CLINICAL EVALUATION OF SHVADANSHTRADI KWATH IN MANAGEMENT OF MUTRASH-MARI

Ankita¹, Arvind², Chhaju Ram Yadav³

¹Asst. Professor, Dept. of Kriya Sharir, SBLD Ayurveda Vishwabharti Sardarshahar (Churu), Rajasthan, India
²Medical officer, Dept. of Ayurveda, Govt. PHC Laadusar (JJN), Rajasthan, India
³Associate professor, Dept. of Kriya Sharir, National of Ayurveda, Jaipur, Rajasthan, India

Email: drankitarvind.1990@gmail.com

ABSTRACT

Mutrashmari is very common now a day, many patients are coming in OPD for better treatment. The water supply is not proper to the normal people. There is very hard water supply due to water level is going down globally, so high prevalence of Ashmari. After surgery the recurrence rate is high as 60-80%. So may treatment is available for in modern aspect, Homeopathy, Unani & Ayurvedic aspect. The treatment is Ayurvedic aspect is holistic. To avoid the incidence of recurrence after surgical removal of stone and in search of an effective conservative treatment the present work has been performed. The present study was conducted in 15 clinically diagnosed patients of Urolithiasis were treated with Shvadanshtradi Kwath for 60 days. After 2 months extremely significant improvement in pain, size of calculus, no of calculus by Shvadanshtradi Kwath. Dysuria, Burning micturition, increased frequency of micturition also improved significantly by this.

Keywords: Urolithiasis, Mutrashmari, Shvadanshtradi Kwath

INTRODUCTION

Ayurveda the science of life and an Upanga of Atharvaveda has described many diseases under the captions of Mutrakrichhra, Mutraghata, Mutrashmari etc. Mutrashmari is one of the most common and distressing disease among the group of urinary disorder. Sushruta the pioneer in the art of surgery, during early civilization has described the problem of Mutrashmari widely and comprehensively. The concept of Mutrashmari, its classification, symptomatology, etiological factors, pathology, complications and management have been dealt with both the lines that is to say medico-surgical line. The Mutrashmari is considered as one of the Mahagada by Sushruta owing to its potentiality to disturb the urinary system.¹ Formation of Ashma like (stone) substances within the urinary system is called Mutrashmari. According to various texts, disease Ashmari can be defined as

- Tulayatam Ashmanayati Tasmatam Ashmarim Viduhu (Shabdakalpadruma).
- Ashmari Mutrakrichchhrasyat (Amarkosha)
- Ashmari Mutrakrichchhrabheda (Ayurvedic Shabdakosha)

Management of various types of Ashmari has been described in Sushruta Samhita in Chikitsa Sthan². In-
dication for the surgical management has maintained along with a note of caution regarding its risk and doubtful chances of success\(^3\). Among these modalities *Shvadanshtradi Kwath* is supposed to be effective looking in the management of *Ashmari*, probably this drug have ‘Guna’ that may resolve the condition.

**OBJECTIVES:** To evaluate the efficacy of *Shvadanshtradi Kwath* in the management of *Mutrashmari*.

**MATERIAL & METHOD**

Selection of patients: 30 patients were selected from O.P.D. & I.P.D. of hospital N.I.A., Jaipur , irrespective of sex, caste and religion using randomized method of trial.

**Inclusion Criteria**
- Age between 16 to 60 years
- Clinically and pathologically diagnosed patient all type of *Mutrashmari*.
- Patients not suffering from any systemic disorder.
- Patients not taking any other medicine for *Mutrashmari*.
- Size of the stone up to 10mm.
- Stone present in Upper Calayx, ureter, urinary bladder.
- Multiple urinary stone

**Exclusion criteria**
- Age less than 16 years and more than 60 years.
- Patients with obstructive uropathy.
- Patients suffering from any major systemic disease like diabetes mellitus, Renal failure, Renal tuberculosis etc.
- Benign prostatic hyperplasia.
- Size of stone more than >10mm.

**Criteria for withdrawal**
- If any serious condition or any serious adverse effects appear during the course of study which requires urgent treatment.
- If the patient discontinue.
- If patient wants to withdraw him/her from the clinical study.

1. **Laboratory Investigations**
Following investigations were carried out in the patients to rule out any organic or systemic disease. Radioscopic investigation- USG (KUB region), Blood investigation- Serum Uric acid, Serum Creatinine, Urine investigation- Urine analysis (R/M)

2. **Trial Group:** All 15 patients were treated with *Shvadanshtadi Kwath* for a period of 60 days.

**Drug regimen:-**
*Shvadanshtradi Kwath*- *Shvadanshtradi Kwath* is mentioned in Chakradutta under *Ashmari Rog Chikitsa*.

**Table 1:** Ingredients\(^5\)

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Plants</th>
<th>Latin Name</th>
<th>Part used</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Shvadanshtra</td>
<td>Tribulus Terrestris</td>
<td>Seed</td>
<td>1 part</td>
</tr>
<tr>
<td>2</td>
<td>Eranda</td>
<td>Riccinus communis</td>
<td>Leaves</td>
<td>1 part</td>
</tr>
<tr>
<td>3</td>
<td>Shunthi</td>
<td>Zingiber officinale</td>
<td>Dry rhizome</td>
<td>1 part</td>
</tr>
<tr>
<td>4</td>
<td>Varun</td>
<td>Crataeva nurvala</td>
<td>Bark</td>
<td>1 part</td>
</tr>
</tbody>
</table>

**Method of preparation:** All the ingredients of *Shvadanshtradi Kwath* are taken in equal quantity (total 25gm) in *Yavakutta* form. Then decoction was prepared by adding 16 times water (400ml) to the total weight of drugs. When ¼th (100ml) of the water remained then this decoction was Filtered. Dose- 100ml. (25gm) twice a day, after meal, Dosage form- Kwathchurna (Coarse powder for decoction) Route of administration- Oral, Duration- 60 days

**OBSERVATIONS**
- Maximum number of patients (56.66\%) in the present study was in the age group of 16-30 years, while 20\% patients belonged to age group of 31–40 years. However, age has no direct relation with the *Mutrashmari* formation but it is considered that 3rd and 4th decades of life are more prone to this disease (Robbins Pathology Basis of Disease, 5th Ed.).
High number of patients were male i.e. 70% while rests of the patients i.e. 30% were female. The male female ratio suggests that male were more susceptible to the disease. This may be due to more serum testosterone hormone level in male. Findayson and Richardson postulated that female is having less testosterone level, so they are less prone to disease (Findayson and Richardson 1974).

Maximum i.e. 80% patients were found to be addicted to Tea/coffee. It shows that excessive intake of tea/coffee cause rise in uric acid excretion and increased oxalic acid output, which may help in Ashmari formation.

Maximum number of patients were possessing Vata-Kapha Prakriti i.e. 46.66%. So the above data favours the concept given by Acharya in the context of Ashmari Formation, that Vayu Dosha play an important role for Sthana Samshraya of Kapha for the formation of Ashmari.

Maximum i.e. 73.33% patients were found vegetarian. Fluid intake and urine output may have an effect on urinary stone disease. High sodium intake is associated with increased urinary sodium, calcium and pH and a decreased excretion of citrate; this increases the likelihood of calcium salt crystallization and leads to Ashmari formation (A uric acid disorder in patients with calcium stones, Hodgkinsons; Society of Urological nurses & associates 2005) Who consuming more Calcium & protein rich food, predisposes to Calcium phosphate & Uric acid calculi. In Ayurveda, it has been described that the persons who consume more of Sita, Snigdha and Guru Ahara are more prone to Ashmari formation.

RESULTS

Table 2: Effect of therapy on subjective criteria in 15 patients of Mutrashmari

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Mean</th>
<th>Diff.</th>
<th>% of Relief</th>
<th>SD</th>
<th>SE</th>
<th>p value</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain</td>
<td>1.26</td>
<td>0.20</td>
<td>1.06</td>
<td>84.12</td>
<td>0.70</td>
<td>0.18</td>
<td>0.0005</td>
</tr>
<tr>
<td>Dysuria</td>
<td>0.66</td>
<td>0.06</td>
<td>0.60</td>
<td>90.90</td>
<td>0.73</td>
<td>0.19</td>
<td>0.0156</td>
</tr>
<tr>
<td>Burning micturition</td>
<td>0.66</td>
<td>0.13</td>
<td>0.53</td>
<td>80.30</td>
<td>0.74</td>
<td>0.19</td>
<td>0.0313</td>
</tr>
<tr>
<td>Increased frequency of micturition</td>
<td>1.20</td>
<td>0.73</td>
<td>0.47</td>
<td>39.16</td>
<td>0.63</td>
<td>0.16</td>
<td>0.0313</td>
</tr>
</tbody>
</table>

In 15 patients, Extremely Significant result was found in pain and significant result was found in dysuria, burning micturition and increased frequency of micturition.

Table 3: Effect of therapy on objective criteria in 15 patients of Mutrashmari

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Mean</th>
<th>Diff.</th>
<th>% of Relief</th>
<th>SD</th>
<th>SE</th>
<th>p value</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hematuria</td>
<td>0.53</td>
<td>0.20</td>
<td>0.33</td>
<td>62.26</td>
<td>0.61</td>
<td>0.15</td>
<td>0.1250</td>
</tr>
<tr>
<td>WBC count of urine</td>
<td>0.66</td>
<td>0.40</td>
<td>0.26</td>
<td>39.39</td>
<td>0.59</td>
<td>0.15</td>
<td>0.2500</td>
</tr>
<tr>
<td>Size of calculus</td>
<td>1.73</td>
<td>0.66</td>
<td>1.07</td>
<td>61.84</td>
<td>0.70</td>
<td>0.18</td>
<td>0.0005</td>
</tr>
<tr>
<td>No. of calculus</td>
<td>1.80</td>
<td>0.66</td>
<td>1.14</td>
<td>63.33</td>
<td>0.74</td>
<td>0.19</td>
<td>0.0005</td>
</tr>
</tbody>
</table>

DISCUSSION

Effect of therapy on subjective criteria: Shvadanshradi Kwath provided extremely significant relief in pain (84.12%), and significant relief in increased frequency of micturition (39.60%), burning micturition (80.30%) and dysuria (90.90%) So the relief in pain was observed might be due to Vedana Sthapaka and Sothahara properties of Erand, Shunthi & Gokshur, Vatamulomana properties of Varun & Shunthi, Ushna Virya of Varun, Shunthi, Eranda. Relief in burning micturition was observed might be due to Madhura Rasa of Varun, Gokshura & Eranda, Shee-
taVirya of Gokshur and Madhura Vipaka of Shunthi, Eranda & Gokshur. Relief in **dysuria** might be due to Vatanulomana properties of Varun & Shunthi, Mutrala properties of Varun & Gokshura, Mutrakrichchhraharasa properties of Varun.

**Effect of therapy on objective criteria:** Shvadanshtradi Kwath provided non-significant relief in hematuria (62.26%), WBC count of urine (39.39%) and extremely significant relief in size of calculus (61.84%) & no. of calculus (63.33%).

**Probable mode of action of drug** -
The action of every drug is determined by the dominant Pharmacodynamic properties. These pharmacodynamic properties are- Ras, Guna, Veerya, Vipaka and Prabhava. According to Ayurvedic pharmacodynamic, some drug do work through Rasa, some drug through Veerya, some through Guna, some through Vipaka and some drug through Prabhava. The line of treatment in Ayurveda in mainly based on Dosha Chikitsa. Ashmari is caused by Vata and KaphaPrakopaka Nidana. It is Tridoshajaya Vyadh, but in this disease main vitiated Dosha is Kaptha, followed by Vata and Pitta, which require being pacified. The Basti is seat of Vata and act of micturition is under the control of Apan Vayu. Thus disease has involvement of vitiation of Kaptha Dosha along with vitiation of Vata (Apana Vayu) and Pitta.

**Probable mode of action of Shvadanshtradi Kwath:**
All the ingredients of the drug Shvadanshtradi Kwath are having a particular mode of action on Doshha, Dushya, Agni and Srotas. The properties of ingredients like Kaphahara, Lekhana, Vedanasthapana, Vatanulomana, Shoolaprasamhama, Sheeta Prashamana, Bhedana, Shothahara, Mutrala, Deepana, Pachana, Shodhana act on the Dosha (Vata, Pitta and Kaptha), Dushya (Mutra), Srotas (Mutravaha Srotas) and Agni. The drug Shvadanshtradi Kwath is having a particular mode of action on Dosha, Dushya, Agni and Srotas as follows-

- Vata – Vedana Sthapana, Vatanulomana, Shoolaprasamhama, Pitta – Jvaraghna, Dahaprasamhama, Pittashamana due to Sheeta Veerya, Kaptha - Bhedana, Shothahara, Dushya (Mutra) - Mutrala, Mutra Virechaniya, Agnimandhya - Deepana, Pachana, Mutravaha Srotodushti – Mutrala, Mutra Virechaniya. The ingredients of Shvadanshtradi Kwath pacify Kaptha Dosha by virtue of their Laghu&Ruksha Guna, Kshaya, Katu & Tikta Rasa, Ushna Veerya and also show "Lekhana" property due to Ushna Veerya. The Vatanulomana, Shothahara and Mutrala properties of ingredients help to relieve pain and Sthaniaka Shotha. Deepana property of drug helps to increase the Agni, which further check the formation of Ama at Jatharagni level itself. Pachana property of ingredients helps in assimilations of drug in the body in case of Jatharagnimandya. Due to the AshmariBhedhana or Ashmari Hara property of ingredients present in the drugs, stone might be dissolved. Shvadanshtra (Gokshura) act as Mutrala (diuretic) by virtue of their Sheeta Veerya and Madhura Rasa. Ingredients of the drug by their Bhedana, Ashmarihara and Kaphahara Karma along with Mutrala Karma, are helpful to reduce the size of the Ashmariand expelled it out from the body. Thus in total this formulation has the capacity to disintegrate the pathogenesis of the disease Mutrashmari and due to its diuretic action it flushes out the disintegrated Mutrashmari by the process of diuresis. (The ingredient Gokshura contains ample amount of potassium salts and alkaloids which is responsible for Mutrala and AshmariNaashana Karma. Varun bark generates fridelin, saponin, tannin, disogenin and betulinic acid which has diuretic action that slows down and hinders the formation of stone inside the organs. Also it has Ashmaribhedana Prabhav. Shunthi contains oil of ginger, zingiberine, gingerin. It acts as supportive drug in reducing pain and swelling associated with calculus. Therefore, it is added. Eranda contains amylase, invertase and other enzymes. Its Adhobhagaher Prabhav causes Mutravishodhana and Vednasthapana Karma. Except Gokshura all three ingredients are Ushna Veerya due to that it has urolithiatic property. Also due to Mutrala and Shodhana Guna it has diuretic property. Due to these Guna it breaks the Kaphavataj Sanghat that is Samprapti (etiopathogenesis) of Mutrashmari resulting in breakdown and expulsion of calculi. [IAMJ ISSN:2320 5091])
Scientific basis of mode of action of Shvadanshtradi Kwath:-

**Gokshura**- An ethanolic extract of TT fruits was tested in urolithiasis induced by glass bead implantation in albino rats. It exhibited significant dose-dependent protection against deposition of calculogenic material around the glass bead, leukocytosis, and elevation in serum urea levels.

-The other experiments revealed that TT extract not only has a potential to inhibit nucleation and growth of the CaOx crystals but also has a cytoprotective role.

**Eranda**- The methanolic, ethanolic and aqueous extract of *R. Communis* leaves exhibited the antibacterial activity against four isolates of bacteria.

**Shunthi**- Administration of EZO to ethylene glycol rats prevented super saturation of calcium oxalate and thus decreased their deposition in renal tubules due to active compound present in the extract. This indicates that administration of EZO reduced and prevented the growth of urinary stones.

**Varun**- An ethanolic extract of stem bark powder of *Varun* lowering intensity of cellular infiltration in renal tubule and reduction in oxalate levels of urinary and renal tissues along with reduced liver glycolate oxidase activity.

- Lupeol extract reduces oxalate level , promote super saturation in renal tissues by diuretic activity.
- The diuretic action of this drug attributes the metabolic correction of the serum and urinary electrolytes levels in experimentally induced urolithiasis in albino rats.

**In short we can say that**-

- The *Vatanulomana, Shothahara and Mutrala* properties of ingredients helps to relieve pain and *Sthanika Sotha*.
- *Deepana* property of drugs helps to increase the *Agni*, which further check the formation of *Ama* at *Jatharagni* level itself.
- *Pachana* property of ingredients helps in assimilation of drugs in the body in case of *Jatharagnimandy.
- Stone might be dissolved due to the *Ashmari Bhedana or Ashmarihara* property of ingredients present in both the drugs.

**CONCLUSION**

Overall assessment of result shows that *Shvadanshtradi Kwath* was showed better improvement rate, due to improvement of physiology of *Mutravaha Srotas* by correction of *Agni, Ama Pachana and Anulomana*. From the study we can concluded that administration of *Shvadanshtradi Kwath* is an effective treatment modality for *Mutrashmari* which overcomes the surgical intervention by easy and painless expulsion of *Ashmari*.

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