

**A CONCEPTUAL STUDY OF SHWETA PARPATI IN THE
MANAGEMENT OF ASHMARI**

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ABSTRACT

Ashmari is disease having its own identity equally in both sciences, *Ayurveda* as well as Modern and afflicting about 2% of people. It is more common in male than female. Although there is great advancement has been made in the field of modern science yet there is a still need for a specific line of treatment which is non-invasive and affordable. Nowadays everybody is in a state of rush. This in turns ends with abnormal food habit, less intake of water, lots of wetness which increases chance of getting stone. The consumption of food materials like milk (High in calcium), Leafy vegetables, tomatoes (High in oxalate), meat and non-veg food (High in protein content) increases the rate of renal calculus. To avoid the incidence of

recurrence after surgical removal of stone and in search of an effective conservative treatment *Shweta parpati* has been taken.

KEYWORDS: *Ashmari, Shweta parpati.*

INTRODUCTION

Sushruta has been described various medicines as well as surgical intervention for *Ashmari*. Medicinal treatment is advised to be undertaken in the early stages of the disease. Indication of surgical management has been suggested along with a note of caution for complications.^[1] Surgical treatment has to be accepted only on failure of conservative treatment and when death becomes inevitable.

As per *Ayurveda* medicinal treatment includes use of various *Ghrita, Kwatha, Churna, Kshara Dravyas* etc.^[2] Among those, *Kwatha* are second-hand predominantly because they are mostly having *Mutrala* and *Bhedana* properties.

Modern science stresses on various factors like genetics, age, sex, metabolic disorders, sedentary life style, dehydration, mineral content of water, nutritional deficiency etc. for urinary stone formation. Urolithiasis causes pain, loss of working time, medical expenses, need for hospitalization and an infrequent cause of renal failure. In modern science the best possible management for urinary calculus is use of various drugs to correct involved pathologies and use of diuretics as well as surgical intervention including open surgery, per cutaneous techniques, ESWL^[3] etc. But even after surgery there are high chances of repetition because urinary stones have peculiar tendency of repetition.

AIMS: To evaluate the efficacy of *Shweta parpati* in the management of *Ashmari*.

DISEASES REVIEW

Ashmari is one of the most common and distressing disease of urinary disorders. *Sushruta*, the pioneer in the art of surgery, during early civilization has described the problem of *Ashmari* widely and comprehensively. The conception of *Ashmari*, its classification, symptomatology, etiological factors, pathology, complications and management have been dealt with by treatment as well as surgical procedures. The *Ashmari* is considered as one of the *Mahagada* by *Sushruta* owing to its potentiality to disturb the urinary system as well as life of a person.

Nidana of *Ashmari*

According to *Sushruta* –There are two main *Nidanas* of *Ashmari*, *Asamshodhana* and *Apathyasevana*.

Purvarupa of Ashmari:

Basti Pida Aruchi, Mutrakrichchhra, Basti Shirovedana, Mushka Vedana, Shepha Vedana, Jwara, Avasada Basta Gandhitva, Sandra Mutra, Aavila Mutra, Asannadesha, Basti Aadhmana.

Rupas (Symptoms and Signs) of Ashmari

Nabhi Vedana, Basti Vedana, Sevani Vedana, Mehana Vedana, Mutradharasanga, Sarudhira Mutra, Mutravikirana, etc.

SAMPRAPTI GHATAKA

- *Nidana* : *Kapha, Vata Prakopaka*
- *Dosha* : *Kapha Pradhana Tridosha*
- *Dushya* : *Mutra*
- *Srotasa* : *Mutravaha*
- *Srotodushti* : *Sanga*
- *Agni* : *Jatharagnimandya*
- *Ama* : *Jatharagni*
- *Dosha Marga* : *Koshtha, Shakha*
- *Roga Marga* : *Abhyantara*
- *Udbhava Sthana* : *Pakvashaya (Apana Kshetra)*
- *Adhishthana* : *Basti (Mutravaha Srotasa)*

TREATMENT FOR Ashmari**DRUG REVIEW****SHWETA PARPATI**

Name of drug - **SHWETA PARPATI**

Drug formulation - Powder

Dose -2 gm/ day twice in divided dose with water

BOTANICAL NAMES AND PART USED OF SHWETA PARPATI

No.	Drug	Name	Proportion
1.	<i>Surya khsar</i>	Salt petre	40 part
2.	<i>Sphatika</i>	Alum	10 part
3.	<i>Navsadar</i>	Ammonium chloride	2.5 part

Pathya

Langhana, Vamana, Virechana, Basti, Avagaha Sweda are respected in *Ashmari*. The dietetic items are *Yava, Kulattha, Purana Shali, Mudga*, flesh of *Krauncha* bird, ginger, *Tanduliyaka, Kushmanda, Yava Kshara* and all the *Vatanashaka Ahara*. These items are generally *Vatanulomana* and *Mutrala*. Further, it is mentioned to take *Gokshura, Yava Kshara, Varuna, Punarnava* and *Pashanabheda* as drug.

Apathya

Ativyayama (excessive practice), *Adhyashana, Samashana, Shita, Snigdha, Guru, Madhura Ahara, Vegavarodha* are cured as *Apathya* for *Ashmari*. *Sushka Ahara, Kapittha, Jamuna, Bisamrinala*, dry dates, *Kashaya Rasa Sevana* etc. are also measured as *Apathya* for *Ashmari*.

DISCUSSION

Ashmari is a very common disease that everyone usually suffers once in the life.

PROBABALE ACTION OF SHWETA PARPATI IN Ashmari**DOSHA KARMA OF SHWETA PARPATI**

Sr.no.	Drug	Rasa	Guna	Virya	Vipaka	Doshaghnata
1	<i>Surya khsar</i>	<i>Katu, lavan</i>	<i>Tiksna</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Mootral, agnivardhak</i>
2	<i>Sphatika</i>	<i>Kashay, Amla.</i>	<i>Guru, snigdha Grahi lekhan.</i>	<i>Ushna</i>	-	<i>Tridosh samak</i>
3	<i>Navsadar</i>	<i>Lavan, Amla</i>	<i>Snigdha, sukshma, laghu</i>	<i>Ushna</i>	-	<i>Tridosagna</i>

PHARMACOLOGICAL ACTION OF SHWETA PARPATI

Sr.No.	Drug	Pharmacological action
1	<i>Surya khsar</i>	<i>Bhedana, Bastishodhana, Ashmarighna, Mutravirechaniya</i>
2	<i>Sphatika</i>	<i>Mutrala, Pachana</i>
3	<i>Navsadar</i>	<i>Shukrala, Balya, Rasayana, Medhya</i>

CONCLUSION

Hence it can be concluded that *Shweta Parpati* can be considered as very useful and effective Ayurvedic combination in the management of *Ashmari*.

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