

## A PHARMACEUTICAL REVIEW STUDY OF *SHWETA PARPATI* ON *MUTRAKRICHRA*

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### ABSTRACT

*Rasashastra* is the science of changing drugs irrespective of their origin into a form which is very similar to *Ras* (highly absorbable) form. There are varieties of forms of *Rasaushadi Nirman* as *Kharaliya, parpati, Pottali & Kupipakwa Rasayana*. Amongst these *parpati Kalpana* has always held a unique place as "*Ras Aushadhi*". There are many numbers of *parpati* preparations mentioned by different authors depending on difference in the contents. Among these *parpati Kalpana* the *Shweta parpati* is mention in the *mutrakrichra Roga*. *Mutrakrichra* is a diseases of *Mutravaha Srotas*, and has been mentioned in almost all *Ayurvedic* classical texts. According to modern science theoretical and clinical symptomatology *mutrakrichra* is correlated to dysuria.

Dysuria is a symptom of pain, discomfort and burning while urinating. It is a condition in which difficulty in micturition is the main symptom affecting the daily activities of the person. In modern medicine there are a number of medicines indicate for dysuria but they have side effects and are addictive drugs. *Shweta parpati a parpati Kalpana* is indicated for *Mutrakrichra* and *Mutrashmari*, is not an addictive preparation and has multidimensional property. Easy method of preparation and very minute dosage adds on to the benefits of this *Kalpana*. Detailed reviews on pharmaceutical analytical parameter applicable for *parpati* preparations so in this paper has been made to have a systemic over view of *Shweta parpati Kalpana* on *mutrakrichra Roga*.

**KEYWORDS:** *Rasashashtra, parpati Kalpana, Shweta parpati, mutrakrichra, Dysuria.*

## INTRODUCTION

*parpati Kalpana* is known for its distinct and uniform method of preparation. These formulations are named on the shape and appearance in which we obtain the end product *perpatakruti = papad* shape in the form of thin flakes.<sup>[1]</sup> This form of medicine is more beneficial compared to metallic *Bhasma*. According to *Chakardatt* most of these formulations are specifically indicated in *Grahani Roga*.<sup>[2]</sup> *Shweta parpati* or *Kshara parpati* is made by dehydrated homogenous blending of *Navsadar* (ammonium chloride,) *Sphatika* (potash alum) and *Kalmisora* (potassium nitrate). *Shweta parpati* is white in color. On the basis of these contents and preparation method of *Shweta parpati* has unique features like diuretic, analgesic, anti-inflammatory and urinary supportive action thus it increases blood flow in kidneys and urine output.

According to *Acharya Charaka and Sushruta*, *mutrakrichra* is divided into eight types on the basis of causes.

### *Nidan* (cause)

*व्यायामतीक्ष्णौषधरूक्षमद्यप्रसङ्गनित्यद्रुतपृष्ठयानात् ।*

*आनुपमांसाध्यशनादजीर्णात्स्युर्मूत्रकृच्छ्राणिनृणां तथाऽष्टौ । (च.चि.अ. 26)<sup>[3]</sup>*

***Samprapti Ghatak* (pathogenesis factors) of *mutrakrichra* are described here in following steps<sup>[4]</sup>**

<i>Dosha Dushti</i>	<i>Vata, Pitta, Kapha, Sannipaata</i>
<i>Strotasa</i>	<i>Mutra Vaha Strotasa</i>
<i>Udbhava Sthana</i>	<i>Vasti</i>
<i>Adhithana</i>	<i>Mutra Marg</i>
<i>Bheda</i>	<i>Vata, Pitta, Kapha, Sannipata, Ashmari Janya, Sarkara Janya, Sukravegavrodhaj, Raktaja</i>
<i>Vyadhi Marga</i>	<i>Madhyama</i>
<i>Strotodushti</i>	<i>Sanga</i>

Dysuria is the medical term for pain or discomfort when urinating. Often described as a burning sensation.

These are some of the more common causes of painful urination.

**Infections-** Urinary tract infections (UTIs) are one of the leading causes of painful urination. Infections can occur in any part of the urinary tract, including.<sup>[5]</sup>

- Kidneys
- Ureters
- Bladder
- Urethra
- Urinary tract infections are most often caused by bacteria that gets into the urinary tract through the urethra.

Factors that can increase chance of developing a UTI include.

- Being a woman
- Diabetes
- Advanced age
- Enlarged prostate
- Kidney stones
- Pregnancy
- Having a urinary catheter in place

Sometimes painful urination can be related to a vaginal infection, such as a yeast infection.

Sexually transmitted infections can also cause painful urination. These include.

- Genital herpes
- Chlamydia
- Gonorrhea

**Inflammation and irritation.** A range of problems can lead to inflammation or irritation of the urinary tract or genital area, leading to the symptom of painful urination. Besides infections, other reasons that area may be irritated or inflamed include,

- Stones in the urinary tract
- Irritation of the urethra from sexual activity
- Interstitial cystitis, a condition caused by bladder inflammation
- Vaginal changes related to menopause
- Activities such as horseback riding or bicycling
- Vaginal sensitivity or irritation related to use of scented soaps or bubble bath, toilet paper, or other products such as douches or spermicides
- Side effects from certain medications, supplements, and treatments

- Tumor in the urinary tract

### MATERIAL AND METHOD-

According to *Siddha Yog Sangrah*, three contents are mentioned for preparation of *Shweta parpati*.<sup>[6]</sup>

Name of ingredients	English name	Parts
<i>Kalami Shora</i>	Potassium nitrate	16 parts
<i>Sphatika</i>	Potash Alum	2 parts
<i>Navsadar</i>	Ammonium chloride	1 part

#### *Kalami Shora*- ( $\text{KNO}_3$ )

It is also called *Surya Kshara*. Properties according to *Rasatarangini* is *Katu* and *Lavana rasa*, *Ushana Virya*, *Tikshna*, *Sheeta Sparsha*.<sup>[7]</sup>

Hence having *Vahnipradeepana*, *Ashmarihara* and *Mutrakrucha*, *Pandu*, *Prameha Nashaka* properties.

#### *Sphatika*- ( $\text{K}_2\text{SO}_4\text{Al}_2(\text{SO}_4)_3 \cdot 24\text{H}_2\text{O}$ )

According to *Ras Ratan Samuuchaya Sphatika Amla*, *Katu*, *Kashaya Ras*, *Guru*, *Snigdha* and *Ushna Virya* and *Madhura Vipaka*.<sup>[8]</sup>

Properties- *Netrya*, *Kesya*, *Kantha*, *Vishghana*. At external use it contracts the capillary and stop bleeding. It is also a vaginal contractor.

#### *Navsadar*-( $\text{NH}_4\text{Cl}$ )

*Rasatarangini* gives the properties of *Navasadara* as *Snigdha*, *Sookshma*, *Laghu*, *Saraka* and *Teekshna*. It having *Lavana ras* and *Ushna Veerya* and *Karma* of *Tridoshagna*, *Pachaka* and *Agni Pradeepaka*.<sup>[9]</sup>

### METHOD

As *Siddha Yog Sangrah* mentioned the pharmaceutical preparation method of *Shweta parpati* is that all three contents are rubbish in a mortar to form cores powder. After then the powder is boiled in a earthen pot. Slowly Slowly the powder is melt and convert in to a yellow liquid. Then the liquid is pouring on a *Kadali Patra* which already located on cow dung, then the liquid is pressed by a another *Kadali Patra* which has cow dung on it. Due to the pressing the liquid is converted in to solid *parpati*.<sup>[10]</sup>

Adopted method- Heated liquid is spread out over cement or kota stone floor. As the liquid is spread it change in to solid *parpati* due to gradually decreasing of temperature.

After that the *parpati* is prepared it is convert in to powder.

### Precautions

1. During the boiling of *parpati* contents ammonia and sulphur gases pass out in the form of yellow fog so should be avoid to inhale or use mask.
2. During the boiling contents of the earthen pot is very hot so should not touch directly.



Showing image of *Shweta parpati*

### OBSERVATIONS<sup>[6]</sup>

- |                   |   |                             |
|-------------------|---|-----------------------------|
| 1. <i>Varna</i>   | - | <i>Shweta</i> (white)       |
| 2. <i>Rasa</i>    | - | <i>Kashaya</i> (astringent) |
| 3. <i>Sparsha</i> | - | <i>Mridu</i> (soft)         |
| 4. <i>Gandha</i>  | - | <i>Nirgandha</i>            |

Dose- 5-10 Ratti (625-1250 mg)

*Anupana*- Coconut water, cold water, sugar cane juice, sweet milk or any *Mutral Dravya*.

### *Shweta parpati* side effects

It is contraindicating in children, pregnant and lactating mothers. Take this medicine only in prescribed dosage for particular time period only. Over-dosage may cause poisonous side effects.

caution: Store in a cool dry place. Keep out of reach of children.

## DISCUSSION

*Acharya Kashyapa* in the *Mutrakrichra Chikitsa Adhyaya 2* has given the *Samprapthi* of the disease as with the vitiation of *Pitta* followed by *Kapha* and *Vata* causes impairment to the functioning of *Vasthi* producing difficulty in micturition. Hence *Mutrakrichra* is a *Pitta Pradanaja Tridoshaja vyadhi*.<sup>[11]</sup>

When we closely observe the properties of the ingredients we could see that two of them i.e. *Suryakshara* & *Sphatika* are *Kshar* and hence they have the *Karma* of *Shodhana* and *Ropana*.

From the *Samprapthi Vighatana* it was clear that *Mutrakrichra* is a *Pitta Pradhana Tridoshaja Vyadhi*. *Sphatika* with its *Madhura Rasa* and *Vipaka* alleviates *Pitta*. *Suryakshara* being *Teekshna* and *Ushna* could act on *Kapha* and *Vata*.

Moreover, the presence of salts and their alkaline pH would further reduce the chances of bacterial survival within the Urinary tract. Diuretic action is due to the salts, which maintains the water exchange between the blood and lymph and thus promoting the functioning of kidney thereby preventing stasis of microbes and helps in flushing of microbes.

## CONCLUSION

*Shweta parpati* is a *Kajjali Rahita parpati Kalpana*. Easy availability of ingredients and low cost of production adds on to its benefits. The method of preparation is also easy. *Mutrakrichra* is a condition which can be effectively managed by the *Shweta parpati*. *Shweta parpati* is a simple, safe, easy to prepare and administered preparation explained in *Ayurvedic* classics. *Shweta parpati* has multi-dimensional effect on *mutrakrichra* like as diuretics, alkalizer etc. The effect of *Shweta parpati* can be understood very well according to *Ayurveda* and contemporary sciences.

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