



THE EFFECT OF KATAKA BEEJA CHURNA IN THE MANAGEMENT OF MUTRASHMARI - A CASE STUDY

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Abstract:

Mutrashmari is a formation of stone anywhere in the Mutravaha Srotas, which can be correlated with Urinary tract stone or urolithiasis. Ashmari is one of the disorders of Mutravaha Srotas and one among the Astamahagada. Renal calculi are one of the most painful and common disorders of urinary tract. As Ashmari is Kapha Pradhana Tridoshaja Vyadhi.Kataka is Tridoshaghna and indicated in Mutrashamri. Kataka Beeja churna mentioned in DhanwantariNighantu in chandanadi varga as Ashmarighna.

A male patient aged 28 years having complaint of Right side flank pain and pain abdomen (in umbilical region) since 20 days & diagnosed to have bilateral Renal Calculi. This case study shows that kataka Beeja churna is having good effect in treating Mutrashamari.The formulation is possessing Ashmari Bhedana (lithotriptic) and Mutrala(diuretic)properties.

Key words:Mutrashmari,Urolithiasis,Lithotriptic,Diuretic,Kataka Beeja Churna.

Introduction:

Ayurveda is an ancient system of medicine which aims to maintain the health of the healthy individual and cure the disease of a diseased person. According to Ayurveda body is composed of Tridosha, Saptadhatu and Trimala. These Trimala produced as a result of digestion and metabolism of food and get excreted from the body through their respective Srotas. Mutra is one among the Trimala and is excreted through Mutravahasrotas. Mutrashmari is one of the most common diseases among urinary disorders. The

MutravahaSrotasVikaras like Ashmari, Mutrakrichchra, Mutraghata, Prameha are the diseases causing distress to human being since ancient age. Acharya Sushrutha explained Mutrashmari as one among the Ashtamahagada.¹

In most of the countries there is a relatively high incidence of renal calculi which are due to climate, diet, habits, geology with hydro-mineralogy.² Renal calculi are quite common and usually affect people who are between 30-60 years of age.³ They affect men more than the women. It is estimated that renal colic (severe pain caused by a kidney stone) affects about 10-20% of men and 3-5% of women. In India 12% of the population is expected to have urinary stones, out of which 50% may end up with renal damage.⁴ Acharya Sushruta says in initial stage Ashmari can be treated by medicines, but in advanced stage surgery is needed, he also opines that before going for surgical procedures one should try to manage with oral medications.⁵ Ayurveda has an unique concept of breaking the calculus by using the Ashmari-bhedana (lithotriptic) and Mutral(diuretic) drugs. Present study is on a unique Ayurvedic formulation Kataka Beeja Churna explained by Acharya Mahendra Bhaughiki in Dhanvantari Nighantu, in chandanadi varga.⁶

Case History:

A 28 year aged male presented with complaints of right side flank pain and pain in umbilical region since 20 days, associated with difficulty in micturation since 10 days. Patient was apparently normal about 20 days back. Then he developed severe pain in flank region and vomiting. For this he consulted nearby physician and got temporary relief from the complaints. After some days again he felt same pain in abdomen (umbilical region) and difficulty in micturation for which he approached our hospital for treatment. According to patients complaints pain was intermittent and colicky in nature and it was felt at right side of the flank radiating to umbilical region of the abdomen. Dysuria felt at beginning of the micturation which was burning type. Patient was not a known case of diabetes mellitus and hypertension. Diet history reveals that his food intake was regular in both quantity and quality. Patient gives history of less consumption of water.

On Examination patient's vitals were within normal limits. Per abdominal findings -soft, tenderness at right renal angle and lumbar region, tenderness was absent on left side.

Investigations- USG Abdomen and pelvis report - Bilateral renal calculi(Right kidney lower pole- 9.1mm, Left kidney mid pole-4.4mm.)

Materials and Methods:

Diagnostic Criteria:

- Clinical features of *Mutrashmari* (renal calculi) as *Vedana* (pain), *Sarudhira Mutrata* (Hematuria) and Dysuria.
- USG Abdomen and Pelvis for site and size of calculi.

Treatment protocol:

Acharya Sushrutha explains Kataka as one of the potent drugs in Parushakadi gana in mutradoshahara Chikitsa.⁷ An Ayurvedic formulation Kataka Beeja Churna explained in Dhanvanrati Nighantu in Chandanadi varga is administered to the patient

1. Drug – Kataka Beeja Churna
2. Route: Oral
3. Dosage: 3gm
4. Timing: Twice a day before food
5. Anupana: Sukoshna jala
6. Duration: 30 days

Patient was asked to follow prescribed pathyapathya.

Observations:

Patient was asked to report on 15th day and 30th day during treatment for observation.

As per classics clinical features like Vedana in Nabhi pradesha (pain in umbilical region), Sadaha Mutrata (Burning micturation), were observed. The parameters were recorded according to the case proforma before, during, and after treatment and follow up. Patient was advised repeat ultrasonography after 30 days of treatment and that shows tiny non obstructing right renal calculus.

Follow-Up:

Patient was asked to report for follow-up on 45th day and it was that noticed all clinical features were resolved and Patient was happy.

Assessment criteria:

The result of treatment was evaluated as per grading given to subjective and objective parameters.⁸

Assessment chart:

		BT	DT	AT	FU	
		0 th Day	15 th Day	31 st Day	45 th Day	
Subjective Parameter	Day					
	Parameter					
	Renal pain	4 (100%)	2 (50%)	1 (25%)	0 (00%)	
	Renal angle tenderness	3(100%)	1 (33.33%)	0 (00%)	0 (00%)	
	Dysuria	4 (100%)	2 (50%)	0 (00%)	0 (00%)	
		BT - 0th Day		AT- 31st Day		
Objective Parameter	Haematuria		0		0	
	Pyuria		0		0	
	USG Findings	Site	Right Kidney Lower pole	Left Kidney Mid pole	Right Kidney Lower pole	Left Kidney -
		Number	1	1	1	-
		Size	9.1mm	4.4mm	2.8mm	-
Grade		3	1	0	-	

The effect of Kataka Beeja Churna over abdominal pain, dysuria - On 15th day 50% of the symptoms were reduced. On 30th day maximum improvement was seen in pain and dysuria. Effect of formulation on size of the calculi before treatment was non obstructing bilateral renal calculi. (Right kidney lower pole- 9.1mm, Left kidney mid pole-4.4mm. After the treatment is tiny non obstructing right renal calculus. (Right kidney lower pole-2.8mm)

Mode of Action:

Kataka explained in Dhanvantari Nighantu in *Chandanadi Varga* is taken for the study. Acharya while explaining the properties of *Kataka* states, it is *Vaariprasadana*, *Chedaniya Vishagna* and *Muotrashmarihara*. Methanol extract of *Strychnos potatorum* Linn. seeds (SPSE) was evaluated for its diuretic activity in Wistar albino rats.¹¹

The studies also suggest inhibition of turbidity increased with concentration of extract and methanol extract of seed showed maximum dissolution of urinary stones in vitro.⁹ the methanol extract prevented the growth of urinary stones. The underlying mechanism could be due to its diuretic activity, nephroprotective effect and lowering the concentration of urinary stone forming constituents.¹⁰

By going through the individual *Guna Karma* of *Kataka* it is said to be *Kapha-Vata hara*.⁸ *Kataka* is having property like *Ashmarichedhaka* (lithotriptic), *Mutrala* (diuretic) and *Ashmarighna* (antiurolithogenic). It helps in disintegration and flushing out the calculi from the body and prevent the formation of calculi.

Discussion & Conclusion:

In this study the patient was having bilateral renal calculi at left kidney mid pole and right kidney upper pole the formulation *kataka Beeja Churna* was given for duration of a month, which showed good result after treatment. The drug based on its *Rasapanchaka* shown its action on *Mutrashmari* as *Ashmarichedhaka* (lithotriptic), *Mutrala* (diuretic). *Ashmari* is a *Kapha Pradhana Vyadhi* *Kataka* is also having *Kaphavata hara* property and it helps in *Samprapti Vighatana* of the *Vyadhi*.

Thus *Ashmarichedhaka* (lithotriptic), *Mutrala* (diuretic) property of *Kataka Beeja Churna* is does disintegration and flushing out the calculi from the body and *ashmarighna* property Of *Kataka Beeja Churna* helps in prevention of formation of renal calculi. This is how the purpose *Swatasya swasta rakshanam* (prevention) and *Aaturasya vikara prashamanam* (treating the disease) is served.

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