



A CONCEPTUAL ANALYSIS OF MURRAHMARI USING AYURVEDA

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ABSTRACT

The Ayurvedic India takes great pride in its ancient science of life. It has addressed numerous feared illnesses such as mutrakrichra, mutraghata, mutrashmari, etc. One of the most prevalent and upsetting illnesses in the category of urinary disorders is mutrashmari. The father of modern surgery, Acharya Sushruta, provided a thorough and extensive description of the mutrashmari, including its pathophysiology, etiology, symptoms, classification, consequences, and management. This demonstrates the Acharyas' extensive understanding of urinary diseases in general. **Aim:** To research the causes of mutrashmari and the use of Ayurvedic medicine in treating it. Finding the underlying causes of this high frequency as well as affordable, readily accessible Ayurvedic treatments to manage and prevent Mutraashmari are the main goals. **Material And Methods:** The Ashtanga Hridaya, Sushruta Samhita, Charak Samhita, contemporary medical textbooks, magazines, and internet databases. **Result and Conclusion :-** Ayurveda provides a wide range of Mutrashmari methods that not only treat the illness but also have the ability to prevent it with treatments like Sastra Karma, Sanshaman, and Nidanparivarjana Sanshodhan.

Keywords: Mutrashmari, Urolithiasis, Diuretic.

INTRODUCTION

Mutrashmari is a prevalent disorder where stones grow in the urinary system. Mutra is the name of Mutravaha Srotasa, while Ashmari is the word for stone or calculi. In the Ashta Mahagada, Mutrashmari is mentioned by Acharya Sushruta.

Etymology: -

The development and presentation of a substance, such as stone, is called "Ashmanam Rati Dadati iti Ashmari." - Ashma signifies "stone," and Rati means "to present." A substance that resembles stone is created as a result of the Mutravaha Srotas (urine system) ailment known as mutrashmari, or urinary stone. According to the Ayurvedic notion of Ashtamahagada (the eight fatal disorders), Ashmari is one of

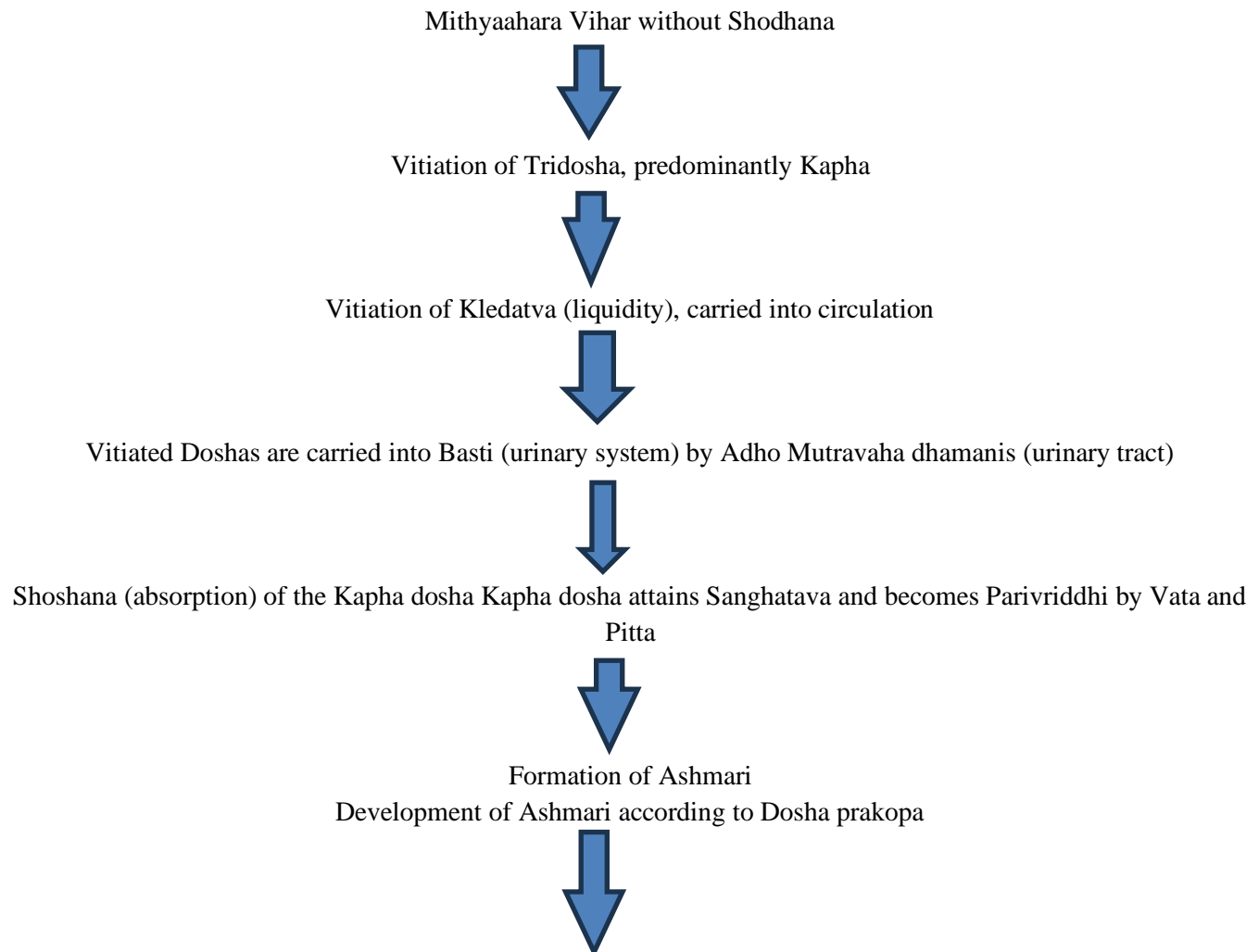
these conditions. The involvement of the bladder (Basti), one of the Tri Marma (three vital parts), namely the Vyakta Sthana (manifestation location), makes it one of the Marma Ashrayatwa (vital parts) that make it tough to heal. Trishaja Vyadhi (all Doshas involved) with a predominance of Kapha. In Trimarmiyadhyaya of Chikitsa sthan, Charak has expounded upon the samprapti of Mutrashmari.

MATERIAL AND METHOD:-

Textbooks, internet databases, and Ayurvedic classics like Charak Samhita, Sushruta Samhita, and Astang Hridaya have all been extensively researched in order to comprehend the idea of Grahani.

SAMPRAPTI :-

Ashmari involves the development of calculus as a foreign body inside the urinary system, kidney, ureter and bladder.



Margavrodha in Basti Pradesh
Vyadhi Lakshan (clinical features)



Upadrava of Ashmari (complications)

Classification

As per Ayurveda: Ayurveda described four types of Ashmari

1. Vataja Ashmari
2. Pittaja Ashmari
3. Kaphaja Ashmari
4. Shukraja Ashmari

As per modern science: There are mainly five basic types of stones:

1. Calcium oxalate stone
2. Calcium phosphate stone
3. Ammonium stone
4. Uric acid stone
5. Amino-acid stone

Sr. No	Types Of Mutrashmari	Description
1.	Vataja Ashmari कदम्बपुष्प कण्टकाचिता	Dusty coloured, rough, hard and irregular stones, Severe pain during passage of urine and stools, it resembles uric acid stones.
2.	Pittaja Ashmari भल्लातकस्थिप्रतिमा मधुवर्णा	Reddish, Blackish, Yellowish, Honey coloured, burning sensation and ushna vata, resembles calcium oxalate, uric acid, cystine stone.
3.	Kaphaja Ashmari महती कुक्कुटाण्ड प्रतिकाशं मधूकपुष्पवर्णा वा	Whitish, Dysuria, incising and pricking pain, resembles calcium phosphate stone
4.	Sukraja Ashmari	Mainly found in adults, frequent coitus or coitus interruption. Dysuria, swelling and lower abdominal pain.

Diagnosis

Diagnosis of kidney stones is possible by physical examination and other laboratory investigations.

1. Physical examination by observations of pain sites
2. Blood investigation for calcium, phosphorus, uric acid, electrolytes, blood urea nitrogen, creatinine, and kidney function test.
3. Urine examination for crystals, bacteria, blood cells, and pus cells.
4. X-ray of the abdomen (KUB).

Updrava (Complications)

Bhav Prakash Nighantu claims that if Mutrashmari is not adequately treated, complications such as pyelitis

and cystitis, anorexia, anaemia, thirst, vomiting, weakness, exhaustion, and emaciation, as well as pain in the flanks, colon, and renal angle, will manifest. Sikatameha and Bhasmameha are the passage of urine particles resembling sugar and ash, respectively.

Ayurvedic Management of Mutrashmari

The Nidan Parivarjan (avoidance of disease-causing and aggravating causes), Sanshodhan (body purification), Sanshamana (a pacificatory kind of treatment), and Sastra Karma (surgical procedures) are the foundations of Ayurvedic management of mutrashmari. Diuretics such as Teekshana Ushana, Ashmari Bhedana, and Mutrala Dravyas are examples of

Ashmari Bhedan, Patan, and Shamana treatment—Kshara, etc. Regarding Ashmari Chikitsa, Chakrdatta provides a separate chapter. According to Acharya Sushruta, Ashmari is the Vyadhijanak Pratik (fatal sickness) Chikitsa (by surgery).

Nidan Privarjan

“ संक्षेपतो क्रिया योगो निदान परिवर्जनम् “

The best course of treatment is to avoid the causal causes listed above. The disease cannot manifest in any way if a causal agent is not taken. Maintaining the health of a healthy individual is Ayurveda's primary goal.

Sanshodhan Chikitsa

Acharya Sushruta, Charaka, and Vagbhata mentioned several methods for managing illness, including Teekshana Ushana, Ashmari Bhedana, Mutrala Dravyas (diuretics), Kshara, and others. Chkardatta provides a separate chapter on Ashmari Chikitsa.

Sanshamna Chikitsa

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Shastra Karma

Acharya Sushruta mentioned that Ashmari is the Vyadhijanak pratiko (fatal disease) Chikitsa (by surgery). Acharya Charaka has explained the Bhedan-Patan Karma for Ashmari

अक्रियायां ध्रुवो मृत्युः क्रियायां संशयो भवेत् | (सु. सू.7)

Since the Basti region is regarded as one of the three crucial Marm Pradesh regions, Acharya Sushruta deemed surgical treatment an emergency. Acharya Sushruta has thoroughly elucidated the indications for surgery and the surgical techniques to be used in the case of urinary calculi.

अथ रोगान्वितमुपस्रिग्धम| बस्तिगुदविद्धलक्षणं प्रागुक्तमिति ||

Following completion of the prior steps, the stone should be removed using curved forceps to incise the lateral section of the perineum in a manner comparable to the stone's diameter. Adequate antiseptic measures must be taken when managing the wound.

CONCLUSION

There are multiple strategies to avoid Mutrashmari according to the Ayurvedic medical and lifestyle system. The terrible condition known as ashmari (urinary calculi) is characterised by excruciating discomfort that frequently aggravates and interferes with daily activities. The primary causes of kidney stones and disease progression are changed eating habits, a sedentary lifestyle, specific geographic regions, eating a lot of salty food, and drinking less water. Ayurveda provides a variety of treatment methods for managing illness, including Kshara, the use of herbs, and Ayurvedic formulations. Additionally, good living is essential to treating the illness (Ahara-Vihara).

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