

A clinical study on the effect of special traditional decoction in the management of *Moothrāshmarī* (Nephrolithiasis)

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Abstract

Moothrāshmarī is a common urological disease, accounting for approximately about 20000 per year. This prospective clinical trial was designed to evaluate the efficacy of selected decoction in the management of nephrolithiasis. It consisted by *Terminalia chebula*, *Terminalia bellirica*, *phylanthus embelica*, seeds of *Cucumis melo L.*, seeds of *Benincasa hispida* and seeds of *Moringa oleifera*. Patients were selected according to the inclusion criteria from OPD of Gampaha Wickramarachchi Ayurveda hospital in Sri Lanka. It was given to the twenty of patients, eight week continuously. All patients were evaluated by X-ray KUB, USS KUB and changes of other symptomatic features. 88% of X-ray reports were disappeared their stone picture and 7 % showed reducing their stone sizes. 5% were not showed considerable change of their sizes. 10% were showed shifting their previous stone site. All patients were relief their painful condition and other symptomatic features like haematuria, dysuria and vomiting. It was observed that there were highly significant reliefs by treatment for this condition. Therefore it can be concluded that oral administration of selected decoction is highly effective treatment for nephrolithiasis.

Keywords: nephrolithiasis, decoction, urological disease