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Chandraprabha Vati – A Formulation For Mootrakrichhra – A Literary Review

Dr.Varad Charkha¹, Dr.Shivani Sharma², Dr.Mohar Pal Meena³, Dr.Reetu Sharma⁴

- 1- P.G. Scholar, P.G. Department of Ras Shastra, NIA, Jaipur
- 2- P.G. Scholar, P.G. Department of Rog Nidana & Vikriti Vijnana, NIA, Jaipur
- 3- Associate Professor, P.G. Department of Ras Shastra, NIA, Jaipur
- 4- Assistant Professor, P.G. Department of Rog Nidana & Vikriti Vijnana, NIA, Jaipur

Abstract: *Mootrakrichhra* is a disease of *Mootravaha Srotas* and mentioned in all main *Ayurvedic* texts. *Mootrakricchra* is a *Tridoshaj Vyadhi* and its symptoms are compared with Urinary tract infections (UTI) in modern texts. Main symptoms of *Mootrakrichhra* are pain and difficulty in micturition. Various formulations have been mentioned in ayurvedic texts for the treatment of *Mootrakricchra*. One of those formulations is *Chandraprabha vati*. *Chandraprabha vati* is a herbo-mineral preparation having 37 drugs. Though the efficacy of *Chandraprabha vati* in the above-mentioned condition is observed practically, its mode of action is not clear. In this article we have attempted to throw a light on a probable mode of action of *Chandraprabha vati* in *Mootrakrichhra*. Ingredients of *Chandraprabha vati* possess properties such as *mutrala*, *deepana-pachana*, *tridoshaghna*, *sheeta virya* and *rasayana*. *Samprapti* (pathophysiology) of *Mootrakrichhra* can be broken down by these properties. Experimental studies have proven the antioxidant & antimicrobial action of *Chandraprabha vati*. Thus, it stands as a formulation of choice in treatment of *Mootrakricchra*.

Keywords:- *Chandraprabha vati* , Herbo-mineral , Micturition , *Mootrakricchra*

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Corresponding Author : Dr.Varad Charkha,

P.G. Scholar, P.G. Department of Ras Shastra,

NIA, Jaipur, Email id

varadcharkha113@gmail.com

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INTRODUCTION:

Ayurveda, the Indian system of medicine, includes treatment using herbal or metallic or herbo-metallic formulations. *Chandraprabha vati* is a herbo-mineral formulation containing 37 ingredients of both herbal and mineral origin. It is being used in practice by *Ayurveda* physicians since centuries. *Mootrakrichhra* is one of the many indications of *Chandraprabha vati*. *Mootrakrichhra*¹ means disease in which there is difficulty in urination is called *Mootrakrichhra*. It is a disease of *Mootravaha Srotasa*. In *Ayurveda* texts, *Mootrachhrichhra* is described by various *Acharyas*. In *Trimarmiya Adhyaya*², *Acharya Charaka* described *Mootrakrichhra*. *Acharya Kashyapa*³ had also described the sign and symptoms of *Mootrakricchra* in *Vedna Adhyaya*. In

Modern medicine, *Mootrakrichhra* symptoms are similar to that of urinary tract infection (UTI). Women are at greater risk of developing a UTI as compared to men due to shorter length of urethra, absence of prostatic secretions and pregnancy. Nowadays UTIs are the most common infections. About 40% of women and 12% of men experience symptomatic UTI at least once during their lifetime, and as many as 40% of affected women show recurrent UTI^{4,5,6,7}. Urinary tract infection is potentially a serious condition and may lead to complications like chronic pyelonephritis and chronic renal failure. There are effective antibiotics for UTI but they have their own limitations.

AIMS AND OBJECTIVE

To understand the mode of action of *Chandraprabha vati* in *Mootrakricchra*.

MATERIAL AND METHODS

Various *Ayurvedic* texts have been studied to gather all the relevant information for this article. *Ayurvedic* texts mainly used for this article are *Charak Samhita*, *Sharangadhar Samhita*, *Madhav Nidan*, *Kashaypa Samhita* and *Rasratna Samucchya*. Information on *Mootrakricchra* is also collected from various journals, magazines, research articles and internet.

Review of *Chandraprabha vati* –

Chandraprabha vati is mentioned in *Sharangdhar Samhita Madhyama Khanda* 7/40-49⁸ and *Bhaishajya Ratnavali pramehachikitsa* 102-110⁹. Though 5 formulations are named as *Chandraprabha vati* in *Rasayogasagar*¹⁰, above mentioned

references are most commonly used. It can be prescribed in *prameha*, *Mootrakricchra*, *Ashamari*, *Mootraghata*, *Andavidhhi*, *Pandu*, *Kamala*, *Halimaka*, *Kasa*, *Shwasa*, *Kushtha*, *Agnimandya*, *Arochaka* and other diseases due *Vata*, *Pitta* & *Kapha*. It also acts as *Balya*, *Vrishya* and *Rasayana*.¹¹

The name *Chandraprabha* suggests the raised glow on skin after long consumption of the formulation. The term *Chandraprabha* is also said to be generated due to the fact that it represents the 1st ingredient of the formulation. There is difference in opinion of experts about the drug *Chandraprabha*. Though it is generally considered to stand for *Karpura* (*Cinnamomum camphora*), some experts consider it to be *Shathi* (*Hemidesmus indicus*) or *Shatavari* (*Asparagus racemosus*).¹² AFI considers *Chandraprabha* as *Karpura*.

TABLE NO. 1 -Ingredients of *Chandraprabha vati*¹³

Sr.No.	Name of ingredient	Scientific name	Quantity
1	<i>Chandraprabha (karpura)</i>	<i>Cinnamomum camphora</i>	3 g
2	<i>Vacha</i>	<i>Acorus calamus</i>	3 g
3	<i>Musta</i>	<i>Cyperus rotundus</i>	3 g
4	<i>Bhunimba (kiratatikta)</i>	<i>Swertia chirayta</i>	3 g
5	<i>Amruta (guduchi)</i>	<i>Tinospora cordifolia</i>	3 g
6	<i>Daruka (devadaru)</i>	<i>Cedrus deodara</i>	3 g
7	<i>Haridra</i>	<i>Curcuma longa</i>	3 g
8	<i>Ativisha</i>	<i>Aconitum heterophyllum</i>	3 g
9	<i>Darvi</i>	<i>Berberis aristata</i>	3 g
10	<i>Pippalimula</i>	<i>Piper longum</i>	3 g
11	<i>Chitraka</i>	<i>Plumbago zeylanica</i>	3 g
12	<i>Dhanyaka</i>	<i>Coriandrum sativum</i>	3 g
13	<i>Haritaki</i>	<i>Terminalia chebula</i>	3 g
14	<i>Bhibhitaka</i>	<i>Terminalia bellirica</i>	3 g
15	<i>Amalaki</i>	<i>Emblica officinalis</i>	3 g
16	<i>Chavya</i>	<i>Piper retrofractum</i>	3 g
17	<i>Vidanga</i>	<i>Embelia ribes</i>	3 g
18	<i>Gajapippali</i>	<i>Scindapsus officinalis</i>	3 g

19	<i>Sunthi</i>	<i>Zingiber officinalis</i>	3 g
20	<i>Maricha</i>	<i>Piper nigrum</i>	3 g
21	<i>Pippali</i>	<i>Piper longum</i>	3 g
22	<i>Swarnamakshika bhasma</i>	<i>Calcined Copper pyrite</i>	3 g
23	<i>Yava kshara</i>	<i>Dried water-soluble ash of barley</i>	3 g
24	<i>Sarji kshara</i>	<i>Impure sodium bicarbonate</i>	3 g
25	<i>Saindhava lavana</i>	<i>Rock salt / Indian rock salt</i>	3 g
26	<i>Sauvarchala lavana</i>	<i>Black Salt/Sodium sulphate mixed with sodium chloride</i>	3 g
27	<i>Vida lavana</i>	<i>Ammonium chloride</i>	3 g
28	<i>Trivrut</i>	<i>Operculina turpethum</i>	12 g
29	<i>Danti</i>	<i>Baliospermum monatum</i>	12 g
30	<i>Patraka (tejapatra)</i>	<i>Cinnamomum tamala</i>	12 g
31	<i>Tvak</i>	<i>Cinnamomum verum</i>	12 g
32	<i>Ela</i>	<i>Elletaria cardamomum</i>	12 g
33	<i>Vamshalochana</i>	<i>Bambusa arundinacea</i>	12 g
34	<i>Lauha bhasma</i>	<i>Calcined iron</i>	24 g
35	<i>Sita</i>	<i>Crystal sugar</i>	48 g
36	<i>Shilajatu</i>	<i>Black bitumen</i>	96 g
37	<i>Guggulu</i>	<i>Commiphora wightii</i>	96 g

Review of Mootrakrichhra –

Mootrakrichhra is a *Tridoshaj Vyadhi*¹⁴. Its etiological factors are-

Nidana:

There are many *nidana* of *mootrakrichhra* explained by *Acharyas* in different *Ayurvedic* texts as mentioned in Table no. 2.

TABLE NO. 2: *Nidana of Mootrakrichhra*

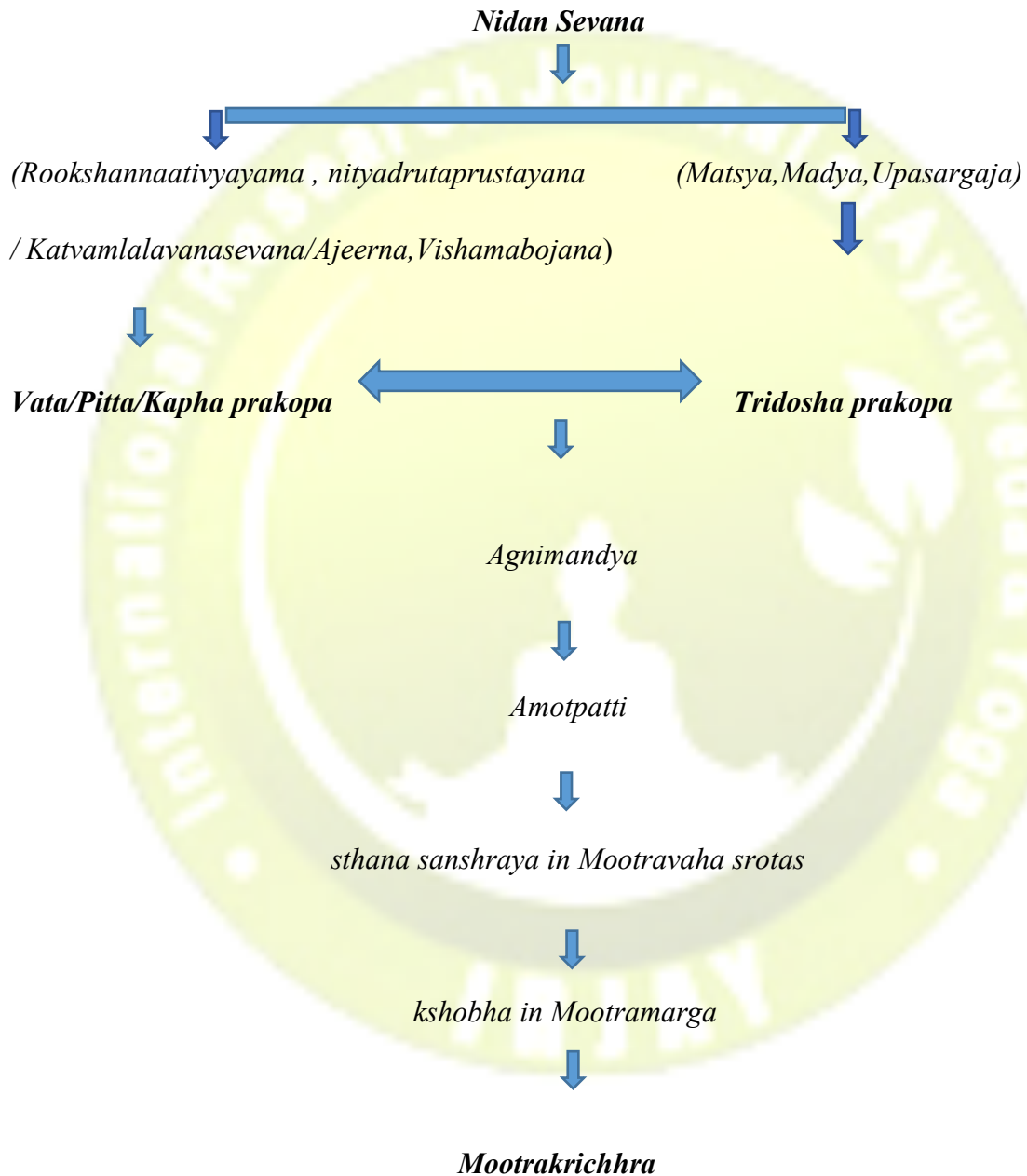
<i>Aharaja Nidana</i>	<i>Viharaja Nidana</i>	<i>Partantra Nidana</i>
1. <i>Adhyashana</i> ¹⁵	1. <i>Yana gamana</i>	1. <i>Kaphaja arsha</i> ¹⁶
2. <i>Ajirna</i> ¹⁷	2. <i>Ativyayama</i>	2. <i>Ajirna</i> ¹⁸
3. <i>Ruksha anna sevana</i>	3. <i>Aghata</i>	3. <i>Vasti vidradhi</i> ¹⁹
4. <i>Tikshna aushadha sevana</i> ²⁰	4. <i>Atinritya</i>	4. <i>Udavarta</i> ²¹
5. <i>Ruksha madya sevana</i> ²²	5. <i>Gorvarna stri sevana</i> ²³	5. <i>Gulma</i> ²⁴
6. <i>Anoopa Matasya</i>	6. <i>Avyayama</i>	
7. <i>Katu, amla, lavana rasa ati sevana</i> ²⁵	7. <i>Shrama</i> ²⁶	
8. <i>Usna madyapana</i> ²⁷	8. <i>Sheetal jal sevana</i>	
9. <i>Pitta prakopak dravya</i> ²⁸	9. <i>Vegavarodh</i>	
10. <i>Ati Bhojan</i>	10. <i>Nityaprasang</i>	
	11. <i>Druta prishthayana</i>	

Types:

Acharyas have described 8 types of *Mootrakrichhra* except *acharya Vagbhata* as he mentioned only *Doshaj Mootrakrichhra*.

Roopa: There are 8 types of *mootrakrichhra* and their symptoms are explained by *Acharyas* in various classic *Ayurvedic* texts. Increased frequency, Hesitancy and dysuria are the main clinical features of *mootrakrichhra*.

Samprapti²⁹



DISSCUSSION

Mootrakriccha is a *tridoshaj vyadhi* and *chandraprabha vati* is a *tridoshahara, rasayana* and *mutrala* drug. *Chandraprabha vati* is a combination of 37 drugs which acts on *tridosha* and helps in breaking down pathophysiology of *mootrakricchra*. Properties of these drugs and their probable role is discussed in table no.3. *Shilajatu* and *Guggulu* are the main constituents of CPV. *Guggulu* is considered as one of the best drugs for reducing aggravated *vata* along with diuretic nature. As *Mootrakrichhra* is also a *Tridoshaj vyadhi* having main symptoms as pain i.e. *krichhrta*, so it helps in balancing vitiated *vata* and reducing these symptoms. *Shilajatu* is a *rasayana* which helps in maintaining the normal functioning. Most of the drugs in CPV are *Tridoshar* and *Mutrala* in nature and directly act on the *mootravaha srotas*, Hence they help in relieving the symptoms of *Mootrakrichhra*. Drugs like *chandraprabha (Karpura)*, *Chitraka*, *Mustaka* etc. possess *Deepanapachana* properties which help in increasing appetite and eliminating *Ama* from the body and relieving symptoms by acting on the pathogenesis and doing *samprapti vighatana*. Drugs such as *Haridra*, *Vacha*, *Devdaru*, *Trikatu*

, *Gajjippali* have antimicrobial properties that help in eliminating any microbial infection. *Vida lavana* acts as *vatanulomaka* and *shoolanashaka* which helps in reducing the symptoms of *mootrakricchra*.

Mode of action of *chandraprabha vati* on *mootrakrichhra*-

Chandraprabha vati is indicated for all types of *Mootrakrichhra*³⁰. The formulation *Chandraprabha Vati* as a combination of many drugs is *rasayana, tridoshaghna, mutrala* with *deepanapachana* and *sheeta veerya* properties³¹. Owing to these properties, it helps in regulation of the *agni* and elimination of *ama*. Thus, it overcomes the basic pathogenesis of *Mootrakrichhra*. Other major ingredients possess properties such as *sheeta veerya*,³² *agnideepana*,³³ *vatahara*,³⁴ and *rasayana*.³⁵ This helps get the better of the *pittaja lakshana* which are observed in all types of *Mootrakrichhra*.

TABLE NO.3: Role of individual drugs

<i>Chandraprabha (Karpura)</i>	It helps in balancing all the <i>doshas</i> . Its <i>Tikta rasa</i> subsides <i>kapha</i> , <i>Madhura rasa</i> subsides <i>Vata</i> and its <i>sheeta virya</i> subsides <i>pitta dosha</i> . It stimulates kidneys and help in proper micturition. ³⁶
<i>Vacha</i>	Due to <i>ushna</i> and <i>tikshna</i> property of <i>vacha</i> it helps in proper formation of urine. It also acts as an anodyne (Drug used to lessen pain through reducing sensitivity of the nervous system) ³⁷ .
<i>Musta</i>	It is a natural diuretic hence useful in the treatment of <i>Mootrakrichhra</i> ³⁸ . Used as a tonic.
<i>Kirattikta</i>	It is a <i>tridosha shamak</i> drug. <i>Tikta rasa</i> subsides <i>kapha-pitta dosha</i> and <i>ushna virya</i> subsides <i>vata-kapha dosha</i> ³⁹ .
<i>Guduchi</i>	It is a <i>Rasayana, Balya</i> and <i>Tridoshashamak auosadhi</i> . ⁴⁰
<i>Daruka (Devadaru)</i>	Due to its <i>snigdha</i> and <i>usna</i> property it balances the vitiated <i>vata dosha</i> hence an effective anodyne drug. Its <i>snigdha</i> and <i>usna</i> properties help in the proper formation of urine and an effective drug in <i>mootrakrichha</i> . ⁴¹
<i>Haridra</i>	Due to <i>usna virya</i> it subsides <i>vata and kapha dosha</i> and due to <i>Tikhta rasa</i> it vitiates <i>pitta dosha</i> ⁴²
<i>Ativisha</i>	It is a <i>tridoshshammak</i> ⁴³ drug.
<i>Pippalimula</i>	due to its <i>snigdha guna</i> it balances the vitiated <i>vata dosha</i> and it is <i>madhura</i> in <i>vipaka</i> so it acts as a diuretic.
<i>Chitraka</i>	<i>usna</i> and <i>tikshna-vata dosh shamak</i>

<i>Dhanayak</i>	-It is a <i>tridoshar</i> drug and used in <i>Mootrakrichhra</i> ⁴⁴
<i>Haritaki</i>	<i>Rasayana, tridoshar</i> mainly <i>vata shamak, diuretic</i> ⁴⁵ .
<i>Bhibhitaka</i>	<i>Tridoshar</i> ⁴⁶ , <i>Vednasthapana</i>
<i>Amalaki</i>	<i>Tridoshar, Diuretic, Rasayana, used in Mootrakrichhra</i> ⁴⁷ .
<i>Chavya</i>	It has similar action like that of <i>Pippali</i> and <i>Gajapippali</i> owing to their similarity in chemical composition. ⁴⁸
<i>Vidanga</i>	Best in the <i>krimighna</i> drugs. ⁴⁹ Useful in UTI.
<i>Gajapippali</i>	<i>Chavika phala</i> is known as <i>Gajapippali</i> . It is <i>krimighna</i> in action. ⁵⁰
<i>Trikatu</i>	Acts as bio-enhancer in CPV. Itself possesses antibacterial property. Thus, it is beneficial in UTI.
<i>Yavakshara</i>	Reduces pain and difficulty in micturition. ⁵¹
<i>Sajjikshara</i>	It possesses <i>ushna</i> and <i>katu</i> property and thus acts as <i>krimighna</i> . ⁵²
<i>Saindhava lavana</i>	<i>Vibandaghna</i> and <i>tridoshajeet</i> ⁵³
<i>Sauvarchala lavana</i>	<i>Laghu, ushna & vishada</i> property containing <i>sauvarchala lavana</i> acts as <i>vibandaghna</i> . ⁵⁴
<i>Vida lavana</i>	Due to its <i>teekshna, ushna & deepana</i> property, <i>vida lavana</i> acts as <i>vatanulomaka</i> and <i>shoolanashaka</i> . ⁵⁵
<i>Trivit</i>	Roots of <i>Trivrit</i> are said to be the best among all purgatives. ⁵⁶ It removes alleviated <i>tridosha</i> from urinary tract.
<i>Danti</i>	<i>Ashukari</i> and <i>vikasi</i> , ⁵⁷ <i>ashmarighna</i>
<i>Tvak and Patra</i>	Being <i>ushna</i> and <i>teekshna</i> , <i>tvak</i> stimulates kidneys and acts as diuretic. ⁵⁸
<i>Ela</i>	<i>Ela</i> has mentioned to be useful in <i>mutrakricchra</i> by many texts. ⁵⁹
<i>Vanshalochana</i>	It is <i>Kashaya madhura, madhura vipaka</i> and <i>sheeta virya</i> . It acts as diuretic and helps curing <i>baddhamutrata</i> (retention of urine). ⁶⁰
<i>Loha</i>	Acts as <i>rasayana</i> as well as <i>jantughna</i> .

<i>Sita</i>	It is <i>sheeta</i> , <i>snigdha</i> and <i>madhura</i> in property. This helps in reducing unbalanced <i>vata</i> and <i>pitta dosha</i> in urinary tract.
Guggulu	Guggulu being <i>ushna</i> acts on <i>vata</i> . It is one of the best remedy for alleviated <i>vata</i> . Teekshna property of guggulu enhances its <i>mootrala</i> property. ⁶¹

In previous studies on CPV, it is clearly mentioned that CPV is a potential source of antioxidants and antimicrobial agent that can be effectively used to remove the invading and persisting bacterial population in the bladder and kidney⁶². The external supplementation of zinc, as in CPV, not only restores the depleted zinc pools in the body fluids, but also acts as a cytotoxic agent to the bacteria⁶³. A case report of 25 years old female patient showed reduction in signs and symptoms as well as bacterial growth, nitrites, leucocyte esterase, cast in urine. CPV was administered 100mg 2BD along with *Brihatyadi ksheerkashayam* (50 ml BD) and *Shweta parpati* (500mg with 1 litre of water in ten divided doses)⁶⁴. So, this review study and previous studies clearly shows CPV as an effective drug for

Mootrakrichhra.

CONCLUSION

Chandraprabha vati is a commonly used drug in *Mootrakrichhra* and it helps in reducing the symptoms as well as maintain the proper functioning of kidneys. This drug is very effective in *Mootrakrichhra* due to various properties such as antimicrobial agent and acting directly as a diuretic.

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