

Panfuti in Renal Calculi A Clinical Evaluation in Mootrashmari

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Abstract: *Mootrashamari is one of the ashtamahagada described in ayurveda-because of its sever symptoms and high recurrence rate. Mootrashmari is corresponding to renal calculi in modern medicine. Due to rising prevalence, treatment limitations in surgical interventions and high recurrence in nature mootrashmari has its own importance in herbal management.*

Keywords: Mootrashamari

I. INTRODUCTION

Mootrashamari is one of the ashtamahagada described in ayurveda-because of its sever symptoms and high recurrence rate. Mootrashmari is corresponding to renal calculi in modern medicine. Due to rising prevalence, treatment limitations in surgical interventions and high recurrence in nature mootrashmari has its own importance in herbal management.

‘panfuti’ traditionally used in mootrashamari for dissolving urinary stones.

Panfuti {knownaspashanbheda} is known ayurvedic herb which is ashmarighna, Mootral, shothahar and krimighna. phytochemicals in panfuti such as bergenin, gallic acid, catechin, b- sitosterol contributes its ability to dissolve calculi, reducedrenalinflammationandfacilitatestone expulsion.

The present study aims to evaluate clinical efficiency of panfuti in the mootrashamari. A clinical trial was conducted on selected patients diagnosed with renal calculi base on usg. Panfuti was administered in standerdised dosage, for selective time period andoutcomes were assessed through stone size reduction, symptomatic changes, stone expulsion rate and urine analysis.so, result of that – panfuti significantly reduces the size of stone, as well improve urinary parameters.no other adverse effects seen during the study.

In conclusioan - panfuti is effective and safe ayurvedic herbal drug invention in management of mootrashmari. Offering a promising alternative and conventional treatment in renal calculi.

Ayurvedic Perspective

Mootrashmari is classified into four types

Vataja

Pittaja

Kaphaja and

Shukrashmari.

- Pathogenesis involves vitiation of Tridoshas leading to crystallization in Mutravaha Srotas.

- Panfuti is described as:

- o Mutral (diuretic) – increases urine flow.

- o Ashmarighna (stone-breaking) – helps disintegrate calculi.

- o Shothahara (anti-inflammatory) – reduces swelling and pain.

Pharmacological Properties of Panfuti:-

- Botanical name: Bryophyllum pinnatum (Family: Crassulaceae).

- Active constituents: Flavonoids, alkaloids, glycosides, triterpenes.

- Actions:



- o Diuretic – promotes urine output.
- o Lithotriptic – dissolves or breaks stones.
- o Antispasmodic – relieves colicky pain.
- o Anti-inflammatory – reduces irritation in urinary tract.

Clinical Evaluation

Methodology

- Subjects: Patients diagnosed with renal calculi (Mootrashmari).
- Intervention: Administration of Panfuti juice or decoction (fresh leaves).
- Duration: 4–6 weeks.
- Parameters observed:
 - o Stone size reduction (via ultrasound).
 - o Expulsion of calculi.
 - o Relief from symptoms
 - o - (pain, dysuria, hematuria).

Results

- Stone expulsion: Calculi up to 6–9 mm expelled naturally.
- Symptom relief: Significant reduction in flank pain, burning micturition, and haematuria.
- Urinary flow :- Improved urine output and
- reduced obstruction.
- Safety: No major adverse effects are reported.

Discussion

- Panfuti acts through its combined diuretic and lithotriptic properties, flushing out small small stones and reducing the size of larger stones.
- Its anti-inflammatory effect reduces pain and irritation, improving patient comfort .
- Compared to surgical interventions, Panfuti offers a very cost-effective, non-invasive alternative, though larger stones may still require modern procedures.

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