

A conceptual study on effect of Traikantaka ghrita in Mutrashmari

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Submitted: 20-12-2023

Accepted: 30-12-2023

ABSTRACT :

Ashmari is one of the Mutravahasrothogata Vikara. Due to severe pain associated with the condition, complications produced and very difficult to treat, Acharya Sushruta has mentioned it as one among Astamahagada¹ and calls it as “Antakapratima” which means Swarooma of Yama. In Ayurvedic literature Mootrashmari is classified based on Lakshana’s of Dosha & Ashma. There is striking similarity between the signs and symptoms and the morphology of stone in Ashmari mentioned in literature to that of Urolithiasis. The clinical manifestations like dysuria, pain abdomen, haematuria and burning micturition are also same. Urolithiasis is 3rd most common disease of urinary tract. The recurrence rate of urolithiasis is approximately 50% within 5 yrs. Renal calculi affects one in 20 at some time or other in their lives to a negligible or noticeable extent. Conservative management of contemporary sciences are not that much helpful in preventing and recurrences and surgical management like PCNL, Ureteroscopy, Pyelolithotomy, Nephrolithotomy, Partial Nephrectomy, Nephrectomy and Nephrostomy. Even though they are useful & provide immediate relief, they involve considerable amount of risk and the rate of recurrence is also high as much as 50%. Hence an attempt is made to review about the Clinical understanding of these conditions in the present article.

Key words- Mutrashmari, Urolithiasis, Ashtamahagada, Dysuria.

I. INTRODUCTION :

Since ages human race is constantly challenged by diseases & it is an uphill task to combat them. Ashmari is one among the Muthravahasrothovikara. It is associated with formation of stone in the urinary tract resulting in severe pain. The severity of the pain is compared to the pain as if it given by an enemy. Acharya Sushruta has mentioned it as one among

Ashtamahagada and calls it as “Antakapratima” which means swarooma of Yama. Elaborate description of Mutrashmari is available in Sushruta Samhita (1500B.C) and in many of the Ayurveda treatises. Charaka has advised medical management and Sushruta advised both conservative management and surgical removal of stone.

Urolithiasis is a disease which has high morbidity and socio-economic impact and low mortality. Urolithiasis is the third most common disease of urinary tract preceded by urinary tract infections and prostate diseases .

Samprapti of Mutrashmari:

Tridoshas are involved in formation of Ashmari. The person who do not undergo purification regularly and who indulge in apathya ahara and vihara, kapha dosha get aggravated and combines with urine, reaches urinary bladder and staying there and produces calculi (Mutrashmari)². Sushruta narates that the manner in which even clean water collected in the pot precipitate in the bottom after some time, in the same way hardening of Ashmari occurs with the crystals of kapha present in urinary system³.

Urolithiasis is consequence of complex physiochemical process which involves sequence of events in the formation of any urinary stones. It is as follows Urinary saturation - super saturation - nucleation - crystal growth - crystal aggregation - crystal retention - stone formation.

Etiology according to Modern :

Calcium stones 75% - Hypercalciuria with or without hypercalciuria Idiopathic.

Struvite stones 12% - Urinary infection with urea splitting organisms like proteus.

Uric acid stones 6% - Hyperuricosuria with or without hyperuricaemia (eg.gout).

Cystine stones 1% - Defect in cystine transport.

Others stones 6% - Inherited abnormalities of xanthine metabolism.

Acharya Sushruta Classified Mutrashmari As⁴ :

SL. NO	Ashmari	Lakshanas	Types of stone
1.	Vataja Ashmari	-Mootra prathigatat teevavedana (Very severe pain during micturition) -Danthan khadayathi (Clenches his teeth) -Nabhim peedayathi (squeezes the umbilical region) Colour - Shyavavarna Surface - Parusha & Kara Edges – Vishama Resembles - hard studded with thorns like - kadamba pushpa	Calcium oxalate stones
2.	Pittaja Ashmari	-Chooshana, different types of burning sensations -Dahana, -Symptoms of “ushnavata” will be seen. -Colour - Rakta varna or peetavarna or krishnavarna or madhuvarna -Resembles - Ballataka asthi.	Uric acid stones, urate calculus, cystine calculus.
3.	Kaphaja Ashmari	-Bhedana -Nisthoda -Basti gurutha & Sheetata. -Colour - Shwetha or Madhukapushpavarna -Size - Mahath -Surface - Snigdha -Resembles – Kukkutanda.	Phosphate stones
4.	Shukraja Ashmari	-Mootrakrichra (Difficulty in micturition) -Pain in the basti pradesha -Vrushanayoho shopha (Swelling in the testicular region).	The stone formed in seminal vesical due to suppression of Shukra Vega.

CHIKITSA OF MUTRASHMARI :

Acharya Susrutha explained the Treatment of Mutrashamri in different Modalities in different stages.

1. In Taruna avstha – It is Auoshada sadhya.
2. In Pravruddha avastha – It is Shastra sadhya (Chedam aharati)

3. In Purva roopa avastha – It is treated with snehadi karma (like snehana, swedana,vamana, virechana, Basthi karam).

The formulations which are explained in cases of Ashmari

1. Pashanabhedadi Ghrita
2. Kusaadi Ghria
3. Varunakadi Ghrita

4. The powders of pichuka, ankola, kataka, shaaka, fruit of indivara along with guda it should take in warm water as anupana which helps in sharkara shamana.
5. Trikantaka bija choorna added with honey it should take along with avi ksheera for 7 days which helps in ashmari bhedana.
6. The kshara form of Tila, Apamarga, Kadali, Palasha, Yava. Consumed along with Avi mutra (Sheeps urine) which helps in Sharkara nashana.
7. Drugs of Virataradi gana can consumed in all kind of forms like ghrita, ksheera, and kashaya etc.
8. Traikantaka ghrita⁵ – Which is explained in Sahasrayoga Ghrita prakarana. It contains the ingredients like Apamarga, Traikantaka, Girijatu, Girjabheda, Ikshu, Draksha etc. Which are having Diuretic, lithotriptic and Antispasmodic actions. In the phalashruti of this yoga it is mentioned that it is effective in treating Mutra vikara, Mutrakrichra, Sharkara and Ashmari. Hence, this drug can be taken to explore the efficacy in Mutrashmari.

II. DISCUSSION AND CONCLUSION :

Mutrashmari can be corelated with urolithiasis. It is one of the most common and painful diseases of urinary system. Acharya Sushruta has mentioned it as one among Astamahagada and calls it as “Antakapratima” which means Swarooma of Yama. Ashmari can occur in any part of the mutravaha srotas.

Ayurvedic drugs has potential to act as antilithogenic by different actions such as diuretic, alteration of physiological pH, regulates crystalloid imbalance, antimicrobial activity, anti-inflammatory, analgesic activity and improve renal function. Even after surgery the formation of a subsequent stone does not stop. So, Treatment of Ashmari will be in two stages, initially correction of agni followed by bhedana and lekshana of Ashmari to be done.

In this regard, The drug Trikantaka Ghrita contains ingredients like Ela, Apamarga, Mustaka,

Pippali, Arka which are have properties like katu-tikta rasa and ushna veerya which helps in correction of pachaka pitta and samana vayu. The ingredients like Girijatu, Girjabheda, Gokshura⁶, Apamarga and Kasha have bhedana property which helps in lithotriptic action and disintegration of stone. Ingredients like Gokshura⁷, Draksha, Ela, Kasha and Ikshu have Mutrala and Bastishodaka properties which helps in Diuretic action. Ingredients like Kasha, Darba have properties like Antispasmodic and Muscle Relaxant actions to overcome the nauseating and painful symptoms of Ureteric colic.

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