

**Literature review of Ayurvedic concept of *Mutrashmari*  
w. s. r. to renal calculus.**

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**ABSTRACT:**

Shalyatantra includes diseases of “*Mutravahastrosa Rogas*” that is diseases of the urinary tract like “*Mutrashmari*”. *Shalyatantra* also described “*Mutrasmari*” with its *Samprapti* which is pathogenesis and treatment. By our Acharya, there are various types of treatment advice in our manuscripts. In cases like the disease, “*Mutrashmari*” perfect diagnosis is important because after proper diagnosis we can start proper ayurvedic treatment so we want to study “*Mutrashmari*” briefly by Ayurvedic aspect. We must to aware people of serious disorders like “*Mutrashmari*” and help them with lifestyle modification for the prevention of this disease “*Mutravahastrosa*” so we need to study “*Mutrashmari*”.

**Keywords:** *Mutrashmari, Mutravahastrosa, Urinary Calculi*

**Introduction**

Ayurveda is ancient science of lifestyle and its prestige of India. There are many diseases comes under the title of

*Mutrakricchra, Mutraghata, Mutrashmari* etc. *Mutrashmari* is one of the most commonest diseases under urinary disorders. Acharya *sushruta* – the father of surgery has described widely and by various aspect about the *Mutrashmari* with its classification, appearance, etio-pathology, complications and its management of *Mutrashmari*. This is the evidence of the superiority of knowledge of our *Acharyas* on the subject of urinary disorders.

**AIM AND OBJECTIVES:**

- 1) To study the concept of “*Mutrashmari*”.
- 2) To study management of “*Mutrashmari*” as modern and *Ayurveda*.

**MATERIAL-METHOD:**

- 1) For this study we referred *Shushruta samhita* for various references of *Mutrashmari*
- 2) Related modern text books also referred for modern references

## REVIEW OF LITERATURE:

### Disease definition:

As per *Amarakosha* *Ashmari* word is derived from “*Ashma*” means Stone and *Mutrashmari* is also as hard as stone.

### Nidan of *Mutrashmari*:

As per *Acharya Sushruta*, person who didn't done any *Samshodhana* or doing *Apathya* that is not follow any proper dietary, lifestyle this person may suffer from *Mutrashmari*.<sup>1</sup>

As per *acharya Charaka* they not explained separate topic of *Mutrashmari* as per them its comes under topic “*Mutrkruchha*” so we can consider *Nidana* of *Mutrashmari* are same as *Mutrakruchha* as follows<sup>2</sup>,

1. *Ruksha madyapana*
2. *Large intake of Anupa mansa*
3. *Adhyashana*
4. *Ajeerna bhojana*
5. *Matsya sevana- excessive intake of fish*

### Samprati<sup>3</sup>:

As per *acharya Sushruta samprati* of *Mutrashmari* as follows, Due to *hetusevana* normal *Kapha dosha* in body get abnormal , this *Kaphadosha* mixed with *Urine* and entered in to *Basti* that is in *Urinary bladder* and *Mutrashmari* occurs.



### Purvarupa:<sup>4</sup>

Sign and symptoms which gives indication of future disease is called as *Purvarupas*, As per *Acharya Sushruta* *Purvarupa* of *Mutrashmari*

1. *Bastipida*
2. *Aruchi*
3. *Mutrakruccha*
4. *Bastisirovedana*
5. *Mutrastigandhatwa*
6. *Jwara*
7. *Arochaka*

### Rupa:<sup>5</sup>

Sign and symptoms when fully *Cleary* seen then its called as *Rupa*. In this stage sign and symptoms fully manifested and shows specific characteristic of specific *Doshas*. As per *acharya Sushruta Rupa* that is sign and symptoms of *Mutrashmari* are as follows ,

1. *Nabhi , Basti, Sevani, Medra padasha Vedana* that is reoffered pain toward *Umbilical, bladder* etc.
2. *Mutrastharasang* that is *Obstruction* in flow of *urine*
3. *Sarudhiramutrata* that is *blood stained urine*
4. *Sasiktam*
5. *Vedana during Dhavan (Running), Plavan (swimming), adwgaman (walking)*
6. *Mutravikirana*

### Types of *Mutrashmari* <sup>6</sup> :

As per *acharya Sushruta* there are 4 types of *Mutrashmari*

1. *Shleshmaj Ashmari*
2. *Vataj Ashmari*
3. *Pittaj Ashmari*
4. *Shukraj Ashmari*

### Shleshmaj Ashmari:

As per *Acharya Sushruta* appearance of *Shleshmaja Ashmari* as *Shweta varna* that is *white* in colour, *Snigdha*,

*Kukkutand* that is like egg, large in size, color of stone is like *Madhuka Pushpa*.

As per *acharya charaka Shleshmika ashmari* is soft in nature. As per *acharya Vabhata Shleshmaj Ashmari* is like *Madhu Varna*.

**Pittaj Ashmari:**

*Pittaj Ashmari* is like *Sarakta Varna* that is blood stained in colored. Its size is like "*Bhallakasthi*". In *Pittaj Ashmari* due to obstruction of urine pain occurs its like *Ksharapatana*.

**Vataj ashmari:**

*Vataj Ashmari* is *Shava varna*, hard, asymmetrical and as like *Kadamba Pushpa kantaka yukta* that this stone present with spikes.

**Sadhyasadhyatwa<sup>6</sup>**

*Ashta mahagada's* are mentioned by our Acharya in Literature. *Asha Mahagada's* are diseases which are difficult to treat and their prognosis also not good. *Ashmari* is the disease which mentioned in *Ashta Mahagada*. If *Mutrashmari* detected earlier then it can have treated by medicinal treatment but *Ashmari* with long standing and large in size is difficult to cure and it may require surgical treatment

**Chikitsa:<sup>7</sup>**

*Aushadhi chikitsa:*

As per *acharya Sushruta aushadi chikita for Ashmari as follows-*

1. *Shleshmaj Ashmari – Varunadi, Ushakadi siddha aushadhi yoga*
2. *Vataj Ashmari – Pashanbhedadi, Ushakadi gana siddha Grita*
3. *Pittaj Ashmari- Kushakashadi dravya shiddha Ghrita*

As per *Bhavaprakash* some *Aushadhi yoga* used in treatment of *ashmari chikita* are as,

1. *Varunadi kwath*

2. *Pashanbhedadi churna*

3. *Varungud*

4. *Kulathadya ghrita*

5. *Shunthyadi kwath*

**Shastrakarma:**

If *Mutrashmari* not treated or not cured by *aushadhi chikitsa* then *Acharya Sushruta* advise *Shastrakarma for Asmari chikitsa in Sushta samhita Nidasthan*

**Modern view**

**Renal calculus**

Renal calculus is most commonest disease of urinary tract

Etiological factors:<sup>8</sup>

1. Hot climate
2. Diet- high protein diet, high calcium diet
3. Drug induced stone
4. Decalcification
5. Vitamin A deficiency

**Types**

1. Oxalate calculus
2. Urate calculus
3. Cystine calculus
4. Phosphate calculus

**Sign and Symptoms:<sup>9</sup>**

1. Renal pain – Pain at renal angle sometime referred to costo-vertebral angle
2. Hematuria- blood in the urine.
3. Fever with chills
4. Frequency of micturition
5. Burning sensation during micturition

**Diagnosis:**

1. CBC, Sr. Creatinine, Blood Urea
2. X-ray KUB
3. USG Abdomen with KUB

**Treatment**

1. Hydrotherapy
2. PCNL
3. Extra Corporal Shock Wave Lithotripsy (ESWL)

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