

1. MŪTRĀŚMARĪ (RENAL/URETERIC CALCULUS)

A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Gokṣura bīja Cūrṇa (Tribulus terrestris)	Cūrṇa	3 gm BD	Honey	N.A., Part-I Page 212
2.	Kulattha (Dolichos biflorus)	Cūrṇa	3 gm BD	Takra	A. S. Su. 7
3.	Varūṇa Mūla kwātha (Crataeva nurvala)	Kwātha	30 ml BD	Water	N.A., Part-I Page 96

B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Gokṣurādi guggulu	Vaṭī	500 mg BD	Mustā kwātha/	AFI, Part-I/

				Uṣīra kwātha	5.3
2.	Candraprabhā Vaṭī	Vaṭī	500 mg BD	Water, Milk	S.S.Ma. K. 7 th chapter
3.	Varūṇādi Kwātha	Kwātha	30 ml BD	Water	C.D. 34/ 29
4.	Śweta Parpaṭī	Parpaṭī	250 mg BD	Butter Milk	S.Y.S Aśmarī- Mūtrakṛ cchra Adhikāra

C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old rice, barley	-
Pulses	Kulattha, green gram (mudga)	Black gram (uḍada)
Fruits & vegetables	White gourd melon (kūṣmāṇḍa), ginger (ārdraka), leafy vegetables	Brinjal, tomato, spinach

	(patraśāka), drum stick (śigru)	
Others		Incompatible, acidic, constipating, heavy and distending items of food
Life style	Uction, sudation, therapeutic emesis (vamana), therapeutic purgation (virecana), therapeutic enema (vasti)	Suppression of natural urges, lack of exercise

Note:

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.