



REVIEW ON VIRATARUVADI KHASAYA IN MOOTRASHMARI

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ABSTRACT

Mutrashmari is a common problem in primary care practice. *Mutrahmari* refers to urolithiasis or calculi and the herbs that break the formed calculi and expel it from the body, and also prevent further formation of calculi. Urolithiasis (*Mutrashmari*) is the condition where stones are formed or located anywhere in the urinary system. Urinary stones are typically classified by their location or by their chemical composition (calcium containing, struvite, uric acid, or other compounds). The main symptoms are the pain most commonly felt in the flank, lower abdomen and groin, nausea, vomiting, fever, blood or pus in the urine and painful urination. Many treatments of modern medical science are present but they are costly and the reoccurrence of the formation of stone cannot be prevented. In *Ayurveda* a number of drugs and formulation have been mentioned to treat *Mutrashmari*. Among them the *Virataruvadi Kashaya* is widely used to treat this condition. The drugs of *Virataruvadi Kashaya* are; *Tripadi*(*Desmodium triflorum*), *Panchangula*(*Ricinus communis*), *Vrischiva*(*Boerhavia diffusa*), *Vidari*(*Pueraria tuberosa*), *Vrischikali*(*Heliotropium indicum*), *Devahva*(*Cedrus deodara*), *Mudgaparni*(*Dysolobium pilosum*), *Mashaparni*(*Vigna radiata*), *Prishniparni*(*Pseudarthia viscida*), *Shalaparni*(*Desmodium gangeticum*), *Kandukari*(*Mucuna pruriens*), *Abhiru*(*Asparagus racemosus*), *Veera*(*Coccinia grandis*), *Jivanti*(*Leptadenia reticulata*), *Dwijivaka*(*Pueraria tuberaosa substitute*), *Brihati*(*Solanum anguivi*), *Nidigdihika*(*Solanum virginianum*), *Gokshura*(*Tribulus terrestris*), *Gopasutha*(*Hemidesmus indicus*).

KEYWORDS: *Virataruvadi Kashaya*, Renal Calculi, Urinary Tract, *Ashmari*, *Mutrashmari* etc.

INTRODUCTION

Renal calculus is the most common disorder of the urinary tract. *Acharya Sushruta*, father as well as pioneer of surgery was the first person to explain this disease as *Mutrashmari*. He described this disease as one among *Ashta Mahagada* or 8 major diseases. Surgery is not an answer to renal calculi as they recur in spite of removal. Hence medical dissolution of renal calculi and prevention of recurrence plays an important role in this disease rather than tentative measure of removing them surgically. Prevention of formation and treatment of small calculi is attended with prescription of *Ayurvedic* medicines even by the modern practitioners, as there is no established treatment in that system. This study is aimed to highlight the drugs and their pharmacological actions towards treating the *Mutrashmari*, where they present without any complications. In *Ayurveda* the *Mutravaha Strotas*(Urinary system) and *Mutravaha Stroto Vikaras*(Urinary disorders) have given crucial significance. The normal functioning of urinary system is hampered during disease conditions like *Prameha*

(Urinary disorders including diabetes), *Somaroga* (Urinary disease), *Mutrakrichra* (Difficulty in urination), *Mutraghata* (Loss of micturation), *Ashmari* (Renal calculi), *Udavarta* (Upward movement of the *Vata Dosha* due to obstruction), and so on. In such conditions many herbs are used, some of which act directly on the urinary system and some are act indirectly, to maintaining the normal functioning of the system. These group of drugs have been discussed here systematically.

MATERIAL AND METHODS

- The assessment of *Virataruvadi* drugs were done on the basis of various *Ayurvedic* texts and digital data.
- Literary survey was done strictly through various *Ayurvedic* classical texts.

AIMS AND OBJECTIVES

- The aim of the present work is to highlight the drugs of *Virataruvadi Gana Dravyas* on the *Mutrashmari*.

- The objective is to elaborate the actions and properties of the drugs acting on *Mutrashmari* according to different *Ayurvedic* texts along with digital data.

RESULTS

Table-1.

SL. NO	VIRATARUVADI KASHAYA DRUGS	PHARMACOLOGICAL ACTIONS
1.	<i>Tripadi(Desmodium triflorum)</i>	Diarrhea, Dysentery, Antipyretic, Antiseptic, Anti inflammatory Expectorant,
2.	<i>Panchangula(Ricinus communis)</i>	Anticonceptive, Antidiabetic, Antifertility, Antiinflammatory, Antimicrobial, Antioxidant, Hepatoprotective, Insecticidal
3.	<i>Vrischiva(Boerhavia diffusa)</i>	Antiproliferative, Anti inflammatory, Anticancerous, Anti diabetic, Diuretic.
4.	<i>Vidari(Pueraria tuberosa)</i>	Anticancerous, Anti convulsant, Anti inflammatory, Anti oxidants, Anti ulcerogenic, Cardioprotective, Anti diabetic, Hepatoprotective, Wound healing, Anti stress activity, Immunomodulatory, Anti cancer
5.	<i>Vrischikali(Heliotropium indicum)</i>	Anti oxidants, Analgesic, Anti microbial, Diuretic, Ant tuberculosis, Anti allergic, Anti inflammatory, Anthelmintic
6.	<i>Devahva(Cedrus deodara)</i>	Analgesic, Anti inflammatory, Anti ulcer, Anxiolytic, Anti convusant, Anti fungal
7.	<i>Mudgaparni(Dysolobium pilosum)</i>	Anti inflammatory, Anti oxidants, Hepato- protective, Anti lipidemic, Carminative, Anti diarrheal, Anti poisonous, Anti pyretic
8.	<i>Mashaparni(Vigna radiata)</i>	Anti oxidants, Anti hyperglycemic, Anti inflammatory, Carminative, Antipyretic
9.	<i>Prishniparni(Pseudarthia viscida)</i>	Anti inflammatory, Anti pyretic, Anti diarrheal, Anti emetic, Anti septic, Anti arthritic, Anxiolytic
10.	<i>Shalaparni(Desmodium gangeticum)</i>	Carminative, Antihelmithic, Anti diarrheal, Anti tubercular, Anti pyretic, Anti inflammatory, Anti arthritic, Anxiolytic.
11.	<i>Kandukari(Mucuna pruriens)</i>	Anti parkinson's, Aphrodisiac, Anxiolytic, Anthelmintic, Uterine stimulant, Neuroprotective,
12.	<i>Abhiru(Asparagus racemosus)</i>	Anti oxidant, Anti diabetic, Neuroprotective, Aphrodisiac, Anxiolytic, Anti tubecular, Galactogogue, Anti inflammatory, Anti pyretic
13.	<i>Veera(Coccinia grandis)</i>	Anti inflammatory, Antipyretic, Galactogogue, Anti hyperglycemic, Anti microbial, Anti bacterial, Analgesic, Reno protetive, Hepatoprotective,
14.	<i>Jivanti(Leptadenia reticulata)</i>	Anti tubercular, Antipyretic, Anti inflammatory, Anxiolytic, Aphrodisiac, Neuroprotective, Anti oxidant, Gastroprotective, Anti fungal, Hepatoprotective,
15.	<i>Dwijivaka(Pueraria tuberaosa substitute)</i>	Anticancerous, Anti convulsant, Anti inflammatory, Anti oxidants, Anti ulcerogenic, Cardioprotective, Hepatoprotective, Wound healing
16.	<i>Brihati(Solanum anguivi)</i>	Carminative, Aphrodisiac, Cardioprotective, Analgesic, Expectorant, Anti dermatophytic, Anti bacterial, Antihypertensive, Anti oxidant, Anthelmintic, Anxilytic, Antispasmodic
17.	<i>Nidigdihika(Solanum virginianum)</i>	Anti inflammatory, Antipyretic, Anti oxidant, Anti convulsant, Anti bacterial, Analgesic
18.	<i>Gokshura(Tribulus terrestris)</i>	Aphrodisiac, Diuretic, Lithotriptic, Anti inflammatory, Analgesic, Antipyretic, Antidiabetic, Cardiotonic.
19.	<i>Gopasutha(Hemidesmus indicus)</i>	Antipyretic, Anti inflammatory, Antimicrobial, Anticarcinogenic, Cytotoxix potential, Potent blood purifier, Anti poisonous.

DISCUSSION

The above results were discussed briefly as follows.

1. Tripadi(Desmodium triflorum, Fabaceae)^[1]-The plant is antipyretic, antiseptic, expectorant. A decoction is commonly used to treat diarrhea and dysentery and thirst. A decoction is used as mouthwash and crushed plant o a poultice of the leaves is applied externally on wounds, ulcers, and for skin problems in general. The

whole plant is used medicinally for inducing sweat and promoting digestion.

Chemical Components- Flavonoids, gangetin, gangetinin, desmodin, catechin, alpha tocoferol, trolox, ascorbic acid.

2. Panchangula(Ricinus communis, Linn, Euphorbiaceae)^[2]. The *Eranda* is *Tikta*(Bitter), *Madhura*(Sweet), *Ushna Virya*(Hot in potency),

Malabhedaka(Laxative), subsides *Vata Dosha*, *Rakta Vikara*(Diseases of blood). Both types of *Eranda* are *Shukravardhaka*(Promotes semen), *Madhura*(Sweet), subside *Pitta*, *Vata Doshas*.

Chemical Components- Ricin, ricinine, albumin, octacosanol, gallic acid, lupeol, sodium, magnesium, chloride, nitrate, iron, calcium, oleic acid, palmitic acid, ricinoleic, stearic acid.

3. Punarnava- (*Boerhaevia diffusa* Linn, Nyctaginaceae)^[3] It is pungent in taste, followed by astringent, cures anaemia and is a good appetizer. It cures aggravated *Vata* and *Kapha*, chronic poisons, herniation, and visceral diseases.

Chemical Components - Root contains alkaloid punarnavine, C- methyl flavone, ratenoid analogues-boeravinone A to F, Punanavoside, aminoacids, fatty acids, hentriacontanes, beta sitosterols. Liriodendrine, hypoxanthine 9- L arabinofuranoside.

4. Vidari- (*Vidarikanda- Pueraria tuberosa* DC, Fabaceae)^{[4],[5],[6],[7],[8],[9],[10]} *Vidari Kanda* is *Madhura*(Sweet) taste, *Snigdha*(Demulcent), *Brimhani*(Nourishing), *Sthanya*, *Shukraprada*(Promotes breast milk and semen), *Sheeta Veerya*(Cold in potency), *Swarya*(Improves voice), *Mutrala*(Diuretic action), *Jivani*(Protects life), *Bala-Varnakara*(Tonic and enhances complexion). It is *Guru*(Heavy), *Rasayana*(Tissue vitalizer), *Veerya Vardhaka*(Increases semen), *Rasayana*(Tissue vitaliser), subsides aggravated *Vata*, *Pitta*, *Rakta* and *Daha*(Burning sensation).

Chemical components- Puerarin, daidzein, genistein, quercetin, isoorientin, mangiferin, irisolidone, biochanin A, biochanin B, saponins, terpenoids.

5. Vrischikali(*Heliotropium indicum*)^[11] *Sheeta Virya*(Cold in potency), *Madhura*(Sweet), *Chakshushya* (Good for eye disorders). It alleviate *Shotha*(Edema), *Trishna* (Excess thirst), *Vamana*(Vomiting), *Shwasa* (Dyspnoea), *Hridroga*(Cardiac ailments), *Visha*(Poison), *Kasa*(Cough), *Kustha*(Skin diseases).

Chemical Components- Pyrrolizidine alkaloids, tannins, saponins, echinatin, supinine, heleurine, heliotrine, lasiocarpine, lasiocarpine N-oxide

6. Devadaru^[12] -*Cedrus deodara* (Roxb). Linn. Pinaceae. *Devadaru* is *Laghu*(Light),*Snigdha*(Demulcent), contains oils, *Tikta*(Bitter) in taste, *Ushna*(Hot in potency), *Katu Paka*(Pungent in post digestive effect). It cures *Vibandha*(Constipation), *Adhmana*(Abdominal distention), *Shotha*(Edema), *Tandra*(Drowsiness), *Hikka*(Hiccough), *Jwara*(Fever), *Asra*(Blood diseases), *Prameha*(Urinary disorders including diabetes), *Peenasa*(Chronic rhinitis), *Shleshma*(Kaphaja diseases), *Shwas*(Dyspnoea), *Kasa*(Cough), *Kandu*(Itching),

Samirana(Vataja diseases). *Devadaru* and *Chitraka Moola Choorna* cures *Udara Rogas*(Abdominal diseases).

Chemical Components- The bark of *Cedrus deodara* contains large amounts of *taxifolin*. The wood contains *cededarin*, ampelopsin, cedrin, cedrinol, and deodarin (3',4',5,6-tetrahydroxy-8-methyl dihydroflavonol). The main components of the needle essential oil include α -terpineol, linalool (24.47%), limonene, anethole, caryophyllene, and eugenol. The deodar cedar also contains lignans and the phenolic sesquiterpene himasecolone, together with isopimaric acid. Other compounds have been identified, including (-)-matairesinol, (-)-nortrachelogenin, and a dibenzylbutyrolactollignan (4,4',9-trihydroxy-3,3'-dimethoxy-9,9'-epoxylignan).

7. Mudgaparni(*Vigna trilobata* Linn./ *Phaseolus trilobus* Ait, Fabaceae)^{[13],[14],[15],[16],[17],[18],[19]} *Mudgaparni* is *Sheeta Virya*(Cold in potency), *Ruksha*(Drying), *Tikta*(Bitter), *Madhura*(Sweet) in taste. *Shukrala*(Increases semen). It is *Chakshushya*(Good for eyes), *Shothagni*(Relieves edema), *Grahi*(Absorbent), *Jwara Dahajit*(Relieves fever and burning sensation). It is *Laghu* (Light in action), cures *Grahani-Arsha-Atisara* (Dysentery- Haemorrhoids and Diarrhoea).

Chemical Components- Flavonoids, isoflavonoids, stigmaterol, tannins, Vitamin K, Vitamin C, and protein.

8. Mashaparni (*Teramnus labialis* Spreng, Leguminosae)^[20] - *Mashaparni* is *Sheeta virya*(Cold in potency), *Madhura*(Sweet), *Tikta*(Bitter) in taste, *Ruksha*(Drying), *Vrishya*(Aphrodisiac), Increases *Kapha*. *Grahi*(Absorbant), alleviates *Shotha*(Edema), *Vata*, *Pitta*, and *Rakta* diseases, *Jwara*(Fever).

Chemical Components- Potassium, magnesium, calcium, phosphorus, amino acids, lysine, leucine, isoleucine, arginine, valine, and histidine.

9. Prishniparni- (*Uria picta* Desv, Leguminosae)^[21] *Prishniparni* is *Madhura*(Sweet), *Laghu*(Light), *Ushna Virya*(Hot in potency). It subside *Rakta Doshas*(Blood diseases), *Tridoshas*(*Vata-Pitta-Kapha Doshas*), *Shwasa*(Dyspnoea), *Kasa*(Cough), *Jwara*(Fever), *Trishna*(Excess thirst), *Daha*(Burning sensation).

Chemical Components- Alkaloids, saponins, flavonoids, glycosides, proteins, steroids, tannins, and phytosterols.

10. Shalaparni^[8]- *Desmodium gangeticum* DC, Leguminosae)^[22] *Shalaparni* is *Tikta*(Bitter), *Guru*(Heavy), *Ushna Virya*(Hot in potency). It alleviate *Vata* diseases, *Vishama Jwara*(Fever), *Prameha*(Urinary diseases including diabetes), *Arsha*(Haemorrhoids), *Shotha*(Edema), *Santapa*(Fever).

Chemical Components- The roots contain several alkaloids, flavonoids, pterocarpanoids- gangetin (gives anti-inflammatory activity), gangetinin, and desmodin. The aerial parts contain indole-3-alkylamines, and their derivatives.

11. Kandukari(*Mucuna pruriens* DC, Leguminosae)^{[23][24]}. The *Kapikacchu* is *Madhura*(Sweet), *Tikta*(Bitter), *Sheeta Virya*(Cold in potency). It is *Vatagna*(Subsides *Vata Dosh*), *Shukra Vardhaka*(Increases semen), *Raktapitta Shamaka*(Subsides bleeding diseases), *Dushta Vrina Shodhana*(Heals chronic wound).

Chemical Components- L-DOPA, with trace amounts of serotonin, nicotine, Bufotonine, 5- MeO- DMT-n-oxide, and beta-carboline, L- DOPA, DMT, 5-MeO-DMT and DMT n-oxide.

12. Shatavari-(*Asperagus racemosus*, Asperagaceae)^[25]- *Shatavari* is *Guru*(Heavy), *Sheeta Veerya*(Cold in potency), *Tikta*(Bitter) in taste, *Rasayana*(Tissue vitalizer), *Medhya*(Brain tonic), *Dipana*(Appetizer), *Balya*(Tonic), *Snigdha*(Demulcent), *Netrya*(Good for vision), *Gulma*(Intestinal growths), *Arsha*(Haemorrhoids). *Shukrala*(Promotes semen) and *Sthanya*(Breast milk), improves muscle tone and reduces *Vata*, *Pitta*, *Kapha* and *Rakta*. *Maha-Shatavari* is *Medhya*(Brain tonic), *Hridya*(Good for heart), *Vrishya*(Aphrodisiac), *Rasayana*(Tissue vitalizer), *Sheeta Veerya*(Cold in potency), cures *Arsha*(Haemorrhoids), *Atisara*(Dysentery), and *Netra rogas*(Eye diseases). Its young shoots subsides aggravated *Doshas*, *Laghu*(Light in action), *Kshaya*(Muscle wasting).

Chemical Components- Asparagamine A, a polycyclic alkaloid was isolated from the dried roots and subsequently synthesized to allow for the construction of analogs. Steroidal saponins, shatavaroside A, shatavaroside B, filiasparoside C, shatavarins, immunoside, and schidigerasaponin D5 (or asparanin A) were isolated from the roots of *Asperagus racemosus*. Also known is the isoflavone 8-methoxy-5,6,4'-trihydroxyisoflavone 7-O-β-D-glucopyranoside.

13. Veera- *Coccinia cordifolia* Cogn, Cucurbitaceae)^[26] It is *Raktapittahara*(Subsides blood diseases), *Madhura Rasa*(Sweet in taste), *Madhura Vipaka*(Sweet at post digestive effect), *Pittaghni*(Alleviates *Pitta Dosh*, *Kamala*- Jaundice). It is *Kaphakaraka*(Increases *Kapha Dosh*), *Vamanakara*(Induces vomiting).

Chemical Componets- The plant contains resins, alkaloids, fatty acids, flavonoids and proteins as chief chemical constituents. Aspartic acid, Glutamic Acid, Asparagine, Tyrosine, Histidine, Phenylalanine, Threonine, Valine, and Arginine are also found. The

methanolic extract of fruit contains alkaloids, steroids, tannins, saponins, ellagic acid, phenols, glycosides, lignans, and triterpenoids. Roots contain Triterpenoid, saponin coccinoside, Flavonoid glycoside ombuin 3-o-arabino furanoside, Lupeol, β-amyrin, and βsitosterol and Stigmast -7- en-3-one. 4 It contains many chemical constituents in every of its part. They include: I. Aerial part:- Heptacosane, Cephalandrol, β -sitosterol, Alkaloids Cephalandrins A and B. II. Fruits:- β- Amyrin Acetate, Lupeol, Cucurbitacin B, Taraxerone, Taraxerol, β-carotene, Lycopene, Cryptoxanthin, Xyloglucan, Carotenoids, β-sitosterol, Stigma-7-en-3one. III. Root: - Resin, Alkaloids, Starch, Fatty Acids, Carbonic acid, Triterpenoid, Saponin Coccinoside, Flavonoid Glycoside, Lupeol, β-amyrin, β- sitosterol, Taraxerol.

14. Jivanti(*Leptadenia reticulata* A W. & A, Asclepiadaceae)^{[27],[28],[29],[30],[31],[32],[33]}- *Madhura Rasa*(Sweet in taste), and *Madhura Vipaka*(Sweet at post digestive effect), *Sheeta Virya*(Cod in potency), *Guru*(Heavy). *Shukrala*(Increases semen), *Brimhana*(Nourishing), *Bhagna Sandhanakara*(Heals fractures), *Balya*(Tonic), *Vajikara*(Aphrodisiac), *Kaphakara*(Increases *Kapha Dosh*), *Vata-Pittashamaka*(Subsides *Vata* and *Pitta Dosh*), *Rakta-Pittahara*(Subsides Haemorrhage), *Trishnashamana*(Alleviates thirst), *Dahashamana*(Subsides burning sensation), *Jwaragna*(Fever), *Pramehagna*(Cures urinary diseases including diabetes), *Kshayahara*(Cures emaciation).

Chemical Components- The main chemical constituents of jivanti are Hentriacontanol, α- and β-amyrin, stigmasterol, β-sitosterol, tocopherols and leptadeno. It is also contains flavonoids-diosmetin, rutin and luteolin.

15. Dwijivaka(*Pueraria tuberosa* substitute)^[4]

16. Brihati^[34]- **Botanical Name-** *Solanum indicum* Linn, **Family-** Solanaceae- *Brihati* is *Grahi*(Absorbent), *Hridya*(Good for heart), *Pachani*(Digestant), *Kapha-Vatahara*. It is *Katu*(Pungent), *Tikta*(Bitter) in taste. It cures *Aasyavairasya*(Loss of taste perception), *Ushna veerya*(Hot in potency), *Kusthagna*(Cures skin diseases), *Jwara*(Fever), *Hridroga*(Cardiac problems), *Shwasa*(Dyspnoea), *Amashoola*(Colic Pain), *Kasa*(Cough), *Agnimandya*(Indigestion).

Chemical Components- The plant contains phytoconstituents like saponins, glycoside, sesquiterpenoids, sesquiterpenoids, hydroxycoumarins, phenolic compounds, coumarins, coumarinolignoids alkaloids, saponin, fatty acid, glycerides of the oil, polysachharide, triterpenes.

17. Kantakari^{[35],[36]}- (*Solanum Xanthocarpum* Schrad & wendl, Solanaceae- *Kantakari* is *Sara*(Laxative), *Tikta*(Bitter), *Katu*(Pungent) in taste, *Deepani*(Appetizer), *Laghu*(Light in action),

Grahi(Drying), *Dipani*(Digestant), *Kasagna*(Relieves cough), *Shwasagna*(Relieves dyspnoea), *Jwaragna*(Fever), and *Kapha-Vata* diseases. It is used in the *Peenasa*(Chronic cold), *Parshwa Peeda*(Flanks pain), *Krimi*(Worms), *Hridayamaya*(Hear problems). The both types of fruit is *Tikta*(Bitter) in taste, *Katu Vipaka*(Pungent in post digestive effect). *Bhedi*(Expells out hard stools), increases *Pitta* and *Agni*(Digestive fire).

Chemical Components- Steroidal alkaloids- solasodine, solamargine, beta-solamargine, solasonine and strols like cycloartenol nor carpestrol, cholesterol and their derivatives. Potassium chloride and nitrate.

18. Gokshura^[37]- *Tribulus terrestris* Linn, Zygophyllaceae. The *Gokshura* is *Brimhana*(Nourishing), *Shukravardhaka*(Boosts semen), *Agnidipaka*(Appetizer). It alleviate *Vata*, *Pitta* and *Kapha Doshas*, *Shoola*(Pain), *Hridroga*(Cardiac ailments), *Mutrakrichra*(Dysuria), *Prameha*(Urinary disorders including diabetes).

Chemical Componets- The dried fruits of *T. terrestris* consist of steroidal saponins as the major constituents. It includes terestrosins A, B, C, D and E, desgalactotigonin, F-gitonin, desglucolanatigonin and gitonin. The hydrolysed extract consists of sapogenins such as diosgenin, chlorogenin, hecogenin and neotigogenin. Certain other steroidal such as terestroside F, tribulosin, trillin, gracillin, dioscin have also been isolated from the aerial parts of the herb. The flavonoid derivatives reported from the fruits includes tribuloside and number of other glycosides of quercetin, kaempferol and isorhamnetin. It also consists of common phytosterols, such as, β -sitosterol, stigmasterol and cinnamic amide derivative, terestiamide.

19. Gopasutha^[38]- *Hemidesmus indicus* R. Br. **Asclepiadaceae**. It is *Madhura*(Sweet), alleviate *Kapha*, *Vata*, *Rakta Doshas*, *Kustha*(Skin diseases), *Kandu*(Itching) *Jwara*(Fever), *Prameha*(Urinary diseases including diabetes), *Trishna*(Excess thirst), *Aruchi*(Loss of taste), *Raktapitta*(Bleeding diseases).

Chemical Components- Hexatriacontane, lupeol, its octacosanoate, α -amyrin, β -amyrin, its acetate and sitosterol. It also contains new coumarino-lignoid-hemidesminine, hemidesmin I and hemidesmin II50, six pentacyclic triterpenes including two oleanenes, and three ursenes.

CONCLUSION

By the above discussion it is concluded that the drugs of *Virataruvadi Gana* are anti inflammatory, analgesic, anti oxidant and anti pyretic activities. These help in the subsiding the symptoms of renal calculi. The *Gopasthu* also called *Sariva* helps t relieve in burning micturation. The drugs like *Gokshura* has the lithotriptic action which help in the breakdown of the calculi as well as helps in expell the calculi out of the urinary tract. The Hence the

Virataruvadi Gana drugs not only prevents the damage of the tissues but also cure the renal calculi and maintain the proper functioning of the urinary system.

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