



# A CASE STUDY IN THE MANAGEMENT OF GALLSTONES USING ANUBHUTA YOGA

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## ABSTRACT:

Cholelithiasis is one of the most expensive medical condition. It results from combination of several factors including super saturation of bile with cholesterol, accelerated nucleation of cholesterol monohydrate in bile and bile stasis or delayed gall bladder emptying due to impaired gall bladder motility. It is either symptomatic or asymptomatic, if not treated properly it may lead to carcinoma of gall bladder which is 5<sup>th</sup> commonest GI malignancy world-wide. The word *Ashmari* in Ayurveda stands for stone which is described only in the context of *Mutrashmari*. However there is no classical reference of this condition in any of the treatises.

The drugs in the *Anubhuta Dravya* has *Ashmarihara* and *Ashmarighna* property and showed significant result in curing *Mutashmari*

**KEYWORDS:** *Mutashmari*, Cholelithiasis, *Ashmarighna*

## INTRODUCTION:

Gall stone formation is the most common disorder of the biliary tract. In India, it is more common in women in north, north-east and east as compared to other zones in the country. Also the people with obesity, high cholesterol, diabetes or genetic predisposition are more prone to suffer from gall stones. There are two types of gallstones, among them 80 per cent of gallstones contain cholesterol and the remaining 20 per cent are pigment stones which contain mainly calcium bicarbonate.

Most commonly, multiple gallstones measuring about 0.5cm will be present within the gall bladder. However occasionally there can be either one very large gall stone measuring upto 5cm diameter.

The disease gall stone has not been described directly in Ayurveda. The word *Ashmari* in Ayurveda stands for stone which is described only in the context of *Mutashamri*. *Ashmari* comprises of two words, i.e. '*Ashma*' and '*Ari*'. Where *Ashma* means a stone and *Ari* means enemy. *Ashmari* is a disease in which there is formation of stone, resulting into severe pain as given by enemy. Hence it might have been considered as one among the '*Ashtamahagada*'.

In Ayurvedic classics, number of Drugs, have been told in the management of *Ashmari*. The drugs in the *Anubhuta Yoga* are *Gokshura*, *Yava*, *Punarnava* and *Gorakshaganja*, they have *Ashmarighna* and *Shothahara* property. Hence an effort is made to treat gall stone with this formulation.

## CASE REPORT:

A 39years old female patient visited the OPD of Karnataka Ayurveda Medical Hospital on 11/03/2022 with complain of pain abdomen, vomiting and giddiness associated with burning micturition and pain in the right side of back from past 1 year. Pain used to trigger or aggravate on consumption of non-veg food. She consulted allopathic physician for the same and advised abdominal scan. After the scan it was found that she is suffering from gall stones and was referred to surgeon for further management. Initially medicines were given with which she did not find much relief later surgery was advised for which she denied and continued taking pain relievers for symptomatic management. Now as the pain got aggravated she visited our hospital for further management.

Personal history revealed that the patient is non-vegetarian who had good appetite, complained of burning micturition, defecation was normal with sound sleep.

## GENERAL CONDITION:

General condition	Good
Height	160cm
Weight	70kg
BP	100/70mm of Hg
Pulse rate	60/min
Respiratory rate	20/min
Temperature	98.6F
Tongue	Not coated
Pallor/Icterus/Cyanosis/Clubbing/Lymphadenopathy/Edema	Absent

## SYSTEMIC EXAMINATION:

**Central-nervous system:** conscious, well oriented to time, place and person. Cranial nerves are functioning within the normal limit. Sensory and motor system intact.

**Cardio-vascular system:** s1s2 heard, no added sounds



**TREATMENT PLAN:**

*Anubhuta yoga* was administered for a period of 2 months. 2tsp churna was taken along with 2 ½ litre of water boiled for 20mins. This preparation is filtered and consumed 200ml per hourly. Daily fresh preparation has to be prepared.

**INGRIDIENTS OF ANUBHUTA YOGA:**

<i>Sl no</i>	<i>Punarnava</i>	<i>Gokshura</i>	<i>Gorakshaganja</i>	<i>Yava</i>
<i>Botanical name</i>	<i>Boerhavia diffusa</i>	<i>Tribulus terrestris</i>	<i>Aerva lanata</i>	<i>Hordeum vulgare</i>
<i>Family</i>	<i>Nyctaginaceae</i>	<i>Zygophyllaceae</i>	<i>Amaranthaceae</i>	<i>Graminae</i>
<i>Rasa</i>	<i>Madhura tikta, kashaya</i>	<i>Madhura</i>	<i>Tikta, kashaya</i>	<i>MadhuraKashaya</i>
<i>Guna</i>	<i>Ruksha</i>	<i>Guru Snigdha</i>	<i>Lagu, teekshna</i>	<i>Laghu, Ruksha</i>
<i>Virya</i>	<i>Ushna</i>	<i>Sheeta</i>	<i>Ushna</i>	<i>Ushna</i>
<i>Vipaka</i>	<i>Madhura</i>	<i>Madhura</i>	<i>Katu</i>	<i>Madhura</i>
<i>Karma</i>	<i>Mutrala, shothahara, anulomana</i>	<i>Mutrala</i>	<i>Ashmari bhedhana</i>	<i>Mutrala</i>
<i>Rogagnatha</i>	<i>Vatashleshmahara Pandu shotha</i>	<i>Vata-pittahara Asmari, Mutra-Kruchra, Rasayana, Klaibya</i>	<i>Kapha-vatahara</i>	<i>Kaphashamaka Mutrakruchrahara</i>
<i>Chemical composition</i>	<i>Punarnavine</i>	<i>Fixed oil, essential oil, resin, nitrate and alkaloid</i>	<i>Palmitic acid, betasitosterol</i>	<i>Protiens, carbohydrates, free amino acids, vitamins, tannins and Flavonoid glycosides- Luteolin and Orientin</i>
<i>Part used</i>	<i>Root</i>	<i>seed</i>	<i>Beeja</i>	<i>Beeja</i>

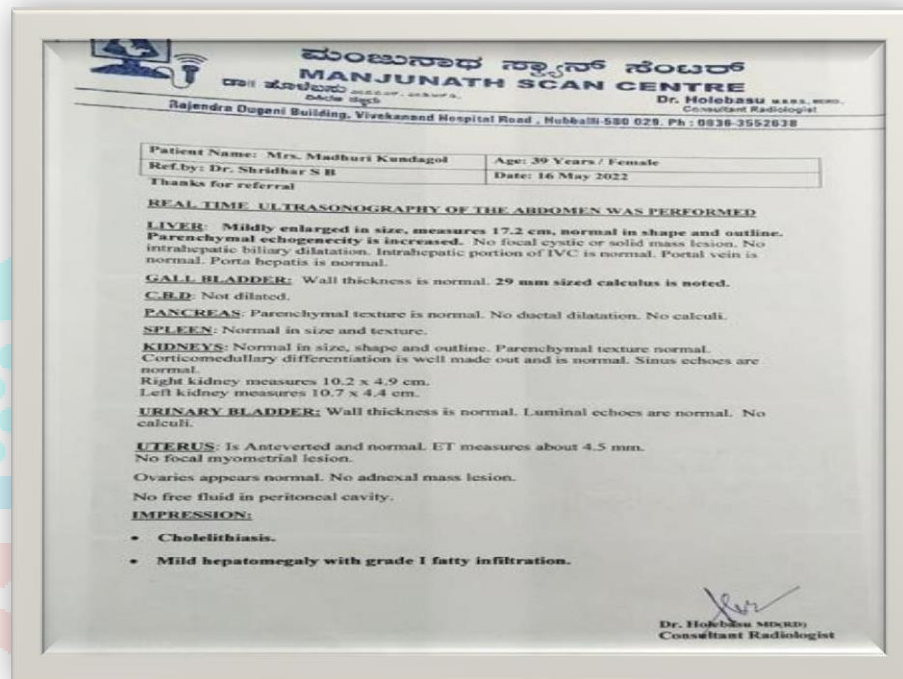
## AFTER TREATMENT:

Pain abdomen, vomiting, giddiness and burning micturition reduced. Incidence of pain after consuming non-veg food which was present previously is not noted after the treatment.

## FOLLOWUP USG:

Done on 16/05/2022

**Impression :** Gall bladder wall thickness is normal. 29mm calculus is noted. No any contraction of gall bladder.



## DISCUSSION:

### ON CLINICAL FINDINGS:

Symptomatically the condition has improved with respect to pain, vomiting, burning micturition and with respect to diet.

### ON USG FINDINGS:

Contracted Gall bladder with completely filled calculi was noted before treatment. This is the result of scarring of Gall bladder due to Gall stones. Scarring causes the gallbladder to become smaller and the gall bladder no longer functions normally.

After the treatment Gall bladder has attained normal size, there was no contraction seen and stone size was 29mm.

## ON MODE OF ACTION OF DRUG:

All three *doshas* viz. *Vata*, *Pitta* and *Kapha* play a role in the formation of gall stones. Charaka Samhita also describes *Samprapti* and compares the formation of *Ashmari* to that of *Gorochana*. Even though it is described to be a *Tridoshaja* disorder, *Kapha* is considered to be the predominant *doshas* since it is the *upadana karana* or material cause for *Ashmari*. *Pitta* is responsible for its *ghanata* or solidification and *Vata* is responsible for *shoshana*. The mass thus formed is again encoated by the vitiated *doshas* and further hardened by *Vata*.

*Anubhuta yoga* comprises of *Punarnava*, *Gokshura*, *Gorakshaganja* and *Yava*. Drugs has *Madhura*, *tikta* and *Kashaya* rasa in dominance and have *Laghu*, *ruksha* and *Teekshna* guna. Except *Gokshura* rest of the drugs have *Ushna Veerya*. They have *Vatashleshmahara*, *Mutrala* properties, it helps in distingeration of *Ashmari*.

*Gokshura* and *Gorakshaganja* has *Ashmari Bhedana* property which will break the large calculi into gravels and help them to expel out... Hence they resolve *Sanga* produced by *Ashmari* and makes *Apana Vata Anulomana*.

*Gokshura* also possess *Rasayana* property which enhances the structural and functional integrity..

*Vatashleshmahara* property mainly acts at the *Doshic* level and prevent the recurrence of *Ashmari*. This has to be confirmed further followup studies.

In this case, patient had showed encouraging results.

## CONCLUSION:

On the basis of observations and results it can be inferred that Ayurveda has the potential to treat Cholelithiasis effectively.

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