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## CHOLELITHIASIS: NO SURGERY, ONLY HERB!

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**C**holelithiasis are hardened deposits of the digestive fluid, when there is an imbalance in the chemical constituents of bile that results in precipitation of one or more components. It is the most prevalent and costly of all the gastrointestinal disorder which stands 5th position of malignancy world wide. Cholelithiasis is a common ailment with 10-20 % of incidence rate and 15-20% of complications. Symptoms include pain at the right hypochondrium region, vomiting, nausea, dyspepsia etc. Till date surgical management is considered to be superior mode of treatment for cholelithiasis even though the risk of operative and post operative complications are surfacing more. The cost of management puts enormous economical burden on patient's life. Non Surgical management of cholelithiasis is an exceptional contribution of Ayurveda by medications prepared out of lithotriptic

herbs. This article illustrates one such phenomenon herb - Corn (*Zea mays* Linn), with highly significant lithotriptic activity without any untoward effects. Experimental study shows the size of gall stones is getting reduce without disturbing the normal activity of Swiss Mice and the toxicity study shows there is no evidence of any organ damage during the study. This shows *Mahayavanala Roma kshara* (alkaline) is said to be safe. Lithotriptic action in clinical study showed approximately 4 mm of gall stones getting reduced in 30 days. A detailed comprehensive study revealed potent lithotriptic action of *Maha Yavanala Roma* ( corn silk hair) in both experimental and clinical formats of the study. This drug is proven to be safer and economical. This paper is intended to make reader's aware of current thinking in the field of *Ayurveda*.

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