

A Conceptual Study on Role of *Trikantakadi Kwath* in *Mutrakrichhra*

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ARTICLE INFO	ABSTRACT
Published Online: 09 April 2021	Nowadays its commonly seen that majority of the people are affected from urinary disorder that may be due to their lifestyle, diet pattern, low water intake, using western toilet habit, contaminated water, anatomical anomalies and metabolic derangements. In Ayurveda urinary disorders comes under <i>Mutrvahasrotasa</i> and describe in the form of <i>Mutrakricchra</i> and <i>Mutraghata</i> . In both of the form <i>Mutra Vibandha</i> is there but in case of <i>Mutrakricchra krichhrata</i> is more prominent present mainly in the form of pain during before and after micturition that manifest in form of burning, tingling and stinging of urethra. Urinary disorders have become most common cause of morbidity and when further increases cause renal damage. Though the use of antibiotics has resolved the problem but relapses resistance and side effects are also associated with their long-term use. Now the need of <i>Ayurvedic</i> medicine arises to fill this lacuna. There are number of preparations described in Ayurveda text and <i>trikantakadi kwath</i> in one among them and it has wonderful propertiese that helps in curing <i>mutrakrichhra</i> .
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INTRODUCTION

Ayurveda it is considered that *Mutra* is formed from *Kitta bhaag* of *Ahara* by the action of *Jathragni*. In Ayurveda urinary disorders comes under *Mutrvahasrotasa* and describe in the form of *Mutrakricchra* and *Mutraghata*. *Acharya Vagbhatt* has classically divided the *Rogas of Mutra* in into two categories viz. *Mutra Apravartijanya*, and *Atipravartijanya*. *Mutrakrichhra* comes under category of *Mutra Apravartijanya*.

In *Mutrakrichhra* it is consider that *Doshas* being aggravated by their repetitive etiological factors, individually or all reaches *Basti* and *Mutramarga* result in *Sthan Sansrya* and *Vyadhi* is produced having cardinal feature as “मूत्रस्य कृच्छ्रेण महता दुखेन प्रवृत्तिः”¹

Our dietary pattern which has become enriched with refined flour lacking in dietary fibres sedentary lifestyle, using public toilet, western toilet habit, unprotected sexual activity, immunocompromised state all they have contributed in increasing prevalence of *Mutrakrichhra* among the society.

This article explains the role of *Trikantakadi kwath* in the treatment of *Mutrakrichhra* and its mechanism of action.

MATERIAL AND METHODS

For this article literature review is done from *Charak Samhita*, *Sushruta Samhita*, *Madhva nidan*, *Chakradutta*, *Bhavaprakash Nighnatu*, Ayurvedic pharmacopia of India and few other articles.

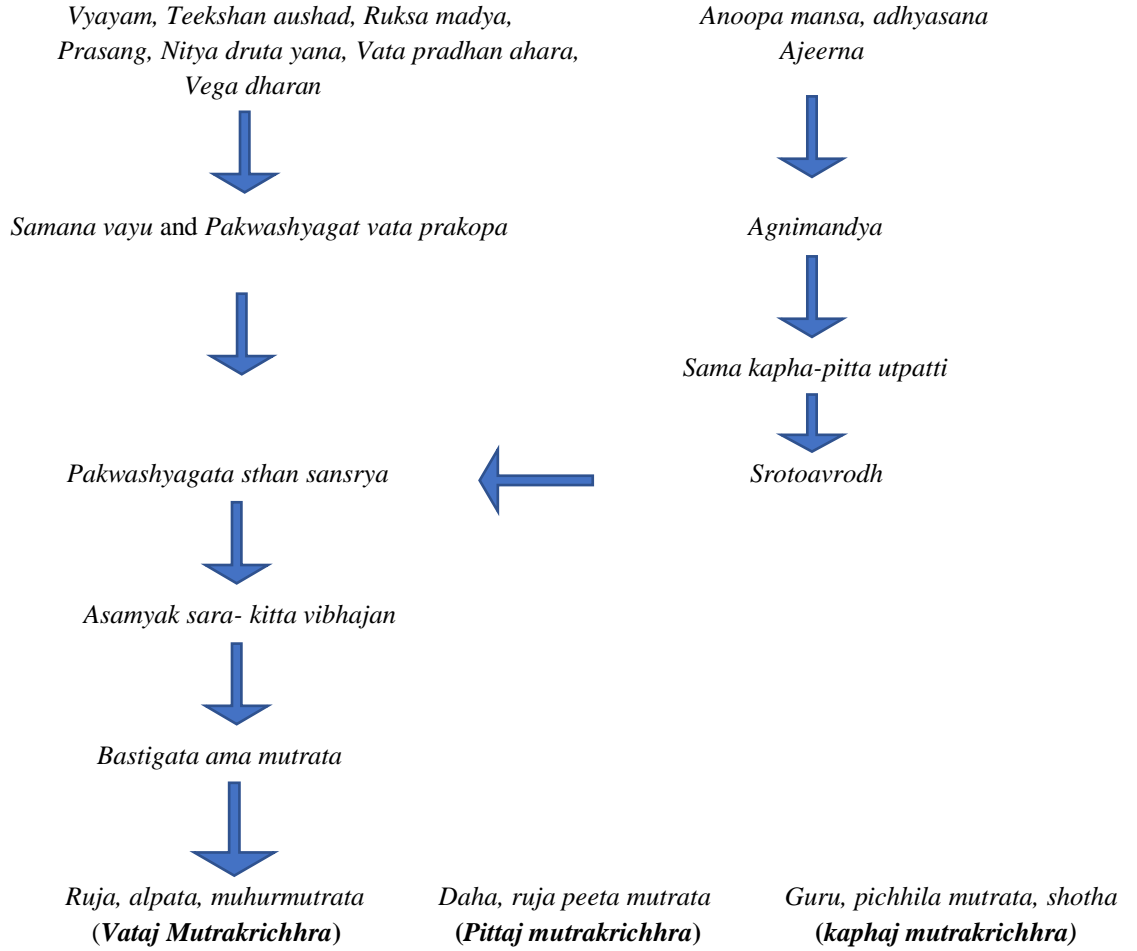
*Nidana of Mutrakrichhra:*²

In Ayurveda it's being considered that

1. *Atyadhik vyayam*
2. *Teekshan aushadha sevan*
3. *Ruksha madya sevan*
4. Excessive indulgence in sexual activity
5. Excess travelling
6. Excess *Anupa mansa sevan*, eating fishes
7. *Adhyasana, Ajeerna*

“A Conceptual Study on Role of *Trikantakadi Kwath* in Mutrakrichhra”

Samprapti of Mutrakrichhra³



Content of *Trikantakadi Kwath*:⁴

त्रिकंटकारग्वधदर्भकाशदुरालभापर्वतभेदपथ्याः।

निघ्नन्ति पीता मधुनाऽश्मरीं च सम्प्राप्तमृत्योरपि मूत्रकृच्छ्रम् ॥

1. Trikantaka (*Tribulus terrestris*), Zygophyllaceae
2. Araghvadha (*Cassia fistula*), Leguminosae
3. Darbha (*Imperata cylindrica*), Graminae
4. Kasa (*Sacchrum spontaneum*), Graminae
5. Duralabha (*Alhagi camelorum*), Graminae

6. Pashanbheda (*Saxifraga ligulata*), Saxifragaceae
7. Haritaki (*Terminalia chebula*), Combretaceae
8. Madhu

Description of each drug will be explained further on the basis of properties, chemical constituents, action of *dosha*, pharmacological action

Table⁵

Drug	Rasa	Guna	Virya	Vipaka	Dosha Karma	Pharmacological Action	Chemical constituents ⁶
Gokshur	Madhura	Guru, Snigdha	Sheeta	Madhura	Vata-pitta Shamak	Diuretic Anti-inflammatory Aphrodisiac	Harman, sterols, saponin, diosgenin, gitogenin
Araghvadha	Madhura	Guru, Snigdha	Sheeta	Madhura	Tridosh-Hara	Laxative, Anti-inflammatory Carminative,	Sugar, mucilage, pectins, anthraquinone
Darbha	Madhura	Laghu, Snigdha	Sheeta	Madhura	Tridosh-Hara	Diuretic, Astringent	Cylindrin, arundoin, fernenon, isoburneol, simiarenon.

Kasa	<i>Madhura</i>	<i>Sara</i>	<i>sheeta</i>	<i>Madhura</i>	<i>Pitta-Hara</i>	<i>Diuretic, Immunomodulator,</i>	Galactose, rhamnase, terpenes, coumarins,
Paashanbhe da	<i>Kashaya, Tikta</i>	<i>Laghu, Snigdha, Tikshana</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosh-Hara</i>	<i>Diuretic, lithotriptic, Antiinflammatory</i>	Tannic acid, gallic acid
Haritaki	<i>Kashaya, Amla Tikta, Katu Madhura,</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosh-Hara</i>	<i>Anti-bacterial, Antiinflammatory, Hepatoprotective</i>	Tannins, anthraquinones, polyphenols
Yavasa	<i>Madhura, Tikta, Kashaya</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Pitta-Kapha Hara</i>	<i>Antacid, Laxative, Diuretic, Gastroprotective</i>	<i>B-phenethylamine, Salsolidine, Betaline, Sterols, Coumarins</i>

Probable mode of action on *Samprapti Vighatan*⁷:

<i>Samprapti ghataka</i>	<i>Mutrakrichhra</i>	<i>Treatment</i>
<i>Dosha</i>	<i>Tridosha</i>	<i>Tridoshaghna</i>
<i>Dushya</i>	<i>Mutra</i>	<i>Mutrala</i>
<i>Agni</i>	<i>Mandya</i>	<i>Deepana, pachana</i>
<i>Srotas</i>	<i>Mutravahasrotasa</i>	<i>Mutrala</i>
<i>Udbhava sthana</i>	<i>Amashaya and pakvashaya</i>	<i>Samyak sara kitta vibhajana</i>
<i>Adhishtana</i>	<i>Basti and mutravahasrotasa</i>	<i>Mutrala</i>
<i>Vyakta sthana</i>	<i>Basti and mutravahasrotasa</i>	<i>Mutrala</i>
<i>Dushtiprakarana</i>	<i>Sanga</i>	<i>Chedana, bhedana, lekhana</i>

Gokshura contains nitrates and oils, which causes diuresis and due to its *vata pitta shamak* action it can be used to reduce inflammation and pain in conditions where some stone produces obstruction and infections leading to colicky pain. It has maximum amount of potassium and other alkaloids due to which it acts as a loop diuretic.

Araghvadhya is having *sukha virechaka* properties as mentioned in *agrya prakaran* of *Charak Samhita* that helps in removal of morbid pitta, and *anulomana* of *apana vata* which helps in *mutranishkramana* it is also having antibacterial and antifungal properties against some gram positive staphylococcus aureus and streptococcus pyogenes, some gram negative E.Coli,⁸ Pseudomonas aeruginosa, antifungal strains Aspergillus niger, Candida albicans and results were remarkably comparable with that of ampicillin, ciprofloxacin, norfloxacin and chloramphenicol and this data is available in one of the renowned journal.

Darbha is having *Tridoshaghna gunas* according to acharya *Bhavamishra*. In *Kaideva Nighantu* also its mentioned as *ashmarihara* and *basti vikarahara* and according to rasa which is *madhura* and *kashaya* its mainly used as an astringent. Apart from this there are some thesis work available showing result of *trinapanchmoola* drugs in chronic renal failure⁹, renal proteinuria¹⁰.

Haritaki due to *Kashaya* rasa it has *sanshaman, kapha soshan, shareerasya kledasya upyokta kapha-rakta-pitta prashman gunas*, due to *amla rasa* got *vata anulomaka* properties, *katu* rasa *margaan vivrunoti*. It also has

prokinetic action antibacterial action against *Salmonella typhi*,¹¹ *Staphylococcus epidermidis* *Staphylococcus aureus*, *Bacillus subtilis* that also have been proven in another journal.

Paashanbheda has *tridoshaghna* and *mutravirechaniya* and *ashmarighna* properties¹².

Duralabha is having *pitta* pacifying properties *kapha hara gunas* and diuretic action.

DISCUSSION

Finally, we can say on the basis of description of these drugs that they have following properties i.e. *vata-pitta shamak, mutrala, anulomak, mutrakrichhra hara, daha shamak, ashmaria hara, srotoshodhak, vranropak* properties.

On modern parameters we can say that these drugs have anti-inflammatory, diuretic, antacid lithotriptic, anti-lithogenic, laxative actions.

CONCLUSION

Ayurveda is a medical branch giving utmost preference in correcting the physiological aspects of *mutrakricchra*. The vivid Ayurvedic vocabulary is capable of addressing issues like *mutrakricchra* to a great extent and can really contribute to the whole medical world by providing alternative for antibiotics and chemically made alkalisers. Modern pharmacological agents are having their own limitations as per reported studies. The holistic approach which should include dietary factors, physical, and environmental factors is necessary to prevent incidence of *mutrakrichhra* and large

number of ayurvedic medicines are available whom we should recognise and put evidence based research proving that use of these drugs will be worthwhile in treating urinary disorders and avoiding further complication in the form of chronic kidney disease.

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