

Study on Details of Varuna (Crataeva religiosa) and Shigru (Moringa oleifera) in Ayurveda texts as an Ayurveda Drug for Ashmari (Urinary Calculi)

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Abstract -

Key words - Ayurveda texts, Urinary calculi, Varuna, Shigru

Urinary calculi is a major surgical problem in clinical medicine. But still no effective drug has been found to cure or control it. In Sri Lanka, native physicians use Varuna and Shigru which had shown remarkable effectiveness over the years. Thus prior to carry out clinical research on the two drugs, it is necessary to conduct literary survey on this..

For this literary reserch 12 texts were studied and 12 medicinal plants including Varuna and shigru were considered.

Varuna and Shigru, thought not earlier texts, are found in subsequent treaties. Its efficacy has been proved after being used repeatedly for the same illness. Varuna, is not included in Ashmari Chikithsa stated in Charaka Samhitha. In Ashmari Chikithsa of Susrutha Samhitha the presentage of Varuna is 15%. This percentage in Chakradatta is 65% while it is 56% in Bhaisajya Rathnavali However in elaborating Shigru, CharakaSusrutha, Chakkradatta and Bhesajya Rathn avail prescribe the use of Shigru in 25%, 08%, 13%, 13% respectively. These results have been discussed in detail in this research paper. This would provide the basis for conducting clinical research on the efficacy of the plants for urinary calculi.

Introduction -

Among the urinary diseases urinary calculi is one of the main indications. Especially it is a surgical problem in modern medicine as well as in Ayurveda.

In Ayurveda system there are diseases called Maharoga, which have 8 sub category of diseases. Urinary calculi is one of them. There are classifications of urinary calculi in most Ayurveda texts. Most of the classifications are similar. Susruta Samhitha is one of the major texts in Ayurveda especially on Shalya (surgery).

There are 4 types of Mutra Ashmari (Urinary Calculi) in chapter II of Sutrasthana as follows;

- I. Vathaja - Nodular shape like seeds of Semecarpus anacardum
- II. Pittaja - Redish, yellow black like bhallathaka fruit
- III. Kaphaja - Colour of Maduka flower
- IV. Shukraja