

ROLE OF HAZROOL YAHOOD PISHTI IN DYSURIA

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ABSTRACT

Ayurveda is the science which deals with maintenance of health and cure of disease. It stands on the frame work of *Tridoshas*, *Sapta Dhathus* and *Trimalas* Apart from the *saptadhatus*, *upadhatus* also play an important role. In this era *dysuria* is the main problem so within the inherent constitutional frame work of *doshas* and timely administration of *Aushadha*, *Aahara* and *Vihara* will restore the *doshik* balance which in turn keeps *dysuria* in *samyavastha*. *Dysuria* is one of the important diseases pertaining to *Mutrakarichach*. It is characterized by Fever, Foul or stronger-smelling urine, Cloudy or bloody urine, Increased urinary frequency or urge to urinate, Flank pain. There are so many drugs for *dysuria* but the main effective drug is *hajrul yahoodpishti*. *Hajrul Yahood Pishti* is also known as (*Sange Yahood pishti Ber Patharpishti, Calcinide lime Silicate*). It is a fossilized stone primarily containing silicate of lime. It is a comprehensive natural remedy for any kind of urinary obstruction or any other urinary diseases. *Hazrool Yahood pishti* provides nourishment to kidney cells and support their normal functioning, its properties are *virya* is *sheeta*, *prabhava* is *diuretic* and *lithontripitic*, *dosha karma* is *kapha* and *pitta*. *Hazrool Yahood Pishti* to be affected in some organs like kidney, urinary bladder and skin. The main health and therapeutic properties are *diuretic*, *lithontripitic* and *antipreuitic*. The Indications in which the *Hazrool Yahood pishti* is to be used is externally and internally.

Keywords: *Hazrool Yahood Pishti, Dysuria, Urinary Disorders, Skin Problems.*

INTRODUCTION

Ayurveda is a science of life and more than just a medical system. The objectives of *ayurveda* is to accomplish the physical, mental, social and spiritual well being by any of adopting , preventive and promotive approach as well as to treat the diseases with the various curative

approach. Now the medical term *Dysuria/Mutrakarichach* is defined as a Pain can be an annoying when you experience it every time you urinate. Since urinating is a daily activity, you might find yourself dreading bathroom visits and eventually avoiding them altogether, which can

make things worse things worse is known as *dysuria*. It is uncomfortable or painful urination. This pain can occur before and after you urinate. Some people say they have an irritating or burning feeling in the tube where the urine comes out of the body, called the urethra. Other people have pain in their abdomen, flank, or back. *Dysuria* is burning, tingling, or stinging of the urethra and meatus associated with voiding. It should be distinguished from other forms of bladder discomfort, such as suprapubic or retropubic pain, pressure, or discomfort that usually increases with bladder volume¹.

ACCORDING TO CHARAK:

There are various causes of *dysuria* in *ayurveda*. The causes are characterized are as follows:

CAUSES OF VATA:

Teevra ruja in Vankshana, Basti, medhra – Excruciating pain in the groins, region of the urinary bladder and genitals.

Muhur muhu mutra visarjana– The patient passes urine very frequently in small quantities.

Causes of Pitta:

Pitam mutram – The color of the urine is yellow with urine.

Sa rujam sa daham – Micturation is associated with pain and burning sensation.

Krcchram muhur mutram – The patient passes urine very frequently with difficulty.

Causes of Kapha:

Basthi SA linga gurutva sotha – Heaviness and oedema in the urinary bladder and phallus.

Sa piccham kapha mutram – The urine is associated with slimy material.

SAMPRAPTI OR PATHOGENESIS OF DYSURIA:

पृथङ्मलाःस्वैःकुपितानिदानैःसर्वैःथवाकोपमुपेत्यबस्तौ
मूत्रस्यमार्गपरिपीडयन्तेयदातदामूत्रयतीहकृच्छ्रात्॥३३॥

When, being provoked by the their vitiating factors, the 3 *Doshas* and *Malas* either individually or jointly get aggravated in the urinary passage, then this gives rise to *Mutrakarichach* (dysuria).

Urinary tract infections (UTIs) are one of the leading causes of painful urination. Infections can occur in any part of the urinary tract, including:

- Kidneys
- Ureters (tubes that carry urine from the kidneys to the bladder)
- Bladder
- Urethra (tube from the bladder that carries urine out of the body)

Urinary tract infections are most often caused by bacteria that get into the urinary tract through the urethra.

Factors that can increase your chance of developing a UTI include:

- Being a woman
- Diabetes
- Advanced age
- Enlarged prostate
- Kidney stones
- Pregnancy
- Having a urinary catheter in place
- Besides painful urination, other symptoms of UTI include: Fever
- Foul or stronger-smelling urine
- Cloudy or bloody urine
- Increased urinary frequency or urge to urinate
- Flank pain

Sometimes painful urination can be related to a vaginal infection, such as a yeast infection. With vaginal infections, you may also expect changes in vaginal discharge and odor. Sexually transmitted infections can also cause painful urination. These include:

- Genital herpes
- Chlamydia
- Gonorrhea

Besides painful urination, these sexually transmitted infections can also cause symptoms such as:

- Itching
- Burning
- Blisters or sores for genital herpes
- Abnormal discharge

Depending on the cause of dysuria, there may be other symptoms in addition to pain when urinating. Symptoms can include:

- **Lower urinary tract infection** (cystitis) — Frequent urination, an intense urge to urinate, loss of bladder control, pain in the lower front portion of the abdomen (near the bladder), cloudy urine that may have a strong odor, bloody urine
- **Upper urinary tract infection** (pyelonephritis) — Pain in the upper back, high fever with shaking chills, nausea and vomiting, cloudy urine, frequent urination, an intense urge to urinate
- **Urethritis** — A discharge from the urethra, redness around the opening of the urethra, frequent urination, vaginal discharge. Partners of people with urethritis that comes from a sexually transmitted disease often will not have any symptoms.
- **Vaginitis** — Pain, soreness or itching in the vagina, an abnormal or foul-smelling vaginal discharge or odor, pain or discomfort during sexual intercourse some other symptoms are:
 - Fever.
 - Frequent urination and an urgent need to urinate.
 - Abdominal pain.
 - Back pain.
 - An abnormal vaginal or urethral discharge

Red flags:

The following findings are of particular concern:

- Fever
- Flank pain or tenderness
- Recent instrumentation
- Immunocompromised patient
- Recurrent episodes (including frequent childhood infections)
- Known urinary tract abnormality
- Male sex

Interpretation of findings:

Findings suggestive of infection are more concerning in patients with red flag findings. Fever, flank pain, or both suggest an accompanying pyelonephritis. History of frequent UTIs should raise concern for an underlying anatomic abnormality or compromised immune status. Infections following hospitalization or instrumentation may indicate an atypical or resistant pathogen.

PATHOPHYSIOLOGY:

Dysuria results from irritation of the bladder trigone or urethra. Inflammation or stricture of the urethra causes difficulty in starting urination and burning on urination. Irritation of the trigone causes bladder contraction, leading to frequent and painful urination. *Dysuria* most frequently results from an infection in the lower urinary tract, but it could also be caused by an upper UTI. Impaired renal concentrating ability is the main reason for frequent urination in upper UTIs. Sensory nerves are located just beneath the urothelium. Chemical irritation and inflammatory conditions (e.g., acute bacterial infection) can alter the mucosal barrier and stimulate these nerves, causing pain. Chronic inflammation and other unknown factors can lead to altered nerve sensitivity and persistent pain. Inflammation from adjacent abdominal structures, such as the colon, can also affect function and sensation in the bladder.⁷

ETIOLOGY:

Dysuria is typically caused by urethral or bladder inflammation, although perineal lesions in women (eg, from vulvovaginitis or herpes simplex virus infection) can be painful when exposed to urine. Most cases are caused by infection, but sometimes noninfectious inflammatory disorders are responsible. The infection often starts when bacteria enter the opening where urine comes out (urethra) during sexual intercourse. Bacteria also can enter the urethra in women and girls who wipe with toilet tissue from back to front. Once bacteria enter a woman's urethra, it only has to travel a short distance to the bladder.

HAZRULYAHOODPISHTI:

HajrulYahooodPishti is a medicine which is very effective in kidney stone as well as urinary problems. This has anti-inflammatory and anti-bacterial properties. Stone in kidney and urine infection is very common problem and many of us suffering from these diseases. It is very painful and also causes swelling. This helps to give relief from these problems. There are many allopathic medicine which helps to cure kidney stone but some works or some not and also they have side effects. *HajrulYahooodPishti* helps to breakdown the kidney stone into smaller ones and then passes it through the urine passage. Moreover, it is excellent herbal remedy for urinary problems and beneficial in case of obstruction in urinary path¹².

PREPARATION:

For preparing *HajrulYahooodPishti* first purification of stone is done. This is done by heating the stone in fire for few times and then cooling in *KulthiKwath*. This purified Sang *Yahoood* is then triturated and treated with *Mooliswaras* and given tablet form. This is again heated in special apparatus and on cooling, grinded to get powder or *HajrulYahooodPishti*. It Balances *Pitta* and *Kapha*.

latin name is *Lime Silicate Calx*

Sanskrit/Indian Names: *Hajrul yahoood bhasma/Badrashma bhasma*

BENEFITS OF HAJRULYAHOOD PISHTI:

This is very effective in kidney stone problem.

- It is also beneficial in stone in ureter.
- It is remedy excellent for various urinary problems.
- It helps to boost the immunity power of the body and improves the metabolism of the body.
- This helps to nourish the body and also improve the connectivity of tissue.

KIDNEY STONES & RENAL COLIC

Hajrul Yahoood Pishti has lithontriptic and diuretic action in the body, which helps dissolving and pushing the kidney stone along the course of the ureter. The most important thing is that it also has anodyne action, which absolutely reduces renal colic within first 2 to 3 dosages. *HajrulYahooodPishti* reduces following symptoms:

- Renal colic (pain caused by kidney stones)
- Burning sensation in the urine
- Dysuria (difficult or painful urination)

EXTERNAL USES:

Dusting powder prepared from *HajrulYahooodPishti* is applied on the skin for following skin diseases.

1. Itching
2. Ringworm
3. Vesicular or Morbilliform Eruption

DOSAGE:

The dosage of *HajrulYahooodPishti* varies according to the health condition and age of the patient. The general dosage varies from 250 mg to 500 mg twice a day. The maximum dosage of *HajrulYahooodPishti* should not exceed from 2 grams per day.

Table 1: Dosage

Minimum Effective Dosage	125 mg (in Children) 250 mg (in Adults) *
Moderate dosage (Adults)	250 mg to 500 mg *
Moderate dosage (Children)	125 mg to 250 mg *
Maximum Possible Dosage	2000 mg **

* Twice a day ** Total Daily Dosage in Divided Doses

CONCLUSION

Mutrakarichach is a very common and major problem due to changing life style habits. In the ancient text books of *Ayurveda* it is described that irregular food and life style habits are the main causative factor. Describing the total management for this diseases, it is very much emphasized that treatment will be only successful if the causative factor are corrected and implementation in the proper approach. So the best approach is *HajrulYahooodPishti* which is very effective in kidney stone as well as urinary problems. It is excellent herbal remedy for urinary problems and beneficial in case of obstruction in urinary path in comparison with other medicines.

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