

**AYURVEDIC INTERVENTION OF MUTRASHMARI – A REVIEW
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Tantra, S.M.B.T. Ayurved
College, Dhamangaon,
Igatpuri.**ABSTRACT**

According to Ayurveda, a kidney, ureter, bladder, or urethra stone is called a mutrashmari. Urine stones or calculi are a synonym for mutrashmari. It is referred to as urolithiasis in modern terminology, which means calculi or stone, and the tiny particles that resemble powder are called sharkara or sikata, or gravels. Sushrutacharya describes the two processes of stone formation in the Sushruta Samhita. Urine can crystallise due to the presence of crystalloids in it, or it can stagnate and become overly saturated. In the Charka Samhita, Charakacharya goes into greater detail on how gall bladder stones form. Classical texts mention a number of herbal remedies that are still effective today for stones. Specific group of drugs are mentioned on basis of type of stone on its Doshas combinations. Urine stones are classified on basis of *doshas* – *Vata*, *Pitta*, *Kapha* etc and treatment is mentioned accordingly. The drugs like *Varuna*, *Pashanabheda*,

Troonapanchamoola, *Gokshura*, *Punarnava*, *Apamargakshar* etc. are advised to be administered either in form of decoctions, fermented solutions, powder, cold infusions etc or in form of dietary products like cooked rice, gruel etc. This article reviews the various concept of *Ashmari* in Ayurveda regarding its classification, symptomatology, etiological factors, pathology, complications and management have been dealt with both medico-surgical procedure.

KEYWORDS: Ayurveda, *Mutrashmari*, Urolithiasis.

AIMS AND OBJECTIVE

1. To describe the etiology and classification of *Mutrashmari*.
2. To discuss the management of *Mutrashmari*.

MATERIALS AND METHODS

Charak Samhita, *Sushruta Samhita*, *Chakrapani*, other Ayurvedic texts, modern textbooks, journals and online databases were reviewed thoroughly for the study material.

Concept of *Mutrashmari*

In Ayurveda, many diagnoses ways present, but the *Nidana Panchak* is the most important method to diagnose any disease. *Nidana Panchak* is the five *Parikshas* (5 types of examination) of *Roga* (disease). The *Nidana Panchak* of *Mutrashmari* as follows-

***Nidana* (Causative factors):** Numerous *Nidana* (causes) of *Ashmari* have been highlighted in classical Ayurvedic literature, including *Asmashodhana* (improper body detoxification), *Apathya Sevana* (improper food habits), *Ativyama* (over-exercise), *Vidahi Ahara*, *Teekshnoushadha* (keen, sharp, penetrating drug), *Rooksha Ahara* (light food), *Atiadhwa* (over walk), *Nidra Alpata* (sleep deprivation), and *Lavana Ahara* (salty food). Many factors contribute to the formation of *mutrashmari*, including poor lifestyle choices, insomnia, strange diets, excessive fast food or preserved food consumption, vitamin A deficiency, antacid drug use, thyroid disease, excessive consumption of a particular food, prolonged catheter use, gastric surgery, obesity, kidney infections, and geographic location.

Poorvaroop (Prodromal Symptom): Sushrut explain prodromal features are pain in *Vasti* (urinary bladder), testis (*mushka*), penis (*shefasm*), *Avila mutrata* (change in character of physical urine i.e. turbidity), *sandra mutrata* (concentrated urine), *bastagandhi mutra* (goat like smelling urine), *basti, muska & asana desha soola* (pain in the lower abdominal region), *mutra krichra* (difficulty in urination), *aruchi* (loss of appetite) and *jwara* (fever).

***Rupa* (Symptom):** According to Susruta general symptomatology of *Ashmari* are intense pain in naval region, *Vasti* (urinary bladder), perineal raphe and penis (*medhra*) during micturition, there may be obstruction of urinary flow, urine may come like spray from urethra, sometimes mixed with blood. Urine may also be clear like *Gomeda* gems. At times passing sand like particles (*sikata*), pain during running, jumping, swimming, riding on horses back or on camel and even while walking.

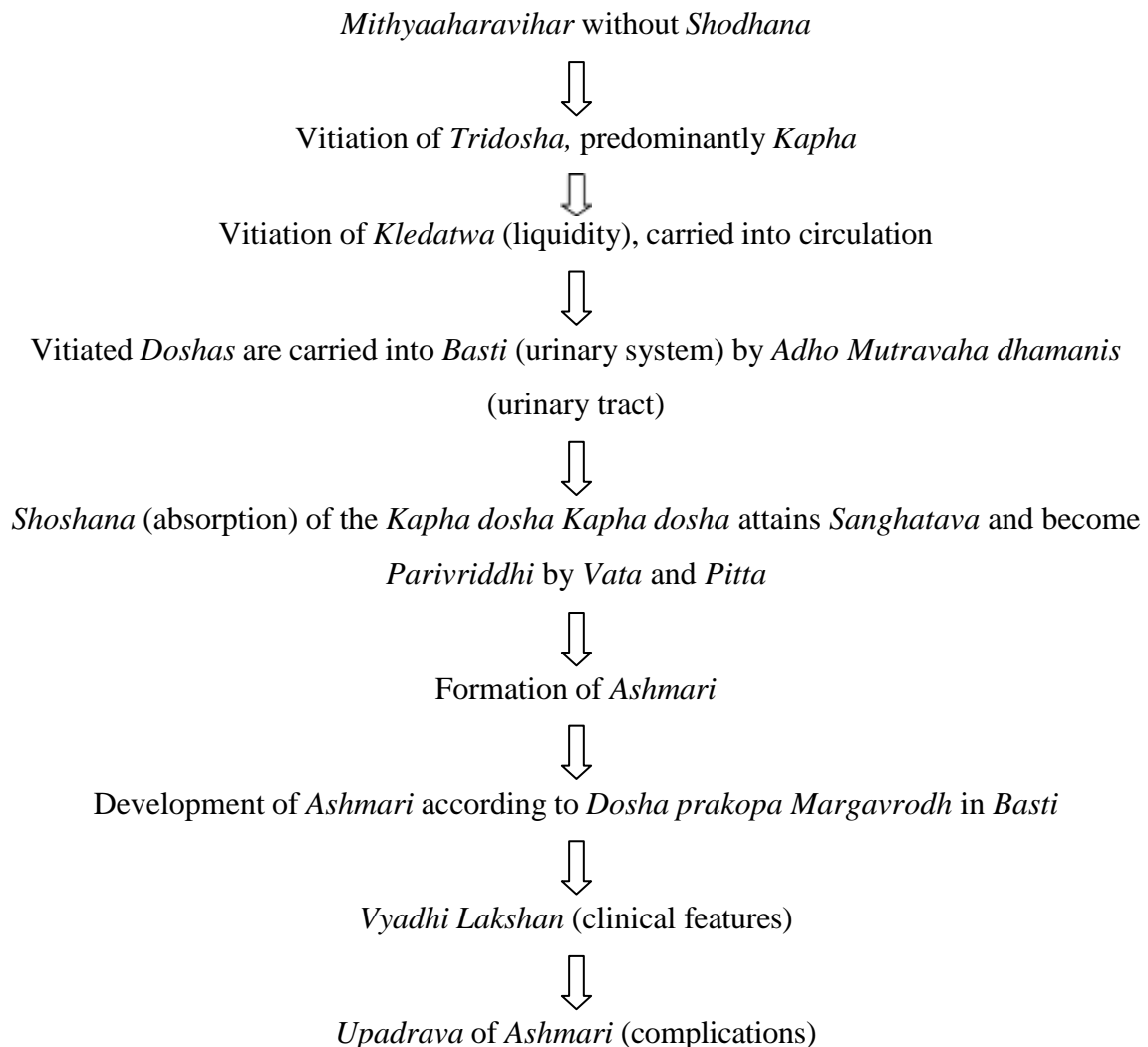
Upshaya (Pacifying factors) & Anupshay (Aggravating factors)

The pain is aggravated by running, swimming, travelling and abnormal activities.^[8]

The pain is pacified by *Kulth Kwath*, *Kshar* like *Shiva kshar* and other Diuretics drugs.

Samprapti

Ashmari involves the development of calculus as a foreign body inside the urinary system; kidney, ureter and bladder.

**Classification**

As per Ayurveda: Ayurveda described four types 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:

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

Types of Mutrashmari

Types: In this ancient treatise of medical science, Acharya Sushruta has explained 4 types:

Vataja mutrashmari - it occurs due to predominant *vata dosha*. There is severe pain, dysuria (*mutrakrichrata*); difficulty in movement/ expulsion of *mutra*, *purisha*. Pain in *vataja ashmari* is described as – Morphological structure of *vataja ashmari* – *kantakachitam* (spiky), *parusham* (rough), *visham* (irregular), *khara/kathina* (hard); shape of *ashmari* is like that of ‘*kadamba pushpa*’ (irregular surface-appears like flower of *kadamba*). Resembles as – uric acid stone.

Pittaja mutrashmari - when *pitta* is associated with *kapha dosha* *pittaja ashmari* is formed. There is burning sensation (*daha*), pain (*peeda*); blood strained urine. Morphological structure of *pittaja ashmari* *sarakta*, *krushna*, *peeta*, *madhuvarna*, *bhallataka asthipratima* i.e. shape resembles ‘*bhallatakasthi*’. Resembles as – calcium oxalate, uric acid and cystine stone.

Kaphaja mutrashmari - due to over indulgence of *kapha* aggravating factors *ashmari* is formed. *Kaphaja ashmari* is bigger in size therefore there is pain in bladder like ‘*suchibhairava*’ i.e. needle pricks; knaving, pulling type of dull ache is experienced by patient. Morphological structure of *kaphaja ashmari* – *shweta*, *madhuvarna*, *sitavarna*, *madhukapushpavarna*, *pingal shuklavarna*; *ashmari* shape resembles ‘egg’ shape (*kukkutanda pratikasha*). Resembles – calcium phosphate stone.

Shukraja ashmari - suppression of *shukra vega* is main cause of formation of *shukrashmari*. It is characterized by difficulty in urination, pain and swelling of the bladder and testicles, when squeezed by the hand, stones breaks in to small pieces in that place itself.

Diagnosis

Diagnosis of kidney stones 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 test.
3. Urine examination for crystals, bacteria, blood cells, and pus cells.
4. Ultrasound examination for size, shape and location of calculi.
5. X-ray of the abdomen (KUB).

Updrava (Complications)

According to *Bhav prakash Nighant*, if *Mutrashmari* not treated properly than complications like *Sliarkameha*, *Sikatameha*, *Bhasmameha* (i.e., passage of sugar-like sand and ash-like particles in urine respectively) anorexia, anaemia, thirst, vomiting, weakness, exhaustion, emaciation, pain in flanks, pain in colon and renal angle, and *Ushnavata*, i.e., pyelitis and cystitis, are appeared.

Ayurvedic Management of Mutrashmari

The Nidan Parivarjan (avoidance of disease-causing and aggravating factors), Sanshodhan (body purification), Sanshamana (a pacificatory form of treatment), and Sastra Karma (surgical interventions) are the foundations of Ayurvedic management of mutrashmari. The Shamana therapy, which includes Ashmari Bhedan, Patan, Teekshana Ushana, Ashmari Bhedana, Mutrala Dravyas (diuretics), Kshara, and so on. Regarding Ashmari chikitsa, Chkardatta provides a separate chapter. Ashmari is the Vyadhirantakpratiko (fatal disease) Chikitsa (by surgery), according to Acharya Sushruta.-

Nidan Privarjan

Avoiding the causative factors mentioned above is the best form of treatment. There can't be any manifestation of disease without taking a causative agent. Because the first aim of Ayurveda is always try to protect the health of a healthy person.

Sanshodhan Chikitsa

Sanshodhan is the process in which unwanted metabolic substances are removed from the body. In *Mutrashmari Tridoshashamak Shodhan chikitsa* (*Snehan, Swedan, Vaman, Virechan, Basti* as per requirement *Uttar Basti*) should be given according to the *Roga Rogi Pariksha*.

Sanshmana Chikitsa

Acharya Sushruta, Charaka and Vagbhata mentioned several types of approaches for the management of disease such as *Teekshana Ushana*, *Ashmari Bhedana*, *Mutrala Dravyas* (diuretics drugs), *Kshara*, etc. *Chkardatta* gives a separate chapter on *Ashmari chikitsa*.

Formulations described in Urinary calculi in various Ayurvedic Texts

Churna (Powder)	<i>Pasanbhedadi Churna, Trutyadi Churna, Trikantak beeja Churna Trikantaka churna with Makshik and Aaviksheer</i>
Ghrita	<i>Pasanbhedadyam ghrita for Vataj ashmari Kusadayam ghrita for Pittaja ashmari Varunadyam ghrita for Kaphaja ashmari, Kulathadyam Ghrita Sarpanchmoolaadi Ghritam, Varun Ghritam</i>
Different drugs Yoga	<i>Goksuradi Yoga, Punarnavadi Yoga, Karpasmutryadi Yoga Pichukadi Yoga, Kronchaadi Yoga</i>
Kasaya (Decoction)	<i>Varunadi Kwath, Sunthadi Kwath, Nagradya Kasaya, Sringyadi Kasaya and panak, Ashmararyadiavlehelaadi Kwath</i>
Gana	<i>Mutravirechaniya mahakasay, Varunadi Gana for Kaphamedeonivarano, Veertaradi gana, Taranpanchmoola gana</i>

Shastra Karma

Acharya Sushruta mentioned that *Ashmari* is the *Vyadhirantakpratiko* (fatal disease) *Chikitsa* (by surgery).

Acharya Charaka has explained the *Bhedan-Patan Karma* for *Ashmari*.

Basti region is considered among the three important *Marm Pradesh* (vital regions) so, Acharya Sushruta described the surgical part as an emergency procedure.

Acharya Sushruta has explained in detail the indication of surgery and surgical procedures to be adopted in the case of urinary calculi.

After completing previous procedures, the stone should remove through the lateral portion of the perineum by incising that area similar to the stone diameter, then withdrawn the stone by curved forceps. The wound should be managed with proper antiseptic precautions. The post operative management should be followed.

Pathya (Do) and Apathya (Don't) in Mutraashmari

<i>Pathya (Do) in Mutraashmari</i>	<i>Apathya (Don't) in Mutraashmari</i>
Fluid Intake 3litres of water per day and other liquid	Suppression of <i>Mootra</i> and <i>Shukra Vega</i> (urges)
Pulses- <i>Kulath daal</i> (horse gram), <i>Mudga</i> (green gram) Cereals- <i>Yava</i> , old rice	Avoid over exercise
Vegetables- <i>Kusmanda</i> (wax gourd) <i>swarasa</i> , <i>Adrak</i> (ginger), <i>Choulai</i>	Intake of sour, <i>Ruksha</i> (dry), <i>Pishtaanna</i> (heavy)

(Amarnath)	
Diet rich in fiber (leafy green vegetables) etc	Tomato etc
Disciplinary lifestyle	<i>Kashaya</i> (astringent) <i>Rasa</i>
Regular bases <i>Shodhan</i> (body purification)	<i>Virudhaahara</i> (Not according to time, place etc)
Food is rich in Vit. A (carrot, fish etc.) and Mg (almonds, bean etc.)	Calcium tablets and other supplements
<i>Yavkshar, Varun Patrashak, Pasanbheda, Gokshura, Shaliparni</i>	Pickles, salt, cold drinks etc

DISCUSSION AND CONCLUSION

The medical and lifestyle practices of Ayurveda provide numerous explanations of how to avoid Mutrashmari. Urinary calculi, or ashmari, is a terrible disease with excruciating pain that frequently irritates and interferes with daily activities. The main factors that contribute to the development of kidney stones and the progression of the disease are changed eating habits, a sedentary lifestyle, geographic location, consumption of salty food, and inadequate water intake. Ayurveda prescribed a number of methods for managing illness, including Kshara, Ayurvedic formulations, and the use of herbs. The management of the illness also greatly benefits from the good living (Ahara-Vihara).

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