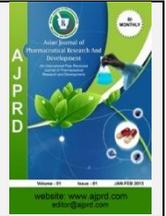


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Case Study

## 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 Ashmari is pain with obstruction of urine. It is one of the common disease conditions worldwide and it is found that Ashmari recurs 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*, *Hridaya*, and *Shira* are the three vital organs in the body<sup>1</sup>. *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 *Vegavarodh*<sup>2</sup> 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. *Apanvayu* one of the five types of *Vayu*, regulates the functioning of *Mutravahasrotas* (Urinary system) and obviously any disturbance of *Apanavayu* causes urinary system dysfunction<sup>3</sup>.

### 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

तत्रासंशोधनशीलस्यापथ्यकारिणः |

प्रकृपितः श्लेष्मा मूत्रसम्पृक्तोऽनुप्रविश्य बस्तिमश्मरीं जनयति॥

*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)

- *AjirnaBhojana*, *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  
 ➡ crystal retention ➡ stone formation<sup>4</sup>

## 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:

- Inadequet 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 parathyroidism
  - Hypercalciuria
- Prolonged immobilis 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* alongwith *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 *Ashamari*
- 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*.

Multiple, moderately hard, yellow to dark brown colour, smooth surface.

Radio lucent

### KAPHAJ ASHAMARI:

**Properties:** White, slimy, big size, Look like *Madhuka pushpa* and *Kukkutaandapratikash*

**Symptoms:** Pain at bastiregion, shaitya

Modern co-relation: PHOSPHATE

Smooth, soft, and friable off white in colour, staghornshape, enlarge rapidly.

Radio opaque

### SHUKRA ASHAMARI:

Difficulty in micturition, Pain in bladder, scrotum, swelling in scrotum.

**TYPES AND APPEARENCE:**

TYPES:	According to <i>Ayurveda</i>	According to Modern
<b>VATAJ</b>	 <p data-bbox="418 485 776 537">LOOK LIKE <i>KADAMB PUSHPA</i></p>	 <p data-bbox="959 485 1292 537">CALCIUM OXALATE STONE</p>
<b>PITAJ</b>	 <p data-bbox="418 768 776 821">LOOK LIKE <i>BHALLATAKA ASTHI</i></p>	 <p data-bbox="1040 768 1300 821">URIC ACID STONE</p>
<b>KAPHAJ</b>	 <p data-bbox="386 1073 802 1125">KUKUTTA -ANDAPRATIKASH</p>	 <p data-bbox="959 1073 1333 1125">PHOSPHATE STONE</p>

**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, Ikshurasa

**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 apathya*) 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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