

## PHARMACOLOGICAL ACTION OF *BUTEA MONOSPERMA*(PALASH) IN *MUTRAKRACHA*(DYSURIA)

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### ABSTRACT

*Mutrakricchra* is a type of *mutraghata* which is characterized by painful and burning micturition. *Mutrakiccha* is described in almost all ayurvedic texts. There are various *mutra-rogas* and their management has been described and *Mutrakricchra* is one of them. Mainly eight types of *mutrakricchra* have been elaborated. In modern, *mutrakricchra* can be correlated with Dysuria. Dysuria refers to pain or burning sensation during micturition. It occurs mainly due to Infection and Obstruction. It is considered as symptom of disease instead of independent disease. Men and women of any age can experience

dysuria but it's more common in women as compare to women. In Ayurveda, there are many herbs with various functions aimed at reducing urinary system disorder like *Palash* in *mutrakricchra* (dysuria). *Palash* is *butea monosperma*. It is medium sized deciduous tree which is widely distributed throughout the greater part of India. It belongs to family fabaceae and is popularly known as Flame of the Forest is being used in traditional medicines. And this article briefly reviews the Pharmacology of *palash* and its effect on *mutrakricchra*.

**KEYWORDS:** *Mutrakricchra*, *palash*, dysuria.

### INTRODUCTION

Ayurveda places great emphasis on prevention and encourages the maintenance of health

through close attention to balance one's life, right thinking, diet, lifestyle and the use of herbs. There are many herbal medicines in Ayurveda that show good effect in all diseases without any side effects such as *Palash* (*Butea monosperma*) which is used in urinary system related diseases. It is mainly used as a *krimighna*, *bhedana*, *mutral* etc. *Acharya Bhavmishra* also mention this herb in *mutrakricchra* in his *Nighantu* (*Bhavprakash Nighantu*).<sup>[1]</sup> In Ayurveda urinary tract infection is associated with *mutrakricchra*. In modern science, it has a relationship with dysuria. Dysuria refers to painful micturition, often with suprapubic pain, frequency and a feeling of incomplete emptying. The cause is usually UTI, but sexually transmitted diseases and bladder stone may also be present in dysuria and due to this urine is excreted in small amount with pain every time. It is commonly described as a burning or stinging sensation during urination.<sup>[2]</sup>

*Mutrakricchra* is a *vata pradhana tridoshaj* disease according to Ayurveda and *Butea monosperma* is having *mutral* (diuretic), *kramighna*, *bhedan* (in stone obstruction) and *tridosh-shamak* (seed- *vata-kapha shamak*, flower-*kapha-pitta shamak*) property, so *mutrakricchra* should be managed by using *palash*.<sup>[3]</sup>

## MATERIALS AND METHODS

The various classical and modern texts, research papers, review papers and internet material related references regarding to urological disorders were collected and classified according to their effects on the urine.

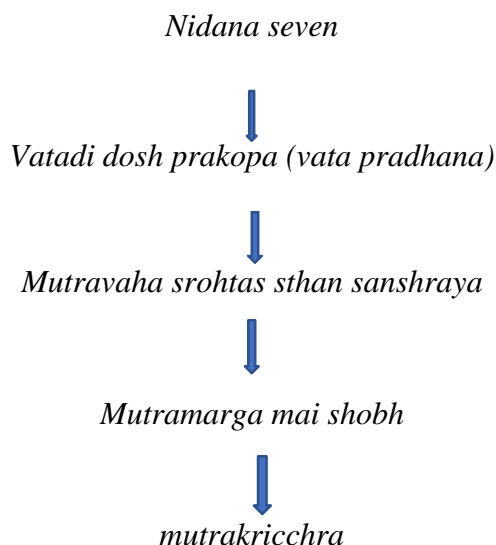
### NIDANA OF MUTRKRICCHRA<sup>[4]</sup>

1. *Vyayam* (excessive physical exercise)
2. *Tikshan aushadhi seven* (consumption of irritant drugs)
3. *Ruksh ahaar seven* (intake of rough food)
4. *Nitya madya seven* (regular intake of wine)
5. *Druta prashthyanat* (riding over the back of fast-moving animals)
6. *Anoop maans ka adhik seven* (eating meat of marshy land animals & fish)
7. *Adhyshana* (eating during indigestion)
8. *Ajirana* (indigestion)
9. *Abhighata* (Trauma)

Due to above *nidana* eight varieties of *mutrakracchra* develops.

**SAMPRAPTI<sup>[5]</sup>**

Due to above etiological factors, *doshas* vitiated separately by their respective causes or all together get localized goin the *basti* and afflicts. Its passage leading to genesis of *mutrakricchra*.

**SAMPRAPTI GHATAK**

*Dosha – tridosha (vata Pradhan)*

*Dushya – mutra, jala*

*Srohtas- mutravaha srohtas*

*Adhishthan – basti, mutramarg*

*Srohtodushti – sanga*

*Swabhava – aashukaari*

*Sadhya – asadhyata – sadhya*

*Charak mutrakricchra* is classified into eight varieties -

- |            |                |             |
|------------|----------------|-------------|
| 1. Vataja  | 4. Sannipataja | 7. kshataja |
| 2. Pittaja | 5. Ashmarija   | 8. Shukraja |
| 3. Kaphaja | 6. Shakrdajaa  |             |

A common symptom in all of these *mutrakricchra* types is pain and burning during urination.

**PALASH (BUTEA MONOSPERMA)<sup>[6]</sup>**

- Botanical name- *Butea monosperma* (Linn.) Kuntze
- Family- Fabaceae (Papilionaceae)

- Sanskrit names- *palash*, *raktapushpaka*, *ksharshreshtha*, *bhrahmvriksha*, *samidvara*, *kinshuka*
- Regional names- Hindi - *Dhak*, *Tesu* Bengali- *Palash* Marathi- *palas*

Flowering and fruiting time- plant begins flowering in spring season and flowering stage in march- April (full blooming exhibits 'flame of the forest').

**Chemical composition-** Leaves contain- alkaloids

Flowers contain- butrin, butin, isobutin, coreoosin, monospermoside and their isoderivatives and sulphurein, palastrin.

Seed – palasonin, d-mecantharidin, proteolytic and lipolytic enzyme, a-amyrin of stearic, palmitic, linoceric, oleic and linoleic acids

Bark – tannins and gums

### Pharmacodynamics

S.N.	<i>Rasapanchak</i>	Seed	Flower
1.	<i>Rasa</i>	<i>Tikta, Kashaya, katu</i>	<i>Madhur</i>
2.	<i>Guna</i>	<i>Laghu, ruksha</i>	<i>Snigdh</i>
3.	<i>Virya</i>	<i>Ushna</i>	<i>Sheeta</i>
4.	<i>Vipaka</i>	<i>Katu</i>	<i>Madhur</i>
5.	<i>Doshkarma</i>	<i>Vata-kapha shamak</i>	<i>Kapha-pitta shamak</i>

**Properties and action (*karma*)-** *krmighn-bhedana*, *dipana-grahi*, *yakrduttejaka*, *kushtaghna*, *prmeughna*, *mutral*, *jwarghna*, *amaltanashak*, *vrishya*, *rasayan* etc.

**Diseases (*roga*)-** *krimirog*, *udararoga*, *mutrakriccha*, *shlipada*, *pliharoga*, *asthibhghna*, *visa*, *trishna daha*.

**Therapeutic uses<sup>[7]</sup>-** Hot Infused water(*faant*) is used to cure *mutrakricchra*.

### DISCUSSION

Ayurveda believes that all *doshas* in balanced is important and essential for wellbeing. In *mutrakricchra*, *tridoshas* is vitiated by wrong *aahar-vihar*. *Mutrakricchra* is vata Pradhan *tridoshaj* disease. In buteasperma, whole plant is *tridoshshamak* (*vata-shamak* due to *ushna virya* and *snigdh guna*, *kapha shamak* because of its *ushna virya*, *katu vipaka* and *tikta, Kashaya, katu rasa* and *pitta shamak* due to *sheeta virya*, *Madhur rasa & vipaka*). And also, it is a *kramighna* and *mutral*(diuretic)dravya. So *mutrakrichhra* should be managed by using *palash pushp* or whole plant.

## CONCLUSION

We can use *palash* for any type of urinary system disorder such as dysuria (*mutrakricchra*) and stone (obstruction). Because it has a diuretic (mutral) and *mutrakricchra* propriety throughout the plant mainly in seeds and flower.

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