



Pivotal Role of Shamanoushadhi Chikitsa in the Effective Management of Urological Disorders: A Case Series

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| KEYWORDS | ABSTRACT: |
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| Ayurveda, Shamanoushadhi Chikitsa, Urological disorders, Varanadi Kashaya, Chandraprabha Vati, Case series | <p>Background: Urological disorders such as renal calculi, benign prostatic hypertrophy, and chronic renal dysfunction are prevalent conditions that significantly affect quality of life. Ayurveda emphasizes individualized management through Shamanoushadhi Chikitsa (pacifying therapy), which aims to restore balance in the Doshas and gently yet effectively eliminate disease manifestations.</p> <p>Objective: To evaluate the therapeutic efficacy of Shamanoushadhi Chikitsa using formulations like Varanadi Kashaya, Chandraprabha Vati, Gokshuradi Guggulu, and supportive Ayurvedic preparations in selected urological disorders.</p> <p>Methods: This case series presents three patients with varied urological presentations who underwent individualized Ayurvedic management. Each case was documented according to CARE guidelines, including patient profile, diagnosis, therapeutic interventions, and outcomes.</p> <p>Results: All three patients showed marked symptomatic relief and objective improvement in clinical and laboratory parameters. No adverse effects were reported.</p> <p>Conclusion: The observed outcomes reaffirm the clinical relevance of Shamanoushadhi Chikitsa in managing urological disorders. Ayurvedic formulations, when administered with proper Dosha–Vyadhi assessment, can sustainably restore urinary system health.</p> |

Introduction

Urological disorders such as nephrolithiasis, benign prostatic hypertrophy (BPH), and chronic renal dysfunction are increasing worldwide, contributing to high morbidity and economic burden. Despite modern advances, recurrence, renal toxicity, and incomplete recovery remain major challenges.

Ayurveda groups such disorders under *Mutraghata* and *Ashmari*, primarily due to *Vata* vitiation and obstruction of *Mutravaha Srotas*. *Shamanoushadhi Chikitsa*—pacifying therapy—aims to restore *Dosha* equilibrium and eliminate obstruction without invasive methods.

This case series explores the effectiveness of *Varanadi Kashaya*, *Chandraprabha Vati*, and *Gokshuradi Guggulu* in the management of three distinct urological pathologies, demonstrating integrative Ayurvedic principles supported by pharmacological evidence.

Materials and Methods

Study Design: Descriptive case series conducted at the Department of Shalyatantra, Shree Jagadguru Gavisiddheshwara Ayurvedic Medical College Hospital, Koppal, Karnataka.

Case Selection: Three patients with clinical and diagnostic evidence of urological disorders were selected.

**Interventions:**

Therapies were customized for each case based on *Dosha*, *Dhatu*, and *Srotas* involvement.

| Case | Diagnosis | Main Formulations Used | Dosage & Duration |
|------|--|--|-------------------|
| 1 | Left VUJ Calculus (11 mm, 3 mm) | <i>Gokshuradi Guggulu</i> , <i>Chandraprabha Vati</i> , <i>Varanadi Kashaya</i> , <i>Cystone</i> | 45 days |
| 2 | BPH (Prostate 26 cc) | <i>Varanadi Kashaya</i> , <i>Chandraprabha Vati</i> , <i>Lycopene Capsule</i> | 3 months |
| 3 | Chronic Renal Dysfunction (S. Cr. 2.9 mg/dL) | <i>Varanadi Kashaya</i> , <i>Chandraprabha Vati</i> , <i>Punarnava Mandura</i> , <i>Neeri KFT</i> , <i>Asanadi</i> + <i>Katakakadhiradi Kashaya</i> , <i>Abana</i> | 3 months |

Outcome Measures:

- Subjective: Pain, nocturia, burning micturition, fatigue
- Objective: Serum creatinine, prostate volume, imaging (USG/KUB), urine output
- Follow-up every 15–30 days

Results:

| Parameter | Case 1 – VUJ Calculus | Case 2 – BPH | Case 3 – CKD |
|---------------------|-----------------------|------------------------|----------------------------|
| Pain | ++ → – | Mild → – | ++ → – |
| Burning Micturition | +++ → – | – | + → – |
| Nocturia | – | 5×/night → 1–2×/night | 3×/night → 1× |
| S. Creatinine | 0.9 mg/dL → 0.8 mg/dL | 1.1 mg/dL → 1.0 mg/dL | 2.9 mg/dL → 1.9 mg/dL |
| Imaging Findings | Calculus resolved | Prostate 26 cc → 25 cc | Improved renal echotexture |
| General Wellbeing | Improved | Improved | Markedly Improved |

Summary of Findings:

All three cases showed improvement in urinary parameters and renal function, confirming *Shamanoushadhi Chikitsa*'s efficacy in restoring *Mutravaha Srotas* balance.

Discussion

This case series highlights the multi-target therapeutic efficacy of *Shamanoushadhi Chikitsa* through *Mutrala* (diuretic), *Shothahara* (anti-inflammatory), *Ashmarighna* (litholytic), and *Rasayana* (rejuvenating) mechanisms.

Varanadi Kashaya

Varanadi Kashaya exhibits *Medovruddhi Nashana* and *Mutra Vega Pravartaka* effects, beneficial in urinary retention and metabolic stagnation. *In-vitro* studies using THP-1-derived macrophages revealed that *Varanadi Kashayam* significantly inhibited monocyte-macrophage differentiation, reduced MMP-9, CD36, CD11b, and CD14 expression, and down-regulated *TNF-α* and *IL-1β* gene transcription [1]. These actions mitigate inflammatory pathways relevant to:

- **BPH:** Reduces macrophage-driven cytokine proliferation [2].



- **Renal Calculi:** Prevents oxidative tissue damage induced by MMP-9 and TNF- α [3].
- **CKD:** Suppresses fibrosis through *NF- κ B* inhibition [4].

Chandraprabha Vati

Chandraprabha Vati plays a crucial role via *Mutrala*, *Shothahara*, and *Ashmarighna* actions [5]. In *in-vitro* artificial urine and nucleation assays, it inhibited calcium oxalate crystallization, showing **superior suppression of supersaturation** compared to standard drugs like *Cystone* [6]. Its phytochemicals—tannins, flavonoids, terpenoids, and phenolics—chelate Ca²⁺ ions, limit crystal adhesion, and protect renal epithelium [7]. Animal studies also showed normalization of glucose, lipid, and renal oxidative stress markers, confirming its **reno-protective role** [8].

Gokshuradi Guggulu and Supportive Medications

Gokshuradi Guggulu promotes diuresis and prevents stone recurrence, while *Punarnava Mandura* and *Neeri KFT* enhance renal detoxification and oxygenation. The combined approach demonstrated clinically relevant improvement without adverse effects—validating Ayurveda's personalized, polyherbal treatment concept.

Conclusion

Shamanoushadhi Chikitsa provides a safe, effective, and non-invasive approach for diverse urological conditions. Formulations like *Varanadi Kashaya* and *Chandraprabha Vati* act through complementary anti-inflammatory, lithotriptic, and reno-protective mechanisms.

Clinical observations suggest significant symptomatic relief and objective improvement in renal parameters. Larger controlled trials are recommended to further validate these findings.

Patient Perspective

All patients reported satisfaction with therapy, better urinary comfort, and improved quality of life. None experienced recurrence or adverse effects.

Declarations

Ethical Consideration: Written informed consent was obtained from all participants.

Conflict of Interest: None declared.

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