



Role of *Veertarvadi Gana* in *Mutrashmari* : A Review Study

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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 todays 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 Enemy¹. Ashmari has been mentioned in all our ancient texts but Acharya Sushruta has described it elaborately & included it in Ashthamahagada².

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 deposited³. Urinary calculus below 5 mm size are flush out automatically with urine, more than 5 mm size causes pain, dysuria, haematuria⁴. 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 Virtarvadi 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, Mutraghat⁵.

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 Ashmari⁸:

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 & 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, Calculi⁹.

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 disorder¹⁰.

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 – Diuretic¹¹.

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 – Diuretic¹².

6) Nala:

Latin name- *Arundo donox*

Family- Gramineae

Local Name- Nala, Narasal

Gun- Laghu, Snigdha

Ras- Madhur, Kashay, Tikta

Virya- Shit

Vipak- Madhur

Karma & Doshagnata- Mutral,
Dahashamak, Bastishothahar,
Mutakrucchahar

Prayojyanga- Mul

Properties – Diuretic¹³, lithotriptic, used
in cystitis and Dysuria¹⁴.

7) Kusha:

Latin name- *Desmotachya bipinnata*

Family- Gramineae

Local name- Kusha

Gun- Laghu, Snigdha

Ras- Madhur, Kashay

Virya- Shit

Vipak- Madhur

Karma & Doshagnata- Asmarinashak,
Mutral, Bastishulnashak

Prayojyanga- Mul

Properties – Diuretic, Lithotriptic¹⁵.

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, lithotriptic¹⁶.

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
dysuria¹⁷

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 – Analgesic¹⁸.

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 pain¹⁹.

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 Cystitis²⁰.

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, Panchahng

Properties – Analgesic, Diuretic²¹.

14) Bhalluka:

Latin name- *Oroxynum indicum*

Family- Bignonaiaceae

Local name- Shonyak

Gun- Laghu, Ruksha

Ras- Kashay, Madhur, Tikta

Virya- Ushna

Vipak- Katu

Karma & Doshagnata- Kaphavatshamak, Mutral, Bastishothahar

Prayojyanga- Mul, Twak

Properties – Diuretic²².

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** – Diuretic²³.

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 – Diuretic²⁴.

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 – Diuretic²⁵.

18) Shwadanshtra:

Latin name- *Tribulus terresteris*

Family- Zygophyllaceae

Local name- Gokshur

Gun- Guru, Snigdha

Ras- Madhur

Virya- Shit

Vipak- Madhur

Karma & Doshagnata-
Vatpittashamak, Ashmarinashan, Mutral

Prayojyanga- Phal, Mul

Properties- Diuretic, Lithontriptic²⁶.

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 other²⁷.

Typha elephantina roxb²⁸, Cyperus rotundus²⁹, Callicarpa macrophylla³⁰ are considered as Gundra in different books.

Marsdenia tenacissima³¹, Clematis gouriana³², Sansevieria roxburghiana³³, Chonemorpha fragrans³⁴ 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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