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# Ekala Dravya Prayoga mentioned in classics for Ashmari Chikitsa - A Review

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## ABSTRACT

Acharyas have described various disorders related to *Mutravaha Srotas*, with *Ashmari* being one such condition that can be correlated with urolithiasis based on its clinical features. It affects approximately 12 million people worldwide, with 1 in 10 individuals experiencing it at least once in their life-time, and 2% of cases being recurrent. Prevalence of renal calculi is more in males than in females about 11% in males and 9% in females. Though different treatment modalities are there for *Ashmari*, *Ekala Dravya Prayogas* are common, convenient, economical and effective method of treatment. *Acharyas* have described drugs such as *Sigru* (*Moringa oleifera*), *Tumburu* (*Zanthoxylum alatum*), *Gokshura* (*Tribulus terrestris*), *Varuna* (*Crataeva nurvala*) etc. for *Ekamoolika Prayoga* in *Ashmari*. Most of drugs are of *Kashaya-Tikta Rasa*, *Laghu - Ruksha Guna* and *Tridosha-Hara* which is administered with different *Anupanas*, found to be effective in *Ashmari Chikitsa*.

**Key words:** *Ashmari, Ekamoolika Prayoga, Urolithiasis, Ekala Dravya*

## INTRODUCTION

*Ashmaanaam Raati Dhadhati Ya* which means the formation of hard stony structure is *Ashmari*. *Vedana at Nabhi, Basti, Sevini* and *Medra* (pain in umbilical and inguinal region), *Mutradhara Sangam* (impaired urinary flow), *Gomedaka Prakasha Mutram* (discolored urine), *Sa Rudhira Mutrata* (Blood in the urine), *Sasiktham* (along with gravel) and *Mutra Vikiranam* are the features of *Ashmari*, clinical features of the same can be correlated to urolithiasis. *Sushruta* mentioned *Ashmari* under *Ashtomahagada* due to its recurrence and bad prognosis.<sup>[1]</sup> Urolithiasis, also known as renal

calculi, is a condition where crystals in urine aggregate and form stones in urinary tract. The incidence and prevalence of urolithiasis have increased significantly over the past few decades due to factors such as changes in lifestyle, dietary habits and due to certain medications. Global warming will further increase the frequency of urolithiasis by 7-10%.<sup>[2]</sup> With different treatment modalities, *Acharya's* had mentioned different *Ekamoolika Prayogas* for curing *Ashmari*. In this article *Ekamoolika Prayoga* of different drugs along with its method of administration is mentioned.

## AIM AND OBJECTIVES

To analyze various *Ekala Dravya Prayoga* quoted in classics for *Ashmari Chikitsa* with method of administration

## MATERIALS AND METHODS

### *Ashmari*

According to *Acharya Sushruta*, *Divaswapna* (Day sleep) *Samashana* (Combining both compatible and non-compatible foods), *Adhyashana* (Eating food too frequently), *Viruddha Ahara* (Non compatible foods), over indulgence in *Vyayama* (physical exercise),

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excessive intake of *Ruksha Madya* (Consuming alcoholic beverages), *Anupa Mamsa* (Eating flesh of animals of marshy places) and *Ajeerna* (Indigestion) are considered to be causative factors of *Ashmari*.<sup>[3]</sup> *Ashmari* is a *Tridoshaja Vyadhi* where *Vata* cause *Avarana* to *Basti* and *Parishoshana* of *Mutra*, *Mutra* along with *Pitta*, *Kapha* and *Sukra* results in formation of *Ashmari* like the formation of *Gorochana*.<sup>[4]</sup>

Mainly are of 4 types

*Vataja*, *Pittaja*, *Kaphaja* and *Sukrashmari*.

**Table 1: Single drugs used in *Ashmari Chikitsa* according to *Ayurvedic* classical texts**

SN	Drug	Botanical Name	Family Name	Part used
1.	<i>Shigru</i>	<i>Moringa oleifera</i>	Moringaceae	<i>Moola</i>
2.	<i>Tumburu</i>	<i>Zanthoxylum alatum</i>	Rutaceae	<i>Beeja</i>
3.	<i>Haritaki</i>	<i>Terminalia chebula</i>	Combretaceae	<i>Beeja</i>
4.	<i>Kutaja</i>	<i>Holarrhena antidysenterica</i>	Apocynaceae	<i>Twak</i>
5.	<i>Trapusa</i>	<i>Cucumis sativus</i>	Cucurbitaceae	<i>Beeja</i>
6.	<i>Narikela</i>	<i>Cocos nucifera</i>	Araeaceae	<i>Pushpa</i>
7.	<i>Gokshura</i>	<i>Tribulus terrestris</i>	Zygophyllaceae	<i>Phala</i>
8.	<i>Prunarnava</i>	<i>Boerhaavia diffusa</i>	Nyctaginaceae	<i>Beeja</i>
9.	<i>Mayurashikha</i>	<i>Adiantum lunulatum</i>	Polypodiaceae	<i>Whole plant</i>
10.	<i>Varuna</i>	<i>Crataeva nurvala</i>	Capparidaceae	<i>Mula</i> , <i>twak</i>
11.	<i>Haridra</i>	<i>Curcuma longa</i>	Zingiberaceae	<i>Kanda</i>
12.	<i>Bhringaraja</i>	<i>Eclipta alba</i>	Asteraceae	<i>Whole plant</i>

13.	<i>Vibhitaki</i>	<i>Terminalia bellerica</i>	Combretaceae	<i>Beeja</i>
14.	<i>Brahmi</i>	<i>Bacopa monnieri</i>	Scrophulariaceae	<i>Moola</i>
15.	<i>Patala</i>	<i>Stereospermum suaveolens</i>	Bignoniaceae	<i>Whole plant</i>
16.	<i>Karavira</i>	<i>Nerium oleander</i>	Apocynaceae	<i>Moola</i>
17.	<i>Kushmanda</i>	<i>Benincasa hispida</i>	Cucurbitaceae	<i>Phala</i> , <i>Pushpa</i>
18.	<i>Pashanabhedha</i>	<i>Saxifraga ligulata</i>	Saxifragaceae	<i>Moola</i>
19.	<i>Talamula</i>	<i>Curculigo orchioides</i>	Amaryllidaceae	<i>Kanda</i>
20.	<i>Yava Kshara, Shilajathu, Madya</i>			

#### Method of Administration of Single Herbs

1. *Moola Kalka* (paste of root) of *Shigru* along with cold water will cure *Ashmari* and *Sarkara*.<sup>[5]</sup>
2. *Yavakshara* mixed with equal quantity of *Sitopala* (Sugar candy).
3. *Choorna* (powder) of *Tumburu Beeja* (seeds) mixed with honey and cow's milk for seven days.
4. *Kalka* (paste) of *Vibhitaki Beeja* (seeds) with *Sura* (wine).
5. *Shigru Moola Kashaya* (decoction of root) with lukewarm water.<sup>[6]</sup>
6. Seeds of *Haritaki* or *Punarnava* boiled in milk.
7. Root of *Mayurashikha* along with *Tandulambu*.
8. *Kapotavanga Moola* (root) along with *Sura*(wine) or along with milk.
9. After drinking *Madya* taken for ride on chariot or horse ride will expels *Ashmari*.<sup>[5]</sup>
10. *Kutaja Twak Kalka* (paste of bark) mixed with curd will cure *Ashmari*.<sup>[7]</sup>
11. *Trapusa Beeja* (seed) / *Narikela Pushpa* (flower) along with milk will expel *Ashmari*.

12. *Gokshura Choorna* (powder) along with honey and sheep's milk will cure *Ashmari* in seven days.
13. *Varuna Moola Kashaya* (decoction of root) with *Varuna Moola Kalka* (paste of root) will cure *Ashmari* or *Varuna Twak Kashaya* (decoction of bark) along with *Guda* (jaggery).<sup>[6]</sup>
14. *Rajani Choorna* (powder) along with *Guda* (jaggery) and *Thushodaka* (rice water).
15. *Shilajathu* powder along with honey.<sup>[8]</sup>
16. *Bhringaraja* powder along with sheep's urine.
17. *Kshara* (alkali) of *Patala* or *Karavira* along with sheep's urine.
18. *Phala* (fruit) and *Pushpa* (flower) *Swarasa* of *Kushmanda* along with *Yavakshara* and *Guda*.<sup>[9]</sup>
19. *Ghrita* (ghee) cooked with *Pashanabheda* and cow's urine<sup>[10]</sup>
20. *Talamula Choorna* along with water kept in *Tamra Patra* (copper vessel) for one *Ahoratram* (24hrs).<sup>[11]</sup>

## DISCUSSION

**Table 2: Rasa-Panchaka and Doshagnata of Dravyas.**<sup>[12-14]</sup>

SN	Drug	Rasa	Guna	Virya	Vipaka	Doshagnata
1.	<i>Shigru</i>	<i>Katu</i>	<i>Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata-Kaphahara</i>
2.	<i>Tumburu</i>	<i>Tikta-Katu</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata-Kaphahara</i>
3.	<i>Haritaki</i>	<i>Lavana varjitha-Pancha Rasa</i>	<i>Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosahara</i>
4.	<i>Kutaja</i>	<i>Katu-Kashaya</i>	<i>Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Pitha-Kapha Shamaka</i>
5.	<i>Trapusa</i>	<i>Madhura</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Raktha-Pitta Hara</i>
6.	<i>Gokshura</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridosahara</i>
7.	<i>Prunarnava</i>	<i>Tikta</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha-Pitta Shamaka</i>
8.	<i>Varuna</i>	<i>Kashaya, Madhura, Tikta,</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vatahara</i>

9.	<i>Haridra</i>	<i>Tikta-Katu</i>	<i>Ruksha, Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Pittahara</i>
10.	<i>Mayura shikha (Hamsa padi)</i>	<i>Madhura, Tikta, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Pitta-Kapha Hara</i>
11.	<i>Bhringaraja</i>	<i>Katu-Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vatahara</i>
12.	<i>Vibhitaka</i>	<i>Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tidosahara</i>
13.	<i>Patala</i>	<i>Tikta, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosahara</i>
14.	<i>Karavira</i>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Pitta Hara</i>
15.	<i>Kushmanda</i>	<i>Madhura</i>	<i>Laghu, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vata-Pitta Hara</i>
16.	<i>Yavakshara</i>	<i>Katu</i>	<i>Ruksha, Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vata Hara</i>
17.	<i>Bhrami</i>	<i>Tikta, Kashaya, Madhura</i>	<i>Laghu, Sara</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridosahara</i>
18.	<i>Pashanabheda</i>	<i>Tikta, Kashaya</i>	<i>Tikshna, Snigdha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Tridosahara</i>
19.	<i>Shilajathu</i>	<i>Tikta, Katu</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vata Hara, Chedana,</i>
20.	<i>Talamula</i>	<i>Madhura, Tikta</i>	<i>Guru, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vata-Pitta Hara</i>

Among them 6 drugs are *Tridosahara*, 3 drugs are of *Kapha-Pitta Hara*, 3 drugs are *Kapha-Vatahara*, 2 drugs are *Vata-Kaphahara*, 2 drugs of *Vata-Pitta Hara* and 1 drug of *Raktha-Pitta Hara*. Method of administration of all the *Dravyas* is oral. *Ashmari* is a *Tridosahara Vyadhi* among the drugs mentioned most of are *Tridosahara*, some are of *Kashaya, Tikta, Madhura Rasa* which is *Kapha - Vata Shamaka*. Most of the drugs mentioned are of *Laghu, Ruksha Guna* thus it act as *Sleshmahara* where *Sleshma* is considered as *Asraya* of *Ashmari*. Drugs like *Yavakshara* and *Shilajathu* have *Lekhana* and *Chedana* actions. *Ekamoolika Prayogas* that can be advised in *Kaphaja Ashmari - Bhringaraja* powder along with sheep's urine as both drugs have *Laghu, Ruksha* and *Ushna Guna*. *Shilajathu* along with honey, as *Shilajathu* is *Laghu, Ruksha* and *Chedana*, also honey is *Agrya* in *Sleshmahara Karma*. *Kshara* of *Patala* or *Karavira* along with sheep's urine as all these drugs

have *Kapha Hara* action. *Haridra Choorna* along with *Thushodaka* as both drugs is *Laghu, Ruksha and Ushna*. *Ekamoolika Prayogas* that can be advised in *Pittaja Ashmari - Phala* and *Pushpa Swarasa* of *Kushmanda* along with *Yavakshara* and *Guda*, as *Kushmanda* and *Guda* are *Madhura Rasa* and *Sheeta Virya*. *Pashanabheda Kwatha* along with *Shilajathu* and *Sharkara*, as *Pashanabheda* and *Sharkara* are *Pittahara*.

*Ekamoolika Prayogas* that can be advised in *Vataja Ashmari - Gokshura Choorna* along with honey and sheep's urine as *Gokshura* is *Madhura Rasa, Guru* and *Snigdha* also sheep's urine is *Ushna*.

*Ekamoolika Prayogas* that can be advised in *Shukra Ashmari - According to Yogaratnakara Shatavari Mula Rasa* along with milk is indicted in *Shukra Ashmari*.

The drugs like *Varuna, Shigru, Gokshura, Haridra, Shilajathu* and *Yavarkshara* are proven for their anti-uro lithiatic activity. Lupeol extracted from *Varuna* not only prevented the formation of calculi but also reduced the size of renal stones.<sup>[15]</sup> In *Gokshura* presence of quercetin, diosgenin, and tannic acid in the extract has a protective capacity rather than curing urolithiasis.<sup>[16]</sup> Curcumin extracted from *Haridra* proven to have significant effect in both preventive as well as curative property in urolithiasis of rats.<sup>[17]</sup> Presence of catechin, gallic acid, quercetin, and tannic acid in *Pashanabheda* are proven for its anti-uro lithiatic activity.<sup>[18]</sup>

#### **Pathya-Apathya in Ashmari**

According to *Bhaishajya Ratnavali Vaari Sevana* (more fluid intake), *Yava* (barley), *Kulattha* (horse gram), *Purana Sali* (rice kept more than 1 year), *Kushmanda* (ash guard), *Mudga* (green gram) and ginger are advised for *Ashmari Rogi*.<sup>[19]</sup>

Caffeinated drinks, beer and foods that high in oxalates like chocolates, nuts, beans (including soybeans), rhubarb, spinach, beets, green leafy vegetables, excess salt and black tea should be avoided. Additionally, a high intake of sodium, calcium and protein rich foods can contribute to renal stones.<sup>[20]</sup>

#### **CONCLUSION**

Most of the drugs mentioned by *Acharya's* are now proved experimentally for their anti urolithiatic activity. They are simple, easily available and economical with successful utility. Most of drugs are *Laghu, Ruksha Guna and Tridosahara* which will be helpful in curing *Ashmari*. Proper administration of these *Ekala Dravya* along with *Anupana* is highly recommended in *Ashmari Chikitsa*.

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