

EFFICACY OF ERANDA PATRA KSHARA IN STHULA PRAMEHI W S R TO BPH – SINGLE CASE STUDY

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ABSTRACT

Background: SthulaPrameha with Benign prostatic hyperplasia (BPH) a disease that causes voiding dysfunction in elderly male patients and to various extents, impairs their quality of life. Original studies of BPH pathogenesis identified androgen and aging as risk factors, and more recent studies have identified additional risk factors, such as genetics, diet, immune status, metabolism, and inflammation. Studies of BPH patients with metabolic disorders, such as diabetes and obesity, have found a positive correlation between fasting glucose levels and the progression of BPH. **Objective:** 1) To evaluate the effect of Eranda Patra Kshara in SthulaPramehi and BPH. 2) To evaluate the effect of Erandapatrakshara in reducing blood sugar levels by reducing BMI and reducing symptoms of BPH. **Material method:** In the present case patient's age is 71 years, reporting BMI was 33.9kg/m², having clinical signs and symptoms like SthulaPrameha with BPH were noticed in I.P.D. Rajiv Gandhi education Societies Ayurvedic medical college and Hospital Ron. and registered following written consent. Registered patients have been administered ErandapatraKsharaChurna of 1000mg in a divided dose with Ushnodaka for 45 days. Follow-up has been recorded after every fortnight for the duration of every 10 days. **Results:** Eranda Patra Kshara capsules, diet control, and exercise show a significant reduction in blood glucose level, weight reduction, and reduces the symptoms of BPH. Specially relief from Prabhutamutrata, Karapadadaha, Swedadhikyata, Urinary ob-

struction, and Urinary incontinency, Conclusion: Erandapatrakshara can be used in the regular treatment of SthulaPramehi with BPH free from side effects& it is effective management.

Key words: *SthulaPrameha, Erandapatra, Kshara, BPH.*

INTRODUCTION

According to Acharya Charaka two types of Pramehai.e., SthulaPrameha (Santapranajanya) and KrushaPrameha (Apatarpanajanya). It is also correlated with the classification by Acharya Vagbhata of two types i.e., Dhatu kshayajanya and Avaranajanya respectively. The factors which provoke the Vata dosha directly cause Apatarpanajanyaprameha while the factors which provoke Kapha and Pitta cause SantarpanajanyaPrameha. In AvaranajanyaPrameha, Kapha is the Predominant Dosha, while the importance Dushyas is Meda and Kleda¹. Diabetes Mellitus is the most common metabolic disorder encountered in clinical practice. It is strongly linked to obesity and BPH². Diabetes mellitus is characterized by abnormal carbohydrate and lipid homoeostasis leading to elevation in plasma glucose or hyperglycemia². Diabetes can be related to Madhumeh, which has been explained in Ayurvedic Samhitas. Prameha is especially characterized by Prabhut Mutra and Avilata of Mutra with several abnormal qualities due to Doshik imbalanceas³. Acharya Charaka concluded that if Prameha is not treated it ultimately progresses to Madhumeh. There is Madhurata of Mutra and Tanu in addition to polyuria⁷. Present-day treatment in

modern science directs towards dietary therapy, physical work outs, pharmacotherapy (Sibutramine, Orlistat), and surgery⁶. as an individual or combined. Most of the drugs produce marked adverse effects in long-term usage. Side effects dry mouth, constipation, headache, insomnia even up to the extent of cardiac complications that is evident by the withdrawal of Sibutramine form medical usage. As in the present scenario, Ayurveda provides adequate hope in weight management, Diabetes mellitus, and BPH that is much safer and user's palliative. Ayurveda mentions many natural medications and procedures, among which Kshara. is one of the potent preparations that help to effectively breakdown the pathogenesis of Sthoulya, madhumeha, and BPH due to its property and potency. Eranda Patra Kshara, mentioned in Bhaishyaja Ratnavali⁴ is one such Kshara where the drug is easily available and the simple and easy mode of preparation of the formulation makes it worth testing for its efficacy, hence the present clinical study is undertaken to evaluate the “*Effect of Eranda Patra Kshara in SthulaPramehiw.s.r. to BPH*”.

Table – 1 CASE STUDY

| Sl. No | Chief Complaint | Duration |
|--------|-------------------------------------|---------------|
| 1 | Increase the frequency of urination | Past 1 years |
| 2 | Severe thirst | Past 1years |
| 3 | Feeling Very Hungry | Past 3 months |
| 4 | Excessive Perspiration | Past 1 years |
| 5 | Weight gain | Past 2 years |
| 6 | Obstruction of urine On and off | Past 3 months |
| | Associated Complaints | |
| 1 | Urine incontinency | Past 4 months |
| 2 | Urinary difficulty | Past 1 months |
| 3 | Burning in Hands and foot | Past 6 months |

Case report:

A 71-year-old male Patient was admitted to the male Kaychikitsa ward of Rajiv Gandhi Education Societies Ayurvedic Medical college and hospital Ron on 12th September 2022 with complain of Increase Frequency of Urination, Severe thirst, a feeling of more hungry, Excessive sweating, and weight gain, Urine

incontinency, Urinary difficulty, burning in both palm and both feet. and known There is no history of Chest pain, joint pain, Asthama, Thyroid disorder, HTN, etc. The patient was a retired primary school, Teacher. He belongs to a joint family and there is not any history of similar illness in his family members.

Table – 2 General physical examinations-

| Examination | |
|---|-------------------|
| Height | 170 cm |
| Weight | 98 kg |
| Skin | Normal |
| Hair | Normal |
| Pallor / Icterus / Cyanosis / Edema / Lymphadenopathy | Absent |
| Pulse | 86 / min |
| BP | 130 / 80 mm of Hg |
| Temperature | 98.5 F |
| Respiratory rate | 16 / min |

| Anthropomorphic Assessment | |
|----------------------------|------------------------|
| Waist circumference | 72cm |
| BMI | 33.9 kg/m ² |

Table – 3 Systemic Examination:

| | |
|-----|---|
| CNS | Well-oriented to time place and person, conscious. |
| CVS | S1 S2 Normal |
| RS | B/L symmetrical, normal, Vesicular breathing heard; no added sound heard |
| P/A | Umbilicus centrally placed, soft, non-tenderness, no organomegaly, distention of the abdomen due to fat |

Table – 4 AsthavidhaPariksha:

| | |
|---------|---|
| Nadi | 86 / min KaphaVatajanadi |
| Mutra | 6 to 8 times daytime and 4 to 5 times at night and odorless |
| Mala | 2 times / day with nirama mala symptoms |
| Jihwa | Prakruta (Normal) |
| Shabdha | Gambhira (Kaphaja) |
| Sparsha | AnushnaSheeta |
| Drik | Prakruta (Normal) |
| Akruti | Sthula |

INVESTIGATIONS⁵(BEFOREREPORT)

FBS - **175mg/dl**, PPBS - **260mg/dl**, Lipid Profile
Cholesterol Total - **280 mg/dl**, HDL Cholesterol - **28 mg/dl**, Triglycerides (TGL) - **212 mg/dl**

The abdominal Ultrasound report shows.

IMPRESSION: Prostatomegally. Prostate size is volume **36 cc.**, and Residual urine volume –(RUV)- **is 125 cc.** As per the Ayurveda text, the symptoms of Sthulapramehi¹⁰ are Prabhutamutrata, Karapadadaha,

Ksudhaadhikta, and Trishnadhikya. and above Abdominal scan report shows the Prostatomegally. Diagnosis: SthulaPramehi (Type -2 Diabetes Millitus) and Vatashtila(BPH)

MATERIALS AND METHOD

TREATMENT PLAN -

ErandapatraKshara is specifically indicated for the treatment of SthulaPramehi and BPH condition.

Eranda Patra Kshara⁴ is prepared as per classical method and the Hingu is subjected to shodhana and mixed in the proportion of 2:1 and color-coded capsules are prepared, each containing Eranda Patra Kshara 500mg + Hingu 250mg are prepared and a packet of 90 capsules is provided to the patients and advised for 45 days.

- Drug – Eranda Patra Kshara 1000mg + Hingu 500mg
- Anupana - Sukoshnajala
- Frequency - Twice daily in divided doses before meals (EPK – 500mg + 250mg Hingu)
- Duration - 45 days
- Diet - As recommended.

(A low-calorie, balanced diet chart will be prepared and provided to the patients)

- Exercise - Brisk walks for 30 min once daily in the early morning.
- Apathya - Shuka Dhanya (Cereals), MamsaSevana, Phalavarga Ex. Banana, Custard apple, Jack fruits

Shaka Varga Ex. Sweet Potato, Potato, Cabbage

GorasaVarga Ex. Dugdha, Dadhi, Milk Preparations - Paneer, Ice creams, Kheer

Preparation of Eranda Patra Kshara: - Completely developed Eranda Patra (Leaf) are collected, cleaned well, and dried completely in sunlight. It is taken in a big iron pan and burnt completely in the open air. After it cools down on its own, the ash is collected and mixed with 4 times of water then mixed well, filtered with cloth, into an iron vessel. The mixture is stirred for a few minutes and then allowed to stand for a few hours. The ash settles down and we get a clear liquid solution on the top which now contains all water-soluble constituents of erandapatrabhasma. The solution is carefully decanted into another container and strained. The clear solution may still contain minute insoluble parts of the eranda ash. To get pure Kshara, the solution should be further purified by filtering it so that the remaining minute insoluble particles are removed. This filtration process is done 7 to 14 times. The solution is now kept boiling in a thick container. The water boiled on moderate flame. As the water evaporates, we start getting crystals of Erandapatrakshara. They adhere to the sides of the container. these should scarp collected in the vessel.

RESULTS

Eranda Patra Kshara capsules, diet control, and exercise show a significant reduction in blood glucose levels, weight reduction, and reduces the symptoms of BPH. Specially relief from Prabhutamutrata, Karapadadaha, Swedadhikyata, Urinary obstruction, Urinary incontinency,

Assessment in the present case:

Table – 5 Subjective (Signs and Symptoms)

| S. N | Symptoms / Features | Before Treatment | Review after 20 days | Review after 45 days |
|------|---------------------|--|---|--|
| 1 | Prabhutamutrata | Severe (8 to 10 times a day and 3 to 4 times at night) | Moderate (6 to 8 times a day and 2 to 3 times at night) | Mild (3 to 6 times in day and 1 to 2 times at night) |
| 2 | Pipasadhikyata | Present | moderate reduce | Absent |
| 3 | Kshudhadhikyata | Present | Moderate | Mild Kshudhalakshana |
| 4 | Karapaadadaha | Present | Present | Absent |
| 5 | Atisweda | Severe | Moderate | Absent |
| 6 | BMI | 33.9 kg/m ² | 32 kg/m ² | 31kg/m ² |

Objective Parameter**Table - 6**

| S. N | Investigation | Before treatment | Review after 20 days | Review after 45 days |
|------|---------------------------|--------------------|----------------------|----------------------|
| 1 | FBS | 175 mg/dl | 170 mg/dl | 130 mg/dl |
| 2 | PPBS | 260 mg/dl | 200 mg/dl | 155 mg/dl |
| 3 | Serum cholesterol | 280 mg/dl | 220mg/dl | 180 mg/dl |
| 4 | HDL cholesterol | 28 mg/dl | 30 mg/dl | 50mg/dl |
| 5 | Triglycerides (TGL) | 212 mg/dl | 180 mg/dl | 135mg/dl |
| 6 | Urine flow and initiation | Obstruction | Moderate relief | Mild |
| 7 | Prostate size and volume | 36cc | 33cc | 30 cc |
| 8 | Residuals volume | 125cc | 100cc | 80 cc |

DISCUSSION

SthulaPrameha (Type 2 Diabetes mellitus) with BPH is one of the leading diagnoses affecting men. The disease is a silent killer and needs to be treated as early as possible to stop the onset of complications. Erandapatrakshara is described in BhaishjyaRatnavali. and it is specially indicated for the treatment of sthulapramehi with BPH, because Erandapatrakshara is having the properties like Tikshna, Ushna, Katu rasa, and tiktarasatmaka. and also have special properties like Lekhana, Medoghna, and Kaphahara. so, the whole combination acts to breakdown the vicious cycle of samprapti of SthulaPramehi and vatastheela (BPH) For srotoshodhanarthaHingu is added in erandapatraksharachurna. Hingu has special properties of Vatashamana, hence this churna was selected for the present study and administered to treat the SthulaPrameha with BPH. In this case, the study patient was diagnosed as a case of Sthoulaprameha with BPH predominantly KaphaVata as vikruta dosha and Rasa, Mamsa, Meda, aasVikrutaDushyas. The patient adopted a sedentary lifestyle, lack of exercise and day sleep with more intake of Madhura and Snigdhaahara and improper dietary practices. Clinically patient presented with signs and symptoms such as Frequent urination, more sweating, obstruction of urine on and off, difficulty in urination, and more hunger. Considering SthulaPrameha and BPH to be Santarpanajanyavyadhi the line of treatment mainly includes Lekhana, Medohara, and Kaphahara so ErandapatraKshara is given good re-

sults in this patient. **NidanaParivarjana (Avoid Causative Factors)**. Advised patient to Avoid the nidanas like Sedentary lifestyle, lack of exercise and day sleep with more intake of Madhura and Snigdhaahara and improper dietary practices and advised to patient to take low calorie, to follow the given balanced diet chart and every day early morning Brisk walk for 30min. **Apyam Dosha Harana and SrotoShodhana**. Tikshna, Ushna, Katu rasa and tikta rasa guna of Eranda Patra Kshara helps for srotas and helps in SampraptiVighatana (Breakdown of Pathogenesis). Simultaneously there was the removal of vitiated Kapha dosha. also.

CONCLUSION

This clinical study shows that old age male is more prone to sthulapramehi with BPH. Age after 55 years should be conscious of SthulaPrameha and BPH. People having a mixed diet, sedentary lifestyle, and people having Kapha pitta prakruti and Teekshangni have more chances of SthulaPrameha and later this prameha and sthoulya only occur in the BPH. It was observed that symptoms are reduced significantly. It shows relief and good results by reducing Weight, BMI, FBS, PPBS, and BPH Symptoms also. From this, I conclude that the Erandapatrakshara can be used in the regular treatment of SthulaPramehi with BPH

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