

Effectiveness of Muniprabha and Varunadi Kwatha Ayurveda Medications in the Treatment of Mootrashmari [Renal Calculus]

Dr. Shripathy Acharya G. M.D.(Ayu), PhD
Muniyal Institute of Ayurveda Medical Sciences, Manipal.

Abstract

Objectives: To study the effectiveness of Muniprabha and Varunadi Kwatha ayurveda medications in the treatment of Mootrashmari [Renal Calculus]

Methods: A prospective observational study was conducted for a period of 6 months at of Muniyal Ayurveda Hospital and Research Centre, Manipal. Patients diagnosed with renal calculus and size less than 2 cms are selected in the study from out-patient department. Patients were treated with Muniprabha 400 mg (3 times daily) and Varunadi Kwatha 20 ml (3 times daily) ayurveda medications for a period of three months. At the end of the treatment certain clinical as well as laboratory criteria are taken for assessment of results.

Results: A total of 30 patients recruited during the study period. Out of 30, 2 patients were withdrawn the treatment in the middle. The clinical parameters like pain in lumbar (96.7% to 13.3%), burning micturition (66.6% to 0%), frequency (69.9% to 6.6%), and haematuria (79.5% to 3.3%) were significantly improved. The objective parameters like ultrasound evidence of stones (100% to 66.6%) and crystals in urine (9.9% to 3.3%) were significantly reduced in the patients. It was also observed that hemoglobin levels were improved from 12.7 g/dl to 13.27 g/dl in the patients.

Conclusions: Mootrashmari (renal calculus) is commonly seen in young adult males in coastal Karnataka region. The chances of development of complications like repeated urinary tract infections; hydronephrosis etc. is less during the Ayurvedic treatment. The Muniprabha and Varunadi Kwatha ayurveda medications are found to be effective in the treatment of renal calculus.