

ROLE OF VEERTARVADI GANA IN ASHMARI: A REVIEW ARTICLE

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ABSTRACT

Group of drug described as Gana in Samhita. Veertarvadi Gana is one out of 37 Ganas mentioned in Sushruta Samhita Sutrasthan 38/4, with 18 herbs in it. They are indicated in Vaatvikar, Ashmari, Sarkara, Mutrakrichha, Mutraghat. Ashmari is very common problem due to today's lifestyle, Dietary habits, it contributes more in formation of Mutrashmari (Urinary Calculus). Acharya Sushruta included it in Ashthamahagada. The main aim of this article is to review the importance & utility of Veertarvadi Gana in Mutrashmari.

KEYWORDS: Veertarvadi Gana, Mutrashmari, Urinary Calculus.

INTRODUCTION

Ashmari (Calculi) comprises of two words i.e. 'Ashma' & 'Ari'. Ashma means a Stone & Ari means Enemy. Ashmari Specifically called as Mutrashmari (Urolithiasis), is a disease of Mutravahastrotas (Urinary tract) & involves formation of stone resulting into severe pain as given by Enemy.^[1] Ashmari has been mentioned in all our ancient texts but Acharya Sushruta has described it elaborately & included it in Ashthamahagada.^[2]

Urinary Calculus is a stone like body composed of Urinary salts bound together by a colloid matrix of organic materials. It consists of a nucleus around which concentric layers of Urinary salts are deposited.^[3] Urinary calculus below 5 mm size are flush out automatically with urine, more than 5 mm size causes pain, dysuria, haematuria.^[4] According to modern science surgery is the only one treatment & very less medicines are available but recurrence is common.

In Ayurveda group of drugs are mentioned to treat Mutrashmari among them the Veertarvadi Gana mentioned in Sushruta Samhita Sutrasthan 38/4. This Gana contains 18 plants as Veertaru, Sahachradvya, Darbha, Vrikshadani, Gundra, Nala, Kusha, Kasha, Ashmabheda, Agnimantha, Morata, Vasuka, Vasira, bhalluka, Kurantaka, Indivara, Kapotvanga, Shwadanshra. They are indicated in Vaatvikar, Ashmari, Sarkara, Mutrakrichha, Mutraghat.^[5]

Samprapti (Pathophysiology)^[6]

Non adoption of Vamana, Virechanadi Panchakarma, Mithya Aahar-vihar (Unhealthy diet & life style) due to this Kapha Dosha is vitiated & combines with urine reaches the Basti (Urinary bladder) & stay there produces Ashmari.

Prodromal Signs & Symptoms (Ayurvedic aspects)^[7]

Pain around the Umbilicus, Urinary bladder region, penis & other nearby areas during micturition. Obstructed Urinary flow, scattering of urine, haematuria, colour of urine resembles like Gomedak (Hessonite stone), turbid urine, Sand like particles passing along with urine. Pain aggravated by jumping, swimming, running, riding, walking etc.

Classification of Ashmari^[8]

1. Shleshmaashmari: Ashmari is white in color, slimy texture & as big as a Hens egg or having colour of Madhuka flower.
2. Pittaashmari: Ashmari is reddish, yellowish & resembles the colour of Honey & seed of Bhallatka.
3. Vataashmari: Ashmari is bluish dusty in colour, hard, irregular, rough & thorny like Kadamba Flowers.
4. Shukra Ashmari: Occurs in adults only due to suppression of ejaculation for months or years & frequent coitus or coitus interruption. The semen to be ejaculated gets obstructed condensed & brought in between the scrotum & penis by Vata.

This calculi break at its place when squeezed by hand.

Shleshma Ashmari can be correlated with the phosphatic calculus, Pitt Ashmari with the Uric acid calculus, Vata Ashmari with oxalate stones & Shukra Ashmari with spermolith or seminal or spermatic concentrations.

Aim: To study the role of Veertarvadi Gana in Mutrashmari.

Method and Material: Classical texts of Ayurveda, journals, Internet. Veertarvadi Gana

1) Veertaru

Latin name- *Dichrostachys cineria*

Family- Leguminosae

Local Name- Vellantar

Gun- Laghu, Ruksha

Ras- Tikta, Kashay

Virya- Ushna

Vipak- Katu

Karma & Doshagnata – Kapha, Vatashamak, Ashmarinashan, Mutral, Vedanasthapan

Prayojyanga- Mula

Properties – Useful in retention of urine, Calculi.^[9]

2) Sahachardavaya

Latin name- 1) Shwet Sahachar- *Barleria cristata*

2) Nil Sahacahar- *B. wild strigosa*

Family- Acantheaceae

Local Name – Sayreyak, Koranti

Gun- Laghu

Ras- Tikta, Madhur **Virya-** Ushna **Vipak-** Katu

Karma & Doshagnata-Kapha, Vataghna, Mutral, Mutrakrucchahar

Prayojyanga- Panchang (Visheshtah Patra)

Properties – Diuretic

3) Darbha

Latin name- *Imparata cylindrica*

Family- Gramineae

Local Name- Dabha, Kusha

Gun- Laghu, Snighdha

Ras- Madhur, Kashay

Virya- Shit

Vipak- Madhur

Karma & Doshagnata- Tridoshaghna, Ashmarinashak, Mutral, Dahaprashaman

Prayojyanga- Mul

Properties – Diuretic, useful in urinary disorder.^[10]

4) Vrukshadani

Latin name- *Dendrophthoe falcata*

Family- Loranthaceae

Local Name- Bandak, Bandgul

Gun- Laghu, Ruksha

Ras- Kashay, Tikta, Madhur

Virya- Shit

Vipak- Katu

Karma & Doshagnata- Ashmarinashak, Mutrajanan, Mutrakrucchahar

Prayojyanga- Panchang

Properties – Diuretic.^[11]

5) Gundra

Latin name- *Typha elephantina Roxb.*

Local Name - Pater, Godar

Family- Typhaceae

Gun- Shit

Ras- Kashay, Madhur

Virya- Shit

Vipak- Madhur

Karma & Doshagnata- Mutral, Dahanashak, Ashmarinashak

Prayojyanga- Mul

Properties – Diuretic.^[12]

6) Nala

Latin name- *Arundo donox*

Family- Gramineae

Local Name- Nala, Narasal

Gun- Laghu, Snighdha

Ras- Madhur, Kashay, Tikta

Virya- Shit

Vipak- Madhur

Karma & Doshagnata- Mutral, Dahashamak, Bastishothahar, Mutakrucchahar

Prayojyanga- Mul

Properties – Diuretic,^[13] lithotriptic, used in cystitis and Dysuria.^[14]

7) Kusha

Latin name- *Desmotachya bipinnata*

Family- Gramineae

Local name- Kusha

Gun- Laghu, Snighdha

Ras- Madhur, Kashay

Virya- Shit

Vipak- Madhur

Karma & Doshagnata- Asmarinashak, Mutral, Bastishulnashak

Prayojyanga- Mul

Properties – Diuretic, Lithotriptic.^[15]

8) Kasha

Latin name- *Saccharum spontaneum*

Family- Gramineae

Local Name- Kasaie

Gun- Laghu, Snighdha

Ras- Madhur, Kashay

Virya- Shit

Vipak- Madhur

Karma & Doshagnata- Vatapittashamak, Mutravirechaniya, Ashmaribhedan

Prayojyanga- Mula

Properties – Diuretic, lithotriptic.^[16]

9) Ashmabheda

Latin name- *Bergenia Ligulata*

Family- Saxifragaceae
Local Name- Pashanbhed
Gun- Laghu, Snigdha, Tikshna
Ras- Kashay, Tikta
Virya- Shit
Vipak- Katu
Prabhav – Ashmaribhedan
Karma & Doshagnata Tridoshshamak,
 Ashmaribhedan, Mutral
Prayojyanga- Mul
Properties – Lithotriptic, used in dysuria.^[17]

10) Agnimanth

Latin name- *Premna intergrifolia*
Family- Verbenaceae
Gun- Ruksha, Laghu
Ras- Tikta, Katu, Kashay, Madhur

Virya- Ushna
Vipak- Katu
Karma & Doshagnata- Kaphavatashamak,
 Shothahar, Vedanasthapan
Prayojyanga- Mul, Patra
Properties – Analgesic.^[18]

11) Morata

Latin name- *Marsdenia tenacissima*
Family- Asclpiadaceae
Local name - Murva
Gun- Guru, Ruksha
Ras- Tikta, Kashay
Virya- Ushna
Vipak- Katu
Karma & Doshagnata- Tridoshnashak
Prayojyanga- Mul

Properties – Antispasmodic, used for colic pain.^[19]

12) Vasuka

Latin name- *Osmanthns fragrans*
Family- Sapotaceae
Local name – Bruhat bakkul
Gun- Guru
Ras- Kashay, Katu
Virya- Shit
Vipak- Katu
Karma & Doshagnata- Pitta- kaphashamak,
 Bastishothahar
Prayojyanga- Twak, Pushpa, Phala
Properties – Used in Cystitis.^[20]

13) Vasira

Latin name- *Achyranths aspera*
Family- Amaranthaceae
Local name- Apamarg
Gun- Laghu, Ruksha, Tikshna
Ras- Katu, Tikta
Virya- Ushna
Vipak- Katu
Karma & Doshagnata- Kapha- vatashamak, Mutral,
 Ashmarinashan

Prayojyanga- Mul, Tandul, Pancahng
Properties – Analgesic, Diuretic.^[21]

14) Bhalluka

Latin name- *Oroxynum indicum*
Family- Bignoniaceae
Local name- Shonyak
Gun- Laghu, Ruksha
Ras- Kashay, Madhur, Tikta

Virya- Ushna
Vipak- Katu
Karma & Doshagnata- Kaphavatshamak, Mutral,
 Bastishothahar
Prayojyanga- Mul, Twak
Properties – Diuretic.^[22]

15) Kurantak

Latin name- *Barleria prionitis*
Family- Acanthaceae
Local name- Pit Sayreyak
Gun- Laghu
Ras- Tikta, Madhur
Virya- Ushna
Vipak- Katu
Karma & Doshagnata- Kaphavatshamak, Mutral,
 Mutrakrucchahar
Prayojyanga- Panchang (Visheshtaha Patra)
Properties – Diuretic.^[23]

16) Indivara

Latin name- *Nelumbo nucifera*
Family- Nymphaeaceae
Local name- Nilkamal
Gun- Laghu, Snigdha, Picchil
Ras- Kashay, Madhur, Tikta
Virya- Shit
Vipak- Madhur
Karma & Doshagnata- Kaphapittashamak,
 Mutrakrucchahar, Mutravirechaniya
Prayojyanga- Panchang (Visheshtah Pushpa, Beej, Mul)
Properties – Diuretic.^[24]

17) Kapotvanga

Latin name- *Herpestris moniera*
Family- Scrophulariaceae
Local Name – Brahmi
Gun- Laghu
Ras- Kashay, Tikta
Virya- Shit
Vipak- Madhur

Karma & Doshagnata- Tridoshnashak, Mutral
Prayojyanga- Panchang
Properties – Diuretic.^[25]

18) Shwadanshtra

Latin name- *Tribulus terresteris*
Family- Zygophyllaceae
Local name- Gokshur

Gun- Guru, Snigdha

Ras- Madhur

Virya- Shit

Vipak- Madhur

Karma Doshaghната- Vatpittashamak, Ashmarinashan, Mutral

Prayojyanga- Phal, Mul

Properties- Diuretic, Lithontripitic.^[26]

DISCUSSION

On reviewing the all ingredients in this Veertarvadi Gana Darbha, Kusha, Gundra, Morata (Murva) are Sandigdha Dravyas (controversial drug).

Controversial is a term used for medicinal plants having various sources.

There is enormous controversy between Kusha and Darbha in Ayurveda literature.

Though the synonyms actions and indications of Kusha, Darbha are mentioned together in different texts, The most of the Nighantus accepted both Kusha and Darbha as two different varieties and mentioned as synonyms for each other.^[27]

Typha elephantina roxb,^[28] Cyperus rotundus,^[29] Callicarpa macrophylla,^[30] are considered as Gundra in different books.

Marsdenia tenacissima,^[31] Clematis gouriana,^[32] Sansevieria roxburghiana,^[33] Chonemorpha fragrans,^[34] are considered as Murva in different books.

CONCLUSION

Maximum Herbs are Ashmaribhedak (Lithotriptic), Mutral (Diuretic), Mutrakrucchahar and useful in diseases of Bladder and Kidney.

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