

CHANDRAPRABHA VATI IN MUTRAKRICHHRA-A REVIEW

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ABSTRACT

Chandraprabhavati is a classical Ayurvedic herbo-mineral preparation, mostly used for diseases of genito-urinary system; which includes *Mutrakrichhra*, *Ashamari*, *Mutraaghat*, *Prameha*, *Andyridhi*, diseases related to *Aartava* (menstruation), *Arbuda* and *Granthi*. Our *Aacharyas* gave emphasis mainly on three organ of the body i.e. *Hridya* (heart), *Vasti* (kidney), *Shir* (head). These organs also called tripods of life as any harm to these organ is life threatening, thus *HridyaRoga*, *VastiRog*, *ShiroRog* should be cured immediately. *Mutrakrichhra* is one of the very pronounced diseases of the urinary system described under the category of *vastigata Rog*. *Chandraprabha*

Vati is very useful in *Mutrakrichhra* & relieves the symptoms very effectively. The present review aims at providing an insight into its mode of action in *Mutrakrichhra* focussing on various aspects of *samprativighattan*.

KEYWORDS: *Mutrakrichhra*, tripod of life, herbomineral preparation, *kharleeya rasayana*.

INTRODUCTION

Acharya Charaka identified three important organs i.e. *Shira* (Head/Brain), *Hridaya* (Heart) and *Vasti* (Urinary bladder and related organs of urine formation) under the heading of *Trimarmas*; Three vital parts of the body.^[1] Certain diseases related to *Vasti* enumerated in *Charak Samhita* are *Mutrakrichhra* (Dysuria), *Mutraaghatata* (Anuria), *Prameha* (diabetes mellitus & D. insipidus), *Asthila* (Benign prostate hypertrophy), *Mutrakshaya*, *Ashmari* (Urolithiasis) etc.^[2] Certain formulations containing *Punarnava*, *Gokshura*, *Dashamoola* etc. have been frequently used treatment of *vastigata vyadhis*.

Generally *Ayurvedic* physicians rely on a combination of drugs rather than a single drug. Administration of drug in combination may either enhance or antagonize the response of the individual components. Compound formulations were made to improve the palatability, making oral administration easy. During later centuries drug combinations were made by using detoxified mercury and sulphur, to retain the activity of herbal drug and increase their shelf life as well as potentiate the medicinal effects. *Khalveeya Rasa* is the combination of herbal, mineral and animal products, so that we can have the effects of all collectively in a single formula. These are administered in smaller doses, to get faster relief and combating many ailments by proper *Anupana*^[3] and *Sahapana*.^[4] The most important aspect is that, it preserves and potentiates the properties of herbal components. “*Chandraprabhavati*” selected for the present study is also a compound drug which comes under “*Khalveeya Rasa Kalpana*”.

Chandraprabha Vati appears to be one of the potent herbo-mineral formulation having wider therapeutic application in vastigata conditions especially *mutrakrichhra*.

AIMS AND OBJECTIVES

- To study the various references of *Chandraprabha Vati* and its indications in different classical texts.
- To understand the etiopathogenesis or *samprapti* of *Mutrakrichha*.
- To study the contents of the formulation with an intent to identify its mode of action in *Mutrakrichhra* with special reference to *samprativighattan*

MATERIAL AND METHODS

For the present review *Ayurvedic Samhitas* and other classical texts of ayurveda were explored for references of *Chandraprabha vati* and its action on *Mutrakrichhra*.

Various research portals were extensively surfed with intent to collaborate the classical references with the modern scientific research protocol to find the mode of action.

LITERARY REVIEW

Chandraprabha Vati

Ayurveda Samhitas and other classical texts were explored for the references of *Chandraprabha vati*. It has been described in many texts and indicated in *prameha*, *arsha* and *shvitra*. Different references of *ChandraprabhaVati* are presented below.

Table No 1: List of texts depicting *Chandraprabha Vati* with their variation.

Sr.No	Name of the book	Other same references	Name of the formulation	Rogadhikar
1	AFI ^[5]	<i>Sharanghar Samhita Ayurved Saar Sangrah</i>	<i>CandraprabhaVati</i>	
2	R.Sa.S. ^[6]	<i>Bhaishjya Ratnavali</i>	<i>CandraprabhaVatika</i>	<i>Prameh</i>
3	R.Sa.S. ^[7]	<i>Bhaishjya Ratnavali, Rasendra Chintamani, Ras Kamdhenu</i>	<i>CandraprabhaVatika</i>	<i>Arsh</i>
4	R.R.S. ^[8]	-	<i>CandraprabhaVati</i>	<i>Prameh</i>
5	R.R.S. ^[9]	-	<i>CandraprabhaVatika</i>	<i>Shvitra</i>

The method of preparation of the formulation was also reviewed in various texts with regard to the trituration liquid and the duration of trituration. The data is compiled in Table No. 2.

Table No. 2: List of *Bhavana Dravyas* & *Bhavana* duration by various texts.

Sr. no.	Reference	<i>Bhavana</i>	Form of <i>bhavana</i> & no of <i>bhavana</i>	Duration
1	Sh. S. ^[10] AFI B. R. ^[11]	<i>Jal</i>		<i>Not mention</i>
2	Ay. Sa. S. ^[12]	<i>Guruchi</i>	<i>Svaras</i>	<i>3 days</i>
3	R.S.S. ^[6]	<i>Kalihari, mesh dugdh, Paanpatra</i>	<i>Kalihari - svaras mesh dugdh Paanpatra - svaras</i>	<i>1 day (Kalihari) 1 day (mesh dugdh) 1 day (Paanpatra)</i>
4	R.S.S. ^[7]	<i>Jal</i>		<i>Not mention</i>
5	R.R.S. ^[8]	<i>Dadhi, Godugdh, Langali, Tumbi, mungparni</i>	<i>Dadhi (1) Godugdh (1) Langali - svaras (1) Tumbi - svaras (1) Mungparni - svaras (1)</i>	<i>(days not mention)</i>
6	R.R.S. ^[9]	<i>Nimbu svaras, Gomutra, Apamargkwath</i>	<i>Nimbuswras(1) Gomutra (1) Apamargkwath (1)</i>	<i>1 day each</i>

Chandraprabha Vati from *Sharangadhara samhita* is included in Ayurvedic formulary of India and most of the pharmacies are also preparing the same. It is a herbo-mineral compound preparation. Its ingredients are enlisted in table no 3 with their individual properties and actions.

Table No. 3: Ingredients of *Chandraprabha vati*

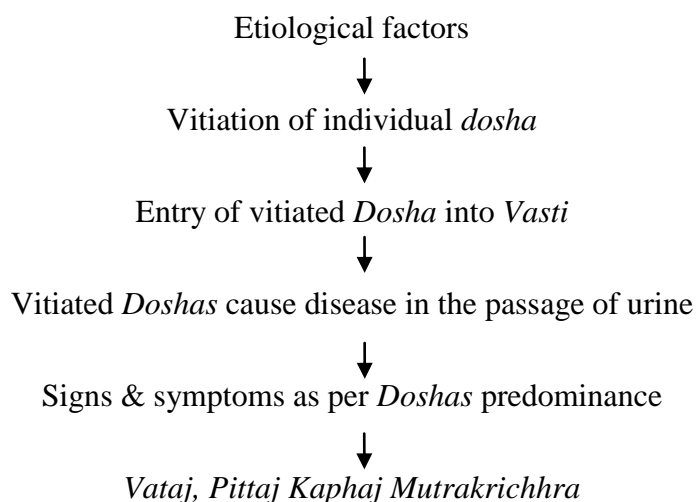
Sr. no.	Ingredients & Latin name	Action	Indication	Doshprabhav
1	Chandraprabha (<i>Karpoora</i>) <i>Cinnamomum Camphora</i>	<i>Vrushya, Chakshushya, Lekhana, daurgandhyanashaka</i>	<i>Daha, Trushna, Asyavairasya, Meda</i>	<i>Kapha-pitta</i>
2	Vacha (<i>Acorus calamus</i>)	<i>Vanhikara, Vantikara, Shakrut, Mutravishodhini</i>	<i>Vibandha, Adhmana, Shoola, Apsmara, Bhutonmada, Krimi</i>	<i>Kapha, Vata</i>
3	Musta (<i>Cyperus rotundus</i>)	<i>Grahi, Deepana, Pachana</i>	<i>Trushna, Jwara, Aruchi, Krimi</i>	<i>Kapha, Vata</i>
4	Bhunimba (<i>Swertia chirayita</i>)	<i>Sara</i>	<i>SannipatakaJwara, Shwasa, Kasa, Shotha, Trushna, Kushtha, Vrana, krimi</i>	<i>Kaphapitta</i>
5	Amruta (<i>Tinospora cordifolia</i>)	<i>Rasayana, Sangrahana, Balya</i>	<i>Trushna, Daha, Meha, Kasa, Hrudroga, Pandu, Kamala Arsha, Kushtha, Vatarakta, Jwara, Krimi, Prameha, Shwasa</i>	<i>Tridoshaghna</i>
6	Daruka (<i>Cedrus deodara</i>)	-	<i>Vibandha, Shotha, Adhmana, Tandra,</i>	<i>Kaphavata</i>
7	Haridra (<i>Curcuma longa</i>)	<i>Varnya</i>	<i>Hikka, Jwara, Prameha, Peenasa, Kasa, Kandu(Twak-dosha), Meha, Shotha, Pandu, Vrana</i>	<i>Kapha, pitta</i>
8	Ativisha (<i>Aconitum heterophyllum</i>)	<i>Pachana, Deepana</i>	<i>Atisara, Amavisha, Kasa, Vami, Krimi</i>	<i>Tridosha</i>
9	Darvi (<i>Berberis aristata</i>)	<i>Varnya</i>	<i>Netra, Karna, Asyaroga</i>	<i>Kaphapitta</i>
10	Pippalimoola (<i>Piper longum</i>)	<i>Pachana, Bhedi</i>	<i>Anaha, Pleeharoga, Gulma, Krimi, Shwasa, Kshaya</i>	<i>Kapha, Vata, Pittakara</i>
11	Chitraka (<i>Plumbago zeylanica</i>)	<i>Pachana, Vanhikrut, Grahi</i>	<i>Grahani, Kushtha, Shotha, Arsha, Krimi, Kasa</i>	<i>Vata-Kapha, Pittakara</i>
12	Dhanyaka (<i>Coriandrum sativum</i>)	<i>Avrushya, Mutrala, Deepana, Pachana, Grahi Jwaraghna, Rochana</i>	<i>Trushna, Daha, Vami, Shwasa, Kasa, Karshya, Vami</i>	<i>Tridosha</i>
13	Haritaki (<i>Terminalia chebula</i>)	<i>Deepana, Medhya, Rasayana, Chakshushya, Aayushya, Brumhaniya, Anulomini</i>	<i>Shwasa, Kasa, Prameha, Arsha, Kushtha, Shotha, Udara, Krimi, Grahani, Vibandha, Trushna, Vishamajwara, Gulma, Adhmana, Chhardi, Hikka, Kandu, Kamala, Anaha, Pleeha-</i>	<i>Tridosha</i>

			yakrutroga, Ashmari, Mutrakruchha, Mutraghata	
14	Bibhitaki (<i>Terminalia bellirica</i>)	Bhedana, Netrahita, Keshya, Madakrut	Kasa, Krimi, Vaisvarya, Trushna, Chhardi	Tridosha
15	Amalaki (<i>Emblica officinalis</i>)	Vrushya, Rasayana	Prameha, Raktapitta	Tridosha
16	Chavya (<i>Piper chaba</i>)	Like pippalimoola	Gudajaroga	
17	Vidanga (<i>Embelia ribes</i>)	Vanhikara	Shoola, Udara, Vibandha, Adhmana, Krimi	Vatakapha
18	Gajapippali (<i>Piper chaba</i>)	Vanhivardhini	Atisara, Shwasa, Kantharoga, Krimi	
19	Shunthi (<i>Zingiber officinale</i>)	Pachani, Vrushya, Svava, Grahi	Amavata, Vibandha, Vami, Kasa, Shwasa, Shoola, Shotha, Hrudroga	Kapha, Vata
20	Maricha (<i>Piper nigrum</i>)	Deepana	Shwasa, Shoola, Krimi	Vata, Kapha, Pittakara
21	Pippali (<i>Piper longum</i>)	Deepana, Vrushya, Rasayani, Rechani, Medhya	Shwasa, Kasa, Udara, Kushtha, Prameha, Gulma, Arsha, Pleeharoga, Shoola, Jwara	Kapha, Vata
22	Trivrut (<i>Operculina turpethum</i>)	Rechana	Jwara, Shotha, Udara	Pitta, Kapha, Vatavardhaka
23	Danti (<i>Baliospermum montanum</i>)	Sara, Deepana	Gudankura, Ashmari, Shoola, Kandu, Kushtha, Daha, Shotha, Udara, Krimi	Kapha-Pitta
24	Patraka (<i>Cinnamomum tamala</i>)		Arsha, Hrullasa, Aruchi, Peenasa	Vata, Kapha
25	Twak (<i>Cinnamomum zeylanicum</i>)	Shukrala, Balya	Mukhashosha, Trushna	Vata, Kapha, Pittakara
26	Ela Sukshma (<i>Elettaria cardamomum</i>)	Analakara	Kandu, Shwasa, Trushna, Hrullasa, Visha, Bastyaroga, Asyaroga, shiroroga, Vami, Kasa, Shwasa, Kasa, Arsha, Mutrakruchha	Tridosha
27	Vanshalochana (<i>Bambusa bambos</i>)	Brumhani, Vrushya, Balya	Trushna, Kasa, Shwasa, Jwara, Kshaya, Kamala, Mutrakruchha, Vrana, Pandu, Kushtha	Vata, Pitta
28	Guggulu (<i>Commiphora mukul</i>)	Sara, Bhagnasandhan akara, Vrushya, Svarya, Rasayana, Deepana,	Medoroga, Meha, Kushtha, Pidaka, Granthi, Shotha, Arsha,	Tridosha

		<i>Balya</i>	<i>Gandamala, Krimi, Vrana, Apachi</i>	
29	Makshika (Iron pyrite)	<i>Vrushya, Rasayana, Svarya, Chakshushya</i>	<i>Kshaya, Arsha, Meha, Pandu, Shotha, Kushtha, Jirnajwara, Apsmara, Arochaka</i>	<i>Tridosha</i>
30	Yavakshara (Potassium Salt)	<i>Deepana, Pachana, Hrudyaya, Sara, Mutrala, Sveda-pravartaka</i>	<i>Gulma, Pleeharoga, Shoola, Anaha, udara, Adhmana, Shotha, Mutrakruchha, Meha, Kantharoga</i>	<i>Kapha, Vata</i>
31	Svarjiakakshara	<i>Pachana, Agni-diptikara</i>	<i>Kasa, Shwasa, Gulma, Adhmana, Vrana, Udara, Krimi</i>	<i>Vata</i>
32	Saindhav Lavana (Sodium Chloride)	<i>Hrudya, Vrushya, Netrya, Ruchikara, Pachana, Deepana,</i>	<i>Vranadosha, Vibandha</i>	<i>Vata</i>
33	Sauvarachala Lavana	<i>Hrudya, Pachana, Deepana, Rochana, Bhedana</i>	<i>Gulma, Vibandha, Anaha, Shoola, Krimi, Arochaka</i>	<i>Tridosha</i>
34	Bid lavana	<i>Deepana, Hrudyaya</i>	<i>Ajirna, Anaha, Shoola, Vibandha</i>	<i>Kapha vatanulomana</i>
35	Loha Bhasma (Incinerated Iron)	<i>Netrya, Balya, Vrushya, Varnya, Medhya</i>	<i>Jathararoga</i>	<i>Kapha, Pitta</i>
36	Sharkara (Sugar)	<i>Ruchya, Shukrala</i>	<i>Murchha, Chhardi, Jwara</i>	<i>Vata, Pitta</i>
37	Shilajatu (Asphaltum punjabinum)	<i>Mutrala, Rasayana, Chhedi,</i>	<i>Ashmari, Sharkara, Krimi Mutrakruch, Kshaya, Udara, Shwasa, Apsmara, Arsha, Unmada, Shoth, Kushtha,</i>	<i>Kapha</i>

Mutra Nirmana and Mutrakrichhra

According to Acharya Sushruta production of *mutra* occurs in the *Aamashaya* & *Pakavashya*. *Mutravahini Nadiyan* are present in *Pakavashya*, urine flows through these channels & comes into *Vasti* like small tributaries unite to form river and the rivers flow into the sea. These channels are very minute and work continuously in awakened as well as the sleeping state.^[13] The etiological factors described for *Mutrakrichhra* include excessive exercise, Consumption of very spicy food devoid of unctuousness, excessive consumption of alcohol, meats of *Aanupa Desh* animals, taking food before digestion of previous meal etc. All these factors cause vitiation of *vata, pitta and kapha* which move to *vastipradesh* and then cause the disease in *mutramarg* resulting in difficult urination and the other features as per the *doshik* predominance.^[14] This is depicted in the flowchart below.



The term *Dysuria*^[15] is used to describe painful urination, which often signifies an infection of the lower urinary tract. The discomfort is usually described by the patient as burning, stinging, or itching. Pain occurring at the beginning of or during urination suggests a urethral site of disease, whereas pain after voiding implies pathology within the bladder or prostate area. Sometimes a patient will relate a history of pain in the suprapubic area.

Pharmacology of *Chandraprabha Vati*

Researches on various components of *Chandraprabha Vati* provide an insight into its probable pharmacology. The data from various research portals is presented in tabular form in table no.4.

Table No. 4: Pharmacological actions of various components based on recent researches.

Sr no	Drug name	Activity
1	<i>Chandraprabha</i> (<i>Karpoora</i>) (<i>Cinnamomum Camphora</i>)	Anti inflammatory, analgesic ^[16]
2	<i>Vacha</i> (<i>Acorus calamus</i>)	Anti spasmodic ^[17]
3	<i>Musta</i> (<i>Cyperus rotundus</i>)	Anti inflammatory, digestive ^[18]
4	<i>Bhunimba</i> (<i>Swertia chirayita</i>)	Digestive ^[19]
5	<i>Amruta</i> (<i>Tinospora cordifolia</i>)	Immunomodulatory property, Anti-toxic effects, Anti-microbial activity, Anti-oxidant activity ^[20]
6	<i>Daruka</i> (<i>Cedrus deodara</i>)	anti-inflammatory and antispasmodic activity, diuretic ^[21]
7	<i>Haridra</i> (<i>Curcuma longa</i>)	Anti-allergic, anti-histaminic, anti-fungal, hypo-lipidaemic activity, anti-inflammatory, wound healing activity. ^[22]
8	<i>Ativisha</i>	Nephroprotective Activity, Antioxidant Activity ^[23]

	(<i>Aconitum heterophyllum</i>)	
9	<i>Darvi</i> (<i>Berberisaristata</i>)	Anti- microbial study ^[24]
10	<i>PippaliMoola</i> (<i>Piper longum</i>)	Anti-inflammatory, Analgesic activity ^[25]
11	<i>Trivrut</i> (<i>Operculinaturpethum</i>)	Antimicrobial, Antinephrotoxic, Antiulcer, Analgesic, and Anti-Inflammatory Activities. ^[26]
12	<i>Danti</i> (<i>Baliospermum Montanum</i>)	Immunity booster ^[27]
13	<i>Patraka</i> (<i>Cinnamonum tamala</i>)	Antimicrobial-activity ^[28]
14	<i>Twak</i> (<i>Cinnamonum zeylanicum</i>)	Reduced blood glucose & LDL cholesterol ^[29]
15	<i>ElaSukshma</i> (<i>Elettaria cardamomum</i>)	Dyslipidemia, Anti-inflammatory ^[30]
16	<i>Vanshalochana</i> (<i>Bambusa bambos</i>)	Generalized debility, Diuretic, Tonic, Rejuvenatory ^[31]
17	<i>Guggulu</i> (<i>Commiphora mukul</i>)	Diuretic, Anti-inflammatory, Analgesic ^[32]
18	<i>Makshika</i> (<i>Iron pyrite</i>)	Immuno- modulatory, rejuvenate effect, anti-bacterial, Haematinic (increases hemoglobin levels), Anti-inflammatory, Antipruritic, Antiulcerogenic, Hematogenic (helps in formation of red blood cells), Febrifuge ^[33,34]
19	<i>Yavakshara</i> (<i>Potassium Salt</i>)	Urinary alkaliser with mild diuretic activity, Analgesic, Diuretic ^[35,36]
20	<i>Saindhav</i> (<i>Sodium Chloride</i>)	<i>Dosha anulomak</i> and <i>sandhankara & mutramarga vishodhana</i> . ^[37]
21	<i>Loha bhasma</i> (<i>Incinerated Iron</i>)	Haematinic activity, General debility ^[38]
22	<i>Sharkara</i> (<i>Sugar</i>)	Immunomodulator ^[39]
23	<i>Shilajatu</i> (<i>Asphaltum punjabinum</i>)	Antioxidant Actions, Anti-Inflammatory, Antiallergic properties, Neuroprotective Agent, Analgesic ^[40, 41]
24	<i>Triphala</i>	Antioxidant Actions, Anti-Inflammatory, Immunomodulator ^[42]
25	<i>Guggulu</i>	antioxidant actions, Anti-inflammatory ^[43, 44]

DISCUSSION

The drugs of *Chandraprabha Vati* like *Yavakshara* and *Svarjikakshara* are alkaline in nature & mild diuretic so they decrease the acidity of urine providing relief in burning micturition. The drugs like *Pippalimoola*, *Trivrit*, *yavakshar*, *guggulu* relieve anxiety & pain. *Vacha* & *Devdaru* also relieve spasmodic pain. Other drugs like *Karpoor*, *Musta*, *Daruhaldi*, *Gugglu*, *Tejpatra*, *Ela*, *Shilajit* & *Makshik Bhasma* have anti-inflammatory properties. *Daruharidra*, *Trivrit*, *Tejpatra* check the growth of micro-organism. *Devdaru*, *Vanshlochan*, *Yavakshar* are very good diuretic. Pathogens grow on epithelial lining of urethra, so diuretic drug is

necessary to flush off of the tract. In Dysuria urine is acidic in nature and may damage the epithelia of urinary tract. *Triphala* & *Ativisha* have ulcer healing properties; *Haridra* is very good wound healer. *Ativisha* & *Trivrit* have nephroprotective & antinephrotoxic action. *Trivrit* & *Makshik* also have anti ulcer activity preventing ulceration in urinary tract epithelia. *Triphala* is rich in antioxidants, possesses antibacterial, anti-viral, anti-cancer property. It is most well-known for its gentle effects on the bowels; improving peristalsis and cleansing toxic build up of wastes, rejuvenating healthy tissues. Along with *Triphala*, *Ativisha* & *Amrita* also possess anti-oxidant properties so these drugs increase immunity and act as immune-modulatory agents in the conditions of autoimmune and immune-deficient state.

The drugs namely *Trikatu*, *Chavya*, *Musta*, *Elavaluka*, *Lavanas*, *Ksharas* relieve the state of *Mandagni* which is identified as a root cause for all disease conditions. The drugs like *Musta*, *Triphala*, *Shilajita* and *Guggulu* help to treat dyslipidaemia and prevent ischaemic condition in all the organs in the body including Kidney, heart, liver and brain, so it gives strength to the tripods of life. *Acharya Vagbhata* suggests *Shilajita* as the drug of choice for the management of *Vastigata vyadhis* i.e. Urinary diseases.^[45]

CONCLUSION

Chandraprabha vati has herbo mineral ingredients which are very useful for organs below the umbilicus and especially the urinary system. It is mixture of medicines which not only cure *Mutrakrichha* but also maintain the flora of urinary tract.

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