

Efficacy of Gokshuradi Guggulu and Varunadi Kwath in the management of Renal calculi and Ovarian Cyst- A Case Report

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Abstract:

Mutrashmari (Renal calculi) is a very common disorder. The mechanism of stone formation is a complex process which results from several physicochemical events including super saturation, nucleation, growth, aggregation, and retention of urinary stone constituents within tubular cells. Ayurveda treatment mainly focuses on *samprapti vighatana* (breaking down the pathogenesis). The main aim of this study was to evaluate the *granthihara* and *ashmarighan* action of *Gokshuradi guggul* and *varunadi kwath*. A case of pain abdomen diagnosed with left side mid ureteric calculus with hydronephrosis and right ovarian simple cyst was given above treatment for a period of 8 weeks. Symptoms of pain abdomen and dysuria subsided within a week and repeat Ultrasonography after 8 weeks revealed normal study.

Key words: *Mutrashmari*, Ovarian cyst, *Granthi*, *Gokshuradi guggul*, *Varunadi kwath*

Received: 12.12.2018

Revised: 16.12.2018

Accepted: 25.12.2018



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Introduction:

It is reported that the prevalence of urolithiasis has been increasing in the past decades in both developed and developing countries. This growing trend is believed to be associated with changes in lifestyle modifications such as lack of physical activity and dietary habits.

Urolithiasis affects about 12% of the world population at some stage in their lifetime.^[1] In Indian population, about 12% of them are expected to have urinary stones and out of which 50% may end up with loss of kidney functions.^[2]

As per the texts of Ayurveda, formation of *mutrashmari* is due to *srotovaigunya* resulting from *dushita kapha* localized in *basti* along with *pradushita vata* and *pitta*.^[3]

Also the follicular cysts are the most common functional cysts of ovaries. These are usually harmless, asymptomatic and don't require any treatment. However some

of the cysts can cause vague pain^[4], bloating and irregular menstrual cycles and may require conservative or surgical intervention. Conservative management of such cysts is a great hope for physician as well as for the benefit of patient. Ayurveda science treats these cysts on the line of *Kaphajgranthihara chikitsa* and is proving quite effective. This article presents a successfully managed case study urolithiasis and ovarian cyst through ayurveda.

Case Report:

A female patient aged 31 years visited the OPD of RARIND Pandoh Mandi in the month of June, 2018 with the complaints of spasmodic pain on left side of abdomen and back radiating to lower abdomen, with pain during urination since 3days. She also gave the history of painful menses with reduced interval of menstrual cycle and heavy bleeding during menses since last two months (Table-1).

Table-1: Clinical examinations:

General physical examination:	Built: moderate Eyes: no pallor, Tongue: clear
	B.P- 130/80 mm of Hg, Pulse Rate: 84/min.
Per abdomen:	Inspection: No abnormality seen Palpation: Soft abdomen, mild tenderness elicited on left side lumbar region.
Routine laboratory investigations	Haemoglobin: 11.6gm% TLC: 8600/mm ³ DLC: N ₆₀ L ₂₈ M ₆ E ₃ B ₀ ESR: 12 mm fall in 1 st hr Urine(Routine and Microscopic): no abnormality

USG whole abdomen	USG whole abdomen revealed left side hydronephrosis with hydroureter s/o mid ureteric calculus along with right ovarian cyst of 3.5×2.5 cm. Anteverted uterus of normal size and endometrial thickness of 7.9 mm.
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Table 2: Intervention:

Treatment given	Dose	Duration	Follow up	Advise
<i>Gokshuradi guggul</i>	300mg	2 BD	Weekly	Plenty of water 2-3 liters per day
<i>Varunadi kashaya</i>	50ml	BD		

Observations and results:

Patient got significant relief in pain abdomen within a week and by the end of second week, complete relief was there in pain abdomen. She also reported relief in painful menstruation with normal interval of

menstrual cycle and normal bleeding during menstruation which was judged on the basis of number of pads used per day and clots. (Table-3) Repeat USG was advised after 8 weeks which showed normal study. (Scanned copies of USG before and after treatment attached).

Table 3: Effect on signs and symptoms:

Symptoms	Before treatment	After 1 week	At 8 th week
Pain abdomen	+++	-	-
Dysuria	++	-	-
Dysmenorrhoea	++		-
Menorrhagia	+		-

Discussion: *Gokshuradi guggul* ^[5] is an ayurvedic preparation containing herbs like *Gokshura*, *guggulu*, *triphala*, *trikatu* and *musta* (Table-2). It is used to cure *prameha*, *pradara*, *vatarakta*, *mutraghata* and *ashmari*. *Gokshurahasashmarighan* (lithotriptic) and *mutral* (diuretic property). Its fruits contain small quantity of essential oil, resins and nitrates. ^[6]*Guggul* has *vatashamaka*, *Ashmari bhedan* properties and *guggul* / gum resin is antiseptic, enriches the blood, demulcent,

antispasmodic, carminative ^[7], *Musta* is diuretic and stimulant ^[8] thus favours expulsion of calculus.

Varunadi kwath: Ingredients of *varunadi kwath* are *Varuna*, *Gokshura*, *shunthi* and *yavakshara*. It has properties of *chedana*, *bhedana*, *lekhana*, *tridoshaghna*, *mutrala*, *anulomana* and *krimighna*. *Kaphavataghna* property of *varunadi kashaya* helps in breaking down the pathogenesis of *ashmari* and *granthi*. ^[9]Bark of *varuna* contains

saponin and tannin. It is demulcent, diuretic, tonic and useful in calculus affections, disorders of urinary organs. ^[10]Yavakshara is having pH11.73. It neutralizes the acidic media and prevents calculus formation. Also being *ruksha*, *laghu*, *teekshna* and *shigragami* it reduces the growth of stone and favors its breakdown. ^[11]

Conclusion:

The present case study proves the dual action *Gokshuradi guggul* and *varunadi kwath* in treating a case of *mutrashmari* (urolithiasis), *granthi* (ovarian cyst) and *pradara*. Further studies should be done in more such cases to strengthen and validate the multiple actions of Ayurveda drug compounds.

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Guarantor: Corresponding author is guarantor of this article and its contents.

Conflict of interest: Author declares that there is no conflict of interest.

How to cite this article:

Chandla A, Efficacy of Gokshuradi Guggulu and Varunadi Kwath in the management of Renal calculi and Ovarian Cyst- A Case Report. *Int. J AYUSH CaRe*. 2018; 2(4): 1-4.