



## A COMPREHENSIVE REVIEW ON PASHANABHEDADI KWATHA IN MOOT-RASHMARI VIS-VIS NEPHROLITHIASIS

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## ABSTRACT

Nephrolithiasis or kidney stone disease may form due to the crystallization of lithogenic factors in the upper urinary tract; it can subsequently move into the ureter and cause renal/ureteric colic. Ayurveda explains this disease under the broad explanation of Mootrashmari. Even though Mootrashmari roga is tridoshaja vyadhi, kapha dosha is the samavayi karana (mandatory factor) for forming Mootrashmari. Pashanabheda is considered the best drug for expelling stones from the urinary tract (*Basti ashmari hanana karma adwitiya*). Pashanabheda is assigned to various plant sources because of controversy in the name. Pashanabheda in the form of kwatha (decoction) is ideal for Mutrakrichra (dysuria) and ashmari (stone disease). Pashanabhedadi kwatha is one of the shamana yoga (Pacifying medicines) in the cream line for ashmari chikitsa (Treatment of Kidney stone disease) in major Ayurveda textbooks. Under the name of Pashanabhedadi kwatha, different drug combinations with different indications are available in classical Ayurveda textbooks. Here, an attempt was made to collect, elaborate, and interpret one of such authentic combinations of Pashanabhedadi kwatha, as explained in Ashmari Chikitsa of the Yogaratnakara Ayurveda textbook. This combination is proven to be best for Mootrashmari Vis-à-vis Nephrolithiasis.

**Keywords:** Pashanabheda, kwatha, Ashmari, Nephrolithiasis

## INTRODUCTION

Nephrolithiasis or kidney stone disease may form due to the crystallization of lithogenic factors in the upper urinary tract; it can subsequently move into the ureter and cause renal/ureteric colic<sup>1</sup>. Ayurveda explains this disease using a broad explanation of Mootrashmari. The disease was produced due to the necessary involvement of Kapha dosha and others after getting localised in basti. The condition Mootrashmari presents with features like vedana( pain), mootradharasangha( obstruction in the flow of urine), Sarudhiramutrata (Haematuria), avila mutrata(Turbid urine) and Sasikata mutrata (Gravels in urine)<sup>2</sup>. Medical management is explained in the initial stages of the disease. Kshara, kashaya, and churna yogas are frequently used forms of medicine in the management of Mootrashmari. Pashanabheda is considered the best drug for expelling stones from the urinary tract (Basti ashmari hanana karma adwitiya)<sup>3</sup>. Pashanabheda is a controversial name, as it is assigned to various sources of plants such as *Bergenia ligulatum*, *Aerva lanata*, *Bryophyllum pinnatum*, *Coleus aromaticus*, *Homonoia riparia*, *Rotula aquatic*, *Ocimum basilicum*, *Iris pseudacorus*, *Ammania baccifera*<sup>4</sup>. Pashanabheda in the form of kwatha( decoction) is ideal for Mutrakrichra( dysuria) and ashmari( stone disease). ( *Pashanabheda kwathastu krichra ashmarijam jayeth*)<sup>5</sup>. Pashanabhedadi kwatha is one of the shamana yoga( Pacifying medicines ) in cream line for ashmari chikitsa( Treatment of Kidney stone disease) in major Ayurveda textbooks. Under the name of Pashanabhedadi kwatha, different drug combinations with different indications are available in classical Ayurveda textbooks. Here, an attempt was made to collect, elaborate, and interpret one such authentic combination of Pashanabhedadi kwatha, as explained by the Ashmari chikitsa of the Yogaratnakara Ayurveda textbook.

**Importance of kwatha kalpana in Ayurveda:** Generally, Kwatha is the liquid preparation obtained by boiling one part of selected dravya in coarse powder form along with 16 parts of water<sup>6</sup>. Padavashesham (remaining 1/4<sup>th</sup> part of liquid ), ardhavashesham( remaining 1/2<sup>nd</sup> part of liquid) and tripadava(remaining 3/4<sup>th</sup> part of liquid). Among these, for vataja disorders and in Vasantha rutu( Spring) Tripadavashesha variety of kwatha, for pittaja disorders and Sharad and Greeshma rutu( Summer) in Ardhavasheshaja kwatha, for Kaphaja disorders and Hemantha, shishira rutu( Late winter) Padavasheshaja kwatha is indicated and in Varsha rutu( Rainy season) ashtha bhavashesha jala( remaining 1/8<sup>th</sup> part of liquid) is shown. Generally, kwatha preparations are light for digestion and increase digestive fire ( laghu, agnivardhaka)<sup>7</sup>. ( Sha. Kalpa- kwatha)

**Pashanabhedadi kwatha<sup>8</sup>:** The word ‘adi’ in Pashanabhedadi kwatha refers to Pashanabheda drug along with some other drugs in decoction form.

*Pashanabhedvarunagokshurakorubakshudradvayakshurakamoolakrutaha kashayaha / Dadhnaa yuto jayati mootravibandhashukramugraashmarimapi cha sharkaraya sametam //*

According to the reference mentioned above, the decoction is prepared from an equal quantity of roots of the following drugs: Pashanabheda, Varuna, Gokshura, Kshudra dwaya (a combination of two medications like Kantakari and Bruhati) and Kshuraka( Kokilaksha). This decoction mixed with curd is taken internally; it relieves Mutra Vibandha( Obstructed urine), Shukrashmari( Spermoliths), Ugrashmari( Severe form of Stone disease) and Sharkara( Gravels).

**Table-1:** Ingredients:

SL.NO	DRUGS	PROPORTION
1.	Pashanabheda	1part

2.	Varuna	1part
3.	Gokshura	1part
4.	Erandamoola	1part
5.	Kantakari	1part
6.	Bruhati	1part
7.	Kshurakamoola(Kokilaksha)	1part

### 1. PASHANABHEDA ( Aerva lanata ) :

**Family:** Amaranthaceae

**Regional names<sup>9</sup>:**

Hindi- Gorakhganja

Kannada-Bilihindisoppu

Sanskrit- Pashanabhedha, Ashmaghna, giribhid, bhinnayojini, Pashanabhedaka, Ashmabhedha etc<sup>10</sup>.

**Description and Distribution**

A perennial herb with thick rod stalks, the plant occurs in temperate regions from Kashmir to Bhutan in the northeastern region of India.

**Chemical Composition**

Palmitic acid,  $\beta$ -sitosterol &  $\alpha$  amyryn are the constituents reported from the root.

Act as Anticalculus, diuretic, Lithonriptic<sup>11</sup>

**Rasa panchaka**

- Rasa – Kashaya, Tikta
- Guna- Laghu, Snigdha, Tikshna
- Virya - Sheeta
- Vipaka - Katu
- Doshakarma – Tridosha shamaka

**Properties and action**

Karma-Mutrala, Ashmari Bhedana, Stambhana, Kaphanihsaraka, Jwaraghna, Vishaghna Rakta pit-tashamaka-hridya, Shothahara, vana ropana.

Rogaghnata- Ashmari, Mutrakrcchra, Mutraghata, Raktapitta, hridroga, Jvara, Vrana, Vranashotha, Netrabhishyanda, Dantodbhedagadantaka, Atisara-Pravahika-arsha, Sula, Pliharoga.

**Part used:** Roots.

**Dose:** Decoction-50-100ml<sup>12</sup>

**Major therapeutic claims:** Diuretic and Lithotriptic

**Safety aspects:** The drug used traditionally in prescribed doses may be considered safe<sup>13</sup>

### 2. VARUNA (Crateva nurvala):

**Family:** Capparaceae

**Regional names:**

Hindi- Barun

English – Three leaved caper

Sanskrit- Goksura, Gokpuraka, Svadamstra, Trikantaka, Svadukantaka. ( Kumaraka, Tiktashakha, Ashmarighna, Setuvriksha )

**Description and Distribution**

A medium-sized tree. Leaves are trifoliate digitate with long petiole and ovate leaflets. Found throughout India, Bengal, Bihar and Orissa, Gujrat, Konkan and Tamil Nadu.

**Chemical Composition**

Lupeol acts as a diuretic and anti-urolithic, reducing the size of the formed stones in the kidney<sup>14</sup>.

**Rasa panchaka**

- Rasa- Kashaya, Tikta
- Guna – Laghu, Ruksha
- Virya- Ushna
- Vipaka -Katu
- Doshakarma- Kaphavata shamaka, Pittavardhaka

**Properties and action**

Karma: Mutrala, Ashmari Bhedana, Raktotkleshaka, Deepana, Anulomana, Bhedana, Krimighna, Raktashodhaka, Jwaraghna

Rogaghnata: Vranashotha, Vidradhi, Gandamala, Agnimandhya, Shoola, Gulma, Yakridvikara, Krimi, Vatarakta, Ashmari, Mutrakricchra, Basti shoola, Jvara, Dourbalya

**Parts used:** Stem bark, leaf, roots

**Dose:** Decoction-50-100ml<sup>15</sup>

### 3. GOKSHURA (Tribulus terrestris):

**Family:** Zygophyllaceae

**Regional Names:**

Hindi- Gokharu

English – Small caltrops

Sanskrit- Gokshura, Swadukantaka, Vanashrungata, Chanadruma, Ikshugandhika, Kshuraka, Gokantaka, Gokshuraka, Palankasha, Shwadamshttra

**Description and Distribution**

A procumbent herb; stems and branches pilose; young parts silky-villous. Fruit globose, consisting of (usually) 5 hairy or nearly glabrous, often muruculate, woody cocci, each with two pairs of hard sharp spines, one pairs longer than the other. Seeds several in each coccus, with transverse partitions between them. It is found in tropical regions in India, such as Konkan, Gujarat, Madhya Pradesh, Uttar Pradesh, Deccan Peninsula, and other areas.

#### **Chemical Composition**

Sapogenins and Diosgenins act as analgesics, diuretics, anti-inflammatory agents, muscle relaxants, and spasmolytics. They are used in crystalluria, urolithiasis, and urinary discharges<sup>16</sup>.

#### **Rasa panchaka**

- Rasa- Madhura
- Guna – Guru, Snigdha.
- Virya- Sheeta
- Vipaka - Madhura
- Doshakarma- Vata pittashamaka.

#### **Properties and action**

Karma: Mutrala, Ashmarinasana, Vrishya, Vedanasthapana, Vatashamaka, Sothahara, Anulomana etc.

Rogagnata: Ashmari, Mutrakrcchra, Mutraghata, basti Shotha, prameha roga, Napumsakata, klaibya, Yonivyapada, Kasa-Shwasa, Hrdroga, Raktapitta, Sotha, Agnimandya, dourbalya etc.

**Parts used:** Fruits, Roots, Whole plant.

**Dose:** Decoction-50-100ml<sup>17</sup>.

#### **4. ERANDA (Ricinus communis) :**

**Family:** Euphorbiaceae

#### **Regional Names**

Hindi- Erandi

English- Castor

Sanskrit: Eranda, Shuklaeranda, Amanda, Chitra, Gandarvahasta, Panchangula, Vardhamana, Deerghadanda, Vatari, Urubaka, Rubuka, Uttanapatraka, Vyadambaka.

#### **Description and Distribution**

An evergreen, tall annual, sometimes shrubby or tree-like, 2- 4.5 meters. It is widely cultivated in tropical regions and naturalized near inhabitations.

#### **Chemical Composition**

Ricinoleic acid, Stearic, Oleic, Linoleic Acid-Act in Pain in Urinary bladder, Lumbago, Inflammation<sup>18</sup>.

#### **Rasa panchaka**

- Rasa-Madhura, Katu, Kashaya
- Guna- Snigdha, Tikshna, Sukshma
- Virya- Ushna
- Vipaka-Madhura
- Doshakarma- Kaphavatahara

#### **Properties and action**

Karma: Vedanasthapana, Shoolahara, Medhya, Angamarda prashamana, Dipana, Bhedana

Rogagnata: Mutrakricchra, Basti shoola, Mutravikara, Agnimandya, Kaphavata vikara, Shukrameha.

**Parts Used:** Roots, Leaves, Seeds, Oil.

**Dose:** Root paste-10-20gm, Seeds-2-6 number, Oil 4-16ml<sup>19</sup>.

#### **5. KANTAKARI (Solanum Surattense):**

**Family:** Solanaceae

#### **Regional Names**

Hindi- Ramgani

English- Yellow berried

Sanskrit- Kantari, Duhsparsha, Kshudra, Vyaghri, Nidigdhika, Kantakarika, Dhavani, Kantalika

#### **Description and Distribution**

Procumbent or trailing herb or under with many branches clothed with 10-15mm long prickles.

It is found throughout India, in the Himalayas, abundant by roadsides and on the ground.

#### **Chemical Composition**

Solasonine, Solamargine, Beta-Solamargine-Act as diuretic, laxative, used in Bladder stones, Difficulty in Urination<sup>20</sup>.

#### **Rasa panchaka**

- Rasa- Katu, Tikta
- Guna- Laghu, Ruksha, Sara
- Virya- Ushna
- Vipaka-Katu
- Doshakarma- Kaphavata shamaka

#### **Properties and action**

Karma: Mootrala, Vedanasthapana, Shothahara, Deepana, Pachana, Rechana, Bhedana, Krimighna, Shoolahara, Medhya, Angamarda prashamana, Jwaraghna

Rogagnata: Shotha, Krimi, Raktavikara, Udavarta, Vibandha, Ashmari, Puyameha, Klaibya, Mutrakricchra, Jwara.

**Parts Used:** Whole plant

**Dose:** Decoction-50-100ml<sup>21</sup>.

**6. BRAHATI** (*Solanum anguivi*) :

**Family:** Solanaceae

**Regional Names**

Hindi- Badi kateri

English- Poisonberry

Sanskrit- Brihati, Mahad vyaghri, Vartaki, sinhi

**Description and Distribution**

A much-branched stout, prickly undershrub 30-150 cm height prickles large with a long-compressed base.

**Chemical Composition**

Solanine, Diosgenin- Used in Dysuria and colic pain<sup>22</sup>.

**Rasa panchaka**

- Rasa- Katu, Tikta
- Guna-Laghu, Ruksha, Tikshna
- Virya- Ushna
- Vipaka-Katu
- Doshakarma- Kaphavata shamaka, Pittavardhaka,

**Properties and action**

Karma: Vedanasthapaka, Deepana, Pachana, Krimighna, Mootrala, Raktashodhaka.

Rogagnata: Udara shoola, Krimi, Ashmari, Yoniroga, Jwara, Klaibya, Mutrakricchra.

**Parts Used:** Roots, Leaves, fruit, seeds, Whole plant.

**Dose:** Decoction-40-80ml<sup>23</sup>.

**Major therapeutic claims:** Expectorant and Anti-inflammatory

**Safety aspects:** The drug used traditionally in prescribed doses may be considered safe<sup>24</sup>.

**7. KSHURAKA MOOLA/ KOKILAKSHA** (*Hygrophila longifolia*) :

**Family:** Acanthaceae

**Regional Names**

Hindi- Tamalkhana

English- Long leaved barleria

Sanskrit- Kshuraka, Ikshuraka, Kokilaksha, Kokilakshaka

**Description and Distribution**

Stout herbs with numerous fasciculate, usually unbranched, subquadrangular stems 60-120cm tall are found in ditches throughout India, from the Himalayas to Sri Lanka.

**Chemical Composition**

Tenacious mucilage and Potassium salts- Responsible for the diuretic property. Used in diseases of the urogenital tract, it cures the diseases due to vitiated blood<sup>25</sup>.

**Rasa panchaka**

- Rasa-Madhura, Amla, Tikta
- Guna- Snigdha, Picchila
- Virya- Sheeta
- Vipaka-Madhura
- Doshakarma- Vata pittashamaka

**Properties and action**

Karma: Anulomaka, Shothahara, Mootrala, Vrishya, Shukra shodhaka, Balya, Nadi balya

Rogagnata: Shotha, Ashmari, Anaha, Mutrakricchra, Basti Shotha, Dourbalya

**Parts Used:** Roots, Leaves, Seeds, Whole Plant.

**Dose:** Decoction-50-100ml<sup>26</sup>.

**Major therapeutic claims:** Diuretic and Rheumatic disease

**Safety aspects:** The drug used traditionally in prescribed doses may be considered safe<sup>27</sup>

**Method of preparation of Pashanabhedadi Kwatha**

The valuable part of all the ingredients (root) is taken. Moola( root) is considered as Madhyama Dravya( medium in hardness)<sup>28</sup>. Pashanabhedadi kwatha is prepared as the general rule mentioned for Madhyama dravya( medium hard drugs) as follows. All the drugs are taken in coarse powdered form equally and added with eight parts of water, which is boiled and reduced to 1/4<sup>th</sup> part.

**Dose:** 2 Pala (96ml) Per day

**Duration:** Till Vyadhi shamana

**Anupana:** Dadhi ( Curd)

**In general indication:** Mutra Vibandha (urinary obstruction), Shukrashmari( Spermoliths), Ugra ashmari( complicated stone diseases), sharkara( gravels in urine)

**Organo-level characteristics:**

Colour: Brown  
 Consistency: Slimy liquid  
 Odour: Mixed odour of all the drugs  
 Taste: Bitter- Astringent

**Probable Doshakarma:** Vata kapha shamaka.

**Drug action:** All the drugs are having properties like shoolahara, Ashmarighna, vedanasthapana, mutrala, vrana ropana, raktasthambhaka and motrakricchra-hara properties<sup>29</sup>.

**Preliminary phytochemical screening of Pashanabhedadi Ghana kashaya sample:**

Test	Pashanabhedadi Ghana kashaya
Alkaloid	+
Steroid	+
Carbohydrate	+
Tannin	+
Flavanoids	+
Saponins	+
Terpenoid	+

**Pharmacological activities<sup>68</sup>:**

Antimicrobial activity, Anticancer property, Antihypertensive activity, Anti- Diabetic activity, Wound healing property, Antilithogenic activity, Hepato-

protective activity, Anti-inflammatory activity, Cytotoxicity of testis, Uterine Contractility, Immunosuppressive effect, Neuropharmacological activity.

**Other Preparations, such as Pashanabhedadi kwatha**

Sl. No.	Yoga	Text / Ref	Ingredients	Anupana	Matra	Indication
1.	Pashanabhedadi kashaya	Gadanigrahamootra kricchra	Pashanabheda, Yashtimadhu, Ela, pippalimoola, erandamoola, sita, vasa, Gokshura and haritaki	-	2pala (96ml)	dukhasaha/ Mutrakricchra which is difficult to treat.
2.	Pashanabhedadi kashaya	Vangasena - Ashmari	Pashanabheda, Varuna twak, Gokshura, brahmi	Shilajatu, karkataki beej, trapusha beej, guda	2pala (96ml)	Durbhedyashmari( ashmari, which is difficult to dissolve).
3.	Pashanabhedadi kashaya	Vruhan nighantu ratnakar - Mutrakricchra	Pashanabheda, aragvadh, dhanvaayasa, haritaki and Gokshura	Honey	2pala (96ml)	Pain and burning sensation of Mutrakricchra
4.	Pashanabhedadi kwatha	Vruhan nighantu ratnakar - mootra Kricchra	pashanabheda, Varuna twak, Gokshura, eranda moola, kshudra dwaya( Bruhati and	Curd	2pala (96ml)	Mootravibanda, Shukrashmari and sharkara.



			katakari), Kshuraka mula			
5.	Pashanabhedadi kwatha	Bhaishajya ratnavali Mutrakrichra adhikara	Pashanabheda, madhuka,vaasa, Gokshura, erandamoola, aragvadha phala majja, pippali	Shilajatu,ela,souvarchala	2pala (96ml)	Mutrakrichra

## DISCUSSION

Although Ashmari roga is tridoshaja vyadhi, kapha dosha is the samavayi karana (mandatory factor) for forming Mootrashmari Vis-à-vis Nephrolithiasis. For tackling Ashmari roga in the form of samprapti vighatana, the drug should contain kapha and vata shamaka properties. Chikitsa siddhanta of ashmari roga also supports the same concept. Because of Tikta, kashaya rasa and Katu vipaka, Agniideepaka, Kapha vata shamaka, bhedaka properties along with karma such as Basti shodhana, Bhedana, Mootra virechana, Tridoshagna karma Pashanabheda is considered as the best drug for expelling out stones from the urinary tract (*Basti ashmari hanana karma adwitiya*). A single drug, Pashanabheda and Pashanabheda containing Shamana yoga, are in the prime place in the list of Ashmarihara dravya. As the disease is taruna sadhya vyadhi, for long-term treatment, prescribing Pashanabheda containing shamana yoga in madhyama bala and alpa bala person is always safe. In general, kwatha preparations are light for digestion and increase digestive fire. Hence, kashaya-based formulations are best for kaphaja vikara. Under that, Padavasheshaja kwatha (reduction of 75% part of liquid) is mainly prescribed for Kaphaja disorders in Hemantha, shishira rutu. Because for kaphaja vyadhi, more concentrated forms of drugs are usually indicated. And especially Pashanabheda in the form of kwatha (decoction) is ideal for Mutrakrichra (dysuria) and ashmari (stone disease). Considering all the above-mentioned properties, Pashanabhedadi kwatha was selected for this comprehensive study. Under the name of Pashanabhedadi kwatha, different drug combinations with different indications are available in classical Ayurveda textbooks. But Pashanabhedadi kwatha, explained by the

Yogaratanakara textbook, was selected, as all the drugs in this combination are explained for Mutravaha srotogata vikara and apana vata vikruti. Drugs mentioned in this combination are minimum in number, readily available, cost-effective, easy to prepare and palatable. Even though Pashanabheda is a controversial drug, many plant sources of Pashanabheda are used according to availability. In south India, *Aerva lanata* is one of the ideal plant sources for Pashanabheda. Hence, in this combination, *Aerva lanata* was taken as a plant source for Pashanabheda. Chemical properties like Palmitic acid,  $\beta$ -sitosterol &  $\alpha$  amyryn are the constituents reported from the roots of *Aerva lanata*, which act as Anticalculus, diuretic, and Lithontriptic. Moola is a useful part of all the ingredients of Pashanabhedadi kwatha. As moola is madhyama dravya hence, kwatha is prepared as per the general rule mentioned for madhyama dravya, and so added with eight parts of water, which is boiled and reduced to 1/4<sup>th</sup> part (padavashesha) to make it suitable for kaphaja vyadhi like Mootrashmari. The dose is fixed as 2Pala pramana, the maximum dose for kwatha kalpana. Dadhi (curd) is the anupana mentioned classically because snigdha, Sara guna and ushna veerya help quickly expel stones. As the Mootrashmari is chirakari vyadhi and the ingredients have no toxic effects, Pashanabhedadi kwatha is safe until vyadhi shamana. In addition to this, considering the organoleptic characteristics and qualities of drugs in combination, the formulation is predominant of Tikta- Kashaya rasa, which has laghu- teekshna-sookshma guna, which alleviates Kapha dosha, the pradhana dosha in manifesting the samprapti of Mootrashmari. Snigdha- Picchila guna of the drugs subside Vata by which the vedana can be managed. Sara Guna helps correct the mootradharasangha, a typical presentation of Ashmari. The drugs in total

exhibit Kapha- Vatashamana property, which helps in subsiding the predominant dosha responsible for Ashmari. Moreover, the drugs contain qualities like Ashmari- Bhedana, Mutrala, Shoolahara, Shothahara and Anulomana, making the formulation an ideal choice for managing Ashmari, which is seen evidently in the phytochemical study of Pashanabhedadi Ghana kashaya. As the padavashesha kwatha preparation is indicated for Kapha dosha, further reduction of the kwatha in the form of ghanasara enhances the potency of the drug; hence, it can be used in the kapha dominant condition for best results. All chemicals like alkaloids, steroids, carbohydrates, tannins, flavonoids, saponins, and terpenoids have antimicrobial, wound healing, anti-lithogenic, and anti-inflammatory properties.

## CONCLUSION

Kapha dosha is samavayi karana for the formation of Mootrashmari vis-à-vis Nephrolithiasis. Pashanabhedadi is considered the best drug for expelling stones from the urinary tract. Pashanabhedadi in the form of kwatha is ideal for Mutrakrichra and ashmari roga. There is much yoga under Pashanabhedadi kwatha. But Pashanabhedadi kwatha, as explained in the Yogaratnakara textbook, has proved to be the best in the case of mootrashmari. Because drugs mentioned in this combination are minimum in number, readily available, cost-effective, easy to prepare, palatable and also, all drugs in this combination are lithontriptic. Ghanasara form of Pashanabhedadi kwatha is proven to enhance the potency of the drugs in the kwatha Kalpana. Hence Pashanabhedadi kashaya Ghana form can be used in the kapha dominant conditions like mootrashmari for further best results.

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