

A SINGLE DRUG CHIKTSA: MUSTA CHURNA IN SHOTHA (A CASE STUDY)

Dhanshree K. Handibag

M.D. (Dravya Guna), Professor Department of Dravya Guna.

Dr. Vedprakash Patil Ayurvedic Medical college & Hospital Research Institute Rohanwadi, Reogaon road, Jalna Tq, & dist. Jalna 431203 Maharashtra

Corresponding Author: dhanshree1w31@gmail.com

<https://doi.org/10.46607/iamj4311072023>

(Published Online: July 2023)

Open Access

© International Ayurvedic Medical Journal, India 2023

Article Received: 13/05/2023 - **Peer Reviewed:** 18/06/2023 - **Accepted for Publication:** 12/07/2023.



ABSTRACT

The term Shotha ordinarily means a swelling that may be because of the inflammatory process in any part of the body or may be general due to causes other than inflammatory. Shotha occurring in any part of the body may occur as either Swatantra Vyadhi (primary) or Paratantra (secondary) condition. (“Ayurvedic management of papilledema Rajagopala M, Gopinathan G - Ayu”) Shotha is a Tridoshaja vyādhi. Excess consumption of curd, mud, polluted leafy vegetables, and incompatible foods also cause shotha. Alasaka, Visuchika, Swasa, Kasa, Rajayakshama, Pandu, Jwara, Udarda, Pradara, Bhagandara, Arshas, if not treated properly, then also Shotha may develop. Shotha causes due to trauma, accident, injuries, animal poisonous and burns. Because of etiological factors, tridoshas get vitiated, and it turns vitiated Rakta dhatu and settles in srotasa, i.e., blood vessels, causing avarodha or obstruction in them. As a result, doshas get diverted (vimarga gamana) and start accumulating under the skin and muscle. In this process, rasa, rakta, and udaka get vitiated with kidney and urinary tract Mustak (Cyperus rotundus) acts as deepan, pachan, mutral and uttam malshodhak drug. mustaka also having raktaprasadak quality. due to its laghu ruksha guna it absorb excess raktagat dravata. Mustaka also acts as an aartava shodhan, a stan-yashodhana drug. It means Mustaka is an act on the reasons sthanas, srotasa dushti cause shotha, that's why mustaka is used as a single drug in shoth chikitsa.

INTRODUCTION

Shotha is also called "Swayathu." Utsedha is the Pradhan lakshana of Shotha, and it is formed due to the accumulation of the vitiated Doshas in between the Twacha and Mamsa. Gauravata is another symptom Seen due to Guru Guna of Kapha Dosha. It is seen because of the accumulation of Kapha Dosha in between layers of Twacha and Mamsa. Asthiratha, i.e.,

The increase and decrease in the Shotha as Vataja Shotha is Diwabali (swelling increases during day time), Kaphaja Shotha Ratrijali (swelling increases during night time) in nature. The involvement of Pitta and Rakta in between the Twacha and Mamsa causes hotness. ("ISSN: 2456-3110 REVIEW ARTICLE")

Table 01: Types of Shotha:-

1.	Nija shotha(vitiation of vata,pitta,kapha doshas)	1) Vataj 2) pittaj 3) kaphaj 4)vat-pittaj 5) vat-kaphaj 6)kapha-pittaj 7)tridoshaja
2.	Agantu	Due to trauma, injuries, and visha.
3.	Sthana	1) Sarvanga 2) sthanik

Samprapti:-

Because of etiological factors, Tridoshas gets vitiated, and it turns vitiated Rakta dhatu and settled in srotasa i.e., blood vessels, causing avarodha or ob-

struction in them. As a result, Dosas get diverted (vimarga gamana) and start accumulating under the skin and muscle. In this process, rasa, rakta, and udaka get vitiated with the kidney and urinary tract.

Table 02: Signs and Symptoms:-

1) Ushma (hyperpyrexia)
2) Davathu(burning sensation)
3) Siratanutavm(dilatation of the vessels of the locality)
4) Gaurav(Heaviness)
5) Utsedha
6) Lomharsha
7) Angavivarnata(discolouration of skin)
8) Agnimandya

CASE REPORT:-

A female patient having age 35-year-old came with symptoms 1) Mukha shotha, 2) Ubhay pada shotha, 3) Sarvang gaurava 4) Agnimandya, 5) Davathu(burning sensation) 6)Trishnadhikya, 7) Nidradhikya 8) Malabaddhata 9) Kshudra shwas 10) Varvari mutrapravartti Patient had symptoms since two months.

History of present illness:- Before 2-to-3-month, the patient was suffering from a urinary tract infection, treated with antibiotics. Then after she had to get a low appetite, heaviness in the body, burning sensa-

tion in the body, excess trishna, and irregular sleep habits. Then after, she has slight mukha shotha and pada shotha. She had a history of recurrent uti irregular menstrual cycles for two years. Then she got symptoms progressively increase . she had taken many more treatments in allopathy. Then after she comes to do Ayurvedic treatment, she insists on limited drug therapy. She was so decided to treat her with a single drug Mustaka.

Personal History:- Patient did not have any history of systemic disease. H/o Recurrent UTI, H/O Irregular menstrual cycle since 2year,

Table 03: Investigation was done.

1.	HB%	9.5gm%
2.	WBC Count	10,200/cumm
3.	LFT	NAD
4.	KFT	NAD
5.	RBS	98
6.	USG(ABD/pelvis)	Mild Cystitis
7.	Urine	Albumin trace

Table 04: Asthavidha Pariksha:-

1	Nadi	Vatapittaj
2	Mala	Styan, amagandhi
3	Mutra	Mutra bahulta,
4	Druk	prakrut
5	Jivha	Sama
6	Sprsh	Ushma
7	Shabda	Prakrut
8	Akruti	Prakrut

Material And Methods:- Mustaka churna is used with the kosha jala anupana in Pragbhakta and Samyak bhakt bsheshaja kala.5gm churna was used as each dose for 1 month—follow-up has taken after 10 days intervals.

Symptoms	0 Day	After 10 days	After 20 days	After 30 days
1. Mukha shotha	++++	+++	++	nil
2. Ubhaya pada shotha	++++	+++	++	+
3. Swang gauravata	++++	++	nil	nil
4. Agnimandya	++++	++	+	nil
5. Davathu(Burningsensation)	++++	++	+	nil
6. Trishnadhikya	++++	++	nil	nil
7. Nidraadhikya	++++	++	+	nil
8. Malabaddhata	++++	+	+	nil
9. Kshudra swasa	++++	nil	nil	nil
10. Varanvar Mutrapravrutti	++++	+++	+	nil

Virya:- Sheeta

Vipaka:- Katu

Doshakarma:- Kapha-pitta shamaka, **Pradhan karma:-** 1) Pachan:- Mustaka is a best medicine on Annavaha strotasa . Due to its tikta, kashaya rasa, and ruksha guna it acts as deepan ,pachan, specially Malapachaka. Kleda vahan:- Due to its ruksha, and kashya nature, it absorb raktagat excess davansh, and another way it acts as mutral, which also causes kledvahana through the body. Swedavahan and rasapachan are also important functions of Mustaka. Above mention, guna karma Mustaka increases rasa raktagat dhatwagni, causing excess kleda to wash out through rasa rakta dhatu and act as shothahar. Due to

Drug Review & Action of Mustaka: Drug Name:-

Mustaka Gana:- Trupti Ghana, Trishnanigrahan, Lekhaniya, Kandughan, Stanyashodhana (charaka) Mustadi, Vachadi (susruta) **Family:-** Cyperaceae (Mustaka Kul) **Latin Name:-** Cyperus rotandus **Par-yaya (synonyms)** Mustak, Varid, Jalad, Ghan, Sugandhi. **Types:-** 1) Bhadramustaka 2)Nagermustaka 3)Jalmustaka (according to Dhanwantari, Raj, Bhavprakash Nighantu) **Utpatti sthana:-** Jaliya pradesh **Chemical composition:-** sugandhi oil **Guna:-** Laghu, Ruksha.

Rasa:- Tikta, Katu, Kashaya

its mutral nature, excess fluid washes out through urination; it is a shothahar kriya.

DISCUSSION

Shotha occurs due to the accumulation of excess fluid in the body. This kleda occurs in rasa, rakta dhatu. Mutravaha srotasa failed to wash out excess drava dhatu. This type of strotas dushti causes symptoms like agnimandya, Trishnadhikya, Davathu, Nidradhikya, mukha shotha, pada shotha. In this condition, a patient is treated with a drug that has the opposite properties of kleda, like a Mustaka. In Dravyaguna, shastra mention the single drug therapy (Ekal Dravya chikitsa) siddhanta. Many more drugs, formulation effectively act on shotha, but The patient sign symptoms, H/o of irregular menstrual cycle, we choose the Mustaka, act as Agnivardhaka, pachak, Stanya shodhak, Malapachaka, Garbhashayasankochaka, Mutral, kledvahana, Jwara-ghna and wash out the excess drava dhātu from body. Due to the it's tikta, kashya rasa and ruksha guna effectively work as Raktaprasadaka .All these properties of Mustaka as single drug work against shotha. Agnimandya, Malabaddhata(constipation) symptoms subside in the first 10 days. Then after the other symptoms gradually decrease. Frequent urination is due to cystic, which relive due mutral nature. Spasmodic action on the uterus, after one-month treatment, the patient had a regular menstrual cycle(32-day intervals).

CONCLUSION

A 35 y/f patient selected from the kayachikitsa OPD of Vedprakash Patil Ayurved College and Hospital for the case study of A single Drug chikitsa Mustaka In Shotha. 5 gm of Mustaka churna given with the kosha jala anupana. Pragbhakta and Samyak bhakta (bd does before meal) bhesaja kriyakala had been decided for medication to 1 month. Follow up after

ten days intervals. As we concluded that Mustaka effectively works on shotha. Assesment is based on the symptoms like constipation, urine frequency, bodyache, mukha shotha, pada shotha, and Urine report. After treatment, symptoms subside, and the health of the patient get improved.

Pathyapatha:- Apathya:- dhadhi sevan, excess consumption of lavana, amla rasa, Pathya: Kosha jala seven,

REFERENCES

1. Dr. Anantaram Sharma, sushrut samhita vol.1,2,3,2006 republished publication in surbharti Varanasi prakashan.
2. Banwarilal mishra in bhrad dravyagunadarsa published in 1986 2 nd edition publication in ayurvedic qnd tibbi academy of Lucknow.
3. Bapalal vaidya in nighantu Adarsha published in 1998 publication in chaukhamba prakashana.
4. Bhagwan dash lalitesh Kashyap in material medica of ayurveda published in 1980 1 st publication in Narang rai publishing company new delhi.
5. C.R. karnick pharmacology of ayurvedic medicinal plants 1996 1 st edition publication in shri Satguru publication delhi.
6. CSIR wealth of india raw material vol. vi (A-M) 1962 CSIR NEW DELHI.
7. Govt. of india ministry of health and family welfare 1985 pharmacopoeia of india vol.(A-P) PUBLICATION THE Controller of publication delhi.
8. K.M. Nadkarni 1998 the Indian Matera medica publication Bombay popular prakashan.
9. Kirtikar and Basu 1975 Indian medicinal planta Allah-abad publication.
10. priyavrat Sharma 1978 sodhal nighantu oriental institute Baroda.
11. priyavrat Sharma 2001,2003,dravyaguna vijnyan part 2,4, publication in chaukhamba bharti academy.

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Dhanshree K. Handibag: A Single Drug Chikitsa: Musta Churna In Shotha (A Case Study). International Ayurvedic Medical Journal {online} 2023 {cited July 2023} Available from: http://www.iamj.in/posts/images/upload/1735_1738.pdf