

**ROLE OF AN AYURVEDIC COMBINATION IN MUTRAKRICHHA
INCLUDING CHANDRAPHARPHA VATI, GOKSHURAADI
GUGGULU AND VARUN-SIGRU KWATH REVIEW ARTICLE**

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ABSTRACT

Human passion on herbal medicine dated back to times ancient. Man is the clever living being that knows how to adapt to the changing environment of time and space. Hence this paper work is prepared for the re-evolution of the therapeutic importance of the herbal plant Varun (*Crataeva nurvala* Buch-Ham) and some combination such as *gokshuradi guggulu* and *chandraparbha vati*. A urinary tract infection is the most common bacterial infection met in day-to-day practice. It is more common in females than males due to shorter urethra which allows the bacteria quick access to the bladder. In Ayurveda symptoms of UTI has close resemblance with *Mutrakrichha*. Acharya Charaka has described eight types of *Mutrakrichha*. In *Mutrakrichha*, the vitiated Pitta dosha along with Apana Vayu reaches the Vasti (bladder)

and afflicts the *Mutravaha Srotas* due to which the patient feels painful and burning micturition. managed effectively with *chandraparbha vati*, *gokshuradi guggulu*, *varun-sigru kawath*, The assessment were done before and after treatment showed significant changes in sign, symptoms and urine examination report. No recurrence of UTI was noticed in follow up visit. Ayurvedic management offers a good approach to manage *Mutrakrichha*.

KEYWORDS: Cystitis, *Mutrakrichha*, Urinary tract infections *Shigru mula Kwath*, *Varunadi Kwath*, *Gokshuradi Guggulu*. *Chandraparbha vati*.

INTRODUCTION

Ayurveda, the system of Indian medicine and science of life deals with the well-being of mankind. The three great writers namely *Charaka*, *Sushruta* and *Vagbhata* followed the scientific methods of study to enhance the perception of Ayurveda towards humanity. In ayurvedic classics all the urinary symptoms were described under the broad classification of *mutraghata* (obstruction of urine),^[4] *mutrakricha* (painful micturition),^[5] and *basti roga* (renal diseases)^[6]. The root cause of *mutrakricha* and *mutraghata* is vitiation of *vata* dosha and treatment of choice for that is *uttarbasti*.^[7] The features of chronic cystitis can be correlated with the features of *pittaja mutrakriccha*, in which there is severe pain in groin and bladder region, frequent urination with scanty flow of urine and burning sensation.^[8] *Mutrakricha* can be closely correlated with urinary tract infection (UTI) and chronic prostatitis. The term UTI covers a range of conditions of varying severity from simple urethritis and cystitis to acute pyelonephritis with septicaemia.^[2] 50 to 80 % of women have at least one UTI during their life time. The majority of UTI occurs through ascending of bacteria from the urethra to the bladder continuing ascent up to the kidney via *ureter*. *Chandraprabha vati* (CPV) is an Ayurvedic formulation available in classical *vati* form. It is used in Ayurvedic system of medicine for various indications.^[4] such as *Vibandha* (Constipation), *Anaha* (Distension of abdomen due to obstruction to passage of urine and stools), *Shula* (Colicky Pain), *Granthi* (Cyst), *Pandu* (Anaemia), *Kamala* (Jaundice), *Mutrakricchra* (Dysuria), *Ashmari* (Calculus), *Arsha* (Hemorrhoids), *Arbuda* (Tumor), *Mutraghata* (Urinary obstruction), *Antra-Vrddhi* (Hernia), *Kati shula* (Lower backache), *Kustha* (Diseases of skin), *Kandu* (Itching), *Ashmari* is one of the prevalent ailments of the *mutravahasrotas* (urinary system) alongside *Mutrakrichra* in Ayurveda, Acharya Susruta described eight most difficult to cure diseases (*Ashtamahagada*) and *Ashmari* is one among them owing to its potentiality to disturb the structure and functions of urinary system.¹ So, it is essential to find out an effective, easily available, acceptable and inexpensive treatment for urolithiasis. Ayurveda has more radical approach and wide range of options in the management of *Ashmari*. Ayurvedic drugs have potential to manage *Ashmari* (Urolithiasis) effectively due to their properties like *ashmari-bhedana* (lithotriptic), *mutrala* (diuretic), *vednasthapana* (analgesic), *shothahara* (antiinflammatory), *basti-shodhana* (improve kidney functions), *deepana-pachana* (correct digestion and metabolism) and by maintaining urine pH. Acharya Susruta has described medical treatment for facilitating the disintegration of the *Ashmari* with *ghrita* (medicated ghee), *kshara* (medicated alkali preparation), *kashaya* (decoction), *ksheera* (medicated milk), *basti* (medicated enema) etc.

Benefits of varunshigru kwath

It is used in the treatment of benign prostatic hyperplasia: Benign Prostatic Hyperplasia (BPH) is an age-related disorder. It usually affects individuals above the age of 50 years. Not much is available for treating BPH in allopathy, but the benefits of varunshigru can really help. With varunshigru uses, one can address all the issues like outflow obstruction, high frequency of micturition, dribbling, hesitancy. At advanced stages, and the problem of chronic urinary retention also takes a toll on human body. Heal Urinary tract infections holistically with this herbal combination: There are many benefits of varunshigru kwath for urinary system. The herbal combination is not only helpful in relieving symptoms of urinary tract infection, but it also prevents reoccurring of UTIs. With the help of this ayurvedic solution, one can reduce the frequency and pus cells in urine.

Probable mode of action of chandrapharbha vati

This herbal remedy is extremely effective against urinary calculi, urinary tract infection and painful urination. It helps to remove harmful AMA (i.e. toxins) like urea, creatinine and uric acid from the body. It promotes healthy functioning of the kidney by aiding in the excretion of excess uric acid and maintaining the uric acid level in the kidneys, thereby preventing or treating gout. It is also proven beneficial chronic kidney disease, kidney stones and cystitis. It is helpful in managing diabetes and hence combats frequent urination.

Chandrapharbha vati indicated in all type of mutrakrichra. The drugs like vacha, Gaudchi, Haridra, pippali, Gajpippali, Maricha, shunti, kshara, Guggulu etc. These vati act as a diuretic, antinflammatory, antispasmodic, antiseptic and antibacterial, as a rasayana, improve Bladder tone.

Probable mode of action of gokshuradi guggulu

Gokshuradi Guggulu increases urine production and thus provides relief from painful urination due to its Tridosha (Vata, Pitta, and Kapha) balancing and Mutral (diuretic) properties. Gokshuradi Guggulu helps manage urolithiasis due to its Mutral (diuretic) property which helps increase urine flow and reduce the formation of stones. It also helps in the easy expulsion of existing stones via urine by increasing urine production.

Probable mode of action of varunshigru kwath

The drug varuna is an effective diuretic and lithontriptic (Ashmari bhedana) herbal agent, it is alterative, diuretic, anthelmintic, laxatives, demulcent, carminative and stomachic, obesity,

calculi and urinary diseases. The bark is bitter, antiperiodic, tonic and demulcent and has a stimulating action on the liver. The root bark is rubefacient and counterirritant. The leaves have the property of reddening and even blistering the skins. The bark of varuana is frequently given in the management of U.T.I. (urinary tract infection) renal calculus, renal colic, calculus, gravels, dysuria, etc. Its efficiency is as anti-septic.

The drug shigru is antihistaminic, abortifacient, anthelmintic antiseptic, aphrodisiac, astringent, cardiogenic, carminative, stomachic and tonic. It is used in general anasarca, cancerous growth, glandular disease, intermittent fever, obesity, paralysis of different organs, rheumatism, splenic disorder and wounds. Pterygospermin exhibits high activity against gram positive and gram-negative bacteria including mycobacterium tuberculosis, fungi. Urinary calculi consist of aggregates of crystals containing small amounts of proteins and glycoprotein.

CONCLUSION

Mutrakrichra can be managed successfully with Ayurvedic intervention. The symptoms of UTI were markedly reduced. No adverse effect pertaining to the prescribed drug was reported. No recurrence of UTI was noticed. Ayurvedic medicines offer a good approach to manage mutrakrichra, but to establish this fact further study on larger sample is required. Worldwide the people are suffering from several numbers of chronic diseases, due to the variation in the climate and environment. To cure these people there is an urgent need for an herbal drug that can be utilized to treat various diseases with better acceptability, compatibility with the physical body and lesser side effects, to fulfil this requirement Varun (*Crataeva nurvala*) is definitely a gift of nature & Ayurveda. So, it is concluded that *Crataeva nurvala* is highly effective in urolithiasis (*Asmari vedan*), lymphadenitis (*Gandamala nasan*) and immature wound healing (*Apakwa vidradhi*) etc. It has diuretic, antimalarial, antipyretic, sedative, hepato-protective, antidiabetic, and anti-ulcer activities. Various parts such as bark decoction is used for *Vidradhi* and *Gandamala*, painful micturation, leaves are used to reduce fats in the body (*Medohar*), flowers are considered as *Grahi* & *Pittarechak*. This plant Varun (*Crataeva nurvala*) is very much essential for almost all systems of the body. Current paper is an effort of the authors to provide up to date information highlighting the current ethnopharmacological status of the plant Varun (*Crataeva nurvala*). Small kidney stones with a diameter of less than 5 millimeters can be flushed out in the urine with *Gokshuradi Guggulu* easily and it is also cost effective. Further clinical trials can be conducted on larger scale.

From overall study and statistical analysis, it is obvious that Shigru Mula Kwath is as effective as Varunadi Kwath in relieving symptoms of Urolithiasis like pain, Hematuria and Dysuria but the effect of Shigru mula Kwath on reduction in size of calculus and on U.S.G. finding related Ashmari bhedana (Lithotriptic action) were found to be more effective as compare to Varunadi Kwath. Shigru mula Kwath is effective in relieving Pain, Hematuria and Dysuria due to its Mutrakrichapranashan, Mutral, Mutraraktashodhana and Mutraghathar property. No significant complications or side effect of Shigru Mula Kwath is observed during the treatment. Pain was the first symptom which reduced very fast during the treatment by administration of Shigru Mula Kwath.

DISCUSSION

Chandraprabha vati exhibited anti-hyperglycemic effect and attenuated alterations in lipid profile. The results support the use of Chandraprabha vati for correction of Prameha in clinical practice. Gokshuradiguggulu and Varunadi Kashaya effectively disintegrated the pathogenesis of Ashmari, provided complete relief in pain, burning micturition, dysuria and expulsion of Ashmarifrom the urinary tract in the present case. This case illustrates the effective conservative management of Ashmari with Ayurvedic medicines with no adverse events and no episode of recurrence even after one year. “Shinothi theekshnatham vidhadathi” Shigru is having very potent qualities. Description of Shigru is available from Vedic kala, In Rigveda, the term Shigru is used to indicate janapada area or human settlement, its dry branches are used for ucchatana karma (A.p.26/6/1-5). Kausika sutra indicated its external usage along with butter in the management of Krimiroga (Koushika Sutra 29/26 and 37/5). Dharmasutras had forbidden it for dantadhavana and sraddha karma.^[9] In Harsha charita it is said that Shigru was planted in house garden.^[10] Concept of Varuna-Shigru Kwatha is seen first time in Yogaratnakar in Ashmarichikitsa.

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