

Review Article

Volume 15 Issue 06

June 2026

A CRITICAL ANALYSIS ON THE ROLE OF ANANDBHAIRAVI VATI AND VARUNADI KASHAYA IN THE MANAGEMENT OF MUTRASHMARI W.S.R. TO UROLITHIASIS

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ABSTRACT

Introduction: *Mutrashmari* is an important disorder described in *Ayurveda* under diseases of *Mutravaha Srotas*. It is mainly characterized by formation of stone-like material in the urinary tract, causing pain, burning micturition, difficulty in urination, haematuria, and obstruction in the normal flow of urine. In modern science, it can be correlated with urolithiasis, where calculi are formed in the kidney, ureter, urinary bladder, or urethra.

Materials and Methods: Classical *Ayurvedic* texts, modern medical literature, published research articles, review papers, and available clinical references related to *Mutrashmari*, urolithiasis, *Anandbhairavi Vati*, and *Varunadi Kashaya* were reviewed for this conceptual study. **Observation and Conclusion:** In *Ayurveda*, *Mutrashmari* occurs due to vitiation of *Vata*, *Pitta*, and *Kapha Dosha*, along with involvement of *Mutravaha Srotas*. Improper diet, suppression of natural urges, low water intake, and excessive intake of dry, heavy, salty, and incompatible food may disturb *Agni* and lead to formation of stone-like material.

Anandbhairavi Vati may help in pain, inflammation, burning sensation, and urinary discomfort, while *Varunadi Kashaya* is traditionally useful in urinary disorders due to its *Mutrala*, *Ashmarighna*, *Shothahara*, and *Kapha-Medohara* actions. The review suggests that *Anandbhairavi Vati* and *Varunadi Kashaya* may be useful in the management of *Mutrashmari* by relieving pain, improving urine flow, reducing inflammation, and supporting breakdown

or expulsion of calculi. Their combined use may provide a rational *Ayurvedic* approach in urolithiasis, but further well-designed clinical studies are needed.

Keywords: *Mutrashmari*, Urolithiasis, *Anandbhairavi Vati*, *Varunadi Kashaya*, *Mutravaha Srotas*, *Ashmarighna*

INTRODUCTION

Mutrashmari is one of the important diseases explained in *Ayurvedic* classics under the disorders related to *Mutravaha Srotas*. The word *Mutrashmari* is made from two terms, *Mutra* meaning urine and *Ashmari* meaning stone. Thus, *Mutrashmari* refers to the formation of stone-like material in the urinary system.¹ Clinically, it presents with pain in the urinary tract, burning micturition, difficulty in passing urine, interrupted urine flow, haematuria, and sometimes severe colicky pain. This condition produces marked discomfort and affects the routine life of the patient.²

In modern medical science, *Mutrashmari* is commonly correlated with urolithiasis. Urolithiasis is the formation of calculi within the urinary tract, especially in the kidney, ureter, urinary bladder, or urethra. The main causes include low fluid intake, dietary imbalance, metabolic abnormalities, urinary infection, sedentary lifestyle, and genetic tendency. The disease may remain silent in some patients, while in others it may cause severe renal colic, nausea, vomiting, urinary obstruction, recurrent infection, and renal damage if not managed properly.³

Ayurveda provides a detailed explanation of *Mutrashmari* along with its causes, pathogenesis, types, symptoms, and treatment principles. The management mainly aims at correcting *Dosha Dushti*, improving urine flow, reducing pain, clearing obstruction, and preventing recurrence. *Anandbhairavi Vati* and *Varunadi Kashaya* are two important *Ayurvedic* formulations that may be useful in this condition. *Anandbhairavi Vati* may help in pain, burning sensation, and inflammatory symptoms, while *Varunadi Kashaya* is known for its role in urinary disorders, stone-related conditions, and obstruction of *Mutravaha Srotas*.⁴

AIM AND OBJECTIVES

Aim:

To review the role of *Anandbhairavi Vati* and *Varunadi Kashaya* in the management of *Mutrashmari* with special reference to urolithiasis.

Objectives:

- To study the classical concept of *Mutrashmari* in *Ayurveda*.
- To understand the modern correlation of *Mutrashmari* with urolithiasis.
- To review the probable action of *Anandbhairavi Vati* in urinary stone disease.
- To review the therapeutic importance of *Varunadi Kashaya* in *Mutrashmari*.
- To assess the combined conceptual role of both formulations in relieving symptoms and preventing recurrence.

MATERIAL AND METHODS

The present study is a conceptual review article based on classical *Ayurvedic* literature and modern scientific knowledge. References related to *Mutrashmari*, *Mutravaha Srotas*, *Ashmari Chikitsa*, *Anandbhairavi Vati*, and *Varunadi Kashaya* were collected from major *Ayurvedic* texts, commentaries, published research articles, review papers, pharmacological studies, and standard modern medical books related to urolithiasis. The collected material was analyzed to understand the disease process, treatment principles, drug action, and possible modern correlation.

CONCEPTUAL STUDY

MUTRASHMARI

Mutrashmari is described as a painful urinary disorder in which stone-like material forms in the urinary passage. It is included among important diseases because it causes obstruction in the normal passage of urine. The main symptoms include *Basti Shoola*, *Mutrakrichra*, *Mutradaha*, *Sarudhir Mutra*, and interrupted urine flow. These symptoms resemble the clinical features of urolithiasis.⁵

Role of Dosha in *Mutrashmari*⁶

The pathogenesis of *Mutrashmari* involves all three *Dosha*, but *Kapha Dosha* has a major role in the formation of stone due to its dense, heavy, and sticky nature. *Vata Dosha* causes pain, movement of stone, obstruction, and difficulty in urination. *Pitta Dosha* causes burning micturition, inflammation, yellowish or reddish urine, and bleeding. Thus, the disease has *Tridoshaja* involvement, with dominance of different *Dosha* according to the type and symptoms.

Involvement of *Mutravaha Srotas*⁷

Mutravaha Srotas is the main channel responsible for urine formation, transportation, and excretion. When this channel becomes obstructed due to stone formation, the normal flow of urine is disturbed. This leads to symptoms like reduced urine output, painful micturition, retention of urine, and repeated urge for urination. Therefore, correction of *Srotorodha* is an important treatment principle in *Mutrashmari*.

Role of *Agni* and *Ama*⁸

Weak or disturbed *Agni* may lead to improper digestion and metabolism. This causes formation of unwanted metabolic waste, which may disturb the quality of *Mutra*. In such a condition, abnormal substances may accumulate in the urinary tract and contribute to stone formation. Thus, drugs having *Deepana*, *Pachana*, and *Srotoshodhana* actions are useful in breaking the disease process.

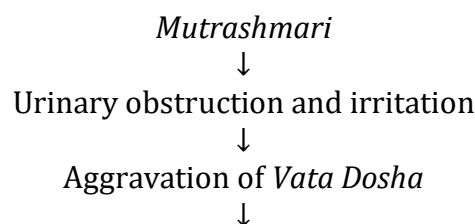
Treatment Principle in *Mutrashmari*

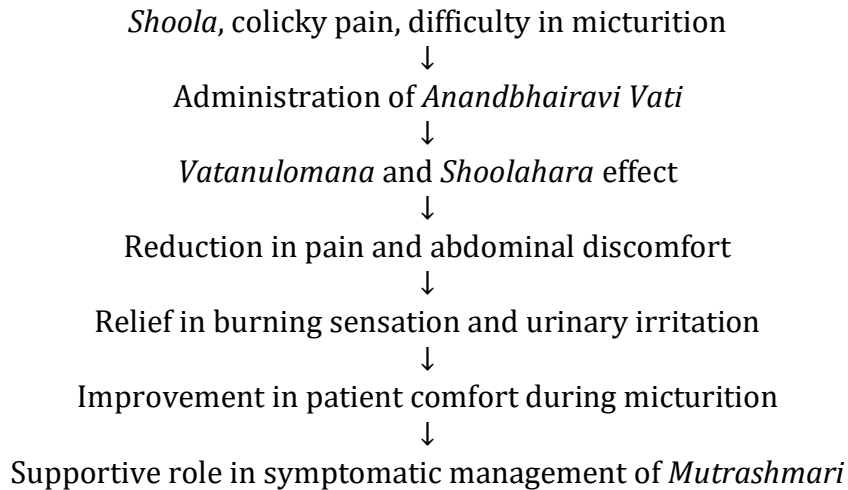
The management of *Mutrashmari* aims to reduce pain, improve urine flow, remove obstruction, break or dissolve stone-like material, reduce inflammation, and prevent recurrence. The main treatment principles include *Mutrala*, *Ashmarighna*, *Shoolahara*, *Shothahara*, *Vatanulomana*, *Kapha Shamaka*, and *Srotoshodhana* actions. Formulations like *Anandbhairavi Vati* and *Varunadi Kashaya* may act on these principles.⁹

Review of *Anandbhairavi Vati*

Anandbhairavi Vati is an important classical formulation used in various painful and inflammatory conditions. In the context of *Mutrashmari*, it may help in relieving pain, burning sensation, abdominal discomfort, and urinary irritation. Its probable action may be understood through *Shoolahara*, *Dahahara*, *Amapachana*, and *Vatanulomana* effects. By reducing pain and discomfort, it may improve the patient's quality of life during the stone passage phase.

FLOW CHART -1

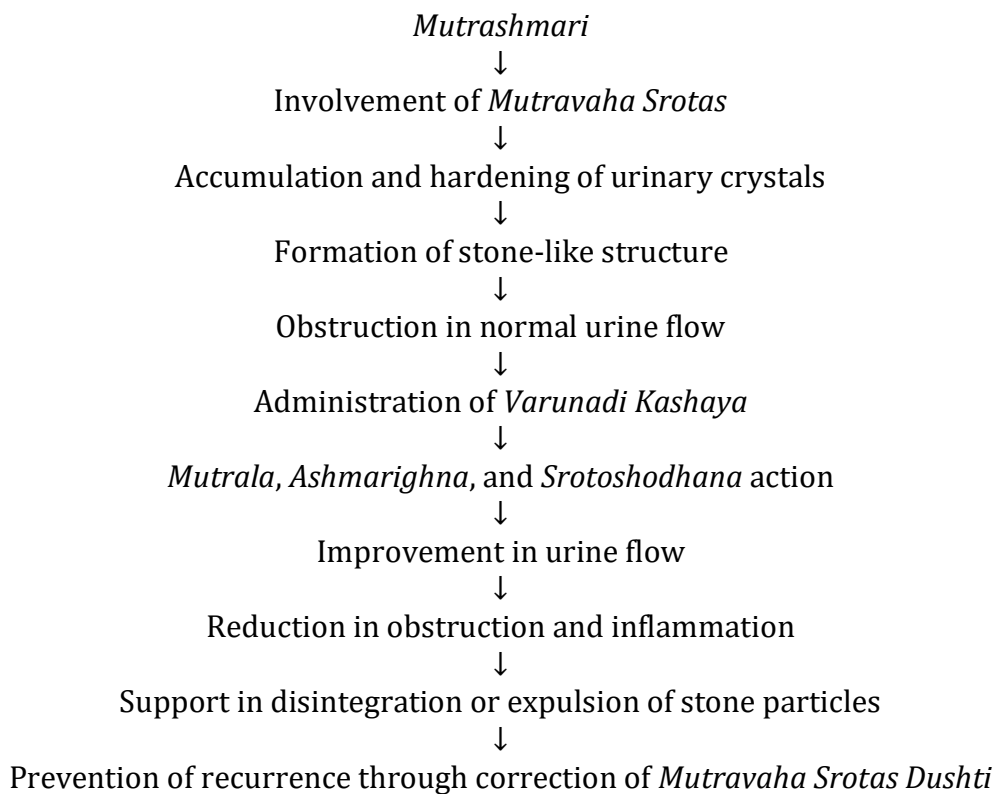




Review of *Varunadi Kashaya*

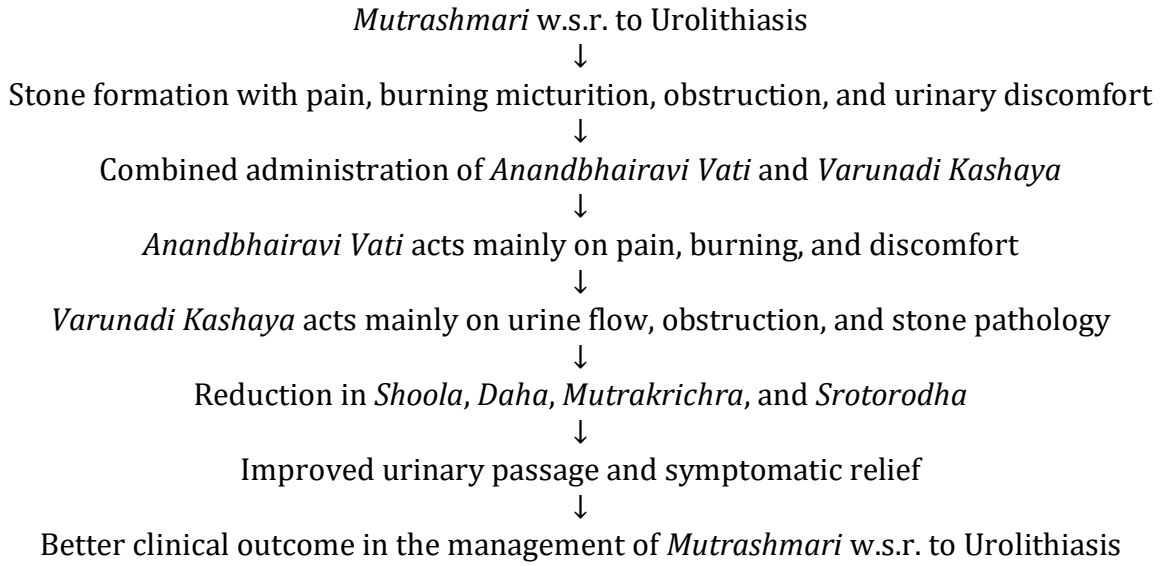
Varunadi Kashaya is commonly used in urinary disorders and conditions involving obstruction, swelling, and stone formation. *Varuna* is considered useful in *Ashmari* due to its *Ashmarighna*, *Mutrala*, and *Shothahara* properties. The formulation may help in increasing urine output, reducing urinary obstruction, decreasing inflammation, and supporting the expulsion of stone particles. It may also help in reducing the recurrence tendency by improving the function of *Mutravaha Srotas*.

FLOW CHART -2



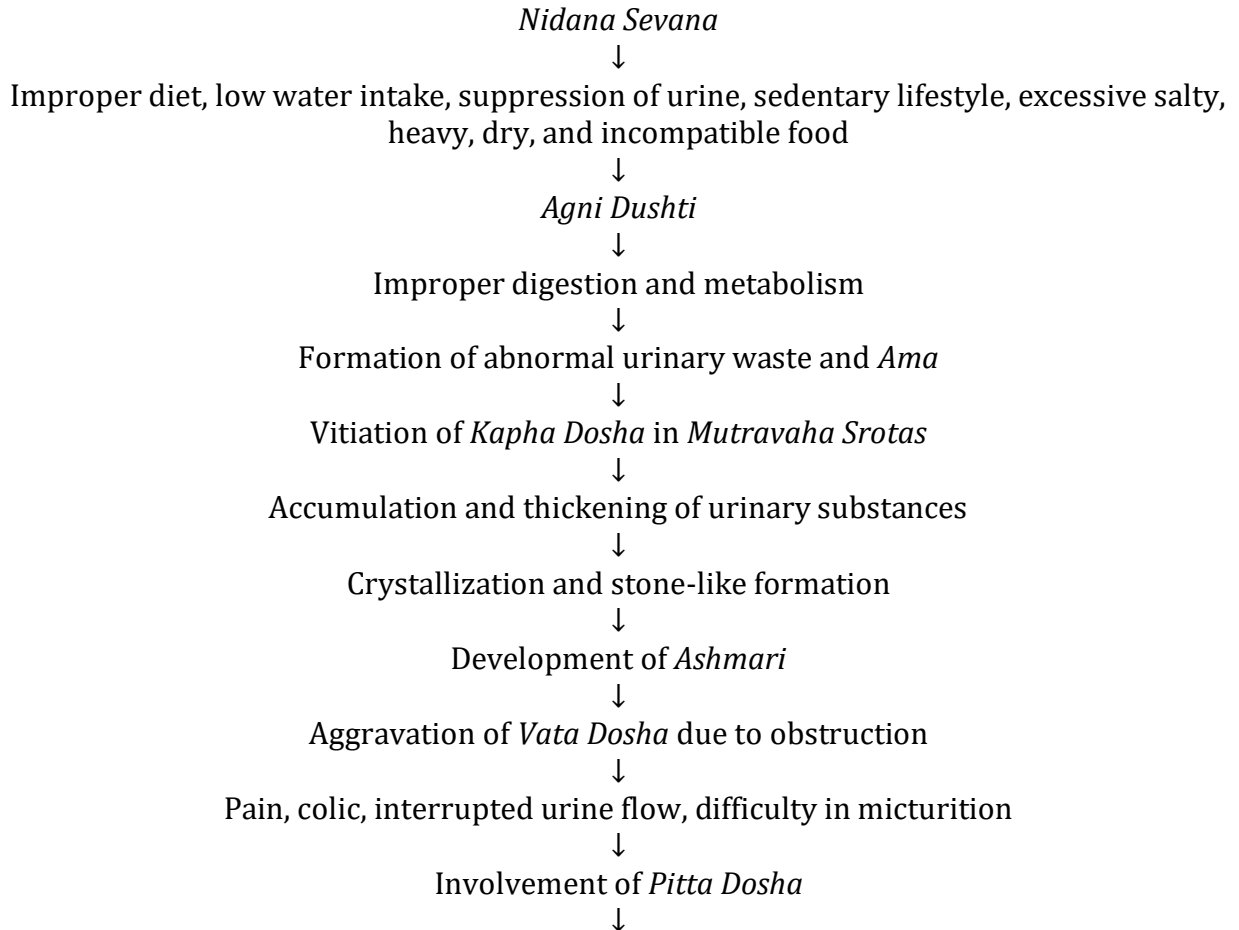
Combined Role of *Anandbhairavi Vati* and *Varunadi Kashaya*

FLOW CHART -3



SAMPRAPTI OF DISEASE

FLOW CHART -4



Burning micturition, inflammation, reddish urine, haematuria



Complete manifestation of *Mutrashmari*

FINDINGS OF STUDY

- *Mutrashmari* can be closely correlated with urolithiasis due to similarity in symptoms such as pain, burning micturition, haematuria, and urinary obstruction.
- The disease mainly involves *Mutravaha Srotas* with vitiation of *Vata*, *Pitta*, and *Kapha Doshas*.
- *Kapha Doshas* play an important role in stone formation due to their dense and sticky nature.
- *Vata Doshas* are responsible for severe pain, obstruction, colic, and difficulty in urination.
- *Pitta Doshas* contribute to burning sensation, inflammation, discoloration of urine, and bleeding.
- *Agni Dushti* and improper metabolism may contribute to abnormal urinary concentration and stone formation.
- *Anandbhairavi Vati* may be useful in reducing pain, burning sensation, urinary discomfort, and inflammatory symptoms.
- *Varunadi Kashaya* may help in improving urine flow, reducing obstruction, decreasing swelling, and supporting stone expulsion.
- The combined use of both formulations may provide symptomatic relief along with correction of the underlying disease process.
- Further clinical studies are required to establish their comparative efficacy in different types and sizes of urinary calculi.

DISCUSSION

Mutrashmari is a clinically important urinary disorder because it causes severe pain and obstruction in the urinary tract. In *Ayurveda*, its pathogenesis clearly shows the involvement of *Agni Dushti*, *Dosha Prakopa*, and *Srotorodha*.¹⁰ The symptoms explained in classical texts are very similar to urolithiasis described in modern medicine. Pain, burning urination, interrupted urine flow, haematuria, and obstruction are common features in both systems.

This shows that the ancient description of *Mutrashmari* has strong clinical relevance even in the present era.¹¹

The role of *Anandbhairavi Vati* in this condition may be mainly understood through its action on pain, discomfort, inflammation, and associated digestive disturbance. In urolithiasis, pain is one of the major complaints, especially when the stone moves through the urinary tract. By controlling *Vata*, reducing *Shoola*, and supporting *Agni*, *Anandbhairavi Vati* may help in relieving acute symptoms. It may also reduce associated complaints like abdominal discomfort, nausea, burning sensation, and general uneasiness.¹²

Varunadi Kashaya appears more directly related to the pathology of *Mutrashmari* because of its traditional use in urinary disorders and stone-related conditions. Its probable *Mutrala*, *Ashmarighna*, *Shothahara*, and *Srotoshodhana* actions may help in increasing urine output, clearing obstruction, reducing inflammation, and supporting elimination of stone particles. When both formulations are used together, one may provide symptomatic relief while the other may act on urinary flow and stone pathology. This combined approach may be useful in mild to moderate cases, especially where conservative management is possible.¹³

CONCLUSION

The present review concludes that *Mutrashmari* is an important disease of *Mutravaha Srotas* and can be correlated with urolithiasis on the basis of clinical features and disease progression. The pathogenesis involves *Agni Dushti*, vitiation of *Vata*, *Pitta*, and *Kapha Dosha*, and obstruction of urinary channels. *Anandbhairavi Vati* may help in reducing pain, burning sensation, and urinary discomfort, while *Varunadi Kashaya* may support urine flow, reduce obstruction, and help in stone-related pathology. Their combined use may offer a useful *Ayurvedic* approach in the management of *Mutrashmari*, but clinical validation through well-planned comparative studies is needed.

CONFLICT OF INTEREST -Nil

SOURCE OF SUPPORT- None

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