

## A review on effect of chandraprabha vati in albuminuria

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### ABSTRACT:-

□ **Background:** Ayurveda is a science of life & its literature contains various *Kalpas* which are beneficial in various disorders. Among all these *Kalpas*, mentioned in Ayurved *Samhitas* *Chandraprabha vati* is effective in the management of disorders of urinary system & *Prameha*. The ancient Indian knowledge of this drug is analysed here and attempt is made to find out its role in the management of Albuminuria. According to Modern science Albuminuria is considered as early symptoms of chronic kidney diseases & now a days it is very common disorder.

### □ Objectives:

- 1) To study review literature of *Chandraprabha vati* through Ayurvedic text. 2) To study modern text on Albuminuria.

□ **Methods:** The ancient knowledge of *Chandraprabha vati* through *Samhitas* & knowledge of Albuminuria through modern literature and various journal,

internet are gathered and data is collected for this study.

□ **Results and Conclusion:** After the study of literature, it is clear that *Chandraprabha vati* is used in the management of disorders of urinary system & Albuminuria is considered as early symptoms of chronic kidney diseases, so it will be effective in the management of Albuminuria.

□ **Keywords:** - *Chandraprabha vati*, Albuminuria, disorders of urinary system

**Introduction:** Ayurveda is a science of life & its literature contains various *Kalpas* which are beneficial in various disorders. Among all these *Kalpas*, *Chandraprabha vati* is effective in the management of disorders of Kidney i.e. *Mutravaha Strotus* & *Prameha*.  
*“Chandraprabheti vikhyata sarvarogpranashini|| bh.rt.*

According to this *Shloka* *Chandraprabha vati* is known to cure each and every disease, its main use is in

the diseases of urinary system. It gives *Shamak*, *Balya*, and *Rasayana* effect on urinary system. Albuminuria is one of the early symptoms of chronic kidney diseases. Chronic kidney diseases are defined as kidney damage evidenced by structural or functional abnormalities of the kidney with or without decreased Glomerular Filtration Rate. In modern science management of kidney diseases is very expensive, the ancient Indian knowledge of this drug is analysed here and attempt is made to find out its role in the management of Albuminuria.

**Material & Methods:** This review study is done to find out role of *Chandraprabha Vati* in the management of Albuminuria with the help of various Ayurvedic literature, modern text, internet, journals etc.

### Defination of Albuminuria-

Albumin is a type of protein normally found in the blood. Our body needs protein that are important nutrients which helps to build muscle, repair tissue & fight infection. Albumin is present in our blood and not in our urine. When we have albumin (protein) in our urine, it is called “Albuminuria” or “Proteinuria”.

A normal amount of albumin in our urine is less than 30 mg/g, above this it may means you have kidney disease, even if our Glomerular Filtration Rate number is 60. One of main function of our kidney is to filter our blood. Both kidneys keep important things, which our body needs, inside the blood, like protein. They also excrete waste products & extra water that our body does not need. When kidneys are healthy, we should have very little protein in urine or even none, but if kidneys are damaged,

protein can “leak” out of the kidneys into the urine. It may be an early sign of kidney disease.

Those of increased risk include:-

1. People with diabetes.
2. People with high blood pressure.
3. People with family history of kidney failure.
4. People who are 65 yrs. or older.
5. Certain ethnic groups including African, Americans, Asians, American Indians etc<sup>[1]</sup>.

### *Chandraprabha Vati*:

*Chandraprabha Vati* is a known Ayurvedic drug which is more precisely prescribes in kidney diseases. Information about this drug is specially describes in ancient text of Ayurveda namely Sharangdhara Samhita, in the chapter of *Prameha Chikitsa* (Treatment of urine abnormalities)<sup>[2]</sup>.

Composition of *Chandraprabha Vati* (According to Sharangdhara Samhita) & their description:-

“*Chandraprabha vacha mustam  
bhunimbamrutdarukam//  
Haridraativisha darvi  
pippalimulchitrakau//40  
Dhanyakam triphala chavyam vidangam  
gajpippali//  
Vyoshyam makshikdhatushchya dov  
ksharo lavantrayam//41  
Etani shanmatrani pratyekam karyed  
budhah//  
Trivrudanti patrakam ch tvagela  
vanshrochana//42  
Pratyekam karshmatram ch kuryadetani  
budhiman//  
Dvikarsham hatloham  
syachchatushkarsha sita bhavet//43  
Shilajatvashtakarsha syadashtou  
karshastu gugguloh//*

*Ebhirekatra sangkshunanaihi kartavya  
gutika shubha||”44 (sha.sa.m.k.7)*

DRUG	RATIO
1. Chandraprabha ( <i>Cinnamomum camphora</i> )	1
2. Vacha ( <i>Acorus calamus</i> )	1
3. Mustam ( <i>Cyperus rotundus</i> )	1
4. Bhunimbha ( <i>Andrographis paniculata</i> )	1
5. Amruta ( <i>Tinospora cardifolia</i> )	1
6. Daru ( <i>Cedrus deodara</i> )	1
7. Haridra ( <i>Curcuma longa</i> )	1
8. Ativisha ( <i>Aconitum heterophyllum</i> )	1
9. Darvi ( <i>Berberis aristata</i> )	1
10. Pippalimula ( <i>Piper longum</i> )	1
11. Chitraka ( <i>Plumbago zeylanica</i> )	1
12. Dhanyaka ( <i>Coriandrum sativum</i> )	1
13. Haritaki ( <i>Terminalia belarica</i> )	1
14. Vibhitaka ( <i>Terminalia chebula</i> )	1
15. Amalaki ( <i>Emblica officinale</i> )	1
16. Chavya ( <i>Piper cheba</i> )	1
17. Vidanga ( <i>Emblica ribes</i> )	1
18. Gajapippali ( <i>Scindapsus officinalis</i> )	1
19. Shunthi ( <i>Zingiber officinale</i> )	1
20. Marica ( <i>Piper nigrum</i> )	1
21. Pippali ( <i>Piper longum</i> )	1
22. Swarnamakshikabhasma ( <i>Copper pyritis</i> )	1
23. Yavakshara ( <i>Potassium carbonate</i> )	1
24. Swargikshara ( <i>Sodium bicarbonate</i> )	1
25. Saindhavalavana ( <i>Rock salt</i> )	1
26. Vid lavan ( <i>Ammonium chloride</i> )	1
27. Trivurt ( <i>Ipomea turpethum</i> )	4
28. Danti ( <i>Baliospermum montanum</i> )	4
29. Twak ( <i>Cinnamomum zeylanicum</i> )	4
30. Ela ( <i>Elettaria cardamomum</i> )	4
31. Vankshalochana ( <i>Bambusa arundinaceae</i> )	4
32. Tejapatra ( <i>Cinnamomum tamala</i> )	4
33. Lauha bhasma ( <i>Ferrum</i> )	8
34. Sita (Sugar)	6
35. Shilajatu ( <i>Asphalt mineral pitch</i> )	32
36. Guggulu ( <i>Balsamodendron mukul</i> )	32

“Chandraprabheti  
vikhyata sarvarogpranashini//

*Pramehanvinshanti  
kruchhram mutraghatam  
tathashmarim||”45*

From above given *Shloka Chandraprabha Vati* is beneficial in every diseases. Also useful in *Prameha*, *Mutrakruchhra*, *Murtaghata*, *Ashmari* etc.

“*Vayum pittam kapham hanyad balya vrushya rasayani*||”<sup>49</sup>

In *Vata*, *Pitta*, *Kapha* *Prakopak Lakshana* it is also beneficial. It is *Balya* and *Dhatuvardhaka Rasayani*<sup>[3][4]</sup>.

**Doses:** - *Chandraprabha Vati* - 250-500mg in 3 divided doses/day<sup>[5]</sup>.

-1 tab= 500 mg 4 tab. /day in 2 divided doses i.e. 2gm/day with luke warm water after meals<sup>[6]</sup>.

-1||-2|| *Masha Anupan Mshriyukta Dudh* or prescribed *Kwath* as per diseases<sup>[7]</sup>.

**Discussion:** After studing various literature it is seen that *Chandraprabha Vati* have a significant role in diseases of *Mutravaha Strotas*. *Chandraprabha Vati* markedly relives frequency of urine & quantity of urine is increased according to *Mutra Janan* property of *Chandraprabha Vati* mentioned, *Dipana* (appetizer) & *Pachana* property is also mentioned. This property of *Chandraprabha Vati* cause *Aama Pachana*, undigested particles in *Dhatvagni* (tissue) level & digest the *Mala* (unwanted substances) in *Dhatu* (tissues) & turn on *Kleda* means liquid like water can pass like urine. *Chandraprabha Vati* also have *Rakta Prasadana* (blood purify), *Mutra Virajaniya* (bring back the colour of urine to normal) effect, *Shothahara* (alleviates oedema) property<sup>[8]</sup> and *Krimighna* (anthelmintic) property<sup>[9]</sup>. The toxicity study<sup>[10]</sup> also proved *Vishaghna* (detoxicant) property of *Chandraprabha Vati* by evaluating signs

of hepatotoxicity, nephrotoxicity, toxicity, neurotoxicity & it is a safe druge to prescribe in patients.

**Conclusion:** *Chandraprabha Vati* have significant role in reduction of signs & symptoms of turbidity, organisms, pus cells, red cells, colour, frequency of urine and also some pre-monitory symptoms of *Prameha*, anti-oxidant, diuretic, anti-inflammatory etc. All these signs and symptoms are also related with some kidney diseases. I.e. *Mutravaha Strotas* and *Albuminurea* is also early signs of chronic kidney diseses, there for from all these review we conclude that *Chandraprabha Vati* is effective in *Albuminurea*<sup>[11]</sup>.

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