A HOLISTIC APPROACH OF RENAL CALCULUS (HASATE KULYA) IN UNANI MEDICINE

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ABSTRACT
Renal stone (Hasate Kulya), with a life time risk of 7-13%, results in significant morbidity as well as substantial economic costs, not only directly from medical treatment but also indirectly through time lost from work. India has high incidence of renal calculi especially in Gujar, Rajasthan, Punjab and Madhya Pradesh. Ancient literatures are enriched with Hasate Kulya (Renal calculus). Unani physicians described broadly the pathology, manifestations and treatment of its. According to Majoosi, renal calculi is formed due to increased (case madda) of these calculi derived from viscous and mucous matter, these matters may be the phlegmatic or viscous blood or pus. Razi mentioned the symptoms of calculi i.e. renal pain, incontinence of urine, dysuria and the persons passing sandy precipitate in their urine must have the calculus in his kidneys or in urinary bladder.

INTRODUCTION
Renal calculus (Hasate Kulya), Hararate Ghareezi (Internal Energy), Mufattite Hasat advia (lithotriptic drugs)

Etiology
“The cause of renal stone is due to constriction in renal calycles or over production of heat than normal and more viscosity chyme changes into ghaleez”

According to Majoosi the cause of formation of renal stone is Hararate Gharizia Nari. Morbid matter is ghaleez and lesdar Khilt, either balgham or khoon. Therefore excessive hararat causes the dryness of ratoobat and enhance the ghizset, which ultimately leads stone formation.

According to Sheikh bu Ali Sina the causes of stone formation in kidney are similar to urinary bladder that is ghaleez madda and stagnation of madda. Ghaleez madda (morbid matter) is produced by Ghaleez Aghzia e.g. concentrated milk, panee, big birds (dhanek etc) and meat (old camel, old bull, old goat), ghaleez meat, roasted meat and fish meat which has the properties of ghaleez and sangeen, roti (feterri, leshdar, maida), kheer, shewayyan, and those food and fruits which are not easily digested as like raw apple, raw shaftalo, seed of (feteeri, leshdar, maida), kheer, shewayyan, and those food and fruits which are not easily digested as like raw apple, raw shaftalo, seed of (feteeri, leshdar, maida), kheer, shewayyan, and those food and fruits which are not easily digested as like raw apple, raw shaftalo, seed of (feteeri, leshdar, maida), kheer, shewayyan, and those food and fruits which are not easily digested as like raw apple, raw shaftalo, seed of (feteeri, leshdar, maida), kheer, shewayyan, and those food and fruits which are not easily digested as like raw apple, raw shaftalo, seed of (feteeri, leshdar, maida), kheer, shewayyan, and those food and fruits which are not easily digested as like raw apple, raw shaftalo, seed of (feteeri, leshdar, maida), kheer, shewayyan

Types of calculi
There are 4 main types of renal stone: 1. Calcium stone: It is of two types namely Calcium oxalate stone and Calcium phosphate stone, 2. Struvite (Mixed) stone, 3. Uric acid stone, 4. Cystine stone.

The most common type of kidney stone is composed of calcium oxalate crystals, occurring in about 75 to 80% of cases and 15-20% struvite, 5-10% uric acid and 1-2% of all stones are formed from cystine stone

KEYWORDS
ABSTRACT

Renal calculus (Hasate Kulya), Hararate Ghareezi (Internal Energy), Mufattite Hasat advia (lithotriptic drugs)
Mufattite Hasat Advia (Lithotriptic Drugs) have the property of increasing frequency and break the stone. Calculus is treated with drugs which dissolve/melt the stone. These include maida, sangeen, roti (feteeri, leshdar, and meat (old camel, old bull, old goat), roasted meat and fish meat which has the properties of hararat (hotness) and raqeeq ghaleez, respectively. Preventative measures work because it changes raqeeq to hararat.

During attack of pain lateral abdominal muscles are rigid and tenderness in renal angle. Palpable lumps are found during hydronephrosis.

Risk factors of Renal Calculus

Excessive har (heat) drugs should be avoided because excessive hararat (hotness) causes the dryness of raqeeq and enhance the Ghilat, which ultimately leads stone formation.

Hippocrates (Buqrat) has mentioned the poor prognosis in case of old age.

Age: 20 to 30 years. Gender: Men more than women (8:1). Geographic factors: Area of high humidity and elevated temperature. Diet: Rich diet of animal protein, oxalate, vitamin C, sodium chloride and refined carbohydrate. Low-fluid intake and low fiber diet.

Usoole Ilaj (Principles of Treatment)

Unani physicians adopted a well-organized line of treatment in the management of Hasate Kulya. The line of treatment is as follows:

- Remove the Ashabe Maddi (causative material)
- Use of Mufattite Hasat advia (lithotriptic drugs)
- Use of Mudire Bol advia (diuretics drugs)

Accumulation of morbid matter can be removed by mushil, further it can be avoided by restriction of diets (ghalezee aghzia), which are responsible for the formation of hasat e.g. concentrated milk, paner and meat (old camel, old bull, old goat), roasted meat and fish meat which has the properties of ghalezee and sangeen, roti (fetteeri, leshdar, maida) etc.

Calculus is treated with har advia which dissolve/melt the stone. These drugs have the property of increasing frequency and break the stone and make the kidney hard to soft.

Mufattite Hasat Advia (Lithotriptic Drugs) are used for the breaking of the hasat (stone) e.g.

- Hajrul Yahud, Sang Saremahi, Habbul Quilt (Kulthi), Namak Turb, Aaloob Balu, Tukhm Hallon, Tukham Karafas, Shorah Qalmi, Jawakhar, Aqrab Sokhta, Pattherphori, Gul Daudi, Saater Farsi, Silajeet, Inderjo etc.

Murakab Advia (Compound Drugs) e.g. Sufoof Hajrul Yahud, Qurs Kaknaj, Kusha Sang Saremahi, Kusha Hajrat Yahud, Dawae Sang, Majoan Aqrab, Majoan Sang Saremahi, Majoan Hajrat Yahud, Sharbate Aalo Balu, Sharbate Bazoozi etc.

Prevention of renal calculus (Hasate Kulya) is one of the most painful and commonest urological disorders. A vast range of its ancient records i.e. etiology and mechanism of the disease with Usoole Ilaj (Principles of Treatment) found in Unani system of Medicine.

CONCLUSION

It is concluded that the Renal Calculus (Hasate Kulya) is one of the most painful and commonest urological disorders. A vast range of its ancient records i.e. etiology and mechanism of the disease with Usoole Ilaj (Principles of Treatment) found in Unani system of Medicine.