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AN EFFECTIVE MANAGEMENT OF *MUTRA ASHMARI* (~ URINARY STONE)

BY *AYURVEDA* – A SINGLE CASE STUDY

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ABSTRACT

Background Since ancient times *Ashmari* has been mentioned in *Ayurvedic* texts. *Ashmari* is a disease related to the urinary system (*Mutravahasrotas*). *Mutrashmari* is described under *Astamahagada* (difficult to cure) in *Ayurveda*. It possesses symptoms such as *Jwara* (Fever), *Basti Pida* (Discomfort and pain in the bladder), *Aruchi* (Anorexia), *Mutrakrucchra* (Difficulty in micturition), *Bastishira Vedana* (Pain in Urethra), *Mushka Vedana* (Pain in testicles) and *Shepha Vedana* (Pain in the penis).

Brief Case Report For this study, the diagnosed case of *Ashmari* was selected from the Sanjivani Hospital, DSRRAU, Jodhpur. The patient was treated with *Ayurveda* medicines on an OPD basis. The patient was advised initially to follow up after 7 days and later after every 15 days. Along with medication, the patient was also advised to follow diet and lifestyle restrictions. The patient got relief in signs and symptoms and the USG report showed no evidence of calculi in the kidney after 10 days of treatment. **Conclusion** Many studies were done on *Ashmari*, but none of them were able to remove/dissolve the calculus only in 10 days. This treatment was able to cure the patient in 10 days completely.

Keywords: - *Ayurveda*, *Ashmari*, Kidney stone

1. INTRODUCTION

Renal calculi are the most common, oldest known, and widespread disease of the urinary tract system. It is recurrent in nature and 3rd most common disorder among urinary diseases.^[1] It is caused by various factors such as hot climate, diet, metabolic disorders, increased urinary citrate, immobilization, inadequate urinary drainage, etc. Renal stone is resembling *Ashmari* in *Ayurveda*. *Ashmari* is a Disease coming under the *Asthamahagada*^[2] i.e., difficult to cure. *Ashmari* is *Vyadhi* which is considered under *Mutravaha Strotas*. *Acharya Sushruta* described *Ashmari* as a *Daruna* (fatal) disease. *Acharya Sushruta* has described various medicines and surgical interventions for *Ashmari*. Medicinal treatment should be undertaken in the early stages of the disease. Indication of surgical management has been suggested along with a note of caution for complications. Surgical treatment must be accepted only on failure of conservative treatment and when death becomes inevitable. In *Ayurveda*, there are various formulations like *Ghrita*, *Kwatha*, *Churna*, *Kshara Dravyas*, etc are described to treat *Ashmari*. In this study, we selected many *Ayurveda* medicines including *Churna*, *Vati*, *Kwatha* and syrup.

2. MATERIALS AND METHODS: -

a. CASE STUDY

Past History: - There was no history of DM, HTN, thyroid or any other systemic ailment, but due to stressful schedules, there was qualitative and quantitative irregularity in water intake. His diet was veg. type. He did not have any family history of major illness.

Table 1 History, Examination and Investigations of Patient

Personal History Marital status - unmarried Smoker - NAD Tobacco - No History Alcohol - No History	Family History Father -NAD Mother - NAD
On Examination GC - Fair	Asthavidh Pariksha Nadi - Vata-pitta

Pulse - 78/min BP - 110/70mmHg SPO2 - 98% R.R - 20/min Pallor - Absent Icterus - Absent	Mala - Samyak Mutra - Daha Jivha - Nirama Shabda - Prakrut Sparsha - Ushna Druk - Prakrut Akruti – Madhyama
USG Report (11/08/2023) Shows - few calculi of size 3.0 mm to 3.8 mm in the right kidney and calculus measuring 6.6mm in size seen in the upper ureter distally in the urinary bladder.	Per Abdomen Examination:- He elicited tenderness on the right lumbar region of the Abdomen. No other Abnormality was Detected during the general and systemic examination.

b. Treatment given: -

Table 2 Treatment given to the Patient

S. no.	Medicine	Dose	Anupana	Time
1	<i>Trivikrama Rasa</i> <i>Pashanavajra Rasa</i> <i>Yavakshra</i> <i>Mulakakshara</i> <i>Gokshura Churna</i> <i>Gokshuradi Guggulu</i>	125 mg 125 mg 250mg 250mg 3 gm 250mg	With <i>Takra</i>	BD on an empty stomach
2	<i>Gokshura Kwatha</i> <i>Shweta Parpati</i>	50 ml 250 mg	-	BD on an empty stomach
3	Tab. Cystone	2 Tab.	Lukewarm water	BD after meal
4	Syp. Neeri	1 tsp	½ cup of water	BD after meal
5	<i>Chandraprabha Vati</i>	2 Tab.	Lukewarm water	BD after meal

Along with medication, diet, and lifestyle restrictions were also advised to the patient. The patient was advised to drink plenty of water and avoid a protein-rich diet like egg, meat, soybean, Dairy products, etc, and oxalate-rich food like Spinach, Tomatoes, Ladyfinger, Chocolates, cold drinks, etc and avoid Calcium supplements.

3. RESULT

The patient got relief in signs and symptoms gradually and on 22/08/2023 the USG report showed no evidence of calculi or hydronephrosis in the right kidney after 10 days of *Ayurvedic* medicine.

4. DISCUSSION

Ingredients of *Trivikram Rasa* have *Tamra Bhashma*, *Suddha Parada*, *Suddha Gandhaka*, and *Nirgundi Swarasa*.^[3] Which mainly consist of *Katu*, *Tikta Rasa*; *Laghu*, *Sukshma* and *Snigdha Guna*; *Ushna Virya*; *Madhura* and *Katu Vipaka*. These pharmacological properties of *Trivikram Rasa* induce *Vata-Kapha Shamaka*, *Agni Deepaka*, *Ama Pachaka*, *Lekhana*, *Vrana-Ropana*, *Shotha Hara* effects. *Tamra* has a strong *Lekhana* effect^[4] and thus it is supposed to reduce the size of the *Ashmari* and expel it from the body. *Vatadosha* is considered to be the main factor responsible for pain^[5] and vitiated *Kaphadosha* is responsible for the formation of stones.^[6] So due to the *Vata-Kaphahara* properties of *Trivikram Rasa*, it is most likely to provide relief from pain and stop the formation of stones. *Pashanavajra Rasa* contains *Punarnavabhavita Kajjali* and *Pashanabheda Churna*.^[7] *Pashanabheda* has *Laghu*, *Tikshna Guna*; *Tridosha Shamaka*, and having *Ashmaribhedana*, *Mutrala*, *Shothahara*, and *Vranaropaka* properties. It has anti-urolithiatic properties.^[8] *Kajjali* acts as a catalyst. *Shweta Punarnava* has *Ushna*, *Kaphahara*, and *Mutrala* properties.^[9] When triturating with *Shweta Punarnava Swarasa*, *Kajjali* attains its properties of it. So, in total compound has the actions like *Lekhana*, *Kapha-Vata Shamaka*, *Mutrala*, *Vedanahara*, and *Mtrakrichhahara*. Because of these, as a whole drug might act as the prominent medicine for Urinary Calculi. Out of all the *Yantras*, *Upayantras*, *Shastras*, *Anushastras* and medicines, the *Kshara* is the supreme^[10] because it is most effective and acts immediately. Generally, all the *Kshara* act as *Pachana*, *Shoshana*, *Ropana*, *Chhedana*, *Bhedana* and *Lekhana Dravya*.^[11] *Ksharas* are the

most useful substitutes for surgical instruments because they can be used freely on the patients who are *Shastra Bheeru* i.e., those who are afraid of operative procedures. Among them the *Yava Kshara* and *Moolaka Kshara* is one mentioned by *Acharya Sushruta* for *Ashmari* which is not only hassle-free to administer but also convenient to the patient, hence it is selected for the study. *Shweta Parpati* is a *Kajjali Rahita Parpati Kalpana*. It contains *Surya Kshara* (Kalami sora/Soraka i.e., purified Potassium nitrate), *Sphatika* (purified potassium alum) and *Navasadara* (purified ammonium chloride).^[12] *Surya Kshara* is of *Lavana Rasa*; *Ushana Virya*; *Tikshna*; and *Sheeta Sparsha*.^[13] Hence having *Vahnipradeepana*, *Ashmarihara* *Mutrakrucha*, *Pandu*, and *Prameha Nashaka* properties. *Sphatika* is of *Amla*, *Katu*, *Kashaya Rasa*; *Guru*; *Snigdha* and *Ushna Virya* and *Madhura Vipaka*.^[14] *Navasadara* is *Snigdha*, *Sookshma*, *Laghu*, *Saraka* and *Teekshna*. It has *Lavana Rasa* and *Ushna Veerya* and *Karma* of *Tridoshagna*, *Pachaka* and *Agni Pradeepaka*.^[15] The easy availability of ingredients and low cost of production add to its benefits. It is a nonaddictive preparation – it can be withdrawn at any point in time and hence is non-habitual. It's a water-soluble preparation with quick absorption & quick action. *Gokshura* is *Seeta* (cold) in potency; *Madhura* (sweet) in taste; *Balya*, *Mutrala* (diuretic) and balances *Tridosha*.^[16] So in this treatment, *Gokshura* was used in the form of *Gokshuradi Guggulu*, *Gokshura Kwatha* and *Gokshura Churna*. Tablet Cystone of Himalaya contains ingredients like *Pasanabheda*, *Shilapushpa*, *Gokshura*, *Manjishtha*, *Nagaramusta*, *Aparmarga*, *Gojiha*, etc, which possess diuretic, demulcent, and antimicrobial properties. *Pasanabheda* is known to soothe and protect irritated or inflamed internal tissue. The formulation helps in the management and prevention of crystals in the urine. Moreover, it helps in the removal of kidney stones and prevents the recurrence of stones. Syrup Neeri of Aimil is a natural and Ayurvedic syrup that helps enhance kidney health and function. It is formulated with 19 herbal extracts and powders that help detoxify the urinary tract and have nephroprotective properties. It helps maintain urinary pH and prevent recurrent stone formation. It relieves symptoms and recurrence of UTIs. It helps detoxify the kidneys and protect them from damage. It soothes the urinary tract and prevents infections.

5. CONCLUSION

This treatment consists of a mixture of herbal and mineral compounds of *Ayurveda*. It proves a very effective treatment. Many studies were done on *Ashmari*, but none of them were able to remove/dissolve the calculus in 10 days. This treatment was able to do so.

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7. LIMITATIONS

Will this treatment be effective in all patients with urinary stones? To rule out this doubt, the same study will be conducted on a greater number of patients.

8. CONFLICT OF INTEREST

None.

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