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RESEARCH ARTICLE

A CASE STUDY – THE EFFECT OF VARUNAKSHARADI YOGA IN THE MANAGEMENT OF MUTRASHMARI.

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Abstract

Ashmari is one of the disorders of Mutravaha Srotas and one among the Astamahagada. Mutrashmari is a formation of stone anywhere in the Mutravaha Srotas, which can be correlated with Urinary tract stone or urolithiasis. Renal calculi are one of the most painful and common disorders of urinary tract. As Ashmari is Kapha Pradhana Tridoshaja Vyadhi. As Kshara is Tridoshaghna it is indicated in Mutrashamri. Varunaksharadi Yoga mentioned in Vangasena in Ashmari Rogadhikara. The case study taken on Mutrashmari. A male patient aged 35 years having complaint of Right side pain abdomen since 15 days. This case study shows that Varunaksharadi Yoga having good result in treating Mutrashamari. The formulation is having Ashmari Chedana, Bhedana and processes Mutrala properties. As per classics Ashmari is Tridoshaja Vyadhi and Kshara is having Tridoshghna property so it plays an important role in SampraptiVighatana in Mutrashmari.

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Introduction:-

Ayurveda is an ancient system of medicine which aims to maintain the health of the healthy individual and cure the disease of a diseased person. According to Ayurveda body is composed of Tridosha, Saptadhatu and Trimala. These Trimala produced as a result of digestion and metabolism of food and get excreted from the body through their respective Srotas. Mutra is one among the Trimala and is excreted through MutravahaSrotas.

Mutrashmari is one of the most common diseases among urinary disorders. The MutravahaSrotasVikara like Ashmari, Mutrakrichchra, Mutraghata, Prameha are the diseases causing distress to human being since ancient age. Acharya Sushruta explained Mutrashmari as one among the Ashtamahagada. ¹

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In most of the countries there is a relatively high incidence of renal calculi which are due to climate, diet, habits, Geology with hydro-mineralogy.² Renal calculi are quite common and usually affect people who are between 30-60 years of age.³ They affect men more than the women. It is estimated that renal colic (severe pain caused by a kidney stone) affects about 10-20% of men and 3-5% of women. In India 12% of the population is expected to have urinary stones, out of which 50% may end up with renal damage.⁴

Acharya Sushruta says in initial stage Ashmari can be treated by medicines, but in advanced stage surgery is needed, he also opines that before going for surgical procedures one should try to manage with oral medications.⁵

Kshara is a medicament obtained from ash of one or more plants, animal and mineral products. PaneeyaKshara is one of the potent preparations indicated in AshmariChikitsa. Ayurveda has an unique concept of breaking the calculus by using the Ashmari-bhedana, and Mutral drugs. Present study is on an unique Ayurvedic formulation Varunaksharadi Yoga explained by Acharya Vangasena in Ashmari Rogadhikara.⁶

Case History

A 35 year old male patient presented with complaints of pain abdomen since 15 days, associated with difficulty in micturation since 8 days.

Patient was apparently normal about 15 days back. Then he developed severe pain in lower abdomen and vomiting. For this he consulted near by physician and got temporary relief from the complaints. After some days again he felt same pain in abdomen and difficulty in micturation for which he approached our hospital for treatment.

According to patients complaints pain was intermittent and colicky in nature and it was felt at right side of the abdomen. Dysuria felt at beginning of the micturation which was burning type. Patient was not a known case of diabetes mellitus and hypertension. Diet history reveals that his food intake was regular in both quantity and quality. Patient gives history of less consumption of water.

On Examination

His vitals were within normal limits. On examination the abdomen- soft, tenderness at right renal angle and lumbar region. As per classics clinical features like Vedana in Udarapradesha (pain abdomen), Sadaha Mutrata (Burning micturation), were observed and on the basis of ultrasonography report patient diagnosed as Mutrashmari (Right kidney- 10.9mm, Left kidney- 4.8mm)

Materials And Methods:-

As Acharya Sushruta explains Paneeya Kshara as a potent preparation in Ashmari Chikitsa. An Ayurvedic formulation Varunaksharadi Yoga explained in Vangasena in AshmariRogadhikara is administered to the patient for a period of 1 month.

The formulation contains equal quantitys of Varuna Kshara and Yava Kshara- 1 capsule (500mg) of this Yoga given twice day with water before food for 1 month and patient was asked to follow prescribed pathyapathya.

During his follow up on 45th day patient noticed all clinical features were absent. Patient was advised repeat ultrasonography after treatment and that shows tiny non obstructing right renal calculus. Patient is asked to follow pathyapathya.

Procedure

1. Route: Oral
2. Dosage: 500mgs (1 capsule)
3. Timing: Twice a day before food
4. Anupana: Jala
5. Duration: 30 days

Diagnostic Criteria

1. Clinical features of renal calculi as renal pain (Vedana), dysuria, haematuria (Sarudhiramutrata) and pyuria.
2. USG Abdomen and Pelvis findings for site and size of calculi.

Assessment chart:

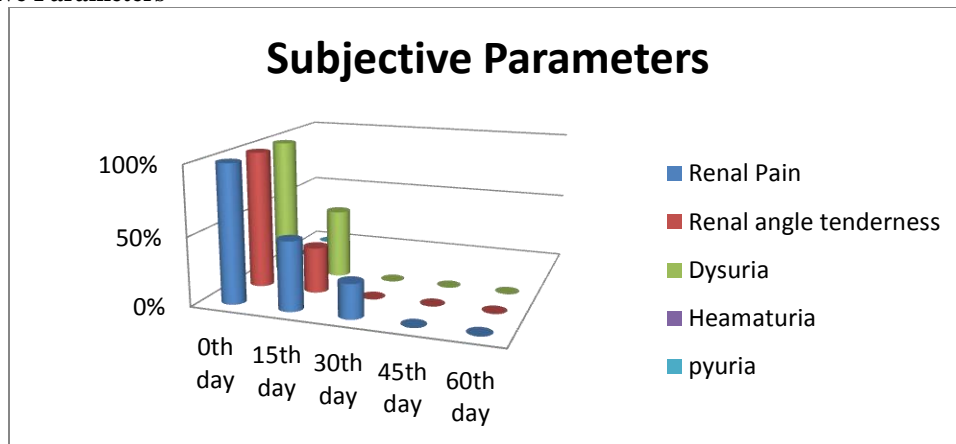
| | | BT | DT | | | | AT | FU | |
|----------------------|------------------------|-----------------|---|---------------------|----------------------|-----------------------|------------------|------------------|--|
| | Day | 0 th | 1 st | 7 th Day | 15 th Day | 30 th | 45 th | 60 th | |
| Subjective Parameter | Parameter | Day | Day | | | Day | Day | Day | |
| | Renal pain | 4 (100%) | 4 (100%) | 3 (75%) | 2 (50%) | 1 (25%) | 0 (00%) | 0 (00%) | |
| | Renal angle tenderness | 3 (100%) | 3 (100%) | 2 (66.66%) | 1 (33.33%) | 0 (00%) | 0 (00%) | 0 (00%) | |
| | Dysuria | 4 (100%) | 4 (100%) | 3 (75%) | 2 (50%) | 0 (00%) | 0 (00%) | 0 (00%) | |
| Objective Parameter | Haematuria | | 0 | | | | | | |
| | Pyuria | | 0 | | | | | | |
| | USG Findings | Site | Right kidney upper pole, Left kidney mid pole | | | Rt. Kidney upper pole | | | |
| | | Size | 10.9mm, 4.8mm | | | 3.6mm | | | |
| | | Number | 2 | | | 1 | | | |
| | | Grade | 4(100%) | | | 1(25%) | | | |

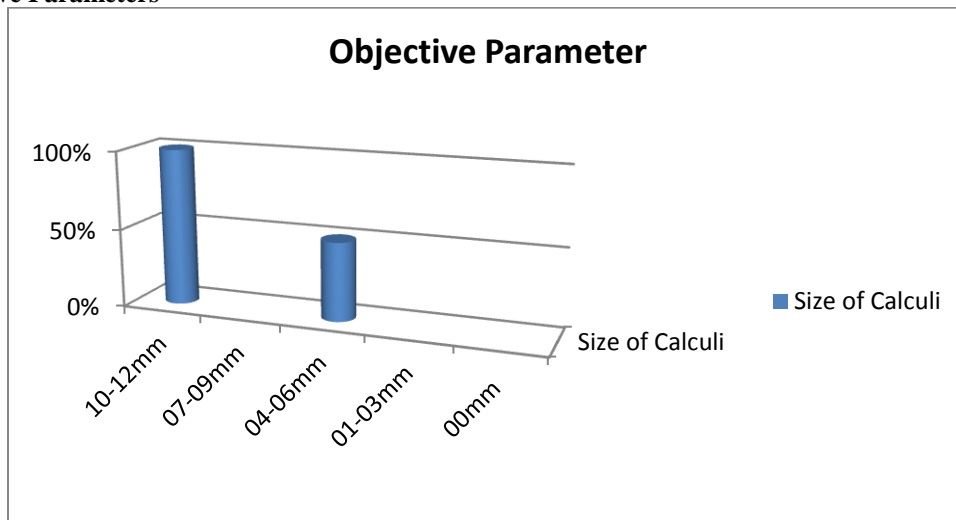
USG Report:-

| USG REPORT | | |
|------------|---|---|
| DATE | 03/08/2018 | 04/09/2018 |
| IMPRESSION | Non obstructing bilateral renal calculi. (Left kidney mid pole-4.8mm, Right kidney upper pole- 10.9mm) | Tiny non obstructing right renal calculus. (Right kidney upper pole-3.6mm) |

Results:-

Subjective Parameters



Objective Parameters

The effect of Varuna ksharadi Yoga over abdominal pain, dysuria on 1st day was no reduction. On 15th day 50% of the symptoms were reduced. On 30th day maximum improvement was seen in pain and dysuria. Effect of formulation on size of the calculi before treatment was non obstructing bilateral renal calculi. (Left kidney mid pole-4.8mm, Right kidney upper pole- 10.9mm) in size and size after the treatment is Tiny non obstructing right renal calculus. (Right kidney upper pole-3.6mm)

Discussion:-

The drug Varuna having Tikta, Kashaya Rasa, UshnaVeerya shows the action as Kapha-Vatahara. The drug Yava having Kashaya, Madhura Rasa, SheetaVeerya shows the action as Kapha-Pittahara as Mutrashmari is Kaphapradhana Tridoshaja Vyadhi so it is helpful in breaking the samprapti of vyadhi and formulation is in the form of Kshara it is having property like Ashmarichedhaka, Bhedhaka, and Ashmarighna it helps in disintegration and flushing out the calculi from the body.

Conclusion:-

In this study the patient was having bilateral renal calculi at left kidney mid pole and right kidney upper pole the formulation Varunaksharadi Yoga was given for duration of a month, which showed good result after treatment. The durg based on its Rasapanchaka shown its action on Mutrashmari as Ashmari Chedaka, Bhedaka and Mootral. Ashmari is a Kapha Pradhana TridoshajaVyadhi Kshara is also having Tridoshaghna property and it helps in Samprapti Vighatana of the Vyadhi. Thus it does disintegration and flushing out the calculi from the body.

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