

EFFECT OF HARITAKI CHURNA ON MUTRASHMARI – A CONCEPTUAL STUDY**Dr. Mahantesh M.Salimath¹, Dr.Yogesh S. Kulkarni² Dr. Santosh C.Patange³**¹Principal and Professor, ²Assistant Professor, ³PG Scholar Department of PG Studies in Shalyatantra BVVS Ayurveda Medical College & Hospital Bagalkot, Karnataka DOI:<https://doi.org/10.47071/pijar.2020.v05i05.024>**ABSTRACT:**

Background: *Ashmari* is one of the disorders of *Mutravaha Srotas* and one among the *Astamahagada*. *Mutrashmari* is formation of stone anywhere in the *Mutravaha Srotas*, which can be compared with renal calculi with clinical features as renal angle pain, hematuria, pyuria and dysuria. Renal calculi are quite common and usually affect people who are between 30-60 years of age. They affect men more than the women about 10-20% of men and 3-5% of women.

Objectives: To assess the effect of *Haritaki Churna* in the management of *Mutrashmari* with special reference to renal calculi. **Methods:** 15 patients were selected on the basis of inclusion criteria and were treated with *Haritaki Churna*.

Results: It was observed that renal pain reduced by 93.61%, renal angle tenderness 100%, dysuria 100% and size of renal calculus 73.85% by 30th day of treatment.

Key words: *Mutrashmari*, Renal calculi, *Haritaki Churna*.

INTRODUCTION

Ayurveda is considered as the oldest holistic healing system of mankind and it is primarily a lifestyle and preventive medicinal system, moreover it is the ancient medical science of our civilization.

Ashmari is a common disease of *Mutravaha Srotas*, also one among the *Ashthamahagada*.^[1] The word "*Ashma*" means stone and "*Ari*" means enemy.

The formation of stone which cause great pain and suffering to the body like an enemy is called "*Ashmari*".^[2] Acharya Sushruta explained *Nidana* for *Ashmari* as *Kapha Pradhana Tridosha* which presents with the *Lakshanas* as pain in *Nabhi* (umbilical), *Basti* (bladder), *Sevani* (perineal raphe), *Mehana* (penis), *Mutrardharana* (obstruction in flow of urine), *Sarudhiramutrata* (haematuria),

Mutravikirana (scattering of urine), *Gomedakaprakasa* (passing of urine like *Gomeda*) and *Sasikata* (with gravels).^[3]

Renal calculi are crystalline structures composed of calcium oxalate salts. These are formed when the concentrations of ions, as well as solutes such as hydrogen ions, sodium ions and uric acid are present at higher concentration in the filtrate than normal amount. This condition is known as supersaturation and supersaturated ions come out of solution and crystallize. Renal calculi result from the growth of crystal or aggregate of crystals in to a stone.^[4] Among the different types, calcium oxalate and calcium phosphate stones are the most common, occurring in 75% to 85% of the cases, struvite (Magnesium ammonium sulphate) stones and uric acid stones occur in 5% of cases and cystine stones occur in 1% of cases.^[5]

In modern science, different treatment modalities have been explained to treat renal calculi as conservative line of management with non-pharmacologic treatment as adequate fluid intake of 3-4 liters of water per day, medical expulsive therapy with Alpha adrenergic blockers such as Tamsulosin^[6] and surgical methods like PCNL and ESWL

which produce complications like renal hematoma, injury to adjacent structures and hematuria.^[7]

NEED FOR THE STUDY:

Haritaki has properties such as, *Ashmarihara*, *Mootrakrichrahara* and *Mootraghatahara*. By going through the individual *Guna karma* of *Haritaki*, it is said to be *Tridosahara*.^[8] *Haritaki* possesses antiurolithiatic property.^[9]

Hence, a unique ayurvedic formulation *Haritaki Churna* explained by *Acharya Bhavamishra* while explaining the properties of *Haritaki*, was taken for the study.

AIM AND OBJECTIVES:

To access the effect of *Haritaki Churna* in the management of *Mutrashmari*.

MATERIALS AND METHODS:

MATERIALS:

Following is the material required for study

- *Haritaki Churna*

METHODOLOGY:

The clinical trial was carried on 15 patients selected based on inclusion criteria. Thorough examination of patients was done. USG abdomen & pelvis was done for diagnosis. Data was collected and recorded in special case proforma.

Haritaki Churna

Drug – *Haritaki Churna*

Route: Oral

Dosage: 6gms

Timing: Twice a day before food

Anupana: Lukewarm water

Duration: 30 days

Observations:

- The parameters were recorded according to the case proforma before, during after treatment and follow up. Patient was asked to report on 7th day, 15th day and 30th day during treatment for observation.

Follow-Up:

- After completion of treatment patient was asked to report for follow-up study on 45th day and 60th day.

Investigations:

- USG abdomen and pelvis.

Selection of Patients:

- Diagnosed patients of *Mutrashmari* attending the OPD and IPD of BVVS Ayurveda Hospital, Bagalkot and also through various camps conducted for the study.

Assessment Criteria:^[10]

The result of treatment was evaluated as per grading given to subjective and objective parameters.

OBSERVATIONS AND RESULTS:

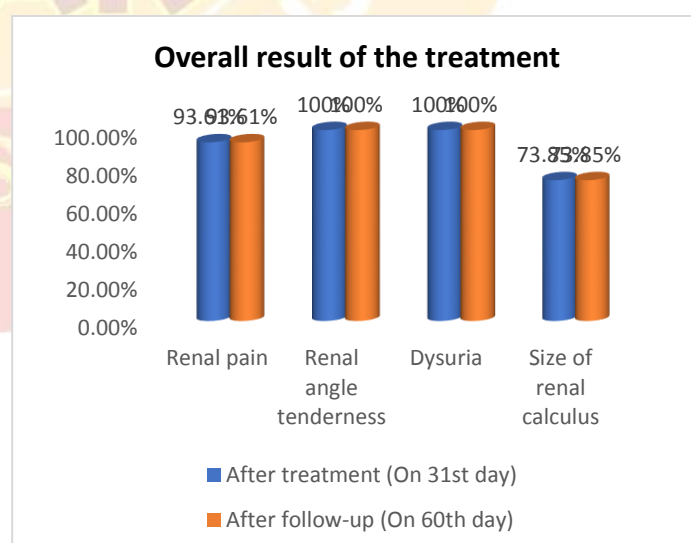
RESULTS:

Table 1: Overall result of the treatment

Parameters	After treatment (On 31 st day)	After follow-up (On 60 th day)
Renal pain	93.61%	93.61%
Renal angle tenderness	100%	100%
Dysuria	100%	100%
Size of renal calculus	73.85%	73.85%

The study was conducted by administrating drug for 30 days. After treatment (On 31st day) of study and after follow up (On 60th day) of study 93.61% of reduction in renal pain was noted, 100% reduction in renal angle tenderness and dysuria was noted and 73.85% of reduction in the size of renal calculus was noted.

Graph No 1: Overall result of the treatment



DISCUSSION:

The clinical study was conducted to evaluate the action of *Haritaki Churna* in the management of *Mutrashmari* and to expel the renal calculus out of the body.

DISCUSSION ON MODE OF ACTION OF *HARITAKI CHURNA*:

The drug *Haritaki* is *Lavana varjita pancha rasa* with *Kashaya* as *pradhana rasa*, it has *Ushna Veerya* and also it acts as *Tridosahara, Anulomaka and Lekhya*. Due to these properties, *Haritaki* does *Kapha-Vata shamana* and due to *Madhura vipaka*, it acts as *Pitta hara*. *Kapha* and *Vata shamana* helps in reducing the size of calculi and pain respectively.

Haritaki Churna is also having anti-urolithiasis property and hence, it prevents reoccurrence of renal calculus.

CONCLUSION:

- The aim of the study was to evaluate the effect of *Haritaki Churna* in the management of *Mutrashmari*. After vivid discussion on observations and results, the following conclusion can be drawn.
- *Haritaki Churna* is effective in *Mutrashmari* with 93.61% of reduction in renal pain, 100% reduction in renal angle tenderness and dysuria and

73.85% of reduction in the size of renal calculus.

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