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**A LITERARY AND PHARMACOLOGICAL DRUG REVIEW OF
SHWADANSHTRADI PANAK AND GOKSHURADI AVLEHA IN THE
MANAGEMENT OF VRIKKASHAMARI WSR TO RENAL STONE**

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ABSTRACT

Shalya tantra is one of an important branch of *Ayurveda*. *Ayurveda* is quick acting and result oriented by using different types of *Yantra*, *Shashtra*, *Kshara*, *Agni* etc. as different modalities of treatment. The prevalence and incidence of Renal Stone still is a major urinary problem facing by the society across the world. The epidemiology of this disease differs according to geographic distribution of population in terms of prevalence, incidence, age, sex distribution, stone composition and stone location etc. Race, diet and climatic factors also

influence the prevalence of this disease. In developing countries like India prevalence of Renal Stone is increasing day by day.

Sushruta is described various medicines as well as surgical intervention for *Ashmari*. Medicinal treatment is advised to be undertaken in the early stages of the disease. Indication of surgical management has been recommended along with a note of caution considering its complications. Surgical treatment has to be undertaken only on failure of conservative treatment and when death becomes inevitable as per the *Sushruta*. Medicinal treatment includes use of various *Ghrita, Kwatha, Panak, Churna, Kshara Dravyas* etc.

Medical science emphasizes on various factors like heredity, age, sex, metabolic disorders, sedentary life style, dehydration, mineral content of water, nutritional deficiency etc. for urinary stone formation (Urolithiasis). It causes pain, loss of working time, medical expenses, need for hospitalization and an infrequent cause of renal failure. The best possible treatment for urinary calculus is use of various drugs to correct involved pathologies and use of diuretics as well as surgical intervention including open surgery, per cutaneous techniques, ESWL etc. But, even after surgery there are high chances of recurrence because urinary stones have peculiar tendency of recurrence.

KEYWORD: Ashmari, Renal stone, Shalya Tantra, Sushrut.

AIMS & OBJECTIVES

- For intensive and critical assessment of previous research work on the larger sample size to compare the clinical effects of ***SHWADANSHTRADI PANAK and GOKSHURADI AVLEHA*** in the management of vrikkashmari (renal stone).

PLAN OF STUDY

1. Conceptual study
2. Clinical study
3. Drug review
4. Observation & result
5. Discussion
6. Conclusion

MATERIAL & METHOD**❖ Patients: -**

Patients having signs and symptoms of Vrikkashmari (Renal stone) shall be selected from OPD and IPD of **Kunwar shekhar vijendra ayurved medical college and research centre, gangoh, Saharanpur, UP.**

❖ Drugs:- SHWADRANSTRADI PANAK

आलोड्य दध्ना मधुरेण पेयं

दिनानि सप्ताशमरीभेदनाय ॥ चक्रदत्त 34/31

Contents of SHWADRANSTRADI PANAK -

Sr. No	Drug	Botanical name	Part used	Quantity
1	<i>Gokshur</i>	<i>Tribulus terrestris</i>	Root	1 Part
2	<i>Eksurak</i>	<i>Asteracantha longifolia</i>	Root	1 Part
3	<i>Erand</i>	<i>Ricinus communis</i>	Root	1 part
4	<i>Choti Kateri</i>	<i>Solanum surattense</i>	Root	1 part
5	<i>Bhrat kateri</i>	<i>Solanum indicum</i>	Root	1 part
6	<i>Milk</i>			sos
7	<i>Sweet Yoghurt</i>			sos

Raspanchak and Synonym of Shwadanshtradi Panak contents:

Sr.	Drug	Family name	Karma	Chemical properties
1	<i>Gokshur</i>	Zygophyllaceae	Mootravirechaniya	Harman, harmine
2	<i>Eksurak</i>	Acanthaceae	Mootral	albuminoid
3	<i>Erand</i>	Euphorbiaceae	Mootravishodhak	ricin
4	<i>Choti Kateri</i>	Solanaceae	Mootral	solasonine
5	<i>Bhrat kateri</i>	Solanaceae	Mootral	Solanine, Solanidine

GOKSHURADI AVLEHA -

गोकण्टकं पलशतं कुशमूलं तथैव च ।
 पाषाणभेदोऽष्टपलं गुडूचीपलपञ्चकम् ॥
 एरण्डो भीरुरष्टौ च मूलं दशपलं पृथक् ।
 पद्ममूलं चाश्वगन्धा प्रत्येकं पलविंशतिः ॥
 सर्वमेकत्र संकुट्य जलद्रोणे विपाचयेत् ।
 पादशेषं तु संग्राह्य वस्त्रपूतं समाक्षिपेत् ॥
 गव्याज्यं प्रस्थमेकं तु शिलाजं च तथा स्मृतम् ।
 घनीभूते तु संजाते द्रव्याणीमानि दापयेत् ॥
 तालमूली शताह्वा च त्रिकटु त्रिफला तथा ।
 सूक्ष्मैला भूतकेशी च ह्रीबेरं नागकेशरम् ॥
 पद्मकं जातिपत्रत्वक् मधुयष्टिसरोचना ।
 जातीफलमुशीरं च त्रिवृता रक्तचन्दनम् ॥
 धान्याकं कटुका क्षारौ नागवल्ली च शृङ्गिका ।
 पुष्कराह्वं शठी दारु शीसं लोहं च वङ्गकम् ॥
 द्रव्याणीमानि संगृह्य प्रत्येकं पलमात्रकम् ।
 खादेद्वाग्निं संप्रेक्ष्य पथ्यं सेवेत मानवः ॥
 स्निग्धभाण्डे निधायाथ नित्यं लिह्यात् पलोन्मितम् ।
 अश्मरीं मूत्रकृच्छ्रं च मूत्राघातं विबन्धताम् ॥
 प्रमेहं विंशतिं चैव शुक्रदोषं तथैव च ।
 धातुक्षये चोष्णवाते वातकुण्डलिकादयः ॥
 ते सर्वे प्रशमं यान्ति भास्करेण तमो यथा ।
 नातः परतरं किञ्चित् कृष्णात्रेयेण पूजितः ॥

Contents: GOKSHURADI AVLEHA -

Sr.no.	Drug	Botanical name	Part used	Quantity
1	Gokshur	Tribulus terrestris	Whole plant	12.5 Pal
2	Shunthi	Zingiber officinale	Rhizome	8 Pal
3	Pippali	Piper longum	fruit	8 Pal
4	Chhoti ela	Elattaria cardamomum	Seed	8 Pal

5	Yavkshar	Hordeum vulgare	Whole plant	8 Pal
6	Nagkesar	Mesua ferra	Stamen	8 Pal
7	Javitri	Myristica fragrans	Flower pod	8 Pal
8	Kakubh	Terminelia Arjuna	Bark	8 Pal
9	Trapusa	Cucumis sativa	Fruit	8 Pal
10	Vanshlochan	Bamboosa arundinacia	Extract	8 Pal
11	Mishri	Sachharum officinerum	Crystal	200 Pal

Discussion on Probable Mode of Action

❖ Probable Mode of action of *Shwadanshtradi Panak*:

- Most of the ingredient have *Tikta - Kashaaya Pradhaana Rasa, Laghu - Ruksha Guna, Sheeta Veerya, Katu Vipaka* and *Vaatakapha Shamaka* properties & have *Mootrala, Vedanaasthaapana, Anulomana* and *Bastishodhana Karma*.
- Ingredient of *Shwadanshtradi Panak* having *Laghu, tiksna, Mridu, sarak* and *usna guna* which are just opposite to *guna* of *Vata* and *Kapha* involved in pathogenesis of *ashmari*.
- It causes relief in symptoms of *Ashmari* by *Vaata Kapha Shamana, Vedanaasthaapana, Shothahara, Mootrala, Rasaayana* and *Anulomana*
- It helps in disintegration of *Ashmari* by *Laghu Ruksha Guna* and *Vaata- Kapha Shamana*.
- It helps in expulsion of *Ashmari* by *Mootrala, Bastishodhana* and *Anulomana* properties.
- It also corrects *Agni* by *Paachana* and *Anulomana* property, so prevents formation of *Aama*, causes *Paachana* of *Aama Doshas* and breaks the pathogenesis of *Ashmari* leading to prevention of further *Ashmari* formation.
- It also neutralizes acidic medium of urine as it has alkaline nature so helps in further precipitation of crystalloids and checks increase in size of stones or formation of other stones.

- *Shwadanshtradi Panak* is proved as effective drug in treatment of *Ashmari* which helps in removal of stone as well as corrects the Agni & metabolism.

CONFLICT OF INTEREST -NIL

SOURCE OF SUPPORT -NONE



Fig. : SHWADANSHTRADI PANAK



Fig. 9: Gokshuradi Avleha Raw Drugs



Prakshep Dravya



Gokshur Kwath

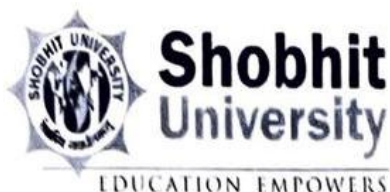
Mixture of Gokshur Kwath & Mishri



Mixing of Prakshep Dravya

Gokshuradi Avleha Sample

Fig. : GOKSHURADI AVLEHA

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Ref. No. SUG/AVIPS/P- 40/631/B

Dated: 17/05/2024

DRUG TEST REPORTSubmitted By: **Dr. Narendra Singh Shekhawat**

Sample Collection Date: 08/03/2024

Ph.D. Scholar, DSRRAU, Jodhpur, Raj.

Report Date: 10/03/2024

Sample: *Shwadanshtradi Panak*

Sample Quantity: 100 g

Reference: *Chakradatt 34/31***ORGANOLEPTIC CHARACTERS**

Color	Light brown
Odour	Herbal Aroma
Taste	Katu(Pungent), Tikta(Bitter) with slight kashaya
Appearance	Specks and grains
Texture	Rough, gritty and uneven
Touch	Grainy

PHYSICOCHEMICAL PARAMETERS

Parameters	Result (% w/w)	Limit Value (% w/w)
Loss On Drying at 105 °C	5.42	Not more than 8%
Total Ash Value	9.82	Not more than 12%
Acid Insoluble Ash	2.41	Not more than 3%
Water Soluble Extractive	21.02	Not less than 20 %
Alcohol Soluble Extractive	9.10	Not less than 8%
PH (10% Aqueous solution)	6.65	2 - 8

POWDER CHARACTERIZATION TESTS

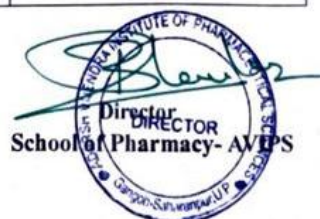
Parameters	Result	Limit Value
Bulk Density	0.8 g/ml	0.5- 1.2 g/ml
Tapped Density	1.0 g/ml	0.8 – 1.6 g/ml
Particle Size	0.8mm	0.5 – 1.0 mm

PHYTOCHEMICAL CONSTITUENTS

Phytochemical Constituent	Test	Result
Alkaloids	Dragendorff's Test	Present
Tannins	Ferric Chloride Test	Present
Flavonoids	Shinoda Test	Present
Saponins	Foam Test	Present
Glycosides	Keller- Killiani Test	Present
Phenolic Compounds	Lead Acetate Test	Present

Report Prepared by: **Ms. Ramsha, Research Scholar**


 Checked By: **Dr. Zulphikar Ali**
 Associated Professor





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Ref. No. SUG/AVIPS/P- 40/ 631/A

Date: 17/05/2024

DRUG TEST REPORTSubmitted By: **Dr. Narendra Singh Shekhawat**

Sample Collection Date: 08/03/2024

Ph.D. Scholar, DSRRAU, Jodhpur, Raj.

Report Date: 10/03/2024

Sample: **Gokshuradi Avleha**

Sample Quantity: 100 g

Reference: *Brihad Nighantu Ratnakar Pancham Bhag* P. No. 752**ORGANOLEPTIC CHARACTERS**

Color	Chocolate brown
Odour	Characteristic, Slightly Pungent
Taste	Katu(Pungent), Tikta(Bitter) with slight kashaya
Appearance	Semi Solid
Texture	Smooth & Slightly sticky
Touch	Oily & cohesive

PHYSICOCHEMICAL PARAMETERS

Parameters	Result (% w/w)	Limit Value (% w/w)
Loss On Drying at 105 °C	23%	Not more than 36%
Total Ash Value	3.2%	Not more than 4.7%
Acid Insoluble Ash	0.5%	Not more than 1.0%
Water Soluble Extractive	69%	Not less than 67 %
Alcohol Soluble Extractive	25%	Not less than 21%
PH (10% Aqueous solution)	6.5	6.4 – 6.6

PHYTOCHEMICAL CONSTITUENTS

Phytochemical Constituent	Test	Result
Alkaloids	Dragendorff's Test	Present
Tannins	Ferric Chloride Test	Present
Flavonoids	Shinoda Test	Present
Saponins	Foam Test	Present
Glycosides	Keller- Killiani Test	Present
Phenolic Compounds	Lead Acetate Test	Present

Report Prepared by: **Ms. Ramsha, Research Scholar**

Checked By: **Dr. Zulphikar Ali**
Associated Professor

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