A Classical Ayurveda and Modern Review of Mutrashmariw S.R.Urolithiasis

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ABSTRACT

The sign and symptoms as well as morphology of stone found in Mutrashmari are similar to that of Urolithiasis. In Shushruta Samhita Ashmari included in Ashtamahagada due to its notorious nature and reluctant to cure. Urolithiasis is third most common affliction of the urinary tract, exceeded only by UTI and BPH. The classical symptoms of Ashmaris is pain with obstruction of urine. It is one of the common disease conditions worldwide and it is found that Ashmarirecurs in spite of Surgical and Palliative intervention which shows the importance of diet and lifestyle in the manifestation of Mutrashmari. Hence it is very important to know all the aspect of this urinary problem so, that it can be nipped in the bud.

Key word: Mutrashamari, Urolithiasis, Nidana-Samprapti, Pathya-Apathya

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INTRODUCTION

The word meaning of Ashmari is stone, gravel, rock or strangury. Ashmari more commonly known as Urinary Calculus is a stone like body composed of urinary salts bound together by a colloid matrix of organic material. The Prevalence being high at any part of world, Males are affected more than Females. Though causes for Calculi formation are not fully understood, multi-factors are enlisted. Basti, Hridya, and Shira are the three vital organs in the body. Basti is so much important and it is the most significant organ in maintaining homeostasis by controlling metabolite and excretion of waste product. The suppression of natural desires, known as Vegavrodhi is a major cause of variety of disorders. According to Ayurveda one of the most prominent causes of urinary tract disease is the suppression of micturition. Apanavayu one of the five types of Vayu, regulates the functioning of Mutravahasrotas (Urinary system) and obviously any disturbance of Apanavayu causes urinary system dysfunction.

AIM AND OBJECTIVE

- To Understand the Ayurvedic as well as Modern Nidan, Samprapti, Lakshana and Bheda of Ashmari.
- To evaluate role of Pathya-Apathya in the Prevention of Mutrashmari.
MATERIAL AND METHOD

The study is conducted using a variety of literature evaluation drawn from old Ayurvedic works like the Bruhtrayi, Laghutrayi and Modern Books.

NIDANA

तत्रासंशोधनशीलस्यापथ्यकाररणः

Acharya Sushrut says Asamsodhanashilasya (Lack of purification), Apatyaahara (Unhealthy food habits), Apathya vihara (Sedentary lifestyle etc.) are the causative factors of the formation of stone. In those persons Kapha gets aggravated, combines with urine, reach the urinary bladder with staying there and produces calculi.

APATHYA AHARA (IMPROPER DIET)

- Ajirna Bhojana, Adhyashana, Samashana, Viruddha Bhojana
- Shita, Snigdha, Madhura, Guru Ahara:
  - Aanupa mamsa (Mutton, Chicken)
  - Products of Maida flour (Pizza, Burger, Bread)
  - Dairy Products (Cheese, Paneer)
  - Oily Food, Junk Food

RUKSHA ANNA-PANA

- Alcohol
- Cocco
- Tea
- Caffeinated beverage

TIKSHNA ANNA-PANA & AUSHADH DRAVYA

Various type of alkali.

MUTRA-AVARODH

- Suppression of Mutra vega

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

TYPES, SIGN AND SYMPTOMS

VATAJ ASHAMARI:

Properties: Blackish, Hard, Irregular and rough structure. Look like Kadamb flower full of the spike on it.

Symptoms: Intense pain in the abdomen region, burning at penis, difficult to excrete flatus, urine and stool.

Modern co-relation: CALCIUM OXALATE

Usually single, extremely hard, dark in colour, sharp projection, wavy concentric laminae.

Radio opaque.

PITTAJ ASHAMARI:

Properties: Look like Bhallatakasthi

Symptoms: Burning micturition, yellow micturition

Modern co-relation: URIC ACID

Blockage or stasis in Mutravaha srotas Urine saturation

DEHYDRATION:

- Inadequat intake of water
- Excessive intake of alcohol etc.
- Hot climate
- Ashwayana, Ushnagamana, Deergagaman (Riding on two wheeler.)

MISCELLANEOUS:

- Vit. A Deficiency
- Infection in kidney
  - Urea Splitting Organism
- Hyper parathyrodism
  - Hypercalciuria
- Prolonged immobils limb
  - Hypercalciuria
- Altered metabolism of glycin
  - Hyper oxaluria
- Randall’s plaque
- Carr’s postulates

SAMPRAPTI (PATHOGENESIS):

- Mutrashmari is a Kapha dominant Tridoshaja Vyadhi occurring in any part of urinary tract.
- The vitiated Vata dosha along with Kapha dosha in Mutravaha Srotas leads to Ashmari formation. There is reduction in volume of urine due to saturation of Kapha dosha in urine thus causing formation of Ashmari
- While explaining the formation of Ashmari Acharya Sushruta narrates that the manner in which even clear water collected in pot precipitates in the bottom after sometime; similarly the process of hardening of Ashmari occurs with the Kshara of Kapha Dosha present in Mutravaha Srotas.
### TYPES AND APPEREANCE:

<table>
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<tr>
<th>TYPES</th>
<th>According to Ayurveda</th>
<th>According to Modern</th>
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</thead>
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<tr>
<td>VATAJ</td>
<td><img src="image" alt="LOOK LIKE KADAMB PUSHPA" /></td>
<td><img src="image" alt="CALCIUM OXALATE STONE" /></td>
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<tr>
<td>PITAJ</td>
<td><img src="image" alt="LOOK LIKE BHALLATAKAA ASTHI" /></td>
<td><img src="image" alt="URIC ACID STONE" /></td>
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<td>KAPHAJ</td>
<td><img src="image" alt="KUKUTTA -ANDAPRATIKASH" /></td>
<td><img src="image" alt="PHOSPHATE STONE" /></td>
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### PATHYA-APATHYA:

#### PATHYA:

**Vegetables:** Kushmanda, Talaphala, Patol, Carrots, Karela, Radish, Pumpkin, Cucumber  
**Cereals:** Purana shali, Barley, Moong dal, Kulattha  
**Fruits:** Watermelon, Muskmelon, Apple, Grapes, Phalgu  
**Liquid:** Ushnodaka, Narikelodak, Ikshurasas  

#### APATHYA:

**Vegetables:** Tomato, Palak, Brinjal, Ladyfinger, Peas, Beans, Cabbage, Cauliflower, etc.  
**Fruits:** Sapodilla, Strawberry, Pumpkin, Cashew nuts, Kiwi  
**Liquid:** Alcohol, Tea, Cocoa, Caffeinated beverage

### DISCUSSION

*Apathya* (Unhealthy dietary habits and lifestyle) is the main cause of disease; however, *Pathya* (healthy dietary habits and lifestyle) is a holistic approach to the management of disease. Therefore, food and lifestyle management are the main factors for any therapy. *Acharya* has mentioned a specific diet for specific disease, because if something is beneficial to someone, it does not mean that the same will work in other situation, dietary in difference also depends on nature and other factors. Therefore, the dietician or doctor needs to be very careful about the food habits with lifestyle.

So, the *Pathya-Apathya* mentioned above is for *Mutrashmari* which helps in healing remove the cause of the recurrence of the disease and reduces the recurrence rate.

### CONCLUSION

*Ashmari* is highly prevalent condition with a high recurrence rate and it has a large impact on quality of life. A disease cannot be treated only by medication alone but preventive aspect of is equally useful in its management. Avoidance of the causative factors (*Nidana and apathy* ) given a prime importance in the prevention as well as cure of disease. As it is rightly said that everytime one eats, its either feeding the disease or fighting it. Thus, having a rich knowledge pertaining to *Pathya Apathya of Ayurveda* can contribute to the restoration of health, and prevent *Ashmari* by diet changes. Along with *Nidana Parivarjana* if *Pathya* is followed the *Samprapti Vighatan* (regression of pathology) happens and the treatment will be successful.

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