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A REVIEW ON “REMEDY FOR UROLITHIASIS WITH DIFFERENT HERBAL AND PLANT DRUGS AND THEIR EXTRACTS”

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ABSTRACT

Renal lithiasis is able to characterise and the evidence over stones in the urinary plot due to the fact about a consistency over the regular crystallization states of urine. It is at present the third normally regular urological illness after urinary tract contaminations and prostate issues. In it animadversion strive is made to reduce the viable wide variety regarding natural pills so have shown enormous effect towards the calculi. Decoction over *H. hirsuta* found to hold a considerable calcium oxalate stone prophylactic has an impact on within nephrolithtic rodents. *A. racemosus* additionally forestalls stone arrangement via potential regarding its most cancers siege agent impacts. In addition, the antibacterial action regarding the *A. racemosus* most likely contributes for its antiurolithiasis work as like bacterial illness additionally advances urolithiasis. Quercetin yet Betulin were similarly intensive or their antiurolithiatic movement was once observed to remain related together with the diuretic action. In some case, both quercetin and betulin are ideal substances for urolithiasis. Antiurolithiatic action has been acknowledged to a bit plants or theirs definitions between the not many historical writings. Be to that amount as like that may, just equal regarding plants or natural details have been gastric in conformity with certify theirs generally recognized antiurolithiatic assurance above until now.

KEY WORDS: Antiurolithiatic Action, Herbs, Kidney, Renal Lithiasis

INTRODUCTION

Renal lithiasis can be characterized as the testimony of stones in the urinary plot because of an adjustment of the ordinary crystallization states of urine. It is at present the third generally regular urological illness after urinary tract contaminations and prostate issues. It has a commonness that reaches between 4-15% of the total populace and a high repeat rate, that is, the likelihood of rehashing a renal lithiasis scene is 40% following 5 years of the first calculi and 60% following 10 years. It is a medical condition with more noteworthy frequency in individuals between 30-60 years old and more normal in men than in ladies. The distinction in pervasiveness between nations is related with the blend of hereditary and ecological components, including dietary propensities, climatic conditions and financial status. For instance, a few examinations show that the rate is higher in populaces of warm nations contrasted with populaces in cool nations. It has additionally been tracked down that intense usage of salt, creature protein, calcium, unsaturated fats and sugar are hazard factors for the improvement of kidney stones. At last, renal lithiasis has been related with a family ancestry of kidney stones and for certain illnesses like diabetes, hypertension, hyperthyroidism, weight, metabolic condition, gout and urinary tract diseases. The stones might be made out of calcium phosphate, uric corrosive, struvite, cystine and calcium oxalate. Oxalate stones are the most incessant, being available in over 80% of the uroliths.^{1,2}

There are many trails are being done every year and many papers being published in number of journals, hence in

this review attempt is made to summarize the possible number of herbal drugs that have shown significant effect against the calculi. For the purpose the search is made on google scholar and PubMed with key words anti-urolithiasis, kidney stone, calcium oxalate stones, antilithiatic etc.,

Herbal plants with anti Urolithiatic activity

1. *Herniariahirsuta* L.



Synonyms: *Herniaria cinerea* DC.

TAXONOMY

Kingdom: Plantae

Phylum: Tracheophyta

Class: Magnoliopsida

Order: Caryophyllales

Family: Caryophyllaceae

Genus: *Herniaria* L.

Species: *Herniariahirsuta* L

Chemical components: *Herniariahirsuta* var. *hirsuta* L. – hairy rupturewort, *Herniariahirsuta* contained phenolics, flavonoids, flavonols and saponins

H. hirsuta is broadly dispersed in the Mediterranean territory, and utilized in Moroccan society medication to treat urinary stone. Watery concentrate of *H. hirsuta* at various focuses (0.0625-1 mg/ml) hindered calcium oxalate gem onglomeration, controlled the calcium oxalate gem measure and advance the development of calcium oxalate get dried out gems under in vitro calcium oxalate crystallization study. Studies on rodents, further affirmed its antilithiatic impact which was found to intercede through decline in affidavit of calcium oxalate gems into kidneys, and by

forestalling these gems to stick to renal epithelial cells. Besides, decoction of *H. hirsuta* found to have a great calcium oxalate stone prophylactic impact in nephrolithic rodents. Nonetheless, creators announced that this noticed impact didn't appear to be interceded by biochemical or diuretic changes.³

2. Antiurolithiatic activities of *Asparagus racemosus* on albino rats

The investigation analysed the antiurolithiatic impact of ethanolic concentrate of *A. racemosus* in tentatively initiated urolithiasis in rats. Rat models of calcium oxalate urolithiasis prompted by either ethylene glycol (EG) alone or in mix with ammonium chloride (AC) is most generally used to consider the pathogenesis of urolithiasis. This investigation rats are treated with 0.75% EG and 2% AC for 10 days. In this investigation, body weight, serum centralizations of calcium, phosphorus, urea, creatinine, and the histopathology of the kidney is dissected. The conceivable method of activity of *A. racemosus* might be because of exorbitant discharge or lessening in the urinary convergence of the urinary salts that forestall super immersion of the solidifying salts. Prior examinations have exhibited the diuretic property of *A. racemosus*. This property favours against urolithiasis by rushing the way toward dissolving or by flushing of the preformed stones or by forestalling the new stone arrangement in urinary framework on prophylactic treatment. In urolithiasis, the glomerular filtration rate diminishes because of the impediment to the outpouring of Urine by stones in the urinary framework and furthermore because of the harm to renal parenchyma. Because of this, the by-

products, especially nitrogenous substances like urea, creatinine, and uric corrosive, get collected in the blood. The reduction in the serum levels of these are expected to the antiurolithiatic impact of *A. racemosus*. The other conceivable method of activity of *A. racemosus* might be because of its cancer prevention agent impact. There is in vivo proof that hyperoxaluria-actuated per-oxidative harm to the renal cylindrical layer surface gives a good climate to singular calcium oxalate gem connection and ensuing improvement of kidney stones. The examination done on lemon juice in rat urolithiasis model has shown that it has defensive action against urolithiasis because of its high cell reinforcement property because of the presence of nutrient E and nutrient C. A few examinations have revealed the cancer prevention agent movement of *A. racemosus*. Consequently, it is conceivable that ethanolic concentrate of *A. racemosus* additionally forestalls stone arrangement by means of its cancer prevention agent impacts. In addition, the antibacterial action of the *A. racemosus* presumably contributes for its antiurolithiasis action as bacterial contamination additionally advances Urolithiasis.⁴

3. Antiurolithiatic activities of natural constituents isolated from *Aervalanata*



TAXONOMY

Kingdom: Plantae
 Phylum: Tracheophyta
 Class: Magnoliopsida
 Order: Caryophyllales
 Family: Amaranthaceae
 Genus: *Aerva* Forssk
 Species: *Aervalanata* (L.) Juss.

Pashanabheda plants are a gathering of therapeutic plants which are utilized in Indian conventional restorative framework by Ayurveda specialists as antiurolithiatic drugs and *A. lanata* (L) is utilized traditionally as both antiurolithiatic and diuretic. In the examination it was tracked down that the urinary centralization of oxalate is discovered to be expanded in ethylene glycol initiated creatures. This might be because of expanded urinary maintenance and discharge of oxalate and urinary oxalate was expanded in ethylene glycol prompted urolithiasis rats though the discharge of oxalate was diminished in rats treated with quercetin and betulin which might be because of the restraint of development of oxalate by the detached plant constituents. This may likewise be because of the restraint of the action of Oxalate oxidase catalyst which is apparently liable for the stone development. Both the secluded mixtures quercetin and betulin essentially expanded the urinary magnesium even out and consequently decrease the danger of calcium oxalate stone arrangement. The treatment by quercetin and betulin has fundamentally brought down the raised serum levels of BUN and creatinine. This has diminished the danger of impediment to the Urine stream by the waste materials in the urinary plot. The raised degree of nitrogenous substances in serum additionally shows probability of harm to the kidneys which is

fundamentally limited in the rats treated with secluded mixtures. Alongside these boundaries other Urolithiatic markers like Urine volume, urinary pH, creatinine and Blood urea nitrogen were huge in treatment bunches when contrasted with infection bunch.

From the examination it was tracked down that both quercetin and betulin were similarly intense and their antiurolithiatic movement was discovered to be related with the diuretic action. In any case, both quercetin and betulin are acceptable substances for urolithiasis.⁵

4. *Adiantum capillus-veneris* L.



TAXONOMY

Kingdom: Plantae
 Division: Tracheophyta
 Class: Polypodiopsida
 Subclass: Polypodiidae
 Order: Polypodiales
 Family: Pteridaceae
 Genus: *Adiantum* L.
 Species: *Adiantum capillus-veneris* L.

Pharmacological Activity

Anti-hyperglycaemic, and wound healing effects in diabetic or non-diabetic patients, protection against damage to fibroblasts via free radicals, activity against testosterone-induced alopecia, anticonvulsant, depressant, analgesic and anti-nociceptive activities, as well as effects on urinary output, anti-inflammatory, anti-microbial, antilithiatic, hypothyroidism regulatory, anti-cancer, antidiarrheal and antispasmodic, anti-

asthmatic and anti-histaminic, and enzyme inhibition (in Alzheimer's, diabetes and skin disorders) activities.

Chemical constituents

Chemical analysis of *Adiantum capillus-veneris* showed that it contained flavonoids, triterpenoids, aoleananes, phenylpropanoids, carbohydrates, carotenoids, and alicyclics. Many triterpenoids: 21-hydroxy adiantone, triterpenoid epoxide (adiantoxide), Fern-9(11)-en-12-one, isoadiantone, isoglaucanone, hdoxyhopane, isoadiantol, hydroxyadiantone,

A. capillus-veneris (Pteridaceae) is a plant which found all through world. Customarily, it is utilized as a medication in Ayurveda and Unani. It is a significant antiurolithiatic medication and its decoction broadly used to treat patients with urolithiasis. Later in vitro and in vivo examines approve customary antiurolithiatic guarantee of *A. capillus-veneris*. And it showed antiurolithiatic impact to the hydro alcoholic concentrate of *A. capillus-veneris* in ethylene glycol ammonium chloride initiated urolithiasis rat model. Consequences of this examination showed that lower portion of 127.6 mg/kg b.w. essentially affected decreasing the raised degree of calcium oxalate gems in Urine than its higher portion, 250mg/kg b.w. Moreover, creators further showed that portion 127.6 mg/kg b.w. just altogether brings down the expanded degrees of calcium and urea in rat serum.⁶

5. *Bergenia ligulata* Engl.



B. ligulata (Saxifragaceae) is a very much recorded plant in the Ayurveda, normally known as Paashaanbhed. The customary antilithiatic guarantee of rhizomes of *B. ligulata* has been approved under both in vitro and in vivo creature considers. The detannated deproteinized concentrate of *B. ligulata* (5ml of 0.1g/ml arrangement) had huge calcium and phosphate precipitation inhibitory potential than entire plant separate, under in vitro. In another examination, likewise detailed calcium oxalate precious stone accumulation inhibitory potential to fluid methanolic concentrate of *B. ligulata* rhizome (BLR). In same examination, BLR (5–10 mg/kg) found to forestall calcium oxalate gem testimony in the rat renal tubules. Creators reasoned that *B. ligulata* may interceded antiurolithic action through its calcium oxalate precious stone hindrance, diuretic, hypermagneseuric and cell reinforcement impacts *Boerhaviadiffusa* *L.B. diffusa* (Nyctaginaceae) is ordinarily known as Punarn.³

6. *Bryophyllumpinnatum* (Lam.) Oken



B. pinnatum (Crassulaceae) is regularly known as 'life plant' or 'air plant' is local to India, China, Australia, New Zealand, and Philippines. *B. pinnatum* was found to diminish Crystal's measure and advance the arrangement of calcium oxalate dihydrate Crystals rather than monohydrate Crystals under in vitro considers. The calcium oxalate dihydrate precious stones are considered as less urolithic since they don't harm the epithelial coating of urinary plot (Yasir and Waqar, 2011). In another investigation, organization of fluid concentrate of leaves of *B. pinnatum* (50 and 100 mg/kg b.w., i.p.) found to altogether decrease the urinary oxalate and kidney calcium ingestion levels, which were raised because of concurrent organization of 1% (v/v) ethylene glycol in rats.⁷

7. *Holarrhena antidysenterica* Wall



Chemical constituents: Steroidal alkaloids, conessine, isoconessimine and kurchessine.

Pharmacological Activity

Holarrhena antidysenterica Wall (Apocynaceae) is widely used in traditional medical system for treatment of constipation, colic, and diarrhoea.

H. antidysenterica (Apocynaceae) has been utilized for different threptic purposes including as a lithotriptic drug since old occasions. The hydroalcoholic concentrate of dried seeds of *H. antidysenterica* has been read for antiurolithic action utilizing both in vitro and in vivo techniques. It has been tracked down that above remove forestalls calcium oxalate gem conglomeration, control/diminishes the size of precious stones, and furthermore changed the calcium oxalate monohydrate to calcium oxalate get dried out. Likewise, this concentrate (30-100 mg/kg) had intense cell reinforcement potential, and furthermore forestalled the poisonous changes of lithogenic specialists; ethylene glycol and aluminum chloride, like loss of body weight, polyurea, oxaluria, raised serum urea and creatinine levels and gem testimony in kidneys in the therapy bunch rodents.⁸

8. *Tribulus terrestris* L



TAXONOMY

Kingdom: Plantae

Super division: Embryophyta

Class: Magnoliopsida

Order: Zygophyllales

Family: Zygophyllaceae

Genus: *Tribulus* L

Species: *Tribulus terrestris* L.

Chemical constituents

Its various parts contain a variety of chemical constituents which are medicinally important, such as flavonoids, flavonols glycosides, steroidal saponins, and alkaloids.

Pharmacological activities

Diuretic activity, Aphrodisiac activity, Antiurolithic activity, Immunomodulatory activity, Antidiabetic activity, Absorption enhancer, Hypolipidemic activity, and cardiac disorders

T. terrestris (Zygophyllaceae) is privately named as Gokhru or Gokshur in India. It is a profoundly recommended plant in the Ayurvedic arrangement of medication for the fix of urinary stones. Current in vitro examines exhibited that the watery concentrate of *T. terrestris* natural product repressed the nucleation and development of the calcium oxalate gems. Moreover, it found to have a cytoprotective part in NRK 52E cells, which was intervened by bringing down LDH spillage and expanding the phone suitability. The antiurolithic capability of the products of *T. terrestris* has additionally been affirmed a pale skinned person rodent model. An antilithiatic protein of atomic load of ~ 60kDa has been filtered from *T. terrestris*⁹. Other than these intense antilithiatic impacts, some nephrotoxic concerns have been as of late come sent about *T. terrestris*.¹⁰

9. Kampo herbs



As of late, a few pharmacological investigations have been performed to comprehend the counter urolithiasis

instrument of Kampo spices, which are usually utilized in treatment of urinary stone sicknesses. Concentrate of Takusha (rhizome of *Alisma plantago-aquatica* L.) found to forestall calcium oxalate stone development and osteopontin (as a significant stone grid protein) articulation in a rodent model. In another examination, it has been discovered that Kampo separates, Sanshishi (product of *Gardenia jasminoides* J.Ellis.) and Takusha unequivocally restrained oxalate monohydrate gem conglomeration in vitro, and furthermore forestalled the gem attachment to Madin–Darby canine kidney cells at focus, 10µg/ml. The Kampo medication, Gorin-san, contain both Sanshishi and Takusha, further showed fundamentally more grounded inhibitory exercises against gem attachment at lower fixations contrasted with Chorei-with, which contains Takusha. In an in vivo study, Sanshishi showed a prophylactic impact on calcium oxalate precious stone statement in a rodent model.¹¹

Till date, most of total populace can't get advantages of current medical services offices for the therapy of urinary stone due to the financial variables. Thus, they are as yet depending on provincially accessible home grown medications to fix urinary stone illnesses. Present logical examinations likewise approve a portion of these customary antiurolithiatic claims, yet they are not adequate to set up a large number of these plants and spices as restorative solutions for the treatment and the executives of urinary stones. Accordingly, alongside substance portrayal of antiurolithiatic spices there is needed to embrace more clinical exploration to approve customary antiurolithiatic cases of these plants and home grown details.

CONCLUSION

Antiuro lithiatic action has been reported to a few plants and their definitions in the few old writings. Be that as it may, just couple of plants and natural details have been concentrated to certify their generally known antiuro lithiatic guarantee up until now. These incorporate *Aervalanata*, *Agropyron repens*, *Ammaniabaccifera*, *Bergenia ligulata*, *Boerhaviadiffusa*, *Bryophyllumpinnatum*, *Cratevanurvala*, *Costus spiralis*, *Herniaria hirsute*, *Holarrhenaantidysenterica*, *Origanum vulgare*, *Phyllanthus niruri*, and *Tribulus terrestris*. The dominant part of these antiuro lithiatic plants found to either break down the stones or repress the cycle of urinary stone arrangement. Notwithstanding, little is thought about wellbeing and viability a large portion of these plants or spices as antiuro lithiatic specialists. Also, in some pharmacological examinations, some of antiuro lithiatic plants found to have renal poisonousness.

CONFLICT OF INTEREST STATEMENT

We declare that we have no conflict of interest.

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