



ROLE OF AYURVEDA IN THE TREATMENT OF MUTRA —ASHMARI (RENAL STONE)

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ABSTRACT:- The Disease Mutrashmari is one among the Ashta-Mahagadha (Eight Fatal Conditions) formed in the urinary system. Mutra Ashmari is a disease of urinary tract which causes problems in many ways including passage of urine. The Mutra Ashmari is one of the major disease of mutravah strotas (Urinary System). The problem of mutrashmari progressively increase in the society. Now a days the common cause of mutra vegavarodha chine's food having vinega, less water intak, high calcium diet, alcoholism, sweet, recurrent UTI, occupation life style, Ayurveda the system of Indian medicine and science of life. The Three great authors namely Charaka, Sushruta and Vagbhata followed the scientific methods of study to enhance the perception of Ayurveda towards humanity Sushruta the father of surgery explained urinary calculus under the heading of Ashmari in details including etiological factors, classification, symptomatology, pathology, complications and its managements in a most scientific manner. The information regarding ashmari is available in almost all samhita of Ayurveda. In india approximately 4-7 million patients suffer from stone disease.

KEY WORDS:- Renal Calculi, Mutra- ashmari, Ayurveda Samhita.

INTRODUCTION:- Mutra -Ashmari more commonly known as Renal Calculi Or Urinary Stones. It is one of the most prevalent types of Urinary disorders. In Ayurveda Ashma means stone, Renal calculi are solid accretions of mineral substances that are found in the urine. These can vary in size and number and are generally found in the ureters, bladder or the Kidneys. Ayurveda the system of indian medicine and science of life. The three great Author namely Charaka, Sushruta and Vagbhata followed the scientific method of study to enhance the perception of Ayurveda towards humanity. Sushruta the father of surgery explained urinary calculus under the heading of Ashmari in details including etiological factors, classification, symptomatology, pathology, Complications and its management in a most scientific manner. This disease is dreadful and hence considered on of the mahagadha by Sushruta, may be owing to its potentiality to disturb the anatomy and physiology of urinary system. Rigveda and Atharavaveda (2000-5000 BC) also mentioned the stone and advise people not to ride a horse, Charaka has advised medical management and Sushruta advised both conservative and surgical removal of stone through perineal root cystolithotomy.

AIM AND OBJECTIVES :- (i) To explain to Mutrashmari (ii) To correlate and discuss Mutrashmari

MATERIALS AND METHODS :- (i) References of Mutrashmari have been collected from the classical books of Ayurveda and other authentic sources.

ETIOLOGY (MAIN CAUSES) NIDANA :- Nidana is very important as nidana parivarjana is one of the major line of the treatment in the management of ashmari Ushnagaman -Walking under hot sun or hot climate, Adhwagamana ---Walking Longer distance, Mutra Vega Avrodha — suppression of urge of urine, Diwaswapna — day sleep and rich mudhura rasagun, snigdha and sheeta guna are the main etiological factor found in the formation of Ashmari, According to the ancient Ayurvedic Texts, There is one main cause of all types of disease and that is the suppression of natural vega. Therefore it should not to be suppressed mutra vega. But still some people use to suppress the mutra Vega. Now a days due to busy and stressful lifestyle and in the dream of achieving the big targets in short period, people are suppressing some or most of the natural urges of the body. For example people always suppress the vega (Urge) to pass mutra (urine)

when they are sitting in a group meeting, busy with their work, travelling or watching a favorite movie or serial on television. Therefore Ayurveda strongly recommend non suppression of any natural urges.

CLASSIFICATION OF ASHMARI (RENAL CALCULI) IN AYURVEDA:—

- | | |
|---------------------|---------------------|
| (1) Vataj Ashmari | (2) Pittaj Ashmari |
| (3) Kaphaja Ashmari | (4) Sukraja Ashmari |

CLASSIFICATION OF ASHMARI IN MODERN SCIENCE :-

- | | |
|-----------------------------|---------------------------|
| (1) Uric acid stone | (2) Calcium Oxalate stone |
| (3) Calcium phosphate stone | (4) Cystine stone |

SAMPRAPTHIGHATAKAS (Favorable Thing for disease):-

- Dushya----- Mutra.
 Srotas -----Mootravaha.
 Adhishtana-----Vasti.
 Srotodushti -----Sanga.
 Sadhyasadyata----- Kruchhsadya.

SAMPRAPTI OF ASHMARI (PATHOGENESIS):—

Tridoshas are involved in formation of ashmari . But Kapha Plays important role as it is samavayi karana. The vitiated vata dries up the urine in mutravaha srotas along with pitta by its ushna guna.so that kapha present in the urine attains the form of Ashmari (super saturation of urine takes place) gradually like gorochna formed in cow. The modern science also described retention of urine may be leads to form renal calculi, it follows Urinary saturation-super saturation-Nucleation-crystal growth —crystal aggregation —crystal retention — stone formation.

POORVA ROOPA OF ASHMARI :—

- Bastyadhmanam (Distention of bladder)
 Basti Peera (Pain in lower Abdomen)
 Passage of urine with goats urine smell.
 Fever (jawara)
 Basti, Virishna , shishna shira shoola (pain in bladder, Testis penis with headache)

SAMANYA ROOPA OF ASHMARI (MAIN SYMPTOMS OF CALCULI)

- Pain lower Abdomen and Penis
 Haematuria
 Crystalluria
 Relief after passage of calculus.
 Retention of urine.
 Increased frequency of urine.
 Dysuria.
 Pain in umbilicus and supra pubic region
 Vomiting.
 Fever.

SPECIFIC AYURVEDIC SYMPTOMS:—

Sanskrit words English meaning

S.N.

1. Rakta Mutra	Haematuria
2. Mutra Ghata, Mutravarodha,	Retention of urine
3. Mutra, Kruchha	Dysuria
4. Kukshishoola	Pain in Abdomen.
5. Vamana	Vomiting
6. Jawara	Fever

RISK FACTORS :-

Life style habits and dietary/Nutritional factors.

Low urine volume : inadequate water intake.

Genetic predisposition/inherited disorders : family history of stone.

Hypertension, obesity ,inflammatory bowel disease and other intestinal malabsorption.

Metabolic disorders, hypercalcemic disorders and recurrent urinary tract infections.

CHIKITSA OF MUTRASHMARI (MANAGEMENT OF RENAL CALCULI) :- Ashmari chikitsa can be formulated in three phases.

(i)Apakarshan:-shastra karma(surgical intervention)

(ii)prakrutivighatana:-shodhana and shamana

(iii)Nidana parivarjana:-Avoidance of causative factors.

Shodhana :-According to Sushruta in the initial stage of Ashmari, shodhana in the form of snehana,swedanadi

Karmas are advised and Vamana, virechana. vasti should be used

Nidana parivarjana:-Nidana parivarjana mandatory in all the stage of the diseases.

Samana chikitsa :-The following formulations and properties are advised in cases of Ashmari Kaphahara , Mutra virechana and Apana vayu Anuloman

(i)*Chandraprabhavati* -2 Vati Twice a day with water.

(ii)*Gokshuradi gugul* — 2 vati thrice a day

(iii) *Pashanbhedadi choorna* — 3-6 gram twice a day with lukewarm water

(iv)*Kulthayad choorna* - 2 gram twice a day with honey.

Ayurvedic proprietary medicine:-

(i) *Cystone Tablets* (The Himalaya drug company) 2 Tablets Twice a day

(ii) *Sheetaprabha Tablets* (shree Dhootapapeswar ltd) 2 Tablets Thrice a day

(iii) *Neeri Tablets* 1 tablets Thrice a day (AIMIL PHARMACEUTICAL INDIA LTD.)

PATHYA AND APATHYA IN MUTRASHMARI :-

	Pathya (Do's)	Apathya [Don'ts]
Cereals	Old rice, Barley,	
Pulses	Kulattha, Mudga (green gram)	Black gram [Udada]
Fruits and vegetables	Kushmanda, ginger(Adraka) Leafy vegetables (Patrashaka)shigru (Drum Stick)	Brinjal, tomatoto, spinach
Other	Food rich in vitamin A and Mg,etc rich fiber etc.	Acidic,heavy and distending items of food.
Life style	Sanehana, swedana, vamana, virechana, vasti etc.	Suppression of natural urges, Lack of exercise.

DISCUSSION AND CONCLUSION:—

Mutrashmari can be correlated with urolithiasis. It is one of the most common and painful diseases of urinary system. Acharya sushruta has described the problem of mutrashmari under ashtamahagada. Ayurvedic texts attribute the cause of various disorders to the forceful suppression of these natural Vegas."Prevention is better than cure" hence it is advisable not to suppress these natural vegas. Formation of Kidney stones is a complex and multifactorial process including intrinsic (such as age, sex. and heredity) and extrinsic factors such as geography, climate, Dietary mineral composition and water intake.

Ayurvedic drug has potential to act as antilithogenic by multiple actions such as diuretic. Alteration of physiological pH, regulates crystalloid imbalance, antimicrobial activity, Anti-inflammatory analgesic activity and improve renal function. Ayurvedic drugs like *Punarnava*, *Gokshuradi* etc. Sushruta has described both medical and surgical management of urolithiasis. The good conduct of life (Ahara-vihara) also play role toward the management of disease.

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