

**“EFFECT OF GOKSHURACHURNA AND YAVAKSHRA IN
THE MANGEMENT OF MUTRAASHMARI W.S.R. TO
UROLITHIASIS”**



Dissertation submitted as partial fulfillment for the degree of

AYURVEDA DHANVANTRI
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Specialty – Shalyatantra

Scholar

DR. RUSHIKESH KANGAD

Under the supervision of

Guide

DR. MUKUND DHULE

H.O.D & PROFESSOR

MS (Ayu)

Co-Guide.

Dr Harish Daga

Assistant Professor

MS (Ayu)

Department of Shalyatantra

Parul Institute of Ayurveda

Parul University, Limda, Vadodara

Gujarat – 391760 (India).

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ABSTRACT

TITLE: “EFFECT OF *GOKSHURCHURNA* AND *YAVAKSHAR* IN THE MANEGMENT OF MOOTRAASHMARI W.S.R. TO UROLITHIASIS”

NAME OF STUDENT: Dr. RUSHIKESH KANGAD

NAME OF GUIDE, DESIGNATION: Dr. MUKUND DHULE, **HOD & PROFESSOR**

NAME OF CO-GUIDE, DESIGNATION: Dr. HARISH DAGA, Assistant Professor

NAME OF DEPARTMENT: SHALYATANTRA

INTRODUCTION: *Ayurveda* is the system of Indian medicine and science of life which deals with the wellbeing of mankind. It explains all the aspects of diseases like causes, types; treatment etc. of many diseases, the disease of urinary stone is explained under the heading of *Mutraashmari*. In India this disease affect all age group, prevalence is more in men, approximately 5-7 million patients suffer from this disease and at least 1/1000 of Indian population need hospitalization due to Urinary calculus. In India this disease is found more in stone belt area like Gujarat, Maharashtra, and Rajasthan. In these regions the disease is so prevalent that most of the family will suffer from renal calculi sometime in their lives. In *Ayurveda* various formulation are mentioned for the *Mutraashmari* management one among them said by *Bhavprakas Nighantu* is *Gokshurchurna* and *Yavakshar*, They have unique properties like Lekhana, Bhedana, Chhedana, Tridosahara, Mootrala, Shothahara and vedana sthapana So, it has been used effectively and economically on *Mutraashmari*. No research found on evaluates effect of *Gokshurchurna* and *Yavakshar* in the management of *Mutraashmari*. So, study on “EFFECT OF *GOKSHURCHURNA* AND *YAVAKSHAR* IN THE MANEGMENT OF MOOTRAASHMARI W.S.R. TO UROLITHIASIS” is undertaken.

AIM AND OBJECTIVES:

AIM

- To evaluate efficacy of combination of *Gokshurchurna and Yavakshar* in the management of *Mutraashmari*.

OBJECTIVES

- To evaluate the clinical efficacy of *Gokshurchurna and Yavakshar* in the symptomatic relief of *Mutraashmari*.
- To evaluate the clinical efficacy of *Gokshurchurna and Yavakshar* in the reduction/expulsion of *Mutraashmari*.
- To evaluate the clinical efficacy of *Gokshurchurna and Yavakshar* on Blood and Urinary biochemical parameters.

METHODOLOGY: Open clinical observational Study with minimum 32 Patients was selected, 2 patients were dropout from OPD and IPD of Parul Ayurvedic Hospital, Limda. Subjective parameter i.e. Pain, Nausea, Vomiting, Burning micturition, Dysuria, were assessed. Objective parameters were Tenderness over renal angle, Hematuria, Pus cells, Site, Size & number of stones was assessed.

OBSERVATIONS & RESULTS:

Pain, which is explained as main feature, is observed in all the 32 samples. The drugs *Yavakshara & Gokshura Churana* had shown their efficacy over relieving this troublesome feature ($p < 0.001$). Burning micturition is the feature of Urolithiasis, Therapy started providing significant relief in burning micturition ($p < 0.001$) and also shown significant result in rest subjective & objective parameters.

CONCLUSION: On the basis of the results of the present research work it is concluded that *Gokshurchurna and Yavakshar* is an effective drug for the management of the *Mutraashmari*.