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TO STUDY THE CLINICAL ROLE OF CHANDRAPRABHA VATI AND IT'S IMPORTANCE IN MANAGEMENT OF STRIROGA

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ABSTRACT

Chandraprabha Vati have synergetic action. It has anti-inflammatory, antibacterial, antiseptic, astringent, diuretic, healing and cooling properties. It detoxicate genitourinary tract and restores its normal functions. It is said to raise body resistance to infection. Patient showed much improvement with Chandraprabha Vati and it is quite effective. In present article we are discussing regarding the its importance in management of stree roga.

Keywords: Chandraprabha vati ,stri roga.



INTRODUCTION

Ayurveda represents a multiple varieties of treatment procedures both dravya and adrvyabhuta and each and every medicament or procedure used for treatment is multifaced i.e., can be used in various diseases. Thus, it can be considered that a single preparation has multipurpose use and the Ayurveda texts also support this fact. The need of time is to explore more and more about these preparations and prove their efficacies in all the mentioned diseases. Here in this study Chandraprabha Vatiis taken and a critical review is done on its properties and uses along with the clinical efficacy of the preparation in various diseases. Chandraprabha Vatiis a very commonly used Chandraprabha Vatiis a very commonly used herbo-mineral preparation in day-to-day practice being efficient in various disorders mostly genitor-urinary ones. Chandraprabha Vatiis available in various ayurvedic texts with different preparations and different ingredients. The preparation, described by Sarangdhar Samhita and accepted by AFI, is being taken for a critical review of its properties, actions and its clinical efficacies in different diseases. It is made up of 37 ingredients with Shilajit and Guggulu present in maximum quantity 32 parts each. It is katu(73.38%) tikta(69.78%) in rasa, laghu(76.98%) ruksha(74.10%) in

guna, ushna virya(70.50%), katu vipaka(69.06%) and tridosha shamakpredominantly Vatakapha shamak(91.37% and 84.89% respectively). This preparation is indicated in Prameha, Mutravahasrotaja vyadhi, Anaha, Shoola, Shwasa, Kasa, Shukradosha, Pandu, Kamala, GudagataVyadhi, Netraroga, Dantaroga, Kushtha and various other diseases as mentioned in different texts. Clinical studies have also proved its efficacy in various diseases. It is anti-diabetic, anti-inflammatory, anti-tumour, renal protective, hepato-protective, effective in jaundice and genitor-urinary diseases like UTI, dysmenorrhoea, PCOD, female infertility, etc. and many diseases are still left to be explored. Chandraprabha Vatiis a multifaced drug and can be used in a variety of ailments successfully Chandraprabha Vatiis described in many ayurvedic texts with variance in the components and also variance in the use of the drug. Here the preparation taken is from Sharangdhar Samhita approved by AFI which contains 37 components. This preparation is indicated in Prameha, Mutravahasrotaja vyadhi, Anaha, Shoola, Shwasa, Kasa, Shukradosha, Pandu, Kamala, GudagataVyadhi, Netraroga, Dantaroga and Kushtha. Apart from these it is also indicated in various other diseases in other texts. Chandraprabha Vatiis Katu(73.38%) Tikta

69.78% in Rasa, Laghu (76.98%) Ruksha(74.10%) in Guna, Ushnavirya(70.50%), Katuvipaka(69.06%) and Tridoshashamakpredominantly Vatakaphashamak(91.37% and 84.89% respectively).

A Critical Analysis on A Multipotent Drug Chandraprabha Vati-Review Article." :2022;5(1):105-117107are present in the preparation in maximum quantity 32 parts each. According to Acharya VagbhataShilajit is the drug of choice for the management of Vastigatavyadhi(Urinary disease), help to treat dyslipidaemias and prevent ischaemic condition in the body.4 Clinical studies have proved Guggulu to be an anti-inflammatory drug5 thus effective in cystitis, BPH, Epididymitis, Salpingoophoritis. The drugs namely Pippali, Sunthi, Maricha, Chavya, Musta, Ela, Lavanas, Ksharas present in 1 part each help to relieve the state of Mandagniwhich is identified as a root cause of all diseases. Sitais present in 16 parts and lauhabhasmais 8 parts. Yavakshara and Svarjika ksharaare alkaline substances which decrease the acidity of urine and gives relief in burning micturition. It protects the liver and act as hematopoietic agent.6The drugs like Triphala7, Guduchi8 which are proven anti-oxidants and anti-tumour agents increase the immunity and act as immune-modulatory agents. Apart from the studies related to individual components of Chandraprabha Vatiimproving their efficacies, various clinical studies have been done till now which supports the multiple use of

Chandraprabha Vatiin various diseases.Anti-diabetic effect– Chandraprabha Vatiexhibited anti-hyperglycemic effect and attenuated alterations in lipid profile. Chandraprabha Vatiidid not cause any significant reduction in plasma glucose levels of normal rats ($p > 0.05$) but normalized the impaired glucose tolerance at 60 and 120 min ($p < 0.05$ and $p < 0.001$) in OGTT when compared to vehicle control. In alloxan-hyperglycemic rats, administration of Chandraprabha Vati(200 mg/kg) significantly reduced plasma glucose at 3 h, 12 h, 3rd day and 7th day along with reduction in cholesterol and triglycerides levels when compared to diabetic control group.9Chandraprabha Vatiis a dependable oral hypoglycaemic agent suitable for the use from mild to moderate cases of maturity onset diabetes.

Stree being the root cause of progeny, utmost care should be given to protect her from any ailments that affect her motherhood. Polycystic ovarian syndrome (PCOS) is one of the most common reproductive endocrinological disorders with a broad spectrum of clinical manifestations affecting about 6-8% of women of reproductive years1 . The diverse manifestations of PCOS start at an early age when a girl is maturing into a young woman. In PCOD ovary fails to develop a mature egg and generate only multiple immature follicles2 . Due to these multiple cysts hormonal imbalance occurs The conditions which are mentioned in

various contexts in Ayurvedic classics under various headings as Anartava, Nashtartava, Artava Kshaya, Vandhya Yonivyapat³, Pushpaghni Jataharini, Granthibhootha Artavadushti, Srotodushti and Santarpanoththa Nidana can be to some extent compared with the symptoms of Polycystic ovarian syndrome. So here an attempt is made in treating PCOS with Chandraprabha Vati Polycystic ovarian syndrome is a heterogeneous collection of signs and symptoms when gathered together form a spectrum of a disorder with a mild presentation in some, and a severe disturbance of reproductive, endocrine and metabolic function in others⁷. In present era drastic changes in lifestyle, food habits, environmental exposure to toxins along with hereditary predisposition for metabolic syndrome and stress have contributed to the common problem faced by today's female population – PCOD⁸. Classical description of PCOD is hard to pin point. Likewise the etiology and diagnosis remains controversial. No direct correlating condition was found in classical text books⁹. Hence aetiopathogenesis or samprapti of PCOD in ayurvedic terms were postulated. In Ayurveda it is better understood based on the doshas and dushtas involved rather than a mere term to represent it¹⁰. Here an attempt has been made to understand PCOS with Ayurvedic parlance which is caused due to the santharpanoththa nidana or respective srotodustikara nidana. The symptoms explained under Artava Kshaya, Anartava, Nashtartava, Granthibhootha artavadushti¹¹ and Vandhya yonivyapat

can be to some extent compared to the symptoms explained under PCOS. The disease finds its relevance with the Pushpaghni jathaharini, which is the only entity, resembles the symptoms of PCOS. PCOS can be considered as a condition manifested due to Mityachara, Pradushtartava, Beeja dosha and Daiva¹². It is a Santarpanoththa vikara with Sanga, Avarana and Siragranthi forms of pathogenesis. The pathogenic factors involved in PCOS are Vata and Kapha doshas, dushtas – Rasa and Medas, Srotas – Artavavaha srotas and Agni – Jatharaghi and Dhatwaghi mandya. The clinical study has shown fruitful results over the regularization of the menstrual cycles and normalization of amount of bleeding. Final outcome of the study shows that apart from Shamana Chikitsa, Shodhana therapies can be effectively adopted to get the desired results in the management of PCOD as it is a disease with heterogeneous signs and symptoms. Therefore management of PCOD with Chandraprabha Vati alone was found not to be very effective. Antioxidant defence systems, involve scavengers of free radicals that neutralize excessive ROS and protect against harmful activities caused by oxidative stress.^[38] The flavonoids of Chandraprabha Vati, reducing damage to the lipid bi-layer and the bio-molecules, present on the luminal wall of the tubules in the kidney by quenching the ROS and RNS levels. This potential antioxidant nature of the drug is may increase an abundant protein (Tamm-Horsfall protein-THP) in the normal urine, produced and secreted by the proximal convoluted tubules, which

reduces expression during the infection as indicated by the immunostaining of the kidney. [39] UTI have revealed the presence of numerous bacteria in the urine, larger and swollen bladders and these bacteria have been shown to bind to renal cells through the extraneous THP, which prevent the adherence of the uropathogenic E coli. [40] This suggests that THP may act as an antimicrobial protein for preventing the uropathogenic E coli. Thus THP prevents the progression of UTI by uropathogenic E coli and thereby serves as a host defence molecule. In addition, the use of this drug as an alternative to the existing chemical analogues is recommended based on the fact that this drug is capable of increasing antioxidant enzyme such as superoxide dismutase and catalase levels, in order to reduce the inflammation caused due to the presence of microorganisms. Also the generated nitrite radicals and decreased protein content of the kidney, due to infection were brought to normal upon treatment with the drug. Ingredients of Chandraprabha Vati, Yavakshara and Svarjikakshara are alkaline in nature & mild diuretic so they decrease the acidity of urine providing relief in burning micturition and Pippalimoola, Trivrit, Guggulu, Vacha & Devdaru relieve anxiety & pain. Other herbs like Karpoor, Musta, Daruhaldi, Gugglu, Tejpatra, Ela, Shilajit & Makshik Bhasma have antiinflammatory properties. Pathogens grow on epithelial lining of urethra, so diuretic drug is necessary to flush off of the tract. In Dysuria urine is acidic in nature and may damage the epithelia of urinary tract. Triphala & Ativisha

have ulcer healing properties; Haridra is very good wound healer. Ativisha & Trivrit have nephron-protective properties. Trivrit & Makshik also have anti ulcer activity preventing ulceration in urinary tract epithelia. Triphala is rich in antioxidants, possesses antibacterial, anti-viral, anti-cancer property. It is most well-known for its gentle effects on the bowels; improving peristalsis and cleansing toxic build up of wastes, rejuvenating healthy tissues. Along with Ativisha & Amrita also possess antioxidant so these drugs increase immunity and act as immune-modulatory agents in the conditions of autoimmune and immune-deficient state. The terpenoids present in different ingredients of it, may act synergistically and have capacity to act against the E coli, which is mainly responsible Urinary tract infection. Furthermore, these are also responsible to check infection and reduction inflammation due to uropathogenic E coli.

CONCLUSION Chandraprabha Vati, a herbo mineral formulation having anti-inflammatory, anti-oxidant and alkalizing properties and also maintain the flora of urinary tract. It is recommended in Mutrakrichha/Urinary tract disorders.

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