



## Review Article

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### MEDICINAL PLANTS USED IN TREATMENT OF MUTRASHMARI (UROLITHIASIS): A CRITICAL REVIEW

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#### ABSTRACT

In Ayurveda, relief from disease alone is not considered as health. A person should be happy mentally, physically, socially and spiritually. Unbalancing of Dosha is called Roga. Ashmari mainly caused by Kapha dosha. It is characterized by punctured and torn like pain in Basti, Burning and difficulty in micturition. According to sign and symptoms it can be very well correlated with Urolithiasis. In conventional method, only symptomatic treatment is available. Hence, medicinal plant-based treatment is best option. There are many medicinal plants which is being used for the treatment of Ashmari which are very effective. We have listed the Drugs from The Ayurvedic Pharmacopoeia of India. There are 23 plants indicated in the Ashmari, in which 21 drugs are Kaphashamaka. All the drugs are effective in treatment of Ashmari by their Rasa, Guna, Virya and Vipaka. Further scientific exploration should be done to know the exact pharmacological action.

**Keywords:** Ayurveda, Ashmari, Urolithiasis, Drug, Kaphashamka

#### INTRODUCTION

Ashmari (Urolithiasis) is commonest problem in persons who lives sedentary lifestyle. Its prevalence is increasing day by day. Ashmari is a dreadful disease similar to Antaka (God of Death). Firstly, it should be treated with medicine and on later stage it requires surgical therapy. It is mentioned in all Brihatrayi.<sup>1</sup> Acharya Sushruta has mentioned it in Ashta Mahagada (eight most dangerous diseases).

In person who don't uses Shodhana (purification) regularly and who intake unhealthy foods and activities, Kapha gets aggravated and combines with urine reaches the Basti (urinary bladder) and staying there produces Ashmari (Calculi)<sup>2</sup>. Commonly affected age group is 30-60 years. Both sexes are equally affected though males slightly dominant. Infection, Urinary stasis, altered constituents of urine; excess- Oxalate, Calcium & Cystine, Deficiency of water with dehydration, concentration of urine is main predisposing factors<sup>3</sup>.

#### TYPES & SYMPTOMS

Acharya Sushruta has mentioned 4 types<sup>2</sup>:

1. **Kaphaja**—In this type person feels the Bhidyat (torn), Nistudyat (punctured) in Basti. Stone is white in color, unctuous, big like a hen's egg and similar to Madhuka Pushpa in color. It can be correlated with phosphate calculi<sup>4</sup>.
2. **Pittaja**—In this person feels Basti is hot inside, as being sucked, burnt and ripening (forming an ulcer). Burning and difficulty in micturition. Stone is red, resemble the

Bhallataka asthi and Madhu varna. It can be correlated with uric acid calculi.

3. **Vataja**—It is characterized by severe pain, Dantaan Khadati (teeth grinding), Nabhi Pidyati (presses umbilicus), Medhra mridnati (squeezes penis), Paayum Sprishati (touches rectum) and burning sensation in Basti. Stone is blue, rough, irregular, hard, Kadamb pushpavata kantakachita (covered with thorns like Kadamba flower). According to symptom it can be correlated with Oxalate calculi.
4. **Shukaraja**—It develops only in the aged persons. It is characterized by difficulty in urination, pain and swelling of the bladder and testicles, when squeezed by the hand, stones breaks in to small pieces in that place itself.

#### SIGNS AND SYMPTOMS ACCORDING TO MODERN SCIENCE

Cramping, sharp, excruciating pain associated with vomiting and sweating. Pain radiates from loin down the line of ureter to groin. Hematuria may be complained of either during or after an attack<sup>5</sup>.

#### TREATMENT PRINCIPLE

In early stage it should be treated with medicine and in later it needs surgical intervention. In Ayurveda different medicinal plants is being used for the treatment of Ashmari. We have listed the plants, which is indicated in Ashmari. In the Ayurvedic Pharmacopoeia Part-1, Vol- I there is 3, in API Part 1, Vol- II there is 2, in API Part 1, Vol- III there is 4 and in API Part 1, Vol- V there is 14 medicinal plants. Which are mentioned in table 1-46-9.

Table 1: Drugs used in Treatment of Ashmari in API Part-1, Vol – I

Sl. No.	Common Name	Botanical Name	Family	Parts Used	Dose
1.	Gokshur	<i>Tribulus terrestris</i>	Zygophyllaceae	Fruit	Powder:3-6g
2.	Pashanbheda	<i>Bergenia ciliata</i>	Saxifragaceae	Rhizome	Powder:3-6g 20-30g of powder for decoction
3.	Varuna	<i>Crataeva nurvala</i>	Capparidaceae	Stem bark	20-30g of powder for decoction

Table 2: Drugs used in Treatment of Ashmari in Api Part-1 Vol – II

Sl. No.	Common Name	Botanical Name	Family	Parts Used	Dose
1.	Ervaruk	<i>Cucumis melo</i>	Cucurbitaceae	Seed	Powder:3-6g
2.	Tulsi	<i>Ocimum sanctum</i>	Lamiaceae	Leaf	Powder:3-6g

Table 3: Drugs Used in Treatment of Ashmari in API Part-1 Vol – III

Sl. No.	Common Name	Botanical Name	Family	Parts Used	Dose
1.	Kasa	<i>Saccharum spontaneum</i>	Poaceae	Root stock	Powder:3-6g
2.	Kusha	<i>Desmostachya bipinnata</i>	Poaceae	Root stock	Decoction:50-100ml
3.	Shaileya	<i>Parmelia perlata</i>	Parmeliaceae	Lichen	Powder:1-3g
4.	Simpshapa	<i>Dalbergia sissoo</i>	Fabaceae	Heart wood	Powder:5-10g

Table 4: Drugs used in Treatment of Ashmari in API Part-1 Vol -V

Sl. No.	Common Name	Botanical Name	Family	Parts Used	Dose
1.	Aaragvadhya	<i>Cassia fistula</i>	Fabaceae	Stem Bark	Decoction: 50-100mk
2.	Aasphota	<i>Vallarisso lanacea</i>	Apocynaceae	Root	Powder: 3-6g
3.	Darbha	<i>Imperata cylindrica</i>	Poaceae	Root	Decoction: 50-100ml
4.	Gundrah	<i>Typha australis</i>	Typhaceae	Rhizome, Fruit	Powder: 3-6g
5.	Itkata	<i>Sesbania bispinosa</i>	Fabaceae	Root	Powder: 3-6g
6.	Kaliyaka	<i>Cosciniun fenestratum</i>	Menispermaceae	Root, Stem	Powder: 3-6 g
7.	Karkasha	<i>Momordica dioica</i>	Cucurbitaceae	Root	Powder: 3-6 g
8.	Lavaliphala	<i>Phyllanthus acidus</i>	Euphorbiaceae	Fruit	Powder: 10-20 g
9.	Palasha	<i>Butea monosperma</i>	Fabaceae	Seed	Powder: 0.5-1g
10.	ParsikaYavani	<i>Hyoscyamus niger</i>	Solanaceae	Seed	Powder:125-500g
11.	Pattura	<i>Aerva lanata</i>	Amaranthaceae	Whole plant	Decoction: 50-100ml
12.	Piluh	<i>Salvadora persica</i>	Salvadoraceae	Fruit, Leaf, Root	Powder: 3-6g
13.	Potagala	<i>Typha elephantina</i>	Typhaceae	Root	Powder:10-20g for Decoction
14.	Vanda	<i>Dendrophthoe falcate</i>	Loranthaceae	Fruit	Decoction:10-20ml

Table 5: Rasa, Guna, Veerya, Vipaka of Listed Plants

Sl. No.	Botanical Name	Rasa	Guna	Virya	Vipaka
1.	<i>Tribulus terrestris</i>	Madhura	Guru, Snigdha	Sheeta	Madhura
2.	<i>Bergenia ciliata</i>	Tikta, Kashaya	Laghu	Sheeta	Katu
3.	<i>Crataeva nurvala</i>	Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu
4.	<i>Cucumis melo</i>	Madhura, Tikta	Guru, Ruksha	Sheeta	Madhura
5.	<i>Ocimum sanctum</i>	Katu, Tikta, Kashaya	Laghu, Ruksha, Tikshana	Ushna	Katu
6.	<i>Saccharum spontaneum</i>	Madhura, Tikta	Sara	Sheeta	Madhura
7.	<i>Desmostachya bipinnata</i>	Madhura, Kashaya	Laghu	Sheeta	Madhura
8.	<i>Parmelia perlata</i>	Tikta, Kashaya	Laghu, Snigdha	Sheeta	Katu
9.	<i>Dalbergia sissoo</i>	Katu, Tikta, Kashaya	Guru, Picchila	Ushna	Katu
10.	<i>Cassia fistula</i>	Tikta	Guru	Sheeta	Katu
11.	<i>Vallarisso lanacea</i>	Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu
12.	<i>Imperata cylindrica</i>	Madhura, Kashaya	Laghu, Snigdha	Sheeta	Madhura
13.	<i>Typha australis</i>	Madhura, Kashaya	Guru	Sheeta	Madhura
14.	<i>Sesbania bispinosa</i>	Madhura	Guru, Snigdha	Sheeta	Madhura
15.	<i>Cosciniun fenestratum</i>	Tikta, Kashaya	Laghu, Ruksha	Sheeta	Katu
16.	<i>Momordica dioica</i>	Tikta	Laghu, Tikshana	Sheeta	Katu
17.	<i>Phyllanthus acidus</i>	Madhur, Amla, Kashaya	Guru, Ruksha, Vishada	Sheeta	Madhura
18.	<i>Butea monosperma</i>	Katu, Tikta, Kashaya	Laghu, Sara, Snigdha	Ushna	Katu
19.	<i>Hyoscyamus niger</i>	Katu, Tikta	Guru, Ruksha	Ushna	Katu
20.	<i>Aerva lanata</i>	Tikta, Kashaya	Laghu, Tikshana	Ushna	Katu
21.	<i>Salvadora persica</i>	Madhura, Katu, Tikta	Laghu, Snigdha, Tikshana	Ushna	Katu
22.	<i>Typha elephantina</i>	Madhura, Tikta, Kashaya	Laghu, Snigdha	Sheeta	Madhura
23.	<i>Dendrophthoe falcata</i>	Madhura, Tikta, Kashaya	Laghu, Ruksha	Sheeta	Katu

## CONCLUSION

Rasa, Guna, Virya, Vipaka of 23 plants is mentioned in Table 5. Out of these 21 have Kapha shamaka property which mitigates vitiated Kapaha in Ashmari. 7 plants have Tikta, Kashaya rasa, Laghu Rukhsha Tikshna Guna, Ushna Virya and Katu Vipaka. All those characters have Kapha shaman property which reduces Guru, Picchhil, Sheeta, Snigdha, Kleda guna of vitiated Kapha in Ashmari. Katu rasa have Ashmari bhedana (breaking) property. By Ushna virya these drugs reduce Kleda guna of Kapha. By Katu, Tikta, Madhura rasa, sheeta virya and Madhura vipaka these drugs reduces the Pittaja lakshana (characters) like burning sensation, dysuria and haematuria. Madhra rasa, ushna virya, snigdha guna will help to reduce pain caused by Vata. Madhura vipaka has Srishta vinmutra (diuretic) property.

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