

A Role of Ayurvedic Management in *Mutrashmari* w. s. r. to Renal Calculi – A Case Study.

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Abstract – *Mutrashmari* is one of the commonest diseases of *Mutravahastrotas*. The disease *Mutrashmari* is one among the *AshtaMahagada* (8 fatal conditions) formed in the urinary system^[1]. Based on its clinical features, it is compared with urolithiasis. It is a consequence of complex physicochemical processes which involves sequence of events in the formation of any urinary stone. In this case report 50 yrs /male patient visited in OPD *Kaychikitsa* with complaint of abdominal pain (radiating pain from loin to groin) & burning micturition. The pt had 2 times operated history for renal calculi. He was not willing for 3rd time operation of renal calculi so he came for Ayurvedic treatment. The USG report showed renal calculi. The patient was treated with ayurvedic formulation of *churna*, *tab* & *kashaya*. This treatment showed magical effect. The

stone was expelled out through urine within 1 month. It was 18 mm × 9 mm in size. The pt got moderate relief from pain in the abdomen & didn't experience dysuria.

Keywords – *Mutrashmari*, Renal calculi, *Shaman chikitsa*, Ayurvedic formulation.

Introduction-

✦ Renal stones vary in frequency around the world probably as a consequence of dietary & environmental factors. Renal stone are one of the most common urological problems^[10] Renal stone can occur at any age. Stones that grow in the urinary tract (recognised as nephrolithiasis or urolithiasis) form when the urine becomes excessively supersaturated concerning a mineral, leading to crystal formation, growth, aggregation & retention within the kidneys^[1]

✦ The lifetime prevalence of symptomatic renal calculi is approximately 10% in men, 5% in women & probability of the second stone formation within 5 to 7 yrs is approximately

50%^[4]. Worldwide approximately 80% kidney stones are composed of calcium oxalate (CaOx) mixed with calcium phosphate (CaP)^[5]

✦ *Mutrashmari* is one of the commonest diseases of *Mutravaha strotas*. *Mutrashmari* is classified on the basis of, predominance of *doshas* sign & symptoms^[2]. Depending upon the type of *ashmari* the other symptoms & the nature of pain varies. *Acharya Sushruta* has mentioned *Mutrashmari* as one of the *AshtaMahagada*, *Mahagada* means which is dreadful & having potential to disturb the anatomy & physiology of urinary system. It has tendency of recurrence. *Acharya Sushruta* has explained the formation of *Ashmari*

in detail including *Nidana*, *samprapti*, *purvarupa*, *Rupa*, *Bheda*, *Updrava*, *Asadhya lakshana* & *chikitsa* in a most scientific manner.^[3]

✦ *Acharya Charak* has explained the *samprapti* of *Mutrashmari* in *Trimarmiyadhyaya* of *chikitsa sthan*. Along with *Kapha dosha* in *Mutravaha strotas* vitiated *vata dosha* lead to *Ashmari* formation^[6]. There is reduction in volume of urine due to saturation of *kapha dosha* thus causing formation of *Ashmari* due to *nidan sevan*, *doshas* gets aggravated along with *dushya* they cause *strotodusti* & then disease manifest.^[7]

Method:-

Case study- A 50 yrs old male patient visited to our L.K.Ayurved Rughnaley, Yavatmal on 27/06/2022.

The patient presented with complaint of severe pain in left flank region associated with burning micturition, difficulty in urination, pain radiating to groin region, intermittently. USG abdomen was advised.

History of Present illness:- Before 2 months pt. was in good state then he started to complain of severe abd pain & it was discovered that the pain was sporadic & colicky. It was present on the rt side of the abdomen which radiated from the loin to groin area, difficulty in urination normally at the start of pricking type of urination often burning micturition.

Past History:- Patient had 2 times operated history for renal calculi. There was no history of diabetes mellitus or HTN. History revealed that his food intake was irregular so recurrence of calculi was present. He was not willing for 3rd time operation of renal calculi. He came for Ayurvedic treatment.

Family History:- no significant history

Rughnaparikshan:-

- *Nadi* - 76 /min
- *Mal.* - *samyak*
- *Mutra* - *Asamyak*
- *Jivha* - *alpsam*
- *Shabda* - *Prakrut*
- *Sparsha* - *samshitoshn*
- *Prakruti.* - *vat-kaphaj*
- *Nidra.* - *Anidra*
- *RR.* - 19 / min

- Temp – 98.3°F
- BP. - 120/70 mm of Hg
- Urine – Burning & painful micturition
- Stool – Unsatisfactory bowel habits
- P/A - No organomegally & tenderness elicited in both side of lumbar region & side of renal angle.

Investigation:-

USG Report – Right *renomegaly* with two small stones (8.9× 7.4.10×8.3 mm) in caliceal system with *hydronephrosis* due to three small stones (9.3×6.2,6.5×4.6 mm) in right VUJ & lower ureter.

Urinary bladder shows mild mucosal irregular thickening. His blood & urine reports were within normal limits

Samprapti Ghatak:-

Dosha – *tridosha* (*vatkaphpradhan* n)

Dushya – *Mutra*

Material: -

<i>Dravya</i>	<i>Matra</i>	<i>Kala</i>	<i>Anupan</i>	
1.Hazrul Yahud Bhasma +	20 gm			
Punarnava Mandur +	10 gm			
Punarnava Gugulu +	10gm	BD	Ushnodak	
Pashanbhed +	10 gm			
punarnava churna +	40 gm			
Chandraprabha Vati	10 gm			

Agni - *jatarangi mandya*

Ama - *Jataragni mandya janya*

Strotas – *Mutravaha strotas*

Udbhava sthan – *Amashaya & pakvashaya*

Sanchara sthan – *Siras, amapakvashayagat Mutravaha strotas*

Adhisthan – *Mutravaha strotas & basti*

Vyakta sthan – *Mutravaha strotas & basti*

Dusri Prakara – *sanga*

Rogmarga - *madhyama*

Vyadhi swabhava – *Mutra apravruttijanya vicar*

Sadhyasadyatha – *kruchhasadhyatha, shastrasadyatha*

Material & Methods:- Method:- 1) A Case study

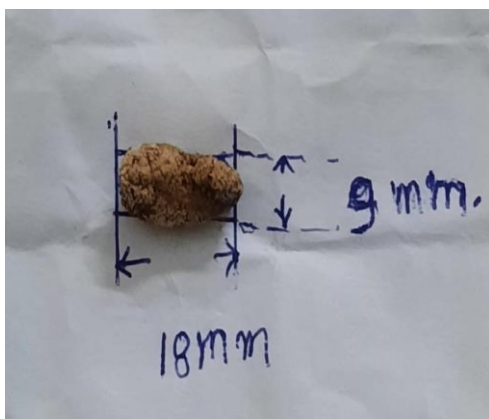
2) Centre – PG Dept of Kaychikitsa L. K. Ayurved Hospital Yavatamal affiliated to DMM Ayurved college Yavatmal

(60 pudya)	(twice a day 1.....1)			
2.cap Unclean		TDS	Water	
3.Tab Distone		TDS	Water	
4.cap. panastone		TDS	Water	
4.Syp Unclean + Ashmarihar kadha		TDS (10ml)	Water	
5.Cap.Conlax		OD water	HS	

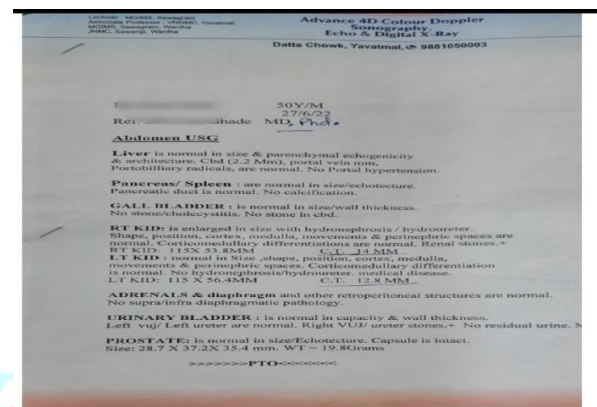
Before treatment (USG Report)



After treatment (no stone in USG report)



(Stone size)



Result: -

In the first follow up, the patient informed the stone was expelled out through urine. It was 18mm×9mm in size. He experienced moderate pain & disturbance in the urine flow on 30 th day. The patient got moderate relief from pain in the abdomen & didn't experience dysuria. The result revealed that with *ayurvedic Shaman Chikitsa* renal calculi can be healed & other surgical procedures can be prevented.

Discussion :- In this case study, the stone was present on UVJ region. UV Jregion is nearer to the urethra so the stone was easily expelled out through the urine. The combination of drugs described in the treatment found to be very effective in reducing the symptoms of *Mutrashmari*, *bastishula*, *Mutra*

virechaniya, mutrasangrahaniya & mutrashodhaka.

- In the present case study, pain is relieved due to the *ushna & teekshna guna* of drugs has *kaphvataghna* properties^[8]. It acts antagonist to *kaphvataja sanghata*. In **Uclean capsule**, *chandraprabha* (50mg), *Hazral Yahud Bhasma* (50 mg), *Tankan bhasma* (25 mg), *Pashanbhed* (100mg) which is used in urinary retention, dysuria, renal calculi & burning micturation due to acidic urine.

- Distone capsule** in *ayurvedic* formulation enriched with *Pashanbhed, manjistha, Nagar musta, Apamarkhar, Elaichi, Revanchini, Gojiha, sahadevi, Hazrul yahud bhasma, Shudha shilajit*. that is a unique *ayurvedic* blend of herbs & minerals meant for overall kidney, urogenital system wellness & also reduce stone forming substance.

- Chandraprabha Vati** is potent anti-inflammatory *ayurvedic* remedy used for the treatment of diseases of the urinary tract, kidney, pancreas, thyroid gland, bones & joints. *syp uclean & Ashmarihar kadha* helps in breaking the *sanghat* of *Mutrashmari* & helps in dissolution & disintegration of stone i.e *Ashmarighna* properties^[9].

Probable Mode of Action:- All the medicine are given in the treatment are *ushna & tikshna guna* has *kaphvataghna* properties. It acts antagonist to *kaphvataj sanghat* It helps in breaking the *sanghat* of *Mutrashmari* & helps in dissolution & disintegration of stone I e *Ashmarighna* properties

Conclusion: - After observation of this case study, it can be concluded that the Ayurveda gives better relief to the patient of *Mutrashmari*. The *ayurvedic* formulation of *churna*, tablets & *kashaya* can be safely & effectively carried out in pts of *Mutrashmari* with good results.

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