

EVALUATION OF THE THERAPEUTIC EFFECT OF CHANDRAPRABHA VATI ON PHENAMEHA – A CASE STUDY

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ABSTRACT

Among the twenty types of *Prameha*, *Phenameha* is one type of *Prameha* which is mentioned under *Kaphajameha* by *AcharyaSusruta*. The *Phenameha* patient of this study is diagnosed according to the features of urine which is described by *AcharyaSusruta*. For all types of urine abnormalities *Ayurvedic* physicians are commonly use *Chandraprabhavati* and but not recorded the therapeutic effect of *Chandraprabhavati* on *Phenameha*. Hence, one such case of *Phenameha* is observed and after the treatment the signs and symptoms were reduce of *Phenameha* by administrating with *Chandraprabhavati*.

Key words: *Prameha*, *Phenameha*, *Chandraprabhavati*, urine, case study

INTRODUCTION

Phenameha is one type among the ten types of *Kaphajameha* revealed by *AcharyaSusruta* in *Prameharoga*^[1]. *Prameha* types are differentiating from each other by mainly appearance, odour, taste, texture of urine and frequency of passing urine^[2]. The main clinical feature of *Phenameha* is being frothy when passing urine and other features are unctuous of urine, passing little by little and passing clear urine^[3]. *Chandraprabhavati* which has 37 ingredients^[4], is a commonly use drug for urine abnormalities by *Ayurvedic* physicians but not recorded the therapeutic effect of *Chandraprabhavati* on *Phenameha*. Therefore this case study was conducted using *Chandraprabha-*

vati for administered one month to the patient suffering from *Phenameha*.

Case presentation:

A 52 –year-old, male patient visited the outpatient department (OPD) of *Kaya Chikitsa* during the month of February, 2014. This study was conducted after obtained the ethical clearance from Ethical clearance committee from Institute of Indigenous Medicine, University of Colombo, Rajagiriya (Registration No; ERC 12/07). He was presenting with main symptom as passing frothy urine and is passing urine little by little. History revealed that the patient did not have any major disorder. He is working as a chief clerk in the government sector. After

the diagnosis, general signs and symptoms, blood parameters and chemical parameters of urine were recorded using standard proforma and patient was prescribed *Chandraprabhavati* (Table 1), which was prepared in the pharmacy at Institute of Indigenous Medicine, under the supervision of Head of the department of MateriaMedica. This prepared *Chandraprabhavati*2 tablets (500mg each) were prescribed twice a day with luke warm water for one month. The physical and chemical nature of urine, general features of patient and blood parameters were recorded every week till one month and after one month follow-up period.

OBSERVATION AND RESULTS

Before treatment albumin (++) was presented in his urine and after the treatment he passes clear urine and no albumin was detected in his urine (Table 2). The patient's urine was frothier when passing urine before the treatment and after two weeks of treatment, patient's urine become mild frothy and end of the one month the patient passing clear and not frothy urine (Figure 1, 2, 3, 4). After the end of the therapy of one month, the physical and chemical features of patient's urine and clinical features were significantly reduced (Table 3) and no signs and symptoms were appear within the follow-up period.

DISCUSSION

Chandraprabhavati is found to be beneficial in cases of *Phenameha* and is frequently being practiced by *Ayurvedic* fraternity. *Chandraprabhavati* contains mainly purified *Guggulu* and *Shilajatu*. Majority of drugs has *Katu*, *Tikta*, *Kashaya* and *Madhurarasa* and dominant *Guna* of *Candraprabhavati* are *Laghu*, *Ruksha*, *Tikshna* and *UshnaGuna*. The prime *Virya* is *Ushna*, dominant *Vipaka* is *KatuVipaka*. This formulation is mostly effected in *Kapha* and *VataDosha*. According to pharmacodynamic actions *RaktaPrasadana*, *Sothahara*, *Krimigna*, *MutraJanana* and *Rasayana* actions are the prevailing actions of the *Candraprabhavati*. The *Phenameha* is mentioned under the *Kaphajameha* and *Katu*, *Tikta*, *Kashayarasa*, *UshnaVirya* and *KatuVipaka* pacifies mainly the *KaphaDosha*. Also *RaktaPrasadana*action help to purify the blood, *Sothahara*, *Krimigna*and *Rasayana*actions can reestablish the kidney and the urinary systemand *MutraJanana* action could be assist to excreta the redundant impurities. In conclusion, with help of all afore said actions the *Chandraprabhavati* is assist to sub side the *Phenameha* of this patient. But further clinical trials neededto be carried out to evaluation of the efficacy of *Chandraprabhavati* on *Phenameha*.

Table 1: Formulation composition of *Chandraprabhavati*

	Drug	Latin name	Part used	Ratio
1.	<i>Candraprabha</i>	<i>Cinnamomumcamphora</i> L.	Deposits in the oil cells (camphor)	1
2.	<i>Vacha</i>	<i>Acoruscalamus</i> L.	Rhizome	1
3.	<i>Mustaka</i>	<i>Cyperusrotandus</i> L.	Tubers	1
4.	<i>Bhunimbha</i>	<i>Andrographispaniculata</i> B.	Whole plant	1
5.	<i>Amurta</i>	<i>Tinosporacordifolia</i> L.	Whole plant	1

6.	<i>Daru</i>	<i>Cedrusdeodara</i> R.	Heartwood	1
7.	<i>Haridra</i>	<i>Curcuma longa</i> L.	Dried rhizomes	1
8.	<i>Ativisha</i>	<i>Aconitum heterophyllum</i> W.	Roots	1
9.	<i>Darvi</i>	<i>Berberisaristata</i> L.	Whole plant	1
10.	<i>Pippalimula</i>	<i>Piper longum</i> L.	Roots	1
11.	<i>Citraka</i>	<i>Plumbagozeylanica</i> L.	Purified Roots	1
12.	<i>Danyaka</i>	<i>Coriandrumsativum</i> L.	Fruits	1
13.	<i>Haritaki</i>	<i>Terminaliabelarica</i> R.	Fruits	1
14.	<i>Vibhitaki</i>	<i>Terminaliachebula</i> R.	Fruits	1
15.	<i>Amalaki</i>	<i>Emblicaofficinale</i> W.	Fruits	1
16.	<i>Cavya</i>	<i>Piper cheba</i> B.	Roots	1
17.	<i>Vidanga</i>	<i>Emblicaribes</i> B.	Fruits	1
18.	<i>Gajapippali</i>	<i>Scindapsusofficinalis</i> S.	Fruits	1
19.	<i>Shunti</i>	<i>Zingiberofficinale</i> R.	Rhizome	1
20.	<i>Marica</i>	<i>Piper nigrum</i> L.	Fruits	1
21.	<i>Pippali</i>	<i>Piper longum</i> L.	Dried spikes	1
22.	<i>Swarnamakshikabhashma</i>	Copper pyritis	<i>Bhasma</i>	1
23.	<i>Yavakshara</i>	Potassium carbonate	-	1
24.	<i>Swargiksha</i>	Sodium bicarbonate	-	1
25.	<i>Saindavalavana</i>	Rock salt	-	1
26.	<i>Savvarcalavana</i>	Black salt	-	1
27.	<i>Vid lavana</i>	Ammonium chloride	-	1
28.	<i>Trivurt</i>	<i>Ipomeaturpethum</i> R.	Roots	4
29.	<i>Danti</i>	<i>Baliosperummontanum</i> L.	Roots	4
30.	<i>Twak</i>	<i>Cinnamomumzeylanicum</i> B.	Bark	4
31.	<i>Ela</i>	<i>Elettariacardomomum</i> M.	Seeds	4
32.	<i>Vankshalochana</i>	<i>Bambusaarundinaceae</i> R.	The manne of bamboo	4
33.	<i>Tejapatra</i>	<i>Cinnamomumtamala</i> N.	Leaves	4
34.	<i>LauhaBhashma</i>	Ferrum	<i>Bhasma</i>	8
35.	<i>Sita</i>	Sugar	Sugar	16
36.	<i>Shilajatu</i>	Aspelt mineral pitch	Purified <i>Shilajatu</i>	32
37.	<i>Guggulu</i>	<i>Balsamodendronmukul</i> H.	Resinous gum- (purified)	32

Table 2: Urine full report of *Phenamela* patient- before and after treatment

	BT	After 2 weeks	AT
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Colour	Pale yellow	Pale yellow	Pale yellow
Appearance	Clear	Clear	Clear
Specific gravity	1.025	1.020	1.025
Reaction	Acid (pH 6.5)	Acid (pH 6.5)	pH 6.0
Albumin	++	+	-
Urine sugar	Nil	Nil	Nil
Urine acetone	Nil	Nil	Nil
Urobilin	P.N.A.	P.N.A.	P.N.A.
Centrifuged deposits	-	-	-
Pus cells	Occasional	Occasional	Nil
Red cells	Occasional	Occasional	Occasional
Epithelial cells	+	+	+
Casts	Nil	Nil	Nil
Crystals	Nil	Nil	Nil
Organisms	Few	Nil	Nil
Yeast cells	Nil	Nil	Nil

Table 3: Clinical symptoms of *Phenemeha* patient – before and after treatment

Symptom	BT	AT
Flaccidity of the body	++	-
Frequent drowsiness	++	-
Dryness in mouth, palate and throat	++	-



Figure 1: Patient's urine – before treatment

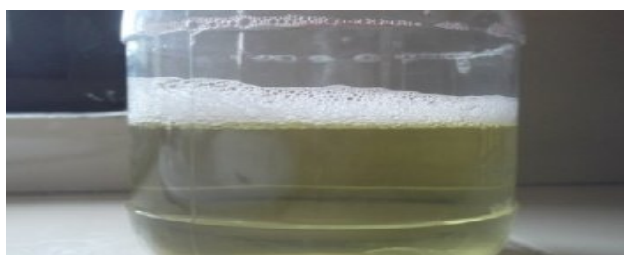


Figure 2: Improvement by after 2 weeks

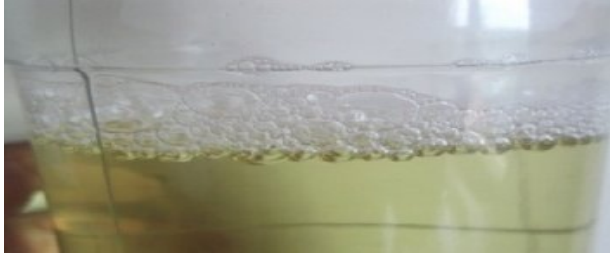


Figure 3: Improvement by after 3 weeks



Figure 3: Improvement by after 4 weeks

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