

## LITERARY STUDY OF MUTRASHMARI WITH AYURVEDIC AND MODERN VIEW

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Article Received on  
23 October 2020,

Revised on 13 Nov. 2020,  
Accepted on 03 Dec. 2020

DOI: 10.20959/wjpr20211-19379

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### ABSTRACT

Now a days, several patients are reporting to the hospitals by regularly affecting with different *Mutravaha Srotas* disorders like burning micturation, renal stone diseases etc. *Mutrashmari* is one of the important diseases of *Mutravaha Srotas*. *Mutrashmari* is a very common disease which includes a complex physiochemical process that involves a series of events in formation of *Ashmari* i.e. stone. Description of *Mutrashmari* is available in almost all *Samhita*. In *Ayurvedic* literatures the types of *Mutrashmari* is based on the *Lakshanas* of *Dosha* and *Ashma*. In *Ayurveda*, both *Shaman* and *Shodhana Chikitsa* are described for the treatment of *Mutrashmari*.

Among all the urinary problems described in *Ayurvedic* texts, there is one variety where both the medicinal and the surgical treatments are advised by all the *Acharyas* and this entity is the *Mutrashmari*. Furthermore renal calculus occurs in both the sexes at all the ages but commonly in the 3rd and 4th decades, stone in kidney or in ureter is probably little more frequent in men than women.

**KEYWORDS:** *Ayurveda*, *Mutravaha Srotas*, *Mutrashmari*, Renal calculus.

### INTRODUCTION

*Ayurveda* deals with many dreaded diseases of *Mutravaha Srotas* under the heading of *Mutrakriccha*, *Mutraghata*, *Mutrashmari* etc. *Mutrashmari* is one of the most common and distressing maladies among urinary disorders. *Ashmari* is a disease related to *Mutravaha Srotas* in which an 'Ashma' meaning stone is formed in urinary system. It is a *Tridoshaja Vyadhi* with predominant *Kapha Dosha*.<sup>[1]</sup> *Acharya Sushruta* has mentioned it in *Ashta Mahagadas*.<sup>[2]</sup> *Ashmari* is a dreadful disease and has been regarded to be as fatal as *Yamaraja*

himself. In the early stages it is treatable by medicines but in advanced cases surgery is needed.<sup>[3]</sup>

According to *Acharya Charaka* the *Shukra Dhatu* in the *Basti* gets dried up along with *Pitta* or *Kapha Dosha* by *Vata* forms *Ashmari* like how *Gorochana* forms in Gallbladder of cow.<sup>[4]</sup> When clear water is placed in a new mud pot, after sometimes some particles precipitates into the water, similarly in the *Basti Ashmari* develops.<sup>[5]</sup>

A calculus is polycrystalline aggregates composed of varying amounts of crystalloid and organic matrix. Urinary calculus is a stone like body composed of urinary salts bound together by a colloid matrix of organic materials. The organic matrix is a mixture of mucoproteins and muco-polysaccharides. It consists of a nucleus around which concentric layers of urinary salts are deposited.<sup>[6]</sup> In India, maximum prevalence occurs in Jammu and Kashmir, Punjab, Haryana, Delhi, Rajasthan, Madhya Pradesh and Gujarat (stone belt of India).<sup>[7]</sup> Renal stones may occur due to metabolic disturbances, infections, hormonal influences, dietary conditions and habits or obstructions in the bladder or kidney or increased excretion of stone forming components such as calcium, magnesium, oxalate, carbonate, phosphate, urate, cystine etc. The major factors are supersaturation of urine with the offending salt and crystallization.<sup>[8]</sup>

According to the *Ayurvedic* classics the structure which resembles stone is called as *Ashmari*<sup>[9]</sup> or the one which is converted into a hard mass resembling a stone (*Ashma*) is called as *Ashmari*.<sup>[10]</sup>

*Acharya Sushruta* has classified the disease *Ashmari* into 4 types they are - *Vatashmari*, *Pittashmari*, *Shleshmashmari* and *Shukrashmari*<sup>[11]</sup>. *Ashtanga Hrudaya*,<sup>[12]</sup> *Ashtanga Sangraha*,<sup>[13]</sup> *Madhava Nidana*,<sup>[14]</sup> *Bhava Prakasha*,<sup>[15]</sup> *Sharangdhara Samhita*,<sup>[16]</sup> *Yogaratanakara*<sup>[17]</sup> have classified the disease *Ashmari* similar to that of *Sushruta Samhita*.

*Acharya Charaka* has described the *Mutrashmari* under *Mutrakrichha* and on the basis of consistency, classified *Shukraja*, *Pittaja* and *Kaphaja* varieties as *Mrudu Ashmari*, whereas *Vataja* variety of *Ashmari* as *Kathina Ashmari*.<sup>[18]</sup>

**Nidana (etiology)** - According to *Sushruta*, those who do not observe cleansing procedure and unhealthy diet and lifestyle are responsible for the formation of calculi.<sup>[19]</sup> *Acharya Charaka* described it under "*Mutrakrichha*". Hence the *Nidanas* of both *Mutrakrichha* &

*Ashmari* can be taken as same. They are practice of excessive physical exertion, strong medicines, *Ruksha Madyapana*, riding on a fast moving vehicle, excessive intake of *Anupamamsa* and *Matsya*, *Adhyashana*, *Ajeerna-bhojana*.<sup>[20]</sup> In conventional medicine, three primary factors are considered responsible for renal calculus - supersaturation of stone-forming compounds in urine, presence of chemical or physical stimuli in urine and presence of inadequate amount of compounds in urine that inhibit stone formation. Heredity, geographical condition, dietetic factors also play a key.<sup>[8]</sup>

***Samprapti (pathology)*** - According to *Ayurveda*, by indulging in unhealthy diet and lifestyle, non purification of the body, *Kapha* gets aggravated and mixed with urine enters the urinary bladder and therein it produces *Ashmari* (calculi).<sup>[19]</sup> The two basic aspects of pathogenesis of renal stone are as follows- (a) increased urinary excretion of stone forming substances like calcium, phosphorus, uric acid, oxalate and cysteine. (b) Physico-chemical change influencing stone formation like pH of urine, stone matrix and protective substance in urine. Urine should be supersaturated for precipitation of crystalline substance leading to formation of calculi in urinary tract. The agents modifying nucleation, crystallization, and aggregation pH of the urine also play important role in stone formation.<sup>[21]</sup>

#### ***Purvarupa***<sup>[22,23]</sup>

- *Basti adhamanam* – distension of bladder due to retention of urine
- *Aasannadeshe ruja* – severe pain at the site of *Ashmari*
- *Bastishiromushkashepsamvedana* – pain in the region of bladder neck, scrotum and penis
- *Bastipeeda* – pain in the bladder region
- *Mutrakrichha* – difficulty in micturation due to irritation of bladder by calculus
- *Dushtasandramutrata* – sedimentation of urine
- *Aavilamutrata* – turbidity of urine
- *Bastagandhatwam* – goat's urine like smell in the urine
- *Aruchi* – anorexia
- *Jwara* – fever

#### ***Samanya Lakshana***<sup>[24,25,26]</sup>

- *Nabhivastisevnmehana vedna* – pain during micturation occurs in any of these regions- the umbilical region, bladder, perineal raphe and penis

- *Mutraddharasanga* – obstruction in the flow of urine
- *Sarudhiramutrata* – haematuria
- *Mutravikirana* – scattering of the urinary stream
- *Gomedaprakasham* – shining like *Gomeda* gem
- *Atyavilam mutram* – passage of turbid urine
- *Sasiktam* – passage of sandy urine
- *Vishirnadharam* - Passage of urine in multiple streams
- *Mridnati medhram* – presses penis during micturation
- *Muhuhshakrin* – increased frequency of defecation
- *Muhumutram* – increased frequency of micturation
- *Sukham mehedgachham* – when stone dislodges or comes out then patient get relief.

### Vishishta Lakshana

	<i>Vatashmari</i> <sup>[27]</sup>	<i>Pittashmari</i> <sup>[28]</sup>	<i>Kaphashmari</i> <sup>[29]</sup>
Colour	<i>Shyava varna</i>	<i>Madhu varna</i>	<i>Madhukapushpa varna, Shweta</i>
Shape & appearance	<i>Kadambapushpavat kankachita, Parusha, Vishama, Khara</i>	<i>Bhallatakasthi Pratima, Sarakta, Peeta, Krishna</i>	<i>Kukkutandatwak pratikasha, Snigdha, Mahati</i>
Symptoms	severe pain due to obstruction to the flow of urine, due to excessive pain the patient clenches his teeth, squeezes the umbilical region, rubs the penis, touches the perineal region often and cries with agony, patient feels burning sensation and passes flatus, urine and stool with difficulty while straining for micturation.	Obstruction to the flow of urine causes warmth, sucking, burning or throbbing sensation in <i>Basti</i> and this result in <i>Ushnavata lakshana</i> . The <i>Ushnavata lakshanas</i> are burning sensation in <i>Basti, Medhra &amp; Guda</i> .	Obstruction to the flow of urine causes cutting, incising or pricking pain, heaviness and cold sensation in <i>Basti</i> .
Co-relation	Calcium oxalate stone	Uric acid and urate stone	Phosphatic stone

*Shukrashmari*<sup>[30]</sup> - It develops only in the aged persons. Suppression of *Shukra Vega* is main cause of formation of *Shukrashmari*. There is pain at *Basti* region, difficulty in micturation, swelling in scrotum. When squeezed by the hand, stones break in to small pieces in that place itself.

This is a rare condition, it can be compared with seminal concretions or the spermolith, which are not seen in ultrasonography or X-ray. Seminal calculi are very fragile in nature and can be crushed by fingers.

**Chikitsa**<sup>[31]</sup> - In the prodromal stages of this disease oleation, etc. are advisable by which the disease may be totally eradicated. Treatment of *Ashmari* can be one or more of the following four types.

- 1) *Aushadha Chikitsa*
- 2) *Basti Chikitsa*
- 3) *Kshara Chikitsa*
- 4) *Shastra Chikitsa*

### 1) *Aushadha Chikitsa*

Drugs acting with following properties should be used.

- *Ashmari bhedana* – promotes crushing of *Ashmari*
- *Ashmari paatana* – helps in flushing out of *Ashmari* of small size
- *Mutrala /Bastishodhaka*– promotes diuretic action
- *Mutra shulaghna/ Basti shulaghna* – relieves pain (spasmolytic action)
- *Mutrakrichhahara* – soothing and antimicrobial action against urinary pathogens
- *Mutranulomak/ mutravibandhaghna* – helps in relieving the barrier caused by *Ashmari*
- *Pittashamak* – soothing action
- *Kshiprameva bhinnati* – promotes crushing of stone quickly
- *Chirakari Ashmari/ Pragadha ashmarihara* – helps in flushing chronic and dormant stones located in kidney.

1) **Drugs used in *Ashmari*** -*Pashanabheda, Gokshura, Shilajit, Varuna, Usheera, Kantakari, Punarnava, Trapusa, Ela, Veertaru, Bruhati.*

2) ***Basti Chikitsa*** - *Acharya Sushruta* advised *Uttarbasti* in the management of *Ashmari*.

3) ***Kshara Chikitsa*** - *Acharya Sushruta* has advocated preparing *Kshara* from the drugs mentioned above for preparing *Ghrita*. Most of the *Kshara* (alkaline materials) act as diuretics, lithotriptic, alkalizer, antispasmodic agents and are effective in the management of renal calculi For example *Palash Kshara* and *Yava Kshara*.

4) ***Shastra Chikitsa*** - Surgery has to be the ultimate treatment because even with expert surgeons success is uncertain. In these cases, operation should be considered last of all,

when death is inevitable with non-operative treatment. It should be carried out by the well meaning persons after taking the consent of the authorities.

## DISCUSSION

*Mutrashmari* can be correlated with renal stone. It is one of the most common and painful diseases of urinary system. *Acharya Sushruta* has described the problem of *Mutrashmari* under *Ashtamahagada*. The cause of disease is still unknown. But in *Ayurveda*, *Kapha Dosha* in excessive quantity has been accepted as the main reason for the formation of *Mutrashmari*. Among all the urinary problems described in *Ayurvedic* texts, there is one variety where both the medicinal and the surgical treatments are advised and agreed upon by all the *Acharyas* and this entity is the *Mutrashmari*.

*Ayurvedic* drugs 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.

## CONCLUSION

Based on explanations available from both treatises of *Ayurveda* and modern medical science, it can be concluded that *Vataja Ashmari* is calcium oxalate stone, *Pittaja Ashmari* is uric acid or urate stone and *Kaphaja Ashmari* is phosphate stone. Renal stone is a common trouble effecting people all around the world and frustrating physicians and surgeons by its recurrence, herbal drugs may prove beneficial here and should be given a chance. They may come out as a miracle for the management and prevention of recurrent renal stone.

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