

EFFECT OF HARITAKI CHURNA ON MUTRASHMARI – A CLINICAL STUDY**Dr. Mahantesh M.Salimath¹, Dr. Yogesh S. Kulkarni² Dr. Santosh C. Patange³**

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ABSTRACT:

Mutrashmari is a common disease of *Mutravaha Srotas*, one among the *Ashtha Mhagada* and considered as *Yama* because it gives intolerable pain. The improper purificatory procedures results in the accumulation of *Kapha* and *Pitta* in the *Mutravaha Srotas* which results in the formation of *Mutrashmari*. In modern science it is correlated with Urolithiasis. Renal calculi are quite common and usually affect people who are between 30-60 years of age. Most of the calculi are formed due to supersaturation of a salt which is capable of forming solid crystals. An 18-year-old female patient presented with complaints of pain in left abdomen, painful urination and nausea for 2 days. The USG abdomen & pelvis report showed distal ureteric calculus measuring 7.8mm associated with mild hydroureteronephrosis. The patient was treated with *Haritaki Churna* with *Ushnajala* as *Anupana* for a period of 15 days. After the treatment, patient got complete relief from all the complaints. Repeat USG abdomen & pelvis scan was done which showed no evidence of calculi in both the kidneys.

Key Words: *Mutrashmari*, Urolithiasis, *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 "Ar" means enemy. The formation of stone which cause great pain and suffering to the body like an enemy is called "Ashmar".^[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]

A single case of Renal Calculi was reported here which was treated *Haritaki Churna* for 15 days and follow up was done for 30 days for observation.

CASE REPORT:

An 18-year-old female patient presented with complaints of pain in left abdomen, painful urination and nausea for 2 days. Patient visited OPD of Shalyatantra Department on 11th July 2019 with OPD No. 31855. After careful examination, patient was advised for USG abdomen & pelvis. The USG abdomen & pelvis report showed distal ureteric calculus measuring 7.8mm associated with mild hydronephrosis. The patient was treated with *Haritaki Churna* with *Ushnajala* as *Anupana* for a period of 15 days.

MATERIALS:

- *Haritaki Churna*

METHODOLOGY:

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.

Assessment Criteria:^[4]

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

OBSERVATION AND RESULT:

- An 18-year-old female patient presented with complaints of pain in left abdomen, painful urination and nausea for 2 days. Patient visited OPD of Shalyatantra Department on 11th July 2019 with OPD No. 31855.

- Patient was subjected to the above said scheduled treatment and kept under regular observations.
- After the treatment, patient got complete relief from all the complaints like pain in left side of the abdomen, painful urination and nausea.
- The clinical study was targeted to evaluate the action of *Haritaki Churna* with an aim to expel the renal calculus out of the body.

DISCUSSION:

Renal calculus is seen more in students and in business men as patients from both these groups fail to drink required amount of water daily. This leads to decreased urine output and precipitation of solutes in the urinary system and ultimately leads to formation of renal calculus in the urinary system.

PROBABLE MODE OF ACTION OF HARITAKI CHURNA:

- *Mutrashmari* is a *Kapha Pradhana Tridoshaja Vyadhi*.
- It is seen due to improper purificatory procedures resulting in the accumulation of *Kapha* and *Pitta* in the *Mutravaha Srotas* which results in the formation of *Mutrashmari*.
- 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.^[5]

CONCLUSION:

- *Mutrashmari* is one among the *Ashtha mahagada* and is compared with Urolithiasis.
- It is treated with *Haritaki Churna* and *Ushnajala* as *Anupana*.
- *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.

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