



ORIGINAL RESEARCH PAPER

Ayurveda

CLINICAL STUDY TO EVALUATE THE EFFICACY OF "KULATHA KWATHA" IN THE MANAGEMENT OF "MOOTRASHMARI ".

KEY WORDS: Ayurveda, Ashmari, Mutravaha Srotas, Mootrashmari

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ABSTRACT

The formation of stone is one of the common problems of urinary system and as per modern science only few medicines are available for such condition along with surgery. It is second most common disease of urinary tract with high recurrence rate. The common symptoms of culculi are pain, haematuria, burning micturiton, dysurea, tenderness and sometimes fever. Ayurveda described Mootrashmari as urinary calculus disease of Mutravaha Srotas and considered as Asthamahagada. Ayurveda described various treatment approaches for the management of disease; use of herbs, ayurveda formulation and Kashaya etc. this case study presented on Mootrashmari.

INTRODUCTION :-

Mootrashmari is a disease, identified as a global problem. It is a frequent clinical problem with an incidence of 0.1% to 6% in general population. Mootrashmari means formation of a calculus in srotas i.e. Mutramargha.

Causing frequent pain in abdomen, colicky in nature and radiates from loin to groin^[1]. Especially pain in abdomen mimics the situation. Ureteric stone originates in kidney.^[2] Among all the pain, abdominal colic always drags not only patient's attention but also the curiosity of the surgeon. Severity and colicky nature of this pain are caused by hyper peristalsis and spasm of smooth muscles of ureter.^[3] When stone becomes impacted, the attack of colic give away to more consistent dull pain, often felt in iliac fossa.^[4] Stones are age old anguish of the human body & occur at several sites particularly in Kidney, Urinary bladder and ureter.

Ashmari is considered as Mahagada^[5] being difficult to cure, because of Marmaashryi and involvement of Bahu dosha. Ashamari is Tridoshaja in origin with kapha dominant. According to MadhavNidan Saraktamootra pravrutti^[6] is one of the major symptom seen in Mootrashmari . Basti is Vyaktasthana of Ashamari & Basti is one among the Dashapranayathana explained by Acharya Charak^[7] It is a fatal disease as it needs prompt management and can be life threatening . On prognosis this disease is Kruchasaadya.

The cause for the formation of stone is due to many factors like concentrated urine, deficient of stone inhibitor substances like mucopolysaccharides, citrate, etc. However the role of heredity and diet factor like imbalance of electrolytes, calcium phosphates oxalate, magnesium due to abnormal metabolism, deficiency of vitamin A, etc. have their key role to play for formation of calculus.

Hence, there is a need to understand the disease and to find a best solution that not only treats the condition but also prevent the disease at primary and secondary levels.

Acharya Sushruta, Father of surgery, mentioned many causes of Mootrashmari , one of them is ' 'Asanshodhanshilasya' ' and "Apathykar ahar vihar' ' . Due to this people are likely to acquire this disease.

In Ayurveda number of drugs and formulations are mentioned to treat Mootrashmari, among these Kulatha Kwatha is selected for study.

Case Report:-

Age - 23 years Sex - Female Occupation - student

Department - Shalyatantra
Diagnosis - Mootrashmari

Dr name - Dr.P.B.Jondhale
contact no - 8856809420

Presented with complaint Udarshool (pain in abdomen), Sadah Mootra Pravrutti (Burning Micturition), Sarakta Mootra Pravrutti (hematuria) since a day . There is no history of DM , HTN and any other specific history .The family history was not suggestive of anything specific . Here the classical lakshanas of mootrashmari

PAST HISTORY :-

No H/O GDM/PIH/hypo-hyperthyroidism or any other major medical or surgical history.

FAMILY HISTORY:-

No history of same illness in any of family member

MATERIALS & METHODOLOGY:-

KULATHA KWATHA:-

Patient was taken Kulatha kwatha who are suffering from Mootraashmari.

KULATHA BEEJ CHURN:-

Kulatha Kwatha is given from BHAVPRAKASH NIGHANTU.

कु लत्थिका: कटुका: पाके : कषाय: पपत्तरक्तकृ त |

लघुपिदाही िीयोष्ण: श्वासकासकफापिलाि् ||

पहकाश्मरीशुकदािाहि सर्पिसिाि् |

स्वेदसंग्राहकोमेदज्वरकृ मीहर: सर: ||

- भािप्रकाश पिघंटु

DRUG CONTENT:- KULATHA KWATHA TREATMENT DETAILS:-

Kulatha Kwatha :- 40 Ml (b.i.d)

Treatment course - 21 days

Follow up - 7th, 14th, 21th

Route of administration - Orally

Duration - Twice a day after food

ASSESSMENT CRITERIA:-

Udarshool	0- No Pain
	1- Mild Pain
	2- Moderate Pain
	3- Severe Pain
Sadaha Mootra Pravrutti (Burning Micturation)	0-No Burning Micturation
	1-Mild Burning Micturation
	2-Moderate Burning Micturation
	3-Severe Burning Micturation

Sarakta Mootra Pravrutti (Hematuria)	0-0 to 5 RBC/hpf
	1-6 to 20 RBC/hpf
	2- 21 to 30 RBC/hpf
	3-More than 31 RBC/hpf
Size of Ashmari	In mms
Numbers of Ashmari	In numbers
Site of Ashmari	USG(A+P)

RESULT:-

Observation table:

Sr No	Sign-& Symptoms	Follow Up			
		Before treatment	On 7th day	On 14th day	On 21th day
1	Udarshool(Site-& Intensity)	3	2	1	0
2	SadahaMootra Pravrutti	3	2	1	0
3	SaraktaMootra Pravrutti	3	2	1	0
4	Size Of Ashmari	3	-	-	0
5	NumberOf Ashmari	3	-	-	0
6	Site of Ashmari	3	-	-	0

USG REPORT :-

Before Treatment:- Mild obstructive changes in left kidney & proximal ureter. Possibility of a calculus in left mid / lower ureter is likely. Right renal calculus of 4mm. (30/6/2020)

After Treatment:- Currently there is no calculi found at upper pole of right kidney (Which is noted on 22/7/2020)

DISCUSSION:-

- From the present study it becomes evident that urological problems form an important part of medical deliberations.
- After completion of treatment statistically highly significant results were observed in pain (Vedana) and burning micturition.
- Statistically significant results were observed in haematuria (Sarudhira Mootrata) . Insignificant result was observed in feature of Ati Aavila Mootrataa.
- Most of the ingredient have Tikta Kashaaya Pradhan Rasa, Laghu Ruksha Guna, Sheeta Veerya, Katu Vipaka and Vatakapha Shamaka properties & have Mootrala, Vedana sthaapana, Anulomana and Bastishodhana Karma.
- It causes relief in symptoms of Ashmari by VataKaphaShamana, Vedanaasthaapana, Shothahara, Mootrala, Rasayana and Anulomana properties.

CONCLUSION:-

- Kultha kwatha has shown significant relief in the symptoms and expulsion of Mootrashmari.
- Incidence of Mootrashmari Vyadhi is more between 25-32 yrs. Age group
- This disease is more in males.
- Mootrashmari is a disease of urinary system and obstruct urinary path which termed as stone in modern science.
- The Mootrashmari mainly occurs due to the calcium deposition which may be associated with lack of citrate and other etiological factors. Approximately 5% to 8% peoples are suffering from common symptoms of ureter culculi; pain, haematuria, burning micturition and dysurea.
- Ayurveda described various treatment approaches for the management of disease; use of herbs, ayurveda formulation and Kashaya etc.
- The good conduct of life (Ahara-Vihara) also play vital role towards the management of disease.

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