



ISSN 2456-3110

Vol 7 · Issue 2

March 2022

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

A conceptual study on effect of *Pashanabhedadi Kwatha* in the management of *Pittashmari*

Shubhangi¹, Shilpa P. N.²

¹Post Graduate Scholar, Dept. of Shalya Tantra, Govt. Ayurveda Medical College, Bengaluru, Karnataka, India.

²Associate Professor, Dept. of Shalya Tantra, Govt. Ayurveda Medical College, Bengaluru, Karnataka, India.

ABSTRACT

Ashmari formed in *Pittashaya* is explained as *Pittashmari* in classics. The clinical features may be correlated as *Udara Shola*, *Ajirna*, *Chardi*, *Agnisanga* and *Aruchi*. It can be correlated with cholelithiasis in contemporary science. Symptoms in general include right hypochondriac region pain radiating to back, nausea, vomiting, indigestion, anorexia. Prevalence of cholelithiasis varies according to geographical distribution, sex and age. The treatment modalities of cholelithiasis in conventional science are conservative medications and surgical procedures which are expensive, involve invasive treatments, needs hospitalization and in most of the medical management case recurrence rate is high. *Ayurveda* explains variety of *Yogas* for the management of *Ashmari*. A *Pashanabhedadi Kwatha* is indicated in *Pittashmari* as per *Bharath Bhaisaja Ratnakar*. So, this study is taken up, to explore the effect of *Pashanabhedadi Kwatha* in *Pittashmari* keeping in view the shortcoming of different modern medical treatments.

Key words: *Pittashmari*, *Pashanabhedadi Kwatha*, *Ayurveda*, *Cholelithiasis*

INTRODUCTION

Cholelithiasis (Gall stones) are formed from constituents of bile, cholesterol, bile pigments, calcium salts, bilirubin, phosphate carbonate, palmitate and proteins. The prevalence of cholelithiasis 10 to 20% of the world population. The prevalence in India has been reported as 2 to 29% and seven times more common in North India. Women are affected more than men, and the ratio is 4:1. It is said that the gallstones are common in fat, fertile, forty, female.

50% gall stones, after a long follow up, turned with

serious complications like, acute and chronic cholecystitis, empyema and mucocele of gallbladder and Carcinoma in 20%. The medical management include oral bile acids like urodeoxycholic acid for longer duration (6 to 38 months) it is effective only in cholesterol stone and recurrence is common once the medication is stopped. Gall stones can be broken up by Lithotripsy, which is suitable only when there is small number of gall stones and after cholecystectomy complications like infection, subphrenic abscess, bleeding from cystic artery and from liver bed, injury to CBD, hepatic duct, colon, duodenum, biliary stricture and fistula formation by overall view it is very much clear that there is no desired conservative effect in modern medicine for the management of cholelithiasis and sometimes patients are unfit for the surgery so there is large scope in *Ayurveda* to manage Cholelithiasis.

In this study the reference is from *Kwatha* preparation of *Bharatha Bhaisaja Ratnakar*, *Pashanabhedadi Kwatha* contains *Pashanabhedadi Kwatha*, *Sudha Shilajatu* and *Khand Sharkara Choorna*. *Pashana Bheda* is best in *Tridosaghna*, *Ashmariaghna*, *Shoolahara*,

Address for correspondence:

Dr. Shubhangi

Post Graduate Scholar, Dept. of Shalya Tantra, Govt. Ayurveda Medical College, Bengaluru, Karnataka, India.

E-mail: shiv.k.mulge123@gmail.com

Submission Date: 17/01/2022

Accepted Date: 23/02/2022

Access this article online

Quick Response Code



Website: www.jaims.in

Published by Maharshi Charaka Ayurveda Organization, Vijayapur, Karnataka (Regd) under the license CC-by-NC-SA

Dahahara, Pliha Rogahara and Vranahara. Shilajatu is having properties of Ashmariaghna, Shoothara, cures Agnimandya, Udarashoolahara and useful in all Udara Vikaras. Pashanabhedadi Kwatha is indicated in Pittashmari. To evaluate the effect of Pashanabhedadi Kwatha in Pittashmari the following study has been undertaken.

Nidana of Pittashmari

There is no direct reference for Nidana available in the texts.

The following Nidanas can be taken to be considered in Pittashaya Ashmari.

Vatakara Ashmari Nidana

Ratri Jagarana, Ruksa and Laghu Ahara

Pittakara Ashmari Nidana

Madhya, Mamsa, Katu, Amla, Lavana Ahara

Kaphakara Ashmari Nidana

Avyayama, Diva Swapna, Snigdha and Madhura Ahara Sevana

Lakshana

The clinical features may be correlated as Agni Sanga, Udara Soola, Ajirna, Chardi and Aruchi.

Samprapti

The reference of Pittashaya Ashmari Samprapti is delt in Rasatarangini. Under the concept of Narikela Lavana Guna Karma, Rasataranginikaara quotes, Vata Prakopa in the Pitashaya causes the Shoshna of Pitta Dosha in the Pittashaya later leads to which manifestation of Shola.

Chikitsa

Susrutha Samhita

Susruta quotes based in the nature of the Ashmari, drugs should be selected and administered in the form of Kshara, Yavagu, Yusha, Kashaya or milk.

Bharata Bhaisja Ratnakara

Pashanabhedadi Kwatha with Sudha Shilajatu and Khanda Sharakara Choorna cures the Pittashmari.

Method of Pashanabhedadi Kwatha preparation

Pashanabhedadi (Aerva lanata) Moola Choorna is boiled in 16parts of water reduced to 1/8th part. Pashanabhedadi kwatha + Sudha Shilajatu and Khanda Sharakara Choorna.

Probable mode of action of Pashanabhedadi Kwatha in Pittashmari

Pashanabhedadi is best in Tridosaghna, Ashmariaghna, Shoolhara, Dahahara, Pliha roga hara and Vranahara.

Shilajatu is having properties of Ashmariaghna, Shoothara, cures Agnimandya, Udarashoolahara and useful in all Udara Vikaras.

Khanda Sharkara having properties of Vatapittahara and Dahahara.

There for Pashanabhedadi Kwatha is indicated in Pittashmari.

DISCUSSION

Properties of Pashanabhedadi Kwatha

Pashanabhedadi used in Pashanabhedadi Kwatha will be having properties like Tridosaghna, Ashmariaghna, Shoolhara, Dahahara, Pliha Rogahara and Vranahara along with hepatoprotective, anti-protazoal, anti-cancer, anti-lithitic, anti-inflammatory due to phytochemicals like Bergenin, pashanalactone, beta sito sterol, tannic acid, gallic acid, parasorbic acid and isovaleric acid.

The Shilajatu having properties like Ashmariaghna, Shoothahara, cures Agnimandya, Udarashoolahara and useful in all Udara Vikaras and its acts as anti-inflammatory, antioxidant, anti-aging property, immunity booster and also helps in reducing weight loss. Sharakara having properties like Dahahara and Vatapittahara.

CONCLUSION

Hence Pashanabhedadi Kwatha is simple, safe and minimally invasive it can be used in Pittashmari. Pittashmari having the symptoms like Agnisanga, Udarashoola, Ajirna, Chardi and Aruchi which are subsides by the properties of Pashanabhedadi Kwatha.

REFERENCES

1. Acharya Charaka. Charaka samhita by Agnivesha, revised by Charaka and Dridhabala with Ayurveda Dipika commentary of Chakrapanidatta, edited by Vaidya Jadavaji Trikamji Acharya. Chaukhamba Sanskrith Sansthan, Varanasi. Edition 1994, Chikitsa Sthana 16th chapter, Verse 125,Pp-738,Pg-532.
2. Acharya Sushruta. Sushruta Samhita by Sushruta with Nibandha Sangraha Commentary of Sri Dalhanacharya and Nyayachandrika Panjika of Sri Gayadasacharya on Nidanasthana. Chaukhamba Surbharati Prakashana, Varanasi. Reprint 2008, Shareera Sthana 5th chapter, Verse 8,Pp-824,Pg-364.
3. Acharya Sushruta. Sushruta Samhita by Sushruta with Nibandha Sangraha Commentary of Sri Dalhanacharya and Nyayachandrika Panjika of Sri Gayadasacharya on Nidanasthana. Chaukhamba Surbharati Prakashana, Varanasi. Reprint 2008, Chikitsasthana 14th chapter, Verse-17,Pp-824,Pg-460.
4. Anna Moreswar Kunte, Krishna Shastri Navare, Pandith Hari Sadashiv Shashtri Paradakar. Astanga Hridayam by Acharya Vagbhata with Commentaries Sarvanga Sundari of Arunadatta and Ayurveda Rasayana of Hemadri. Chaukhamba Sanskrith Sansthan, Varanasi. Reprint 2009, Nidanasthana 9th chapter, Verse- 6,pp956,Pg-498.
5. Acharya Sushruta. Sushruta Samhita by Sushruta with Nibandha Sangraha Commentary of Sri Dalhanacharya and Nyayachandrika Panjika of Sri Gayadasacharya on Nidanasthana. Chaukhamba Surbharati Prakashana, Varanasi. Reprint 2008 Sutrasthana 11th chapter, Verse 8,Pp-824,Pg-46.
6. Vaidya Sadanand Sharma. Rasa Tarangini: Prasadini Vyakhya by Shree Haridatta Shashtri, Edited by Vaidya Kashinath Shashtri. Chaukhamba Sanskrith Sansthan, Varanasi. Reprint-2000, (a)Narikela lavana:Chaturdasha taranga-Kshara visheshadi vijnayee-Narikela lavana prakarana-verse 117 to 130,Pg 348-350.
7. S. Das. Concise text book of surgery. Somen Das, Kolkata. Edition 9th, 2010, 37th chapter, Pg860.
8. Vaidya Baghel MS. Research in Ayurveda. Jamnagar: Mridu Ayurvedic Publication and Sales. 2nd edition, 2005,pp381.
9. Stanley Davidson. Davidson,s Principles and practice of medicine. edited by Brian R. Walker, Nicki R college, Stuart H ralston, Ian D penman. 22nd edition -23rd chapter-pg981.
10. Rasavaidya Shree Nagindas Chaganlal Shah. Bharatha Bhasaja Ratnakar. B Jain Publishers (P) Ltd. 2012;pg277.
11. Vaidya Sadanand Sharma. Rasa Tarangini. Chaukhamba Surbharti, Varanasi. 2015;pg564.

How to cite this article: Shubhangi, Shilpa P. N. A conceptual study on effect of Pashanabhedadi Kwatha in the management of Pittashmari. J Ayurveda Integr Med Sci 2022;2:41-43.

Source of Support: Nil, **Conflict of Interest:** None declared.
