

**A CONCEPTUAL STUDY OF *GOKSHUR PUNARNAVADI YOGA* IN  
THE MANAGEMENT OF *VRIKKASHMARI***

<sup>1</sup>\*Dr. Jaydeep Khant, <sup>2</sup>Dr. Jasmin Gohel, <sup>3</sup>Dr. Yogesh Manani, <sup>4</sup>Dr. Mohit P. Paghdar,  
<sup>5</sup>Dr. Rahulkumar Barad and <sup>6</sup>Dr. Rahul Shingadiya

<sup>1</sup>Assistant Professor, Department of Dravyaguna, Noble Ayurved College, Baman gam,  
Junagadh, Gujarat, India.

<sup>2</sup>Assistant Professor, Department of Shalya Tantra, Noble Ayurved College, Baman gam,  
Junagadh, Gujarat, India.

<sup>3</sup>Assistant Professor, Department of Stri Roga & Prasuti Tantra, Noble Ayurved College,  
Baman gam, Junagadh, Gujarat, India.

<sup>4</sup>Assistant Professor, Department of Panchkarma, Noble Ayurved College, Baman gam,  
Junagadh, Gujarat, India.

<sup>5</sup>Assistant Professor, Department of Kayachikitsa, Noble Ayurved College, Baman gam,  
Junagadh, Gujarat, India.

<sup>6</sup>Assistant Professor, Department of Ras Shastra & Bhaishjya Kalpana, Government Ayurved  
College, Junagadh, Gujarat, India.

Article Received on  
21 Nov. 2019,

Revised on 11 Dec. 2019,  
Accepted on 01 Jan. 2020,

DOI: 10.20959/wjpr20201-16693

**\*Corresponding Author**

**Dr. Jaydeep Khant**

Assistant Professor,  
Department of Dravyaguna,  
Noble Ayurved College,  
Baman gam, Junagadh,  
Gujarat, India.

**ABSTRACT**

*Vrikkashmari* 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 *Gokshur Punarnavadi yoga* has been taken.

**KEYWORDS:** *Vrikkashmari, Gokshur Punarnavadi yoga.*

## INTRODUCTION

*Sushruta* has been described various medicines as well as surgical intervention for *Vrikkashmari*. 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.<sup>[1]</sup> 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.<sup>[2]</sup> 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<sup>[3]</sup> 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 *Gokshur Punarnavadi yoga* in the management of *Vrikkashmari*.

## DISEASES REVIEW

*Vrikkashmari* 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 *Vrikkashmari* widely and comprehensively. The conception of *Vrikkashmari*, its classification, symptomatology, etiological factors, pathology, complications and management have been dealt with by treatment as well as surgical procedures. The *Vrikkashmari* 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 *Vrikkashmari*

According to *Sushruta* –There are two main *Nidanas* of *Vrikkashmari*, *Asamshodhana* and

*Apathyasevana.*

### **Purvarupa of Vrikkashmari**

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

### **Rupas (Symptoms and Signs) of Vrikkashmari**

*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 Vrikkashmari**

#### **DRUG REVIEW**

#### **GOKSHUR PUNARNAVADI YOGA**

Name of drug - **GOKSHUR PUNARNAVADI YOGA**

Drug formulation - Powder

Dose -3 gm/ day twice in divided dose with water

**BOTANICAL NAMES AND PART USED OF GOKSHUR PUNARNAVADI YOGA**

Sr. No.	Drug	Botanical name	Part used	Quantity
1.	<i>Gokhsur</i>	Tribulusteresstris	Fala	10 gm
2.	<i>Punrnava</i>	Bouhiniadiffusa	Panchang	10 gm
3.	<i>Hajrad al yahud</i>	Silicate of lime	Bhasma	1 gm
4.	<i>Pashanbhed</i>	Bergenisiliate	Patra	1 gm

**Pathya**

*Langhana, Vamana, Virechana, Basti, Avagaha Sweda* are respected in *Vrikkashmari*. 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 *Vrikkashmari*. *Sushka Ahara, Kapitha, Jamuna, Bisamrinala*, dry dates, *Kashaya Rasa Sevana* etc. are also measured as *Apathya* for *Vrikkashmari*.

**DISCUSSION:** *Vrikkashmari* is a very common disease that everyone usually suffers once in the life.

**PROBABALE ACTION OF GOKSHUR PUNARNAVADI YOGA IN Vrikkashmari****RASA PANCHAKA&DOSHA KARMA OF GOKSHURPUNARNAVADI YOGA**

Sr.No.	Drug	Rasa	Guna	Virya	Vipaka	Doshagnata
1	<i>Gokhsur</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Shita</i>	<i>Madhura</i>	<i>Mootra Virechaniya</i>
2	<i>Punrnava</i>	<i>Madhura, Tikta, Kashaya.</i>	<i>Laghu, Ruksh</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Mootra Virechaniya</i>
3	<i>Hajradalyahud</i>	-	-	<i>Shita</i>	-	<i>Ashmarishool nasak, mootrashmari bhedak</i>
4	<i>Pashanbhed</i>	<i>Kashaya, Tikta</i>	<i>Laghu, Snigdha, Tikshna</i>	<i>Shita</i>	<i>Katu</i>	<i>Ashmaribhedana</i>

**PHARMACOLOGICAL ACTION OF GOKSHUR PUNARNAVADI YOGA**

Sr.No.	Drug	Pharmacological action
1	<i>Gokhsur</i>	<i>Mutrala, Vrishya, Brimhana, Ashmarihara, Bastishodhana</i>
2	<i>Punrnava</i>	<i>Anulomana, Shothahara, Mutrala,</i>
3	<i>Hajradalyahud</i>	<i>Vamanaghna, Vrikkshoolanasak, Vrikkashmarihar, mutrala.</i>
4	<i>Pashanbhed</i>	<i>Bhedana, Bastishodhana, Ashmarighna, Mutravirechaniya</i>

**PROBABALE ACTION OF GOKSHUR PUNARNAVADI YOGA IN *Vrikkashmari*****CONCLUSION**

Hence it can be concluded that *Gokshur Punarnavadi yoga* can be considered as very useful and effective Ayurvedic combination in the management of *Vrikkashmari*.

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