.<sup>[2]</sup> In this case study a female patient of age 26 years old came to OPD having left PUJ calculus of size 9.7mm was treated with *Paaniya Tila Nala Kshara* 1gm twice a day for 14 Days. No any other complaints was reported after this treatment.

**KEYWORDS:** *Mutrashmari*, Urolithiasis, Calculus, Renal Stones, Ureteric Stones.

### INTRODUCTION

*Ayurveda* being the ancient science of healing had described the diseases of *Mutravaha Srotasa* (Urinary System) under three main headings viz. *Mutrakriccha*, *Mutraghata* & *Mutrashmari*. Of them *Mutrashmari* being one of the commonest disease in present era. *Ayurveda* included the disease under the heading *Ashtaumahagada*<sup>[3]</sup> (eight troublesome diseases). Many of other *Acharyas* also covered the topic, this shows that the common prevalence of the disease in ancient era also. *Acharya Sushruta* the father of surgery had itself stated that before proceeding to surgery one should try to manage the disease with oral formulations like *Ghrita*, *Taila*, *Kshara* etc.<sup>[4]</sup>

## MATERIALS AND METHODS

**materials-** *Tila Nala Kshara* 1gm BD

*Madhu* (Honey)

*Ushnodaka* (Lukewarm Water)

**methods-** Paaniya *Tila Nala Kshara* is prepared as per *Yogratnakara Samhita*.<sup>[5]</sup>

*Tila Nala* is burnt over big sized metal plate to avoid mixing of soil and other particles



The burnt ash let to cool by itself



Four fold water is added to self cooled ash of *Tila Nala*



The mixture is well macerated by hands & kept still overnight for sedimentation



The precipitated water separated from the sedimented ash



Water kept for heating under all controlled conditions



At the end *Kshara* Precipitates at the base of vessel



Collected *Kshara* made into fine powder and packed as 1gm capsules

Based on clinical presentation and investigations the case was diagnosed as Bilateral Renal Calculus with left PUJ calculus which was 9.7mm in size.

After that written informed consent of patient was taken for the treatment.

Oral administration of *Tila Nala Kshara* 1gm prescribed twice a day for 14 days. inbetween a followup at 7<sup>th</sup> day was arranged to look for any other complaints.

## A CASE REPORT

A female patient of age 26yrs old came to OPD with complaints of pain in abdomen and burning micturation since 4 days.

After careful clinical examination and ultrasound investigation the case confirmed as bilateral renal calculi with left PUJ calculus measuring 9.7mm.

**General examination**

General Condition- Good	Pallor- Absent
Pulse rate- 78/min	Icterus- Absent
Blood Pressure- 130/80 mmHg	Lymphadenopathy- Absent

**Per abdomen examination**

Soft, Mild tenderness present over left flank region.

	Right Side	Left Side
Renal Angle Test:	Negative	Positive
Renal Punch Test:	Negative	Positive

**Local examination**

External urethral meatus- Normal Vaginal orifice- Normal Posterior urethra-

**Normal surgical history**

No any surgical history noted.

**Ultrasound examination**

Mild hydronephrosis of left kidney secondary to obstructing calculus of size 9.7mm at left PUJ.

Non obstructing calculi in both kidneys (5.3mm in mid pole, 5.0mm in lower pole calyx of left kidney & 7.4mm in lower pole calyx of right kidney).

**METHODOLOGY**

The *Tila Nala Kshara* was given orally in the dose of 1gm twice a day to be licked with *Madhu* (Honey) followed by ingestion of *Ushnodaka* (Lukewarm water). The *Kshara* was given for the duration of 14 Days.

**OBSERVATION AND RESULT**

Sr.no	Days of Follow up	Pain	Burning micturation	Hematuria	Other Symptoms
1	0 <sup>th</sup>	Moderate	Mild	Absent	Absent
2	7 <sup>th</sup>	Mild	Absent	Absent	Absent
3	14 <sup>th</sup>	Absent	Absent	Absent	Absent

Sr.no	Days of Follow up	Size of Calculus in USG	Site of Calculus in USG
1	0 <sup>th</sup>	9.7mm, 5.3mm, 5.0mm, 7.4mm	PUJ, Mid pole, Lower pole in left kidney & lower pole in right kidney respectively
2	14 <sup>th</sup>	Passed, Passed, 7.9mm, 8.9mm	Passed, Passed, 7.9mm, 8.9mm

## DISCUSSION AND CONCLUSION

*Paaniya* (Oral) *Tila Nala Kshara* was given in the dose of 1gmtwice a day for 14 days. It was observed that the obstructing calculus of size 9.7mm at left PUJ and 5.3mm at mid pole of left kidney got passed out after the treatment for 14 days with completely reduction in associated signs and symptoms. So it may be considered as *Paaniya Tila Nala Kshara* can be effective in the management of obstructing ureteric calculus with complete reduction in Hydronephrosis without presence of any associated renal or any other systemic illness. But at the same time some calculi in the kidneys didn't shown significant result in the duration of 14 days of treatment.

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