

MUTRASHAMARI MANAGEMENT THROUGH AYURVEDA: -A CASE STUDY**Dr. Sagar Patil^{1*}, Dr. Astha Varma² and Dr. Vichi Sharma³**

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ABSTRACT

Renal stone or calculus or lithiasis is one of the most common disease of urinary tract. It occurs most frequently in men than in women and in whites than blacks. It is rare in children. It shows familial predisposition. The cause of renal stone formation is not yet fully understood but in majority of cases multiple factors are involved. The important factors which influence the formation and growth of uroliths as Hyperexcretion of Relatively insoluble Urinary Constituents oxalate, Calcium, Cystine, Uric acid, drug induced stones. Altered Urinary Crystalloid and colloids, Vitamin A Deficiency, Urinary Infection, Urinary Stasis. Urolithiasis which is known as Ashmari in Ayurveda. First one is Ashma means stone second one is Ari means enemy it results in severe pain as given by enemy. Hence Acharya Sushruta has considered this as one of Ashtamahagada means difficult to treat. 42 year old male patient came with symptoms of Dysuria, Haematuria, Burning micturition, pain in flank region, nausea. The

USG report reveals Right sided mild hydronephrosis with 5.3mm calculus at UVJ. He had taken the medication so many times but he had not get relief. Then he came to our hospital for Ayurvedic treatment. Result showed on the basis of Clinical symptoms relief and USG report. So in this case study, we will look at an Ayurveda approach in the management of Mutrashamari.

KEYWORDS: Ayurveda, Renal calculi, Mutrashamari, ureteric Calculi, USG.

INTRODUCTION

According to sushrut Mutrashamari is formed due to asanshodhan (not doing panchakarma) and apathyasevan. Because of this kaphadosha gets aggravated and reaches basti and form stones. Urinary calculus is like body consists of salts which are bound together by a colloid matrix of organic materials. It consists of nucleus around which concentric layers of urinary salt deposited. It is having clinical features of renal pain, ureteric colic, Haematuria, fever, Urinary tract infection.

Urolithiasis is common worldwide males are commonly affected than female in the ratio of 3:1 the prevalence rate of Urolithiasis was found to be 12% in the world and 4-20% in India. As the water available in this region having hard consistency and hard minerals content., there are number of patients suffering from renal calculi. Hence it is very important to find best solution and prevent the disease at initial stage.

CASE SUMMARY

A male patient of 42 years age attended the OPD of Department of Kayachikitsa, Pt Dr Shivshakti Lal Sharma Ayurveda college Ratlam MP. Patient Having symptoms like nausea, Dysuria, Haematuria, Burning micturition, pain in flank region.

History of Present Illness

According to the patient, he was suffering from nausea, Dysuria, Haematuria, Burning micturition So first he took allopathic treatment but no result was found. USG revealed calculi at Right sided Ureterovesicular junction. he had gone through 3 months of allopathic treatment but he did not get any relief. That's why he decided to take Ayurvedic treatment.

History of Past Illness- Patient does not have history of major illness.

- Past Medical History- No relevant history was present.
- Past Surgical History- No surgical illness.
- Drug History- Allopathic and Homeopathy treatment were taken for Mutrashamari
- Family History- Nil
- Marital Status- Married

General Examination

Built- Normal, Weight- 65 kg, Height- 168 cm, Pulse rate- 78/min, B.P.- 110/70mm of HG, Respiration rate 18/min, Temp- 98.6 F.

Physical Examination

Ashtavidhpariksha: Nadi- Kaphapitta, Mutra- Haematuria, Mal- Samyak, Jihva- Malavritt Shabd- Samyak, Sparsha-Sheeta, Drika- Samanya, Akriti – Madhyam.

Dashvidhpariksha: Prakriti-kaphapitta, Sara- Madhyama, Samhanana- Avara, Pramana- Madhyam.

Satmya- Madhyam, Satva- Madhyam, Vaya- madhyam, Vyayamshakti- Madhayam, Aharashakti- Madhyam

Systemic Examination

CVS: Heart sounds (S1S2): Normal CNS: Concious, oriented.

Respiratory system: normal bilateral air entry, no added sounds. No abnormality found on other system P/A: Soft.

Samprapti Ghatak: Dosha-Kapha, Dushya-, mutravaha strotas Udbhava sthan- vrukka, gavini.

Treatment Protocol

Sr.No.	Medicine	Dose	Time	Anupan
1	Gokshuradi Guggul	250 mg	Twice a day	Lukewarm water
2	Chandrapravati Vati	250 gm	Twice a day	Lukewarm water
3	Varunadi kwath	15ml	Twice a day	Lukewarm water

Follow up done every month.

Before treatment [5/12/23] Stone at UV junction size 5.3mm	Between treatment [12/12/23] Stone at bladder Size 5mm	After treatment (17/12/23) USG not significant abnormality
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After the treatment, there was symptoms like ureteric colic, Haematuria, burning micturition, Dysuria decreases USG reveals, that there was no significant abnormality detected and reducing the size of ureteric calculi.

Pathya- Apathya.

During this period the patient was advised to drink plenty of fluids, like water fruit juices to produce dilute urine.

Maintain a healthy weight.

DISCUSSION

Probable Mode of Action

1. Gokshuradi Guggul _Gokshur is the main ingredient Gokshur is rich in potassium which helps in preventing the formation of Urolithiasis this is due to its lithotriptic and diuretic properties.^[1]

Guggul adds value to the process by multiplying the effect as it's also provides diuretic action provide relief from pain .it has lekan property which is beneficial in removing the stone.^[2]

2. Chandraprabha Vati-Karchur used in Kaphvatik vikara.Its shothhar, vednasthapan.^[3] kidney stones occurs due to an imbalance of vata and kapha dosha. That results in the formation of toxins in the body in form of crystals it's cause urine retention result in Dysuria chandraprabha vati having Mutral (diuretic properties) it increases urine production and helps in easy passage of kidney stone.^[4]

3. Varunadi kwath- main ingredient Varun, punarnava, Gokshur, Guggul that having diuretic properties.stimulating your body's natural ability to get rid of toxins through urine.^[5]

CONCLUSION

According to sign and symptoms we can correlate Mutrashamari Vyadhi with Urolithiasis Detailed analysis of Mutrashamari represent dominance of Kapha and Vata.patient treated with gokshuradi Guggul, varunadi kwath have shown significant role in treating pain, diuretic, and also expels the small size of stones less than approx 6mm. Highly Significant relief in symptoms was seen in patient within one week. So From this case study Patients Of Mutrashamari can be managed by Ayurveda approach.

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