



Critical Analysis on Bladder purifier (Bastishodhan) Drugs of Bhavprakash Nighantu: A Conceptual Study

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ABSTRACT

As we know Ayurveda is very traditional knowledge in Medicinal System. Every body system in Ayurveda is termed as Samsthana or Srotas as it indicates whole functional system of the body system. The Mutravaha Samsthana, on the other hand, is responsible for the generation and expulsion of Mutra (urine), implying that it is connected to the excretory system.. In this Basti (bladder), also plays an important role as it stores urine, allowing urination to be infrequent and controlled. Many Rogas occur to Basti. In this the Bastishodhan drugs are used, where they helps in increases in the formation of urine, which is excreted through the body regularly causing regular cleansing if the bladder. Basti (bladder) Rogas are not explained under different title, hence it comes under Mutra Rogas.To understand Basti Roga, physiology of formation of urine must also be known because it will help in cleansing of bladder. Hence considering this aspect the Dravyas which shows Bastishodhan (bladder purification) action are explained below.

Keywords: Bastishodhan, Bladder Purifier, Bhavprakash Nighantu

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INTRODUCTION

Basti in Ayurveda is considered as Mutrashaya or Urinary bladder in modern. Shodhan mean cleansing. Various diseases related to urinary system (Mutra Rogas) such as; Mutraghat, Mutrakricchra and Ashmari are described in Ayurveda. These above diseases are also related to bladder, hence bastishodhan (bladder cleansing) effect is required. Urine production is an important physiological function in which Mutravaha Moola and Aahar Rasa waste products play a vital role. Mutravaha Srotas include Basti, Mutravaha Srotas, Vrikka, Mutravaha Nadies, Mutravaha Dhamanis, and Mutravaha Sira. are major body parts which play significant role in the process of urine formation. While modern science described urinary bladder, nephrons, kidney, ureters and urethra, etc. vital parts of urine formations. Urine formation as per Ayurveda mainly takes place in Antras, the liquid portion of Ahara enters into Pakvashaya after complete digestion transported to Basti with the help of Mootravaha Nadi's and excreted out finally. Urine is generated following the Sthula Pachana Prakriya, when Sara and Kitta portions are formed from the food consumed. The Kitta portion becomes Purisha, and the liquid portion of Kitta becomes Mutra. Pakvashaya is the main organ where Mutra is formed, following which it flows to Basti and is evacuated through Mootravahasrotasa. It is believed that Apaana Vaayu control the process of urinary excretion. The whole process carried out inside the body from Amashaya to Pakvashaya [1].

Urine formation according to modern, mainly takes place through the afferent artery, which indeed gets filtered through the glomerular apparatus. From this, it is absorbed through proximal tubule, then from henle's loop and finally it is absorbed through distal tubule. Then it is collected in the collecting tubule through which it is transferred to renal calyx. Then from it, through ureter, bladder and then it is excreted out. In both, Ayurveda and modern concept, Basti (bladder) acts main role in urinary system. As it helps in the collection and storage of the urine. Many diseases also related to bladder such as Mutrakrucha. In which according to the vitiation the Dosh causes different disorders. In present study, the drugs having Bastishodhaka Karma are screened from Bhavaprakasha Nighantu on the basis of their Rasa, Guna, Virya, Vipaka, Prabhava, Doshakarma and corresponding references mentioned in it. Out of 426 drugs, there are

8 drugs identified which possess the above mentioned Karma scattered throughout Vargas which includes herb, minerals and animal origin [2].

MATERIAL AND METHODS

The Dravyas are taken from different Vargas of Bhavaprakasha Nighantu (Indian Materia Medica) of Shree Bhava Mishra (C.1500-1600 A.D.) commentary by Prof. K.C. Chunekar, published by Chaukhambha Bharati Academy, Varanasi, and Reprint: year 2013. In this study we have selected the drugs which are having Bastishodhaka (bladder purifier) *Karma* described in Shloka form.

RESULTS

From the identified Dravyas and their properties, that are mentioned in both above tables, these 8 Dravyas are analysed on the basis on their Rasapanchaka.

On the basis of Rasa, out of 8 Dravyas, 5 Dravyas are of Madhura Rasa, 2 Dravyas are of Kashaya Rasa and 1 Dravya is of Amla Rasa.

On the basis of Vipaka, out of 8 Dravyas 5 Dravyas are of Madhura Vipaka, 1 Dravya is of Katu Vipaka.

On the basis of Virya, out of 8 Dravyas 6 Dravyas are of Sita Virya and rest is Ushna Viryatmaka.

Based on Guna, it has been observed that, out of 8 Dravyas, 4 are of Laghu Guna, 4 are of Guru Guna, 6 are of Snigdha Guna and only 1 is of Abhishyandi Guna.

According to Doshaghnta, 3 are of Tridoshaghna, 3 are of Vata-pittaghna, 1 is Vataghna and only 1 is Kapha-pittaghna.

DISCUSSION

As from the above result, it can be observed that most of the drugs have Madhura Rasa, Madhura Vipaka and Sita Virya [3]. The panchabhautika of the Madhura Rasa is Prithvi and Jala [4]. Hence, it will increase the production of the urine so that it will help in bladder purification. Archarya Charaka in Sutrasthan 26th chapter, have explained that Madhura Rasa possesses the properties of Snigdha Guna hence it will help in comfortable elimination of urine [5]. Also Madhura Vipaka will also help in proper evacuation of urine. Most of the Dravyas possess electrolytes (potassium, sodium, etc) which helps in cleansing as well as easy excretion of the urine. And also helps in prevention potent diurefrom infection of Urinary tract and Renal calculus [6]. Thus these Dravyas are potent diuretics.

Drug Name	Botanical Name	Family	English Name	Reference	Page No.	Karma	Varga
Pashanbheda	<i>Bergenia ligulata</i> (Wall.) Engl.	Saxifragaceae	Velvet leaf	B.p.n /184	101	Bastishodhan	Haritakyadi varga
Gokshur	<i>Tribulus terrestris</i> Linn.	Zygophyllaceae	Puncture Vine	B.p.n /45	279	Bastishodhan	Guduchyadi varga
Vansha	<i>Bambusa arundinaceae</i> Willd.	Gramineae	Bamboo	B.p.n /154	361	Bastishodhan	Guduchyadi varga
Narikel phal	<i>Cocos nucifera</i> Linn	Arecaceae	Coconut	B.p.n /39	546	Bastishodhan	Amradiphal varga
Narikel jal	<i>Cocos nucifera</i> Linn	Arecaceae	Coconut water	B.p.n /41	547	Bastishudhikar	Amradiphal varga
Kushmanda	<i>Benincasa cerifera</i> Savi.	Cucurbitaceae	Winter mellow	B.p.n /55	666	Bastishudhikar	Shaka varga
Kanjika	-	-	Fermented gruel of grains	B.p.n/3	767	Bastishodhan	Sandhanvarga
Phanita	-	-	Concentrated sugar cane juice	B.p.n /21	778	Bastishodhan	Ikshuvarga

Table No. 1: Drug Details with respect to Botanical Name, Karma Varga etc. [1]

CONCLUSION

Thus the above study concludes that the Dravyas having Madhura Vipaka will have better effect as Bastishodhaka Karma. Other factors like Madhura Rasa, Sita Virya, Laghu and Snigdha Guna would also show efficacy in Bastishodhan Karma. The Dravyas which are not mentioned in Bhavaprakash Nighantu can also be tried which are also having Bastishodhaka properties can also be clinically tried to achieve Bastishodhan effect.

Sr. No	Drug Name	Rasa	Vipaka	Virya	Guna	Doshghnata
1.	<i>Pashanbheda</i>	<i>Kashya, Tikta</i>	<i>Katu</i>	<i>Sita</i>	<i>Laghu, Snigdha, Tikshna</i>	<i>Tridoshaghna</i>
2.	<i>Gokshur</i>	<i>Madhura</i>	<i>Madhura</i>	<i>Sita</i>	<i>Guru, Snigdha</i>	<i>Vata-pittaghna</i>
3.	<i>Vansha</i>	<i>Kashaya</i>	<i>Madhura</i>	<i>Sita</i>	<i>Laghu, Ruksha, Snigdha</i>	<i>Kapha-pittaghna</i>
4.	<i>Narikel phal</i>	<i>Madhura</i>	<i>Madhura</i>	<i>Sita</i>	<i>Guru, Snigdha</i>	<i>Vata-pittaghna</i>
5.	<i>Narikel jal</i>	<i>Madhura</i>	<i>Madhura</i>	<i>Sita</i>	<i>Guru, Snigdha</i>	<i>Vata-pittaghna</i>
6.	<i>Kushmanda</i>	<i>Madhura</i>	<i>Madhura</i>	<i>Ishat Sita</i>	<i>Laghu, Snigdha</i>	<i>Tridoshaghna</i>
7.	<i>Kanjika</i>	<i>Amla</i>	-	<i>Ushna</i>	<i>Laghu</i>	<i>Vataghna</i>
8.	<i>Phanita</i>	<i>Madhura</i>	-	-	<i>Guru, Abhishyandi</i>	<i>Tridoshaghna</i>

Table No. 2: Drug Details with respect to Rasa, Vipaka, Virya, Guna and Doshaghata [2]

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