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## LITERATURE REVIEW OF ASHTHEELA WITH SPECIAL REFERENCE TO BENIGN PROSTATIC HYPERPLASIA

Abhilasha Kore<sup>1</sup> and Shailesh Jaiswal<sup>2\*</sup>(Corresponding Author)

Final year PG Scholar , Shalyatantra Department of Parul Institute of Ayurveda, Limda, Vadodara Gujrat 391760, India

Associate Professor, Shalyatantra Department of Parul Institute of Ayurveda, Limda, Vadodara Gujrat 391760, India

### ABSTRACT

The Benign Prostatic Hyperplasia is an age related disorder in men. In which there is enlargement of the gland due to neoplastic changes which occur due to change in level of hormones. In ayurveda BPH is correlated with Astheela, which is a type of mutraghata. Astheela is a stony hard growth between the anal canal and bladder. The anatomical changes in of prostate gland may be of rubbery consistency with enlargement. Thus Atheela is more closely related to BPH than other types of Mutraghat.

### INTRODUCTION

Detailed description of Astheela granti is not found in Ayurvedic classics. Only brief description is given in Charak samhita and Sushruta samhita.

Disease are named according to Ruja (Shoola), Varna (Pandu, Haridra etc), Samuthan (Nidan), Sthana (Amashaya, Parswa etc), Sansthan (Aakrati or Swaroop for eg:- Gulma, Arbuda-Tundikeri, Shalook, Masoorika, Ashtheela etc). According to these parameters, diseases are innumerable. Astheela Vyadhi is also named according to above given principle because in the case of Astheela Vyadhi, Astheela gland becomes hard, cubic, just like a stone 1

## DESCRIPTION OF SWAROOP (STRUCTURE) AND STHANA (LOCATION) OF ASTHEELA ACCORDING TO DIFFERENT CLASSICS

### (1) In sushruta Samhita<sup>2</sup>

Acharya Sushruta has described Astheela as stone. Long and round stone is called Astheela. Long and round box of iron which is used by blacksmith is also known as Astheela. A gland is of the same structure as above given description is known as Astheela or Astheelashm. Acharya Dalhan commented on Sushruta samhita nidan sthan 1/90. According to Acharya Dalhana, a long and round stone like structure which is found in Uttarapath (urinary tract) is known as Astheela. Long and round box of iron which is used by blacksmith is also known as Astheela. Like that a solid and round structure which is found in the urinary tract of male, which obstruct the Mala (feces), Mootra (urine), and Apana vayu (flautulence), that diseased condition is known as Astheela Granthi.<sup>3</sup>

### (2) In Charak samhita<sup>4</sup>

According to Acharya Charak, when the Pleeha enlarges, then it seems glandular and hard in touch like a stone. Then it seems like round and flat stones which are found in river.

Astheela is like long and round box of iron which is used by blacksmith.

### (3) In Sharangdhar samhita<sup>5</sup>

According to Acharya Sharangdhar, Astheela is one of the 13 types of Mootraghat.

According to the "Deepika" Teeka of Sharangdhar which is written by

Aadhamalla, the second opinion on above written quotation is that due to vitiation of Vata the gland which obstruct the mala and Mootra is known as Astheela.

### (4) In Madhav Nidan<sup>6</sup>

According to Madhav Nidan, Astheela is also a type of Mootraghat. Adhamana (Tympanitis or flautulence) is generated in Basti and Guda by vitiated Vata and in between the Basti and Guda by obstructing the passage of them it forms Granthi like Astheela, which obstruct the passage of mala and Mootra, that is called Astheela disease.

### (5) In Siddhant Nidan:<sup>7</sup>

Acharya Gadnath sain describes, Astheela Granthi is situated at the junction of Mootrashaya (urinary bladder) and Mootramarga (urethra). Above description of Swaroop and Sthan of Astheela Granthi clearly indicates that Astheela granthi can be correlated with prostate gland.

## **DISEASE OF ASTHEELA GRANTHI (PROSTATE GLAND) ACCORDING TO DIFFERENT AYURVEDIC CLASSICS**

### **(1) IN SUSHRUTA SAMHITA:-**

Acharya Sushruta describes disease of Astheela as the Apana Vayu situated in Malamarga and Basti gets vitiated, it increases the size of Astheela Granthi which results in obstruction of Mala (stool), Mootra (urine) and Apana Vayu (flatulence) occurs, from that severe pain in Basti (urinary bladder) also occurs. This diseased condition is called Vatastheela. Acharya Sushruta also describes Vataastheela in Nidan Sthan as below mentioned quotation.

Means that Astheela is a gland which is hard like a stone, when it gets enlarge upwards and gets bulge it obstruct the passage of urine and stool. This diseased condition is known as Vataastheela.<sup>8</sup>

### **(2) IN ASHTANG HRIDAY:<sup>9</sup>**

Acharya Vagbhata also describes disease of Astheela same as Acharya Sushruta. Due to vitiated Vata a glandular, hard stone like, stable, and prominent structure occurs between the passage of Malamarga and Basti, which obstruct the passage of mala, Mootra, Apana Vayu, because of obstruction of Mala, Mootra, Apana Vayu symptoms like tympanitis, shoola etc occurs. Above mentioned both descriptions clearly indicated towards prostate gland enlargement according to modern science. Enlargement of prostate gland occurs in many conditions like:

- (a) Benign prostate hyperplasia.
- (b) Prostatitis.
- (c) Prostate cancer

## TREATMENT OF THE DISEASES OF THE PROSTATE ACCORDING TO AYURVEDA

### (3) ACCORDING TO SUSHRUTA SAMHITA:-

Acharya Sushruta describes the treatment of Astheela vyadhi<sup>10</sup> according to below mentioned quotation:-

According to above mentioned quotation Astheela and Pratiastheela should be treated same as vidradhi (abscess). Acharya Sushrut describes the treatment of Vidradhi in Chikitsa sthan chapter no16. According to that Apakva Antarvidradhi (internal abscess without pus collection) should be treated with Kwath of Varunadi gana with the Anupan of Ushakadi gana. Asthapan and Anuvasan Basti should be prescribed for the patient. Dietary regimen should be according to Doshik involvement and Choorna of sehijan vrikcha bark should be used internally. Acharya Sushruta also told the treatment of Astheela in Sutra Sthan chapter no.46.

Sheerna vrinta (a herbal medicine) is Ksharyukta (alkali), Madhur, Kaphanashak, Bhedan, Agnideepak, and Hridya and it is very useful in Aanah(constipation). Due to these properties it is prescribed in Astheela vyadhi. According to acharya dalhan,<sup>11</sup>

Sheernavrinta should be used when Anah Lakshan is present with Astheela, Mootraastheela, Vataastheela.

### (2) ACCORDING TO CHARAK SAMHITA:<sup>12</sup>

Acharya Charak described the treatment of Astheela.

According to him all types of disease which are related to Basti should be treated with Basti and Uttar Basti, and along with the Basti Mootrakrich nashak treatment also should be prescribed.

### (3) ACCORDING TO YUKTI:-

Besides the above given classical treatment of Astheela Vyadhi, treatment according to Yukti also can be done, which may be according to Nidan of disease, Doshik involvement of disease, Samprapti of disease, symptoms of disease, complications of disease According to modern science the main causes of BPH are ageing and higher serum androgen level so we should find

the drugs in Ayurveda which works on anti ageing factors and the drugs which have 5 $\alpha$  reductase inhibitor substances which reduces the level of serum androgens, according to Ayurveda the main cause of Astheela Vyadhi is vitiation of Vayu, in ayurved two types of treatment has been indicated for pacification of any Dosha, one is Shodhan (elimination of vitiated doshas) and another one is Shaman(pacification of vitiated Doshas by using oral medicines). For the pacification of vitiated Vata Dosha, Shodhan Chikitsa advocated in Ayurvedic Classics is Basti therapy. For Shaman oral medicines in various forms are found in classics of Ayurveda. According to symptoms, according to modern science and ayurvedic science the drugs which works on urinary system are most effective for BPH, because feeling of Incomplete Bladder Emptying, Frequency, Intermittency, Urgency, Weak Streame, Straining And Nocturia are main symptoms of BPH. So according to Yukti the line of treatment for management of BPH as per Ayurvedic Classics and modern knowledge may be as follows.

The drugs which have following properties like:

- (1) Vrishya and Rasayan:- For anti ageing.
- (2) Anti inflammatory drugs (Shoethnashak):-For reducing the size of BPH.
- (3) Vata and Kapha shamak:-For pacification of vitiate doshas
- (4) The drugs which has 5 $\alpha$  reductase inhibitory activity
- (5) Diuretic (Mootral):- For symptomatic treatment.

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