



ROLE OF DIET AND LIFESTYLE IN MANAGEMENT OF MUTRASHMARI W.S.R. UROLITHIASIS- A REVIEW STUDY

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ABSTRACT

The development of stones in the urinary system, including the kidney, bladder, ureter, or urinary tract, is known as urolithiasis. According to *Ayurveda*, the urinary system is classified as *Mutravaha Srotas*, and one of its disorders is *Mutrashmari* (urolithiasis). Although Acharya *Shusruta* classed *Mutrashmari* as an *Ashta Mahagadas* (eight difficult to treat diseases), it really causes a person to have excruciating pain and trouble urinating, which interferes with their day-to-day activities and can become a life-threatening condition if left untreated. Both *Shamana* (Mitigation of vitiated *dosha* inside the body) and *Shodhana* (Purification or detoxification by elimination vitiated *dosha* outside the body) therapy are discussed in *Ayurveda* for the treatment of *Mutrashmari*. In addition to these therapy options, a reasonable diet and way of life (*Pathya*) and unhealthy dining and dwelling (*Apathya*) were mentioned by the *Acharyas*. For the purpose of disease prevention and treatment, *Ghramagaman* (walking in sun), *Ativyayam* (vigorous exercise), *Diwaswap* (day-sleeping) intake of salty food, spicy food is some *Apathya*, and intake of liquid, *Kulattha*, *Narikeloldak* (coconut water) are *pathya* in *Mutrashmari*, and these ways are additive therapy in the treatment of the condition. They also lessen the likelihood of recurrence. In order to study the eating and living behaviors mentioned in the administration of *Mutrashmari*, the current paper reviews many texts.

Keywords: *Mutrashmari*, Urolithiasis, *Pathya-Apathya*, *Ashta Mahagadas*

INTRODUCTION

Mutrashmari is one of the painful disorders of *Mutravaha Srotas* that occurs in approximately 12% of the global population. To date, many treatment options have been available to treat **Mutrashmari** (uro-lithiasis) with varying success rates. Even after adopting the most advanced surgical interventions, the recurrence rate of **Mutrashmari** is high i.e., 70-81% in males and 40-60% in females¹.

it has become a very common disease in today's population due to changes in standards of living, even people are not aware of *Pathya-Apathya* (dos and don'ts) for the diseases.

Ayurveda is regarded as the science of healthy life. It is very important not only for cure but for prevention also. So, *Pathya-Apathya* could be very useful as additive therapy for the complete cure and prevention of **Mutrashmari**.

INTRODUCTION:

Mutrashmari is one of the most difficult treated disorders. *Acharya Sushrut* has been considered in *Asta-Mahagada*². **Ashmari** form in the Urinary tract gradually by various biochemical processes and hampers the functioning of the *Mutravaha Srotas*. Management of disease is considered a medical challenge due to complex aetiology and the high re-occurrence rate.

Ashmari is derived from the word *Ashma* - stone, *Ari-enemy*³,

Definition of **Ashmari**:

Hard stone-like structures.

Definition of *Pathya*: *pathyam patho'napetam yadyaokktaktam manas priyam, yacchapriyama-pathyam cha niyatam tanna lakṣayet*||45|| (Ch. Su. 25/45)⁴

⁵*Pathya* is defined as that factor that is conducive to body and mind. *Pathya aahara* is a such diet that has a beneficial effect on the body and mind of an individual without causing any untoward effect.

Apathya – a factor that is harmful or unpleasant to physical and mental well-being.

But *Pathya-Apathya* depends on many factors like Time, Region, Quantity, and Physical Status of a Person.

Acharya Shushrut classified **Ashmari** into four types⁶: *Vataj Ashmari*, *Pittaj Ashmari*, *Kaphaj Ashmari*, *Shukrashmari*

ETIOPATHOGENESIS:

Mutrashmari is a *tridoshaja vyadhi* with a predominance of *Kapha dosha* that can be occurred in any part of the urinary tract. The process of **Ashmari** formation is very gradual. vitiated and *pitta* the *kaph* in the urinary tract. *Acharya Shushrut* has been explaining the formation of **Ashmari**, and how to even clean water collected in pot precipitates in the bottom after some time; similarly, the process of hardening of **Ashmari** occurs⁷.




In *Mutravaha Srotas* the vitiated *Vata dosha* and *pitta* hardened *Kapha dosha*, leading to **Ashmari** formation.

SIGN, SYMPTOMS, AND DIAGNOSIS:

TABLE 01:

Sr.no.	Types	Properties	Symptoms	Modern co-relation
1.	<i>Vataj Ashmari</i>	blackish, hard, irregular, rough structure and like <i>Kadamb</i> flower full of the spike on it.	intense pain in the abdomen, (Anal) region. Burning at penis, difficult to excrete flatus, urine, and stool.	Calcium- Oxalate stones
2.	<i>Pittaj Ashmari</i>	<i>Pittaj Ashmari</i> is look like <i>bhallatak asthi</i>	burning Micturition, yellow urine	Uric Acid Stone
3.	<i>Kaphaj Ashmari</i>	It is white, slimy, big size, look like <i>Madhuk pushpa</i> colour	pain at basti region, shaitya	Oxalate/ Phosphate stone

TABLE 02:

Sr.no.	Types	Properties	Appearance	Radiological properties
1.	Calcium- Oxalate stones	Usually single, extremely hard, dark in colour, sharp projection(spikes), wavy concentric laminae Primary stones		Show good shadow radiologically (Radio-opaque)
2.	Uric Acid Stones	Multiple, moderately hard, yellow to dark brown colour, smooth surface Primary stones		Not visible in X-ray (Not Radio-opaque)
3.	Phosphate stones	Smooth, soft, and friable Off white in colour, Staghorn shape, enlarge rapidly Secondary stones		Radio-opaque

Primary stones occur in normal healthy urinary tracts, but **secondary stones** are the result of infection due to inflammatory reactions.

AIMS & OBJECTIVES:

- To evaluate the role of diet and lifestyle as additive therapy in the treatment of *Mutraashmari*.
- To evaluate the role of diet and lifestyle in the prevention of *Mutraashmari*.

MATERIALS & METHODS:

The study is conducted using a variety of literature evaluations drawn from old *Ayurvedic* works like the *brutrayi* and *laghutrayi*. This conceptual study was also explored in many books on *Pathya-Apathya* and *Ashmari*, and the data gathered was critically analyzed **Diet and lifestyle changes required in**

"Pathye sati gadaarthasya kimoushadha nishevanaih Pathye asati gadaarthasya kimoushadha nishevanaih" (*Vaidya Jeevanam*)⁸ *Vaidya* Lolimb Raja indicated the importance of wholesome food (*Pathya Aahara*) by stating that if a patient intake wholesome food, then there is no need for medicine and if a patient continuously consumes unwholesome food, then also there is no need for medicine. In that case, medicine will not be effective.

Nidan parivarjan (Abstinence)- 1st step in the treatment of any disease is *indan parivajan* which means the removal of the causative factor behind that.

Pathya is classified into *pathya ahar* (healthy food habits) and *pathya vihar* (healthy lifestyle) same classification follows *Apathya*

MUTRASHAMRI:

TABLE 03:

Causes of stone	<i>Pathya Ahar (Dos)</i>	<i>APATHYA Ahar (don'ts)</i>
water deficiency in the body concentrates the urine which causes stone formation	Drink plenty of liquid <ul style="list-style-type: none"> • <i>Ushnodaka</i> (Warm water) • <i>Narikeoldak</i> (Coconut) • <i>Takra</i> (Buttermilk) • <i>Ikshurasa</i> (Sugarcane juice) 	Alcohol, Sugary, and caffeinated beverage.
excessive intake of <i>madhura</i> , <i>Snigdha</i> , <i>guru aahar</i> aggravate <i>Kapha dosha</i> and also are rich in	⁹ Vegetables: <ul style="list-style-type: none"> • <i>Kushmanda</i> (White gourd) • <i>Talaphala</i> (Toddy's palm), • <i>Patola</i> (pointed gourd) 	<ul style="list-style-type: none"> • beef, chicken, and pork, especially organ meats • eggs • fish and shellfish

<p>calcium, purine, phosphate, etc. hence they lead to the formation of <i>Ashmari</i>.</p>	<ul style="list-style-type: none"> • Carrots, • <i>Karela</i> (Bitter gourd), • Radish, • Pumpkin, • <i>Urvaru</i> (Cucumber) <p>Cereals: <i>Purana Shali</i> (Old rice), Barley, <i>Moong dal</i>, Horse gram (<i>Kulattha</i>)</p> <p>Fruits: Watermelon, musk melon, apple, <i>Draksha</i>, <i>Phalgu</i>(anjeer) Saindhav Lavan, sita (Mishri)</p>	<ul style="list-style-type: none"> • milk, cheese, and other dairy products • Peanuts • rhubarb • spinach <p>Junk food, oily food</p>
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- **Uric acid stone-** when purine metabolism gets disturbed uric acid stones are formed, so a protein-rich diet should be avoided in uric acid stones
- beef, chicken, and pork, especially organ meats
- eggs
- fish and shellfish
- milk, cheese, and other dairy products
- oxalate binds with calcium and flushes out from the body through urine. So, a calcium-rich diet should prefer to an oxalate-rich diet.

Lifestyle changes –

TABLE:

Sr.no.	Do's/don't's	Reason
1.	Avoid excessive walking/ excessive working in the sun	it increases the rate of perspiration and may generally cause concentrated urine and a reduction in urine volume, leading to the formation of <i>Ashmari</i>
2.	Avoid Day sleep (<i>Divaswaap</i>)	should avoid because it aggravates <i>Kapha dosha</i>
3.	Avoid Suppression of natural urges like urination	inadequate drainage may lead to stone formation
4.	<i>sanshodhan</i> that is <i>vaman</i> , <i>virechan</i> , etc should get time to time with the doctor's recommendation	Individuals who need <i>sanshodhana</i> but have not undergone <i>sanshodhana karma</i> from time to time indulge in <i>Kapha dosha</i> aggravating <i>aahar vihar</i> leading to the development of <i>Ashmari</i> .
5.	Should follow <i>Dincharya</i> and <i>Ritucharya</i> according to <i>Ayurveda</i>	That keeps <i>doshas</i> balanced.

DISCUSSION

Apathya (unhealthy dietary habits and lifestyle) is the main cause of diseases, however, *Pathya* (healthy eating and lifestyle) is a holistic approach to the treatment of disease. Therefore, food and lifestyle management are the main factors for any therapy. *Acharya* has mentioned a specific diet for specific diseases, Because, if something is beneficial to someone, it does not mean that the same will work in other situations, dietary indifference also depends on nature and other factors.

Therefore, the dietician or doctor needs to be very careful about the food habits with lifestyle.

So, the *Pathya-Apathya* mentioned above is for *Mutrashmari*, which helps in healing, removes the cause of the recurrence of the disease, and reduces the recurrence rate.

CONCLUSION

living standards according to *Ayurveda* can give disease-free life, *Pathya* is the key to a healthy life, it can keep the body mind, and soul in a balanced state. diet regimen mentioned in the text for *Mutrashmari*

inhibits stone formation by balancing the *doshas* and detoxifying the body. Therefore *Pathya-Apathya* works as additive therapy in the management of *Mutrashmari* which helps in early cure and prevention of re-occurrence

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