



BENEFICIAL CHANDRAPRABHAVATI AND IT'S MODE OF ACTION IN URINARY TRACT INFECTION: A SHORT COMMUNICATION

Ayurveda

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KEYWORDS

Chanadrprabhavati, Urinary tract infection, Mutrakruchra, Khalvee Rasayan.

INTRODUCTION:

"Ayurveda" is the Epitome of Science. It is a science of life, which is having literature containing of hundreds of *Kalpas*, beneficial in various disorders. The aim is for 'Prevention of diseases and Promotion of Health.' Administration of medicinal drugs in compound formulation can enhance the response, among which is '*Chandraprabhavati*', comes under '*Khalvee Rasayana*'. Though being a *Khalvee Rasayana*, it also maintains the properties of herbal components. Urinary tract infections are common causes of infections, which lead to various morbidities and also it can be developed higher mortality in neglected cases. If we look towards the Lakshanas (symptoms), it can be correlated to *Mutrakruchra* as per Ayurveda. The major problems are the "Antibiotics", resistant to Bacteria with high chances of recurrence. *Chandraprabhavati* is indicated as a medicinal drug in *Mutrakruchra* ailment. This study reveals the efficacy of *Chandraprabhavati* in the management of Urinary tract infection.^{[1][2]}

Pharmacological Action:

The contents of *Chandraprabhavati* like *Yavakshara* (*Hordeum Vulgare*) and *Swarjikakshara* (Soda Bicarbonate) are "Alkaline in nature and mild Diuretic", so they decrease the acidic nature of urine providing relief in burning micturition.

The ingredients like *Pippalimoola* (*Piper Longum*), *Trivrita* (*Operculina Terpetum*), *Yavakshara*, *Guggulu* (*Commiphora Mukul*) relieve Anxiety and Pain. *Vacha* (*Acorus Calamus*) and *Devadaru* (*Cedrus Deodar*) also relieve Spasmodic Pain. Other contents like *Karpoor* (*Cinnamomum Camphor*), *Musta* (*Cyperus Rotundus*), *Daruharidra* (*Berberis Aristata*), *Guggulu*, *Tejpatra* (*Cinnamomum Tamala Leaves*), *Ela* (*Elettaria Cardamomum*), *Shilajita* (*Asphaltum Panjabianum*) and *Makshik* (*Chalcoppyrite*) *Bhasma* have Anti-inflammatory properties. *Daruharidra*, *Trivrit*, *Tejpatra* are having *Krumighna* quality i.e. controlling the growth of Micro-organism related to Basti. *Devdaru*, *Vanshlochan* (*Bamboosa Arundinacea*) and *Yavakshara* are very good (Mutral) Diuretics. Related pathogens grow on epithelial lining of urethra, so diuresis is a necessity to flush of the Urinary tract.

In Dysuria, urine is "Acidic" in nature and may damage the epithelia of Urinary tract. *Triphala* (*Amalaki-Phyllanthus Embellica*, *Vibhitaki-Terminalia Bellerica*, *Haritaki-Terminalia Chebula*) and *Ativisha* (*Aconitum Hetrophlum*) have Ulcer- healing properties, as well as *Haridra* is a very good wound-healer. *Ativisha* and *Trivrit* have Nephroprotective and Antinephrotoxic actions. *Trivrit* and *Makshik* also have Anti-ulcer activity preventing ulceration in urinary tract Epithelia. *Triphala* is rich with Antioxidants and possess Antibacterial, Antiviral and Anticancer Properties. It is most well-known for its gentle effects on the bowels; improving peristalsis and cleansing toxicity in related region ultimately rejuvenating health. *Acharya Vagbhata* suggests *Shilajita* is the medicine of choice for the management of "*Bastigata vyadhis*" i.e. Urinary diseases.^{[3][4]}

My Experiences in this field:

I have observed 40 patients of Urinary tract infection in Medical OPD/IPD of M.A. Podar Hospital (Govt.), Mumbai, Maharashtra, India during last 6 months and got remarkable results in 28 patients (i.e. 70% persons) in 1-2 months in the symptoms like Mutradaha (Burning Micturition) and Adho Udara Shoola (Lower Abdominal Pain). Out of which, 25 (62.5%) patients showed absence of Mutradaha and 26 (65%) showed absence of Adho-Udara-Shoola after

completion of treatment (*Chandraprabhavati* 500 mg thrice a day after some food with *Ushnodaka*).



Fig.1 Contents Of Chandraprabhavati

CONCLUSION:

Chandraprabhavati has Herbo-mineral ingredients, which are beneficial for organs in lower abdomen, especially the Urinary system. It is mixture of medicines which not only cure *Mutrakrucha*, but also corrects the disorders of urinary tract.

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