



ORIGINAL RESEARCH PAPER

Ayurveda

ROLE OF VEERTARVADI GANA IN ASHMARI

KEY WORDS: Pratiloma of Vata, Ashmari, Sharkara, Veertarvadi-Gana.

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ABSTRACT Pratiloma of Vata generates many vyadhies like as Ashmari, Mutra-krichchhra, Mutraghata. In developing countries, calculi occur in healthy young persons also. Ashmari is a disease related to mutravah- shrotus in which ashma means stone is formed in urinary system. It is mentioned in Ashta-Mahagada and also a darun-vyadhi. Early diagnosis and early treatment are necessary during Purvarupa stage because it's difficult to treat in chronic stage. So Veertarvadi-Gana can be screened against, ashmari, sharkara, mutrakrichra, mutraghata. Hence the present article has focussed towards critical analysis of herbal drugs of the above Gana to justify their efficacy and safety in the management of Ashmari on the basis of their action and their other properties. It definitely gives beneficial effects in Ashmari chikitsa

INTRODUCTION

In India, the prevalence of urinary stones is about 12% of Indian population expected to have. Stone formation usually results from an imbalance between factors that promote urinary crystallization. In developing countries, calculi occur in healthy young persons also. Mostly patients present with pain, pain with haematuria and UTI. A common presentation is with acute loin pain radiating to the anterior abdominal wall as well as haematuria. The pain steadily increases in intensity to reach a peak in a few minutes. Ashmari is correlated with renal stone disease. It's a common disease affecting people of all countries. The churna form of Ashmari is known as sharkara i.e. gravels. Acharya Sushruta has explained 2 types of process of stone formation. One is by the stagnation and supersaturation of urine and other by crystallization of crystalloids in the urine. Various herbal formulations are mentioned in Ayurveda-Samhitas found effective till today. These are described individually or in combination form for Ashmari-chikitsa which works as Bhedan and Patan. According to Acharya Sushruta, in the 38th chapter of Sutra Sthan describes 37 Ganas in which every group has specific actions as well as pharmacotherapeutic actions to fight against many diseases. The utility of ganas is that they work on diseases and has been prescribed in such a manner that the combination provides effective guidance for vaidyas. Out of 37, many Ganas work on excretory system such as veertarvadi, mushkadi, brihatyadi, ushakadi, parushkadi etc. Ganas. Veertarvadi-Gana among them can be screened against, ashmari, sharkara, mutrakrichra, mutraghata. Hence the present article has focussed towards critical analysis of herbal agents of the above Gana to justify their efficacy and safety in the management of Ashmari or renal stone on the basis of their action and their other properties. If uses of these Ganas in the form of Lepa, Kashaya, Tail and Panak etc. in respect of need of vyadhi. It definitely gives beneficial effects in Ashmari chikitsa.

Review of literature :

Formation of Ashmari :

According to Acharya Sushruta, Pratiloma of Vata generates many vyadhies like as Ashmari, Mutra-krichchhra, Mutraghata etc. and explained about Ashmari i.e. just like, clean water is filled in clay pitcher but after sometime, precipitate aggregate in it. Again acharya Sushruta said that in the sky, air and thunder form hail from rain's water, in the same way, Agni(pitta) with Vata produce Ashmari through urine which comes with kaph dosha by hardening it with the help of Ushma of pitta dosha. There are 4 types of Ashmari by

making centre of kapha are followings : kaph,vata, pitta, shukra. It is mentioned in Ashta-Mahagada and also a darun-vyadhi which means, it's difficult to treat.

According to Acharya Charak, if the use of vatkar aahar-vihaar responsible for increasing vata entered in vasti and aggregates of pitta-kapha-sukra-mutra and dries them. Gradually these dries elements find in form of Ashmari.

Vagbhat accepts Charaka's view and also states that increase or decrease in medo dhatu is directly related to size of Ashmari.

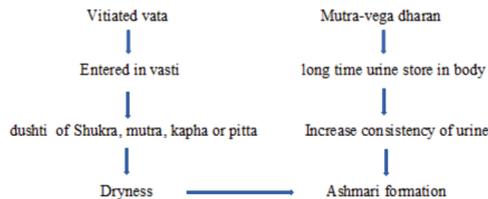
Purvarupa of Ashmari :

Jwar, pain in vasti, aruchi, mutrakrichchhra, pain in vasti-shir, mushk and shef, krichchhra-avasad, vast-gandh-mutra, colour and pain according to doshas.

Roop of Ashmari :

During urination, pain in one of them i.e. umbilicus, vasti, sevani, mehan; mutradhara-sang, sarudhir-mutrata, mutra-vikiran, gomed like, discolouration, urination with sikta, pain during running, jumping, swimming, riding, ushna-gaman, journey.

Samprapti :



Renal calculi according to Modern Science :

Urinary calculi consist of aggregates of crystals, usually containing calcium or phosphate in combination with small amount of proteins and glycoproteins. The most common types are calcium oxalate 60%, calcium phosphate 15%, uric acid 10%, magnesium ammonium phosphate 15%, cystine and others 1%.¹⁰

Aushadha Chikitsa :

Early diagnosis and early treatment are necessary because it's difficult to treat in chronic stage. So Sushruta even mentioned Chikitsa during Purvarupa stage. Before using the medicine, there should be clearly analysis of vitiated Doshas

and their types. In Prakopa of single dosh, one specific Gana should be used. If doshas are mixed , drugs of ganas should be used in mixed form and in tridosha prakopa, 3 or more Ganas should be prescribed.¹¹

When vata present in natural state, urine has properly excrete out. So Sushruta mentioned Veertarvadi gana for treatment of Ashmari. Drugs of Veertarvadi gana with their rasa, guna, veerya, vipak and dosha's karma are follows¹² :

S.No.	Name	Guna	Rasa	Veerya	Vipak	Dosha karma
1.	Veertaru (Arjun)	Laghu , Ruksha	Kashaya	Sheeta	Katu	Kaph-pitt-shamak
2.	Sahchar dva (neel-rakta-Sahchar)	Laghu	Tikta	Ushna	Katu	Kaph-vata shamak
3.	Darbh	Laghu , Snigdha	Madhur, Kashaya	Sheeta	madhur	Tridosha-shamak
4.	Vrikshadani	Laghu , Ruksha	Kashaya, Tikta, Madhur	Sheeta	Katu	Tridosha-shamak Mainly-kaph-pitta-har
5.	Gundra	Laghu , Ruksha	Katu , Kashaya	Sheeta	Katu	
6.	Nala	Laghu, Snigdha	Madhur, Kashay, Tikta	Sheeta	madhur	Tridosha-shamak
7.	Kush	Laghu , Snigdha	Madhur, Kashaya	Sheeta	madhur	Tridosha-shamak
8.	Kash	Laghu , Snigdha; Tikta (bha.Ni.)	Madhur, Kashaya; Sara (bha.ni.)	Sheeta	madhur	Vata-pitta-shamak
9.	Pashanbheda	Laghu, Snigdha, Tikshna	Kashaya, Tikta	Sheeta	Katu	Tridosha -shamak
10.	Agnimantha	Laghu , Ruksha	Tikta, katu, Kashaya, Madhur	Ushna	Katu	Kaph-vata-shamak
11.	Morat/murva ¹³	Guru , Ruksha	Tikta, Kashaya	Ushna	Katu	Kaph-vata-shamak
12.	Vasuk/shwet-Arka	Laghu , Ruksha, Tikshna	Katu Tikta	Ushna	Katu	
13.	Vasir/apamarg	Laghu , Ruksha	Katu Tikta	Ushna	Katu	Kaph-vata-shamak ; kaph-pitt-sanshodhan
14.	Bhalluk/shyonak	Laghu , Ruksha	Madhur, Tikta, Kashaya	Ushna	Katu	Kaph-vata-shamak
15.	Kurantak(yellow flower piyavasa)	Laghu	Tikta , Madhur	Ushna	Katu	Kaph-vata shamak
16.	Neelkamal	Laghu, Snigdha, Pichchhil	Kashaya, Madhur, Tikta	Sheeta	Madhur	
17.	Kapotvanka/brahmi	Laghu	Tikta	Ushna	Katu	Kaph-vata shamak
18.	Gokshura	Guru, Snigdha	Madhur	Sheeta	madhur	Vata-pitt-shamak

DISCUSSION :

Urine is Jaliya and Aagneya so there is used those dravyas which are Jaliya means sheeta virya and Aagneya means Ushna virya. Some dravyas perform with virya , some by vipak, some by rasa or gunas etc. Sahchar, Agnimantha, murva, apamarg, shyonak, mandukparni having ushna veerya helps to shaman of vata-kapha doshas and increase pressure in blood vessels of excretory system and commotion in kidneys so enhance urination . Sheeta virya of arjun, darbh, gokshur, vrikshadani, nal, kush,kash, pashanbheda, gundra helps to shaman of pitta dosh and increase amount of urine by preventing absorption of Jaliyans through capillaries, so work as mutral. Katu vipak of arjun, vrikshadani, pashanbheda, gundra work as aam-pachan so vitiated kaph dosh decreases and establish mal-mutra-dhatu-samya in body. Tikta rasa act as deepan, pachan, vishaghn, krimighn, lekhan. Lekhan is done for vitiated kapha dosh and meda dhatu.

Pashanbheda has tikta and Kashaya rasa helps to shaman of kapha, it's laghu guna helps in scrapping the stone, snigdha guna diminish vata dosha, sheeta veerya act as mutral and pitta-shamak, and prabhav is also ashmarighn and tridosahara.

Hence dravyas work as Bhedan of Ashmari by their tikshna guna like as Pashanbheda and some work as muravirechaniya like as Gokshura, kash kush etc. and helps in preventing its formation. So these dravyas are known as Antilithic.

CONCLUSION:

Ashmari is a disease related to mutravah- shrotus in which ashma means stone is formed in urinary system and Pratiloma of Vata responsible for Ashmari formation, This disease to classified on the basis of signs and symptoms as well as morphology of stone that are found in different parts in Mutrawaha-shrotus. It's one of most prevalent type of urinary disorder. There are 2 types of chikitsa of Ashmari described in our classics, medicine and surgical removal. Newly diagnosed with no complications are treated with medicines.

If it's chronic, Ashmari needs surgical treatment. But Ashmari has peculiar tendency of recurrence even after surgery. Therefore, Nidan-Parivarjan is much important Chikitsa and need to shaman of Vata mainly with Pitta and Kapha. So if veertarvadi Gana is used, Ashmari and surgical recurrence can be pacified.

Therefore, case should be also taken for prevention. Gana possesses the properties to disintegration and expulsion of stone can produce better relief in sign and symptoms of Ashmari. These drugs act as Bhedan and Patan, vedana-shamak, basti-shodhak. Ayurvedic drugs have potential to act as anti-lithogenic property by multiple actions such as diuretic, alteration of physiological PH, regulates and crystalloid imbalance, antimicrobial properties, anti-inflammatory properties, analgesic and improve renal functions. All the drugs help to re-establish normal physiological functions in the affected tissues and organs.

Hence, keeping in view, these mentioned facts, an attempt has been made to impart counselling to the kidney stone patients in the evaluation of the effectiveness of Veertarvadi-gana.

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