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## A Literary Review and Therapeutic Action of *Pashanbheda* (*Bergenia ligulata* Wall) described by *Shamhita* in *Ashmari Roga*

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### ABSTRACT

The health is supreme foundation for the achievement of happy life. Ayurveda is the most ancient medical science of the world. It deals with preventive and curative aspect of disease and primitive aspect of health. According to *Ayurveda* simple freedom from diseases is not health. To become healthy, person should be happy in both mentally and spiritually. *Pashanbhed* (*Bergenia ligulata* Wall), also known as a stone breaker, is a popular Indian herb used extensively in the treatment of kidney stones. Ayurvedic classics always emphasized the need of advancement in the science to keep pace with the need of time. Now the right time comes to get fruitful researches in such disease where Ayurveda can offer a better hand than any other medical field. As the advancement of facilities human being has created several disharmonies in his biological system. *Ashmari* is one of the most common and distressing disease among the group of urinary disorder. In the ancient period the diagnosis of *Ashmari* was done, based only on the *Lakshanas*.

**Key words:** Health, *Ashmari*, Urinary Disorder, Kidney Stones, *Lakshanas*, *Pashanbhed*, *Ayurvedic Classics*.

### INTRODUCTION

Urolithiasis is the stone formed in urinary tract (kidney, ureter, bladder and urethra). Synonym for Urolithiasis is urine stone/calculi. In *Ayurveda* it is known as *Ashmari* which means calculi or stone and its small powder like pieces are known as *Sharkara* or *Sikata* i.e., gravels. In *Sushruta Samhita*, *Sushrutacharya* explains the two process of stone formation. One is by the

stagnation and super saturation of the urine and other by crystallization of the crystalloids in the urine. *Charakacharya* in *Charka Samhita* more specifically explains the process of gall bladder stone formation. Various herbal formulations are mentioned in classical texts and are found effective till today. Specific group of drugs are mentioned on basis of type of stone on its *Doshas* combinations.<sup>[1]</sup> In *Ayurveda* our *Acharya's Charaka* and *Susruta* have mentioned different diseases and its treatment modalities and different formulations from *Vedic Kala*. In *Atharvaveda* there is a reference regarding *Mutravarodha* due to *Ashmari*. Our *Acharyas* have mentioned the diseases like *Prameha*, *Mutrakricchra* and *Mutraghata*. Our *Acharya Susruta* has described the *Ashmari* a separate disease and he has included in "*Ashta Mahagada*"<sup>[2]</sup> and considered as *Yama* because it gives intolerable pain.<sup>[3]</sup> According to *Ayurveda*, consuming *Pashanbhed* powder increases urine production and helps in easy removal of stones due to its *Mutral* (diuretic)

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property.<sup>[4]</sup> *Basti* is one of the three vital organs in the body, the other two being *Hridaya* and *Nabhi*. It is the most important organ maintaining the homoeostatis by regulating the excretion of the metabolites and waste products, i.e., *Dosha*, *Dhatu* and *Mala*. *Vegavarodha*, i.e., suppression of natural urges is an important cause of various diseases. *Ayurveda* states that suppression of micturition is one of the most important causes of the disease of urinary tract. With progressive urbanization and inadequate toilet facilities, this cause has assumed greater importance.<sup>[5]</sup>

## PASANABHEDA

### Taxonomical classification<sup>[6]</sup>

Classification	Category
Kingdom	Plantae
Subkingdom	Tracheobionta
Supervision	Spermatophyta
Class	Magnoliopsida
Subclass	Rosidae
Order	Rosales
Family	Saxifragaceae- Saxifrage family
Genus	Bergenia moench- elephant ear
Species	Bergenia ligulata (Wall.)

### Vernacular Names<sup>[7]</sup>

Classical name: *Pasanabheda*

Sanskrit Names: *Asmaghna*, *Prastara*, *Nagabhedaka*, *Asmabheda*, *Nagabhid*, *Asmribhedaka*, *Dr̥sadbhedaka*, *Nagajit*.

Regional names: *Pakhanbheda*, *Silparha*, *Patharchur* (Hindi).<sup>[7]</sup>

Language	Vernacular name
Gujarati	<i>Pakhanbheda</i> , <i>Paashanbheda</i>

Hindi	<i>Dakachru</i> , <i>Pakhanabhed</i> , <i>Pakhanabheda</i> , <i>Patharcua</i> , <i>Silparo</i> , <i>Silpbheda</i> , <i>Dakachru</i> , <i>Pakhanabhed</i> , <i>Pakhanabheda</i> , <i>Patharcua</i> , <i>Silparo</i> , <i>Silpbheda</i> , <i>Dakachru</i> , <i>Pakhanabhed</i> , <i>Pakhanabheda</i> , <i>Patharcua</i> , <i>Silparo</i> , <i>Silpbheda</i>
Kannada	<i>Aleppaya</i> , <i>Hittaga</i> , <i>Hittulaka</i> , <i>Pahanbhedi</i> , <i>Pasanberu</i> , <i>Aleppaya</i> , <i>Hittaga</i> , <i>Hittulaka</i> , <i>Pahanbhedi</i> , <i>Pasanberu</i>
Kashmiri	<i>Pashanbhed</i>
Malayalam	<i>Kallurvanchi</i> , <i>Kallurvanni</i> , <i>Kallorvanchi</i>
Marathi	<i>Paashanbheda</i>
Punjabi	<i>Batpia</i> , <i>Dharposh</i> , <i>Kachalu</i> , <i>Paashanbhed</i>
Sanskrit	<i>Ashmabheda</i> , <i>Nagbhita</i> , <i>Pashaanbheda</i> , <i>Silabheda</i>
Tamil	<i>Sirupilai</i>
Telugu	<i>Kondapindi</i> , <i>Telanurupindi</i>
Urdu	<i>Kachalu</i> , <i>Pakhanabheda</i>
English	Rockfoil

### Habitat (*Utpattishtana*)

Temperate Himalayas 4000ft. and above.

### Geographical distribution

The *Bergenia ligulata* is perennial herb upto 50 cm tall, succulent. It is distributed in the temperate Himalaya (from Kashmir to Nepal) from 2000-2700 m and very common in Pakistan, Central and East Asia.<sup>[8],[9]</sup>



**Habit (Swarupa)**

A perennial herb. Rootstock very stout. Stems short, thick, fleshy. Leaves ovate or round, 5-15 cm. long. Flowers white, pink or purple, 3.2 cm diameter, forming a cymose panicle. Flowering stem flexible. Styles long.<sup>[10]</sup> In spreading cymose panicle terminating in flexible scape. Petal orbicular with a claw.<sup>[11]</sup>

**Flowering and fruiting time:** Spring season to summer or rainy season.

**Upayukta Anga (Part Used):** Moola.

**Guna<sup>[12]</sup>**

<b>Rasa</b>	Kasaya, Tikta.
<b>Guna</b>	Laghu, Snigdha, Tikshna
<b>Virya</b>	sita
<b>Vipaka</b>	katu
<b>Prabhav</b>	Ashmribhedan

**Macroscopic Features**

The rhizomes are compact solid, barrel shaped, somewhat cylindrical, measuring 1-3 cm long and 1-2 cm in diameter. The outer surface is brown colored with small roots, ridges, furrows wrinkles and covered with root scars. It possesses aromatic odor and astringent taste.<sup>[13],[14]</sup>

**Microscopic Features**

Transverse section of rhizome shows cork divided into two zones; outer and inner. Outer zone is with few layers of slightly compressed and brown colored cells whereas inner zone is multilayered consisting of thin walled, tangentially elongated and colorless cells. Cork is followed by single layered cambium and two to three layers of secondary cortex.

Cortex consists of a narrow zone of parenchymatous cells containing a number of simple starch grains whereas most of cortical cells contain large rosette crystals of calcium oxalate (CaC<sub>2</sub>O<sub>4</sub>) and starch grains. Endodermis and pericycle are absent whereas vascular bundles arranged on a ring. Cambium is present as

continuous ring composed of two to three layers of thin walled, tangentially elongated cells.

Xylem consists of fibres, tracheids, vessels and parenchyma. Centre is occupied by large pith composed of circular to oval parenchymatous cells containing starch grains with CaC<sub>2</sub>O<sub>4</sub> crystals similar to those found in cortical region. Vessels with simple pits have perforation plates on one end or at both ends and tracheids have helical thickenings.<sup>[15-18]</sup>

**Chemical constituents of Pashanbhed (Bergenia ligulata)**

It consists of major phenolic compound 'bergenin' (nearly 0.9%) and other phenolic compounds in minor amount.<sup>[19,20]</sup> Phenolic compounds includes (+)-afzelechin, leucocyanidin, gallic acid, tannic acid, methyl gallate, (+)-catechin, (+)-catechin -7-O-β-D-glucopyranoside, 11-O-galloyl bergenin, a lactone-Paashaanolactone. It also contains sterols viz., sitoindoside I, β-sitosterol and β-sitosterol-D-glucoside, glucose (5.6 %), tannin (14.2-16.3 %), mucilage and wax.<sup>[21]</sup>

Rhizomes of *B. ligulata* showed a presence of different chemical entities like;

**Coumarins:** bergenin, 11-O-galloyl bergenin, 11-O-P-hydroxy-benzoyl bergenin; 11-O-brotocatechuoyl bergenin, 4-O-galloyl bergenin;

**Flavonoids:** (+) afzelechin, avicularin, catechin, eriodictyol-7-O-β-D-glucopyranoside, reynoutrin;

**Benzenoids:** arbutin, 6-O-P-hydroxy-benzoyl arbutin, 6-O-protocatechuoyl arbutin; 4-hydroxy benzoic acid;

**Lactone:** lidehcxan-5-olide, 3-(6'-O-P-hydroxy)<sup>[22],[23]</sup>

**Therapeutic uses of Pashanbhed<sup>[24]</sup>**

*Pashanbhed* is used in the management of kidney and bladder stones, urinary problems, and other diseases due to its medicinal properties like:

- Anti-inflammatory activity
- Antilithic activity (preventing the formation of stones)
- Antiviral activity

- Anti-bradykinin activity
- Antibacterial activity
- Diuretic activity
- Liver protective activity
- Antipyretic activity
- Laxative
- Analgesic
- Aphrodisiac
- Abortifacient<sup>[25]</sup>

### Benefits of Pashanbheda

Benefits of *Pashanbheda* for Preventing Stone Formation:

- Antiurolithic is the property of preventing or dissolving stones in the ureters, bladders, or kidneys.
- *Pashanbheda* inhibits the growth of calcium oxalate monohydrate crystals, which is responsible for the formation of kidney or urinary stones.
- Hot water extract of the *Pashanbheda* plant is taken orally for treating urinary or renal stones. *Pashanbheda* powder is also recommended to manage painful urination.<sup>[26]</sup>

Benefits of *Pashanbheda* as an Antidiabetic Medicine:

- The alcoholic extract of roots of *Pashanbheda* contains hypoglycemic (blood sugar lowering) properties.
- It might reduce elevated blood sugar levels in diabetic patients.
- The antidiabetic effect might be due to the stimulation of insulin release or the stimulation of cells of pancreatic islets.
- Due to its anti-diabetic properties, *Pashanbheda* can be used as a component of medicines or nutraceutical foods for managing diabetes and associated symptoms.<sup>[27]</sup>

Benefits of *Pashanbheda* for the Liver:

- The alcoholic extract of *Pashanbheda* showed a reduction in the levels of serum glutamic pyruvic transaminase (SGPT), serum glutamic oxaloacetic

transaminase (SGOT), alkaline phosphatase (ALP), and total bilirubin.

- This confirmed the hepatoprotective (liver protecting) effect of *Pashanbheda*.
- *Pashanbheda* powder is also helpful for managing liver and spleen diseases, particularly enlarged spleen.<sup>[28]</sup>

Benefits of *Pashanbheda* as a Diuretic:

- Diuresis refers to an increased passage of urine.
- Alcoholic extracts of roots of *Bergenia ligulata* proved to increase urinary electrolyte concentration of sodium, potassium, and chloride, which shows that it has diuretic properties.
- The diuretic property of the roots of *Bergenia ligulata* might be due to the presence of compounds like saponins and flavonoids.<sup>[29]</sup>

Benefits of *Pashanbheda* for the Reproductive System:

- *Pashanbheda* powder helps nourish and correct the functioning of the reproductive system.
- *Pashanbheda* is also used for treating gynaecological problems.<sup>[30]</sup>

Benefits of *Pashanbheda* for the Skin:

- In India, dried roots of *Pashanbheda* have been used topically for treating boils, wounds, cuts, and burns.
- The hot water extract of *Pashanbheda* has been used externally for the treatment of boils.<sup>[31]</sup>

### Ashmari

#### Charaka Samhita

In this ancient treatise of medical science, *Charaka* explained the etiology, pathogenesis, symptomatology, and treatment modalities in detail in *Chikitsa Sthana* 26th chapter. While in *Vimana Sthana* 5th chapter he described the *Moolasthanas* of *Mootravaha Srotas* and its *Dusti Karana's* and *Lakshana*.<sup>[31]</sup>

In *Ayurveda* our *Acharya's Charaka* and *Susruta* have mentioned different diseases and its treatment

modalities and different formulations from *Vedic Kala*. In *Atharvaveda* there is a reference regarding *Mutravarodha* due to *Ashmari*.

Our *Acharya Susruta* has described the *Ashmari* a separate disease and he has included in "*Ashta Mahagada*"<sup>[32]</sup> and considered as *Yama* because it gives intolerable pain.<sup>[33]</sup>

*Ashmari* is one among the eight *Mahagadas* the reason is *Tridoshaja* in nature. On the basis of prognosis the disease is *Daruna Vyadhi*.<sup>[34]</sup> When the disease is fatal it needs surgical intervention.

In contemporary medical science it is correlated with Urolithiasis. The process of forming stones in the kidney, bladder and Urethra. Urinary stones are a common cause of blood in the urine and pain in the abdomen, flank or groin.<sup>[35]</sup> Urinary calculi occur around 1 in 20 people at some point of time in their life.

The development of stones is related to decreased urine volume or increased excretion of stone forming components such as Calcium, Oxalate, Urate, Cysteine, Xanthine and phosphate. The stones form in the urine collecting area (pelvis) of the kidney and may range in size from tiny to staghorn stones the size of the renal pelvis itself.<sup>[36]</sup> Our *Acharyas* have mentioned various line of treatment for *Ashmari*. In *Ayurvedic* classics there are plenty of medicinal formulations and preparation are mentioned in treatment of *Mutrashmari*. Drugs advised for *Mutrashmari* have *Ashmari Bhedana* property and are *Mutrala*, Anti-inflammatory, diuretic and Anti-Urolithic properties.<sup>[37]</sup>

*Ashmari* is considered as one of the *Mahagada* by *Sushruta*, owing to its potentiality to disturb the urinary system as well as life of a person.

### Etymology

The word *Ashmari* is derived from "*Ashma*" and '*Ari*'. '*Ashma*' means stone or a gravel and '*Ari*' means enemy which denotes 'A stone like substance exerting great suffering to person like an enemy'. According to *Shabdakalpadruma*<sup>[38]</sup>

*Ashma* = Stone,

*Rati* = to present

**Synonyms:** *Ashmari, Ashmari, Pathari, Stone gravel, calculus, calculi.*

**Definition:** Formation of *Ashma* (stone) like substances within the urinary system is called *Mutrashmari*.

According to various texts, disease *Ashmari* can be defined as,

- *Ashmari Mutrakricchhasyat*<sup>[39]</sup> (*Amarakosha*)
- *Ashmari Mutrakricchha Bheda* (*Ayurvedic Shabdakosha*)
- *Mutra Vegdharana* leads to *Ashmari*<sup>[40]</sup>

### Nidana

**According to Sushruta** - There are two main *Nidanas* of *Ashmari, Ashamshodhana* and *Apathya Sevana*.<sup>[41]</sup>

### Samprapti

*Acharya Sushruta, Charaka* and *Vagbhatta* have similarly explained the process of *Ashmari* formation by citing different examples e.g., *Acharya Charaka* while dealing with *Mootrashmari Samprapti* tells that when *Bastista Mootra Pitta, Kapha* are dried up by *Vata* it results in *Mootrashmari* in the same way as *Gorochana* is formed in *Pittashaya* of cow.

Commenting on this *Chakrapani* says that all the *Ashmari* are *Tridoshaja* in origin, he gives a very beautiful simile for this. As the water present in the atmosphere is dried up by wind and heat, in the same way, *Kapha* present in the *Basti* is dried up by *Vata* and *Pitta*.

He also says that *Kapha* is the main *Dosha* responsible for the formation of *Ashmari* through *Vata* dries up the *Mootra* to form *Ashmari*, but it is the *Kapha* which gives it the *Roopa*.<sup>[42]</sup>

### Classification of Ashmari

Classifications of *Ashmari* mentioned in different classical texts are mentioned in the tabular format

SN	Types	SU.	Cha.	A.H.	A.S.
1.	<i>Shleshmaja</i>	+	-	+	+
2.	<i>Pittaja</i>	+	-	+	+

3.	Vataja	+	-	+	+
4.	Shukraja	+	-	+	+
5.	Mridu	-	+	-	-
6.	Kathina	-	+	-	-

### Vataja Ashmari

Vataja Ashmari presents with the Lakshanas like severe pain due to obstruction to the flow of urine, due to excessive pain the patient clenches his teeth, squeezes the umbilical region, rubs the penis, touches the perineal region often and cries with agony, patient feels burning sensation and passes flatus, urine and stool with difficulty while straining for micturition. The Vataja Ashmari possess Shyava Varna and it will be Parusha, Khara, Vishama and hard studded with thorns like Kadamba Pushpa.

### Pittaja Ashmari

The Lakshanas of Pittaja Ashmari explained in Sushruta Samhita are; obstruction to the flow of urine causes warmth, sucking, burning or throbbing sensation in Basti and this result in Ushnavata Lakshana. The Ushnavata Lakshanas are burning sensation in Basti, Medra & Guda. The Pittaja Ashmari possess Rakta Varna, Peeta Varna, Krishna Varna or Madhu Varna and resembles Bhallataka Asthi.

### Kaphaja Ashmari

According to Sushruta Samhita the Lakshanas of Kaphaja Ashmari are; obstruction to the flow of urine causes cutting, incising or pricking pain, heaviness and cold sensation in Basti. The Kaphaja Ashmari possess Shweta or Madhuka Pushpa Varna and it will be Mahath, Snigdha & resembles Kukkutanda.

### Shukrashmari

The Lakshanas of Shukrashmari explained in Sushruta Samhita are burning micturition, painful micturition, pain in the Basti and swelling in the Vrushana.<sup>[43]</sup>

### Purvarupa

Their premonitory symptoms are; fever, pain in the bladder, loss of taste, difficult in micturition, pain in the head of bladder, scrotum and penis; troublesome body Acharya Sushrut consider the Ashmari in Ashtamahagada. Acharaya Sushrut described about

Ashmari formation, causes of Ashmari, clinical features and treatment. Acharya Sushrut described both surgical and medicinal treatment for Ashmari.<sup>[44]</sup>

### Samanya Lakshana

After manifestation, the person has pain in the area of the umbilicus, bladder, perineal, penis and other areas nearby during micturition, interruption of stream of urine, urine mixed with blood, urine scattering; urine resembling Gomedaka in colour, very turbid, and containing sand; there is pain during running, jumping, swimming, riding, exposure to sunlight, long walk etc.<sup>[45]</sup>

### Upadrava

Formation of Mutra Sharkara mentioned by Acharya Sushruta can be considered as one of the Upadravas of Ashmari. Otherwise, none of Ayurvedic classic has mentioned a specific Upadravas in relation to Mutrashmari.<sup>[46]</sup>

### Chikitsa

Treatment of Ashmari can be one or more of the following four types:

1. Aushadha Chikitsa
2. Basti Chikitsa
3. Kshara Chikitsa
4. Shastra Chikitsa

### Aushadha Chikitsa

Sushruta has advised to treat the disease in the Purvarupa stage itself. A newly formed Ashmari is curable with medicines while big or chronic calculi can be treated with surgical interventions only.<sup>[47]</sup>

### Basti Chikitsa

In this management, the decoction of latex trees administered through urethral douche, flushes out the calculus immediately along with the blood collected in the bladder.<sup>[48]</sup> Basti treatment in Mutrashmari is indicated by all the Acharyas.<sup>[49]</sup>

### Kshara Chikitsa

Acharya Sushruta has advocated preparation of Kshara (Til, Apamarga, Kadali, Palasha, Yava Kalkaja

*Kshara*).<sup>[50]</sup> This *Kshara* destroys calculi, abdominal swelling (retention) and urinary gravel.

### Shastra Chikitsa

*Shastra Karma* is indicated when the calculi are not curable by treatment with *Ghrita*, *Kshara*, decoctions, milk preparations and *Uttarabasti*. Operation should be considered as last resort and must be performed after proper consent.<sup>[51]</sup>

### Pathyaapathya

#### Pathya

- *Langhana*, *Vamana*, *Virechana*, *Basti*, *Avagaha Sweda* are useful in *Ashmari*.
- The dietetic items are *Yava*, *Kulattha*, *Purana Shaali*, *Mudga*, ginger, *Yava Kshara* and all the *Vata Shamaka Aahara*.
- These items are mostly *Vatanulomana* and *Mutrala*. Further it is mentioned to take *Gokshura*, *Yava Kshara*, *Varuna* and *Pashanabheda* as medicine.<sup>[52]</sup>

#### Apathya

*Ativyayama* (excessive practice), *Adhyashana*, *Samashana*, *Sheeta*, *Snigdha*, *Guru*, *Madhura Aahara*, *Vegavarodha* are treated as *Apathya* for *Ashmari*.<sup>[53]</sup>

#### Diet

*Sushka Aahara*, *Kapitthya*, *Jamuna*, *Bisamrinala*, *Kashaya Rasa Sevana* etc. are also considered as *Apathya* for *Ashmari*.

Useful Recommendation in *Ashmari*:

- **Cereals** : Old rice (*Shaali*), *Yava*
- **Pulses** : *Kulattha*
- **Vegetables** : Cucumber, *Kushmanda*, *Chirabhat*, tender shoot of bamboo.
- **Fruits** : *Chirabhat*, *Amlavetasa*, Cucumber
- **Fish and Meat** : Meat of animals from any dry region, she tortoise.
- **Food Preparation and Drinks** : *Nimbu*, *Jeevente*, *Saindhava*, *Kulattha* soup, alcohol.

- **Other Measures** : Fasting, Emesis, induction of sweating, enema, hot water bath and purgation are advised.<sup>[54]</sup>

### DISCUSSION

*Ashmari* is *Vyadhi* of *Mutravaha Srotas*. The description of *Ashmari Vyadhi* described by *Charaka*, *Sushrut* and *Vagbhata*.

In *Asanshodhil* (regular not doing *Panchkarma*) and *Apthykari* (Unwholesome Diet) person Aggravated *Kapha Dosha* mix up with *Mutra* (urine) enter in *Basti* (Kidney, ureter, Bladder) obstruct the urinary tract create *Ashmari*.

*Sushrut* has clearly mentioned who do not undergo *Panchkarma* Treatment regularly and who take Unwholesome Diet, follow faulty life style are prone for recurrent kidney stones.<sup>[55]</sup> *Pashanbhed*, also known as a stone breaker, is a popular Indian herb used extensively in the treatment of kidney stones.<sup>[56]</sup>

According to Ayurvedic manuscript, the word *Pashanbhed* mean stone breaker. In the holistic system of Ayurvedic medicine, *Pashanbhed* is commonly used in *Ashmari Vyadhi* and cure the *Ashmari*. It is also used in deferent type of disease like - ulcer, ear pain, teething issue in kids, constipation, cough, fever, etc.

*Pashanbhed* denoted as stone breaker since the Vedic time and its root and rhizomes have been mentioned in several Ayurvedic scripture. Kidney stone (*Mutrashmari* in Ayurveda) is a condition that develops due to an imbalance of *Vata* and *Kapha Dosha* and this causes *Sanga* (obstruction in the urinary bladder) leading to problems in micturition. The natural antiurolithic action of *Pashanbhed* is helpful in dissolving stones in the kidneys, and urinary system. This formulation treats urolithiasis owing to its *Vata-Kapha* pacifying and *Mutral* actions. It averts the formation of calculi and aids in eliminating stones via urine by increasing the urine output.<sup>[57]</sup>

### CONCLUSION

*Pashanbhed* powder is one of the best Ayurvedic herb of the urinary system. *Pashanbhed* itself means an Ayurveda herb which break s down the kidney stone.



So, it is one of the best Ayurvedic supplement for kidney stone. Correct use of *Pashanbheda* drug in prophylactic and therapeutic medications decreases the morbidity by its diuretic and lithotriptic action concerned with expulsion of stone. To decrease the risk of further stone formation, a patient is strictly advised to follow certain rules of conduct, diet and lifestyle regime (*Pathyapathya*) during the course of Ayurvedic treatment and thereafter to prevent reoccurrence. *Acharya Sushruta* says *Nidana Parivarjna* is as a major treatment tool for any disease.

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