

CLINICAL AND EXPERIMENTAL STUDY
“VRIKKA SHOOLANTHAKA VATTI”
ON
“VRIKKA SHOOLA” (RENAL COLIC)



THESIS SUBMITTED FOR THE DEGREE OF MASTER OF PHILOSOPHY
(AYURVEDA)

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SUMMARY

The present study has been able to show the clinical condition “Vrikka Shoola” is correlated to “Renal Colic” at the level of causes, clinical features and with some of the signs and symptoms.

Ayurveda is the knowledge of Arogya and Roga was mentioned in the chaturveda, especially in Rig and Atharva Veda. The ancient Ayurvedic Literatures developed from this vedas. Ayurvedic Literatures have (Vrihath thrayee and Laguth thrayee) divided into eight categories known as Astomga Ayurveda.

Ancient Ayurvedic granthas have given the definition and details of Mutra Vaha Srothas, mostly regarding the diseased organs were mentioned. Rachana Sareera, Kriya Saree of Mutra Vaha Srothas and the Modern Review of the genito – Urinary system gives the details of Anatomy, physiology and pathology with related to Renal Colic were given.

Drug Review gives the detailed study of the content of the drug (Dravya guna vignana of the drug), mode of preparation of the drug. They were made into pills each of one gram, dried within the bottle containing of Sodium bicarbonate. Research drug was prepared at the I.M.M. Rajagiriya, under the supervision of the Head of the Dravya guna Department. Each dravya of the drug has a special quality on Mutra Vaha and Anna Vaha Srothas.

Clinical study was done at Teaching Hospital of Ayurveda on ten cases with the help of Ancient Ayurvedic granthas which were correlated to Modern Text (signs and symptoms of the diseases). Patients were selected according to “criteria of selecting of Vrikka Shoola

patients" and others were excluded from Research with "criteria of excluding Vrikka Shoola patients".

Shoola, makes the person suffer (Peeda) so that it is necessary to give a quick relief (Vikara Prasamana Apramada – C.S.Su. 11/4) by giving a stat dose to relieve the pain (Shoola). For this, the Research was done. Selected ten cases were taken for studies. The factors used were – Age, Occupation, Physical Activity, Prakriti, Habits, Diets and Family History of patients.

The diagnosis of Vrikka Shoola was considered with the "criteria of selecting of Vrikka Shoola patient". Pathological Investigations, X-Ray findings were done. A special proforma along with a progress form was maintained to find out the results. The signs and symptoms before and after treatment were monitored and entered in the form. Dose of the medicine was varied according to the severity, because the aim of the Research is to subside the pain of Vrikka Shoola. Results and charts were done.

Ayurveda co-opted Animal models especially in Research. To identify and develop a drug which is useful to the mankind, animal research is the most suitable one.

Animal study was done at the Zoology Department, University of Colombo with 24 Albino Male Rats. They were studied for Anaesthetic effect, Anaesthetic effect and ^{geck} response to the Mutra Vaha Srothas.

Results of the Clinical and Animal Study showed a good response in Vrikka Shoola and in Mutra Roga which were found in Clinical and Animal Study. In Animal Study the medicine showed a diuretic action also.

The statistical value on Animal Study on with the Result of Hot Plate method (Anaesthetic effect).

HOT PLATE METHOD ANALGESIC EFFECT

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TIME	P VALUE OF SINGLE DOSE	P VALUE OF DOUBLE DOSE
1 st hour	P>0.05 (Not Significant)	P<0.05 (Significant)
3 rd hour	P<0.05 (Significant)	P<0.01 (Highly Significant)
6 th hour	P<0.01 (Highly Significant)	P>0.05 (Not Significant)

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TOPIC – CONCLUSION

By the Clinical Study and Animal Study, we can come to a conclusion that,

CLINICAL STUDY

- (1) Single dose of “Vrikka Shoolanthaka Vatti” – one gram pill is capable of relieving pain in Mild Degree, but also in Moderate Degree of Vrikka Shoola to some extent.
- (2) But in the cases of Severe Degree, according to the severity of pain, tolerance of pain by the patient along with the associated symptoms,
 - (a) Single does in the 1st hours, proceeding with another one after one hour was reported.
 - (b) In the “KSIPRA AVASTHA” – (acute renal colic), stat does of two pills (double dose) was more potent.

Therefore, it can be suggested that “Vrikka Shoolanthaka Vatti” can be used as a painkiller in Vrikka Shoola.

ANIMAL STUDY

- (1) Single dose (0.16 grams) of “Vrikka Shoolanthaka Vatti” is capable of relieving pain by inducing an analgesic effect in the (Rat Plate Method Test) body of the Rat.
- (2) The double does of “Vrikka Shoolanthaka Vatti”(0.32 grams) was able to induce an analgesic effect as well as the sedative effect (Wooden Hole Board Method).
- (3) Therefore it can be suggested that “Vrikka Shoolanthaka Vatti” can be used as a painkiller as well as a sedative in Vrikka Shoola in human.