



CONCEPTUAL STUDY OF *MUTRASHMARI* AND ITS MANAGEMENT THROUGH AYURVEDA

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ABSTRACT:

Ayurveda is the only science which gives more importance on prevention of disease and maintenance of health rather than treating a disease. *Mutra* means Urine and *Ashmari* means a structure resembling stone. Etiopathogenesis, clinical features, type and prognosis of *Ashmari* are well described in *Charaka Samhita* and *Susrutha Samhitha* and other classical texts. Due to causative factors like imbalance *Ahara Vihara* (unwholesome diet and living habits) aggravated *Kapha dosha* reaches in urinary system and dries up to form the calculus. According to *Acharya Vagbhata* suppression of urge of passing urine results in crystallization and precipitates into calculus formation. There are many factors responsible for *Mutrashmari* formation i.e., Due to bad lifestyle, sleeplessness, odd diets, heavy consumption of fast food, preserved foods, Deficiency of Vitamin A, Intake of antacid drugs, Thyroid disease, Excess intake of particular food item, Long term use of catheter, Gastric surgery, Obesity, Infection in kidneys. Geographical conditions are also responsible for *Mutrashmari*. There are many formulations in texts to treat *Mutrashmari* i.e., *Pashanbhedadi Kwath*, *Pashanbhed Churna*, *Gokshur Churna*, *Gokshuradi Guggulu*, *Varanadi kashayam*, *Veerataradi kashaya*, *Chandraprabha vati*, *Punarnavashtaka kashaya*, *Punarnavadi guggulu*, *Elakanadi kwatha*, *Trivikrama rasa*, *Shilajatu vati*, *Jawaharmohra pishti*, *Godanti (karpoora shilajatu) bhasma* are medicine used to treat *Mutrashmari* in Ayurveda. We can reduce and manage this rising problem of *Mutrashmari* through modifying lifestyle, purification therapy and medication.

Keywords: *Mutrashmari*, Ayurveda, *Ahara Vihara*, *Kashayam*

INTRODUCTION

Ayurveda the science of life provide the extensive knowledge about each and every aspect of life. Many *ayurvedic* texts – *Ashtanga Hridaya*, *Sushruta Samhita* etc also explained in detail the causes, symptoms, diagnosis, precautions and treatment. The formation of stone is one of the common problem of urinary system and as per modern science only few medicines are available for such condition along with surgery.^[1] It is second most common disease of urinary tract with high recurrence rate.^[2] *Ayurveda* described *Mutrashmari* as urinary calculus disease of *Mutravaha Srotas* and considered as *Asthamahagada*.^[3] *Charak* has explained the *samprapti* of *Mutrashmari* in *Trimarmiyadhyaya of chikitsa sthan*. Along with *kapha dosha* in *mutravaha strotas* vitiated *vata dosha* lead to *ashmari* formation.^[4] *Ayurvedic* classical literature have emphasized many *Nidana* of *Ashmari* i.e., *Asmashodhana* (Improper body detoxification), *Apathya sevana*(Improper food habits), *Ativyama*, *Vidahi ahara*, *Teekshnoushadha*, *Rooksha ahara*, *Atiadhwa*, *Nidra alpata*, *Lavana ahara*.^[5] *Ayurveda* described various treatment approaches for the management of disease; use of herbs, *ayurvedic* formulations and *Kshara* etc. This article present a review on

Mutrashmari. It is believed that in India approximately 5% to 8% people are suffering from the disease now a day's. ^[6] This article aimed to deal with *ayurveda* and modern perspective of *Mutrashmari*, its complication and treatment.

MATERIAL AND METHOD

Ayurvedic classics named *Charak samhita*, *Sushruta samhita*, *Astang hridiya*, textbooks and online data bases have been studied thoroughly to understand the concept of *Grahani*.

CONCEPT OF MUTRASHMARI

SAMPRAPTI : According to Ayurveda

Ashmari involve development of a calculus as a foreign body inside the urinary system; kidney, ureter and bladder.^[7]

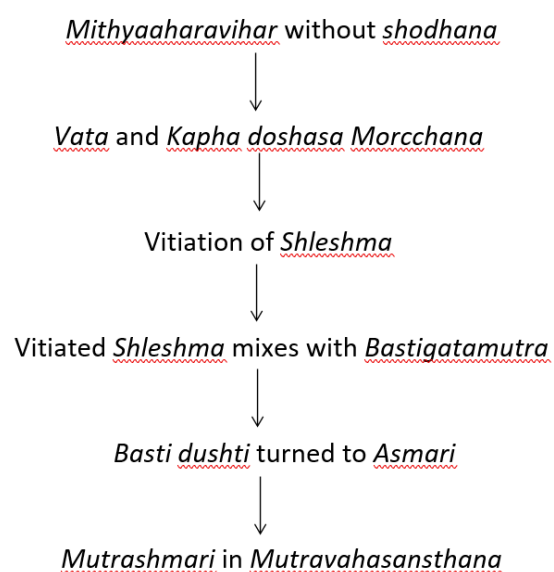
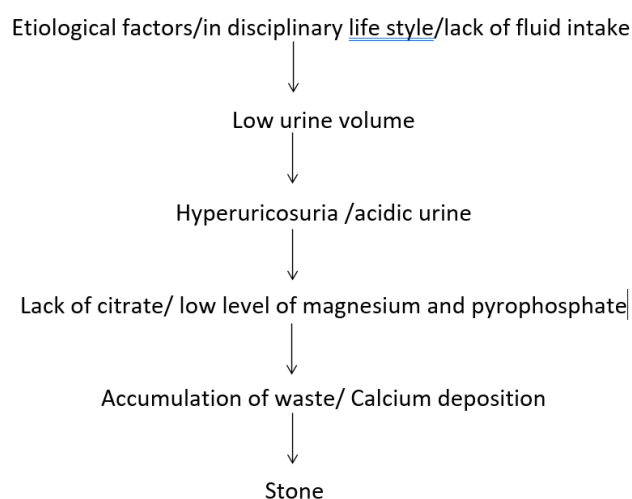


Fig. 1 Samprapti of Ashmari



1. *Vataja Ashmari*
2. *Pittaja Ashmari*
3. *Kaphaja Ashmari*
4. *Shukraja Ashmari*

AS PER MODERN SCIENCE: There are mainly five basic types of stones. [9]

1. Calcium oxalate stone
2. Calcium phosphate stone
3. Ammonium stone
4. Uric acid stone
5. Amino acid stone

Fig. 2- Pathogenesis as per Modern Science

CLASSIFICATION

AS PER AYURVEDA: Ayurvedic science described four types of *Ashmari*. [8]

Table 1 – Types of *Mutrashmari*

S. No	Types of <i>Mutrashmari</i>	Description
1.	<i>Vataja Ashmari</i>	Dusty coloured, rough, hard and irregular stones, Severe pain during passage of urine and stools, it resembles uric acid stones.
2.	<i>Pittaja Ashmari</i>	Reddish, Blackish, Yellowish, Honey coloured, burning sensation and <i>ushnavata</i> , resembles calcium oxalate, uric acid, cystine stone.
3.	<i>Kaphaja Ashmari</i>	Whitish, Dysuria, incising and pricking pain, resembles calcium phosphate stone
4.	<i>Shukraja Ashmari</i>	Mainly found in adults, frequent coitus or coitus interruption. Dysuria, swelling and lower abdominal pain.

Ashmari mainly occur in man than women around 18 – 40 years of ages. The modern approaches of treatment involve use of extra

corporeal shock wave lithotripsy, leaser techniques, open surgery and leproscopy surgery etc, [10] while Ayurveda *Sushruta Acharya*, *Charaka Acharya* and *Vagbhata*

recommended use of drugs (herbs and formulation) followed by *Ghrita*, *Kshara*,

DIAGNOSIS

Diagnosis of kidney stone is possible by physical examination and other laboratory investigations.

1. Physical examination by observations of pain sites.
2. Blood investigation for calcium, phosphorus, uric acid, electrolytes, blood urea nitrogen, creatinine, kidney function.
3. Urine examination for crystals, bacteria, blood cells, pus cells.
4. Ultrasound examination for size, shape and location of calculi.
5. X-ray of abdomen.

UPADRAVA¹¹

Panduta – as diseased kidney cannot secrete erythropoietin, anemia occurs

Karshya – longstanding dormant renal calculi may give rise to wasting of muscle Ushnavata, kukshishoola, trushna, hrutpeeda, aruchi, vami

ASADHYA LAKSHANA¹²

- Prashuna nabhi vrushan
- Baddhamutra
- ruja
- ashmari sikata sharkaranvita.

AYURVEDIC MANAGEMENT OF

MUTRASHMARI

AUSHADHI YOJANA

yavagu, *kshir* or *kwatha* and surgical approaches for the management of disease.

Drugs acting with following properties should be used.

- Ashmari bhedana – promotes crushing of ashmari
- Ashmari paatana – helps in flushing out of ashmari of small size
- Mutrala /bastishodhak – promotes diuretic action
- Mutra shulaghna/ basti shulaghna – relieves pain (spasmolytic action)
- Mutrakrichrahara – soothing and antimicrobial action against urinary pathogens
- Mutranulomak/ mutravibandhaghna – helps in relieving the barrier caused by ashmari
- Pittashamak – soothing action
- Kshiprameva bhinnati – promotes crushing of stone quickly
- Chirakari ashmari/ praghadha ashmarihara – helps in flushing chronic and dormant stones located in kidney.

Acharya Sushruta, *Charaka* and *Vagbhata* mentioned several types of approaches for the management of disease such as; *Shamana* therapy i.e. *Snehana*, *Teekshana ushana*, *Ashmari bhedana*, *Mutrala dravyas*, *Shodhana* therapy, *Kshara*.

Formulations useful in Urinary calculi: ^[13] ^[14]

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|---|--|
| <ol style="list-style-type: none"> 1. <i>Pashanbhedadi Kashaya</i> 2. <i>Pashanbhed Churna</i> 3. <i>Gokshur Churna</i> 4. <i>Gokshuradi Guggulu</i> 5. <i>Varanadi kashayam</i> 6. <i>Veerataradi kashaya</i> 7. <i>Chandraprabha vati</i> 8. <i>Punarnavashtaka kashaya</i> 9. <i>Punarnavadi guggulu</i> 10. <i>Elakanadi kwatha</i> 11. <i>Trivikrama rasa</i> 12. <i>Shilajatu vati</i> 13. <i>Jawaharmohra pishti</i> 14. <i>Godanti (karpoora shilajatu) bhasma</i> 15. <i>Apamargkshara and Yavakshara</i> | <p><i>Acharya Sushruta</i> has explained in detail about the indication of surgery and surgical procedures to be adopted in case of urinary calculi in <i>Chikitsa sthana</i> – 7th chapter.</p> <p><i>Acharya Vagbhata</i> also explained the surgical procedures based upon the ideology of <i>Sushruta</i> in <i>Ashtanga hridaya Chikitsa sthana</i> – 11th chapter.</p> <p>YOGA – For <i>Mutrashmari</i> ^[15]</p> <ol style="list-style-type: none"> 1. <i>Varunasana</i> 2. <i>Paschimothanasana</i> 3. <i>Dhanurasana</i> 4. <i>Pawanmuktasana</i> 5. <i>Utta padasana</i> <p>Pathya-Apathya in <i>Mutrashmari</i>:</p> |
|---|--|

SURGERY:

Table 2: Pathya- Apathya Ahara Vihara^{16,17,18}

Pathya Ahara	Pathya Vihara
Cereals- <i>Puraan Shali, Puraan Sathi</i> (old varieties of rice), <i>Rakta-Shali</i> (red variety of rice), <i>Syamaka</i> (Sanwa-barnyard millet), <i>Kodrava</i> (Kodo millet rice), <i>Trina-dhanya, Godhuma</i> (wheat), <i>Yava</i> (Barley).	<i>Basti-Karma</i> <i>Virechana</i> <i>Vamana</i> <i>Langhana</i> <i>Swedana</i>
Pulses- <i>Kulattha</i> (Horse gram), <i>Moonga</i> (split green gram), <i>Aadhaki</i> (split pigeon peas).	Playing in water
Vegetables- Old fruit and leaves of <i>Kushmanda</i> (pumpkin) plant, <i>Chaulai saag</i> (Amaranthus).	Removing of <i>Ashmari</i> with the help of <i>Yantra</i>
Aushadha- <i>Gokshura, Varuna, Aardraka, Pashanabheda, Yava-kshara, Renuka, Shalaparni, Punarnava.</i>	
Other- <i>Ghrita</i> , drinking water	
Apathya Ahara	Apathya Vihara
Citrus, constipating, sour and heavy to digest eatables and drinks.	<i>Ativyayama</i> , holding the force of

	micturition and ejaculation.
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The modern approach for treatment: ^[19]

1. Conservative treatment:
 - Increased fluid intake to dilute the urine
 - Specific antibiotic to prevent and cure infection
 - Adequate balanced diet eg. Vitamin A, diet quantity
2. Non operative mechanical methods:
 - ESWL
 - Ultrasonic lithotripsy
 - PCNL
3. Surgical treatment:
 - Pyelolithotomy
 - Nephrolithotomy

DISCUSSION:

From the study of ancient surgical treatise, it becomes evident that the urological problems form an important part of medical deliberations. Perhaps, this can be the reason for detailed description of the urinary system related disease i.e., *Mutrashmari* -Urolithiasis in our *Ayurvedic* texts. Old literature gives a clear idea of disease that it has come into existence from the very beginning. *Ayurveda* has a broad spectrum of modalities of *Mutrashmari* by which not only cures the disease but can also prevent it through various types of treatments

as-Nidanprivarjana Sanshodhan, Sanshaman, and Shastra Karma.

The clear-cut cause of the disease is still unknown. But in Ayurveda, *Kapha dosha* in increased quantity has been accepted as the main reason for the formation of *Mutrashmari*. Where as in Modern Science they have considered so many causative factors for the stone formation, but stone has been seen even in those patients also, where those factors were not present. So, in total, the etiology of the disease is still unknown.

CONCLUSION:

Ayurveda system of medicine and lifestyle explains several ways to prevent the occurrence of *Mutrashmari*. *Ashmari* (Urinary calculi) is a dreadful disease and its pain is intolerable and is often irritant and disturbs normal day-to-day activities. The altered food habits, sedentary life, geographical conditions, consumption of salty food and less intake of water are the main cause for the formation of kidney stones as well as worsening of the disease. Ayurveda described various treatment approaches for the management of disease; use of herbs, ayurveda formulation and *Kshara*, etc. The good conduct of life (*Ahara-*

Vihara) also play vital role towards the management of disease.

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