



CLINICAL STUDY TO EVALUATE THE EFFICACY OF KUTAJA KALKA IN THE MANAGEMENT OF MUTRASHMARI WITH W.S.R TO UROLITHIASI

Kumar Mandeep¹, Balareddi S.L.², Waddar Sujata B³, Waddar Shridhar B⁴

¹Final year PG Scholar, Dept. of Shalya Tantra, SDM Trust's Ayurvedic Medical College and Hospital, Terdal, Karnataka, India.

²HOD, Dept. of Shalya Tantra, SDM Trust's Ayurvedic Medical College and Hospital, Terdal, Karnataka, India.

³Associate Professor, Dept. of Shalya Tantra, SDM Trust's Ayurvedic Medical College and Hospital, Terdal, Karnataka, India.

⁴Assistant Professor, Dept. of Shalya Tantra, SDM Trust's Ayurvedic Medical College and Hospital, Terdal, Karnataka, India.

Corresponding Author: sarainkumar5654@gmail.com

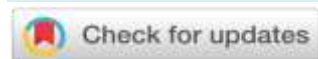
<https://doi.org/10.46607/iamj0512022024>

(Published Online: February 2024)

Open Access

© International Ayurvedic Medical Journal, India 2024

Article Received: 14/01/2024 - Peer Reviewed: 20/01/2024 - Accepted for Publication: 11/02/2024.



ABSTRACT

Mutrashmari is the most common disease of the urinary system. It is one among the *Ashthmahaghda* and is challenging to treat because of its *Marmashrayatava*. *Mutrashmari* is correlated with urolithiasis. Despite many surgical and conservative measures available in modern science, sufferers are not satisfied because treatments are not cost-effective, they have more extended hospital stays, and they have a high reoccurrence rate. In Ayurvedic classics, many formulations are mentioned; Kutaja Kalka is among them, which is indicated in *Mutrashmari* as mentioned by *Bhav Prakash*. **Aim** The present study used a kutaja Kalka to manage *Mutrashmari*. **Material and method** 30 patients were selected based on the inclusive and exclusive criteria study was analysed using Friedman's test and Wilcoxon signed rank test, Cochran q test, and McNamara test. **Result:** *Kutaja kalka* showed significant results in relief of the abdomen, burning micturition, haematuria, and reduction in the size of the calculi. **Conclusion:** This preparation of *kutaja kalka* is simple, easy to administer, free from side effects and has good therapeutic efficacy. So, it can be adopted as a remedy for treatment in *Mutrashmari*.

Keywords: *Mutrashmari*, Urolithiasis, *Kutaja Kalka*

INTRODUCTION

It is *Kapha predominant Tridoshaja Vyadhi*¹. There are references regarding *Ashmari* in *Rigvedha* and *Athravaveda*(2000-5000bc). It is one among *Astamahagada*². It isn't easy to treat because of its *Marma Ashrayatwa*³. A detailed description of the *Mutrashmari* is available in *Samhitas*. *Acharya Sushruta* (800- 1000bc), the father of surgery, mentioned the *Nidhana, Lakshan*, types and process of *Mutrashmari* formation in *Asamshodhana Sheela & Apathyakari* person, *Kapha Dosha* gets aggravated and gets mixed with *Mutra* resulting in *Mutrashmari*. *Acharya Sushruta* mentioned *Mutrashmari* as *Rantkapratima* because it gives unbearable pain⁴ It is the third most commonly affected condition of the urinary tract, preceded only by UTI, BPH⁵ Detailed description about management and treatment of *Mutrashmari* is available in classics. There are many treatment modalities mentioned in modern sci-

ence, yet the sufferers are not satisfied as there are some limitations like treatment cost, hospital stay, complications and recurrence, etc.

Given the lacunas in the available treatment modalities, there is a need for a safe, cost-effective and straightforward method of managing *Mutrashmari*. The present study is planned to use an Ayurvedic approach for *Mutrashmari* treatment. *Kutaja Kalka* is indicated for *Mutrashmari*⁶. Many studies have been conducted on *Mutrashmari*, but studies have yet to be shown on *Kutaja Kalka*. So, this study was undertaken to evaluate *Kutaja Kalka*'s effect in managing *Mutrashmari* W.S.R on Urolithiasis.

AIM: To evaluate the efficacy of *kutaja kalka* in the management of *Mutrashmari* W.S.R to Urolithiasis

MATERIAL AND METHOD: 30 patients were selected based on the inclusive and exclusive criteria.

TABLE NO 1 PLAN OF STUDY:

Sample size	30
Medicine	<i>Kutaja kalka</i>
Dose	1 <i>karsha</i> od
<i>Aushada sevana kala</i>	After food
Duration of medication	30 days
Total duration of treatment	60 days
Follow up	0 th , 15 th , 30 th , 60 th
Indication	<i>Mutrashmari</i>

ASSESSMENT CRITERIA

A detailed proforma was prepared, and an assessment was done before and after treatment based on subjective and objective parameters by grading them. The data obtained was analysed statistically.

TABLE NO 2 MAHATI VEDANA (PAIN)

Sr. No.	Pain	Grading
1.	No pain	0
2.	Mild pain	1
3.	Moderate pain	2
4.	Severe pain	3

TABLE NO 3 MUTRADHARA SANGA (RETENTION OF URINE)

Sr. No.	Retention of urine	Grading
1.	No retention of urine	0
2.	Retention of urine	1

TABLE NO 4 SARUDIRA MUTRATA (HAEMATURIA)

Sr. No.	Haematuria	Grading
1.	No RBC in urine	0
2.	Few RBC in urine	1
3	Plenty of RBC in urine	2

TABLE NO 5 MUTRADAHA (BURNING MICTURITION)

Sr no	Burning micturition	Grading
1	No burning micturition	0
2	Burning micturition present	1

TABLE NO 6 SIZE OF CALCULI

Size of calculi	Grading
No calculi	0
1-3 mm	1
4-6mm	2
7-9mm	3

TABLE NO 7 NUMBER OF CALCULI

No of calculi	Grading
No calculi	0
1 calculus	1
More than 2 calculi	2

OBSERVATION AND RESULT:

In this Clinical Study 30 subjects of *Mutrashmari* were registered. This study was open labelled single group clinical trial; here *kutaja kalka* is administered to the subjects of *Mutrashmari* at the dose of 12 grams (*kutaja* bark paste take with *Dhadhi* and given once day for a period of 30 days. and here in this section the obtained data pre and post study was analysed using Friedman's test and Wilcoxon signed rank test, Cochran q test, McNamar test.

TABLE NO 8 EFFECT OF TREATMENT ON PAIN ABDOMEN

Pain abdomen	BT(N)	%	AT(N)	%
No pain	0	0 %	21	70%
Mild	6	20%	9	30%
Moderate	24	80	0	0%
Severe	0	0%	0	0%

TABLE NO 9 EFFECT OF TREATMENT ON BURNING MICTURITION

Burning micturition	BT(N)	%	AT(N)	%
Absent	2	6.66%	30	100%
Present	28	93.33%	0	0%

TABLE NO 10 EFFECT OF TREATMENT ON HAEMATURIA

Haematuria	BT(N)	%	AT(N)	%
No RBC	21	70%	30	100%
Few RBC	9	30%	0	0%
Plenty of RBC	0	0%	0	0%

TABLE NO 11 EFFECT OF TREATMENT ON SIZE OF CALCULI

Size of calculi	BT(N)	%	AT(N)	%
0MM	0	0%	21	70%
1-3MM	8	26.66%	8	26.66%
4-6MM	19	63.33%	1	3.33%
7-9MM	3	10%	0	0

TABLE NO 12 EFFECT OF TREATMENT ON NUMBER OF CALCULI

N0 of calculi	BT(N)	%	AT(N)	%
0	0	0%	21	70%
1	25	83.33%	9	30%
More than 1 calculi	5	16.66%	0	0%

TABLE NO 13 SHOWING PERCENTAGE WISE REDUCTION

Parameters	% reduction	N
Pain	70%	21
Burning micturition	100%	28
Haematuria	100%	9

TABLE NO 14 OVERALL ASSESSMENT OF SUBJECTIVE AND OBJECTIVE PARAMETER

EFFECT OF TREATMENT	NO OF PATIENT (%)
Cured	9(100%) patients got relief in haematuria; 28(100%) patient got relief in burning micturition
Improved	21(70%) patients got relief in pain abdomen.

DISCUSSION

Present work is clinical study to evaluate the efficacy of *Kutaja Kalka* in 30 patients of *Mutrashmari*.

NIDHANA: Acharya Sushruta mentioned the causes of *Mutrashmari* like *Adhyasana*, *Asamshodhana*

SAMPRAPATI OF MUTRASHAMRI: In *Asamshodhana* Sheela & Apathyakari persons, the *Prakupita Kapha* and *Mutra* combine to stay in the *Basti* to form *Ashmari*.

DISCUSSION ON OBSERVATION: In the present study, most patients belong to the 31-40 age group. This might be due to the stress at work, irregular dietetics and habits, and lack of proper regimens in daily routines. Males were more affected than females.

This might be due to higher rates of calcium and phosphate metabolism in males, regular changes in food habits, habits like alcohol and smoking, non-veg diet, longer length and lesser diameter of the ureter as compared to females.

DISCUSSION ON RESULT

DISCUSSION ON PAIN ABDOMEN: *Vedana Samak* properties of *Kutaja Kalka* might be to *amla rasa* and *Ushna Virya* of *Dhadhi*. Which pacifies *Vata Dosha* and chemical constituents such as methyl of *Kutaja* act as analgesia.

DISCUSSION ON HAEMATURIA: *Kutaja Kalka*'s help in haematuria might be due to its *Kashaya Rasa*.

DISCUSSION ON BURNING MICTURITION:

Help in burning micturition might be due to Tikta, Kashaya Rasa and Sheeta Virya of Kutja Kalka, which pacifies the Pitta Dosha and holarrafine and Consine as chemical constituents of kutaja which act as antibiotics and anti-inflammatory.

DISCUSSION ON SIZE OF CALCULI: Decreases in calculi size might be due to the *lekhana karma* of Kutaja Kalka.

CONCLUSION

Kutaja Kalka showed significant results in all subjective criteria compared to objective criteria. During the observation, no recurrence of Mutrashmari was found. This preparation of kutaja kalka is simple, easy to administer, free from side effects and has good therapeutic efficacy. So, it can be adopted as a remedy for treatment in Mutrashmari.

REFERENCES

1. Shri Madhavakara, *Madhava Nidhana*, edited by Prof. Yadunandana Upadhyaya, Hindi commentary, Varana-

si chaukhambha Visva Bharati, reprinted 2014 part 1, chapter 32nd, S-1st, P-56

2. Acharya Sushruta, *Sushruta Samhitha*, hindi commentary, edited with *Ayurveda tattva Sandipika*, edited by Kaviraj Ambika Dutta Shastri, Varanasi chaukhambha publication, reprint, 2007, vol 1, *Sutra Sthana*, 33rd chapter, 4th, S- 5th, P-126
3. Acharya Sushruta, *Sushruta Samhita*, edited by Priya Vrat Sharma, english commentary, Varanasi chaukhambha Visva Bharati, reprinted 2005, part 2, *Chikitsa Sthana*, 7th chapter, S-37th 38th, P-348.
4. Acharya Sushruta, *Sushruta Samhita*, edited and translated by Prof Priya Vrat Sharma, Varanasi Chaukhambha Vishwa Bharati, 2022, vol-2, *Chikitsasthana* chapter 7th, S-3, p-340.
5. www.urologytoday.net/urinarystonedisease
6. Bhavamishra, *Bhavaprakasha*, edited by Prof. K.R Srikanth Murthy, English commentary, Varanasi, chaukhambha prakashan, reprinted 2015, *ashmari Rogadhikara Adhya*, S-49th, P-475.

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Kumar Mandeep et al: Clinical study to evaluate the efficacy of kutaja kalka in the management of mutrashamari with w.s.r to urolithiasi. International Ayurvedic Medical Journal {online} 2024 {cited February 2024} Available from: http://www.iamj.in/posts/images/upload/341_345.pdf