



Case Study

AYURVEDIC MANAGEMENT OF ASHMARI (NEPHROLITHIASIS)

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Article info

Article History:

Received: 02-07-2024

Accepted: 30-08-2024

Published: 15-09-2024

KEYWORDS:

Nabhi Purana, Asta Mahagada, Mutrashmari, Nephro-lithiasis.

ABSTRACT

Mutrashmari is one among the *Asta Mahagada* (eight fatal conditions) due to involvement of *Basti*, which is one of *Trimarma* and difficult to cure. It is *Kapha Pradhana Tridoshaja Vyadhi* due to clinical resemblance in clinical manifestation, *Mutrashmari* is compared to nephro-lithiasis or uro-lithiasis. Nephro-lithiasis is pathological condition of the urinary crystalloids takes place anywhere in the urinary tract. It is a big challenge for all health care systems. Because of changes in lifestyle, dietary habits, and treatment modalities its incidence and prevalence have increased significantly over the past few decades. Prevalence rate of kidney stone is about 11% in males and 9% in females, other diseases such as high blood pressure; diabetes and obesity may increase the risk for kidney stones. In Ayurveda, *Basti Chikista* is best for any obstruction or *Sroto-Sanga* in the body especially in the *Sthana* of *Vata Dosha* as *Pakwashya* (the main *Sthana* of *Vata Dosha*). Properties like *Teekshna*, *Ushna* and *Shothaghna*, *Mutra Virechaniya Karma* helps to eliminate the stone from urinary system and restore its functions. In the present case both *Shodhana* and *Shamana Chikista* were adopted. *Nabhi Purana* with *Ardraka Swarasa* reduced the colicky pain by pacifying the *Sthanika Vata Dosha*. *Mutra Virechaniya* (diuretic), *Ashmarighna* (litho-triptic) and *Shophaghna* (anti-inflammatory) are the way to reduce symptoms of renal stones. These medicines and therapeutics also helps to prevent recurrence.

INTRODUCTION

The term *Ashmari* includes two words "*Ashma + Ari*". *Ashma* means stone/gravel and *Ari* is enemy. The formation of stone in *Ashmari Vyadhi*, exerts great suffering to human beings like an enemy^[1].

Acharya Sushruta has described the pathology of *Ashmari* by taking the example of new earthen pot in a very fascinating way. He has included *Ashmari* in *Ashta Mahagada* i.e., the eight most troublesome diseases^[2].

Basti (kidneys and urinary bladder) is the main site of *Ashmari*.

The incidences of *Mutrashmari* are increasing day by day due to various reasons like altered food habits, change lifestyle, stress, strain, environmental pollutions etc.

This *Mutrashmari* (nephrolithiasis) can lead to defects in the formation of urine and micturition^[3].

In Ayurveda, *Basti* (urinary bladder) is the main site of *Vata Dosha* where urine formation and regulation takes place, in *Mutrashmari Sroto-Sanga* i.e., obstruction in *Mutravaha Srotas* is there due to stones. Here, *Shodhana Basti* will normalize the function of vitiated *Vata Dosha* and promote natural elimination of kidney stones.

The case report presented here highlights the role of Ayurvedic medicines and *Panchakarma* therapies in successfully managing kidney stones (*Ashmari*).

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<https://doi.org/10.47070/ijapr.v12i8.3360>

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Case Presentation

A 32 years male patient was suffering from painful and bleeding micturation with split urine stream since 2 months.

There was radiating pain from flanks to lower abdomen and groin with nausea and vomiting. All symptoms had unpredictable onset and relief. No significant family history of kidney stones but patients profession was driving.

Nidana

Aharaja: Akala Bhojana, Ajeernashana, improper water intake.

Viharaja: Vegavarodha, continuously driving day and night shifts, Ratri Jagarana.

Roopa: Painful and bleeding micturation with split urine stream.

USG Report: 7.8mm and 6.2mm stone in calyx in the left kidney.

Treatment Given

First month: Instant *Anuvasana Basti* of *Mutra Kricchra Hara Taila* was given which resulted in reducing symptoms a little.

Shodhana Basti (Anuvasana and Niruha) was given with *Mutra Kricchra Hara Taila* and *Dashmula Kwatha* for 8 days which resulted improving his symptoms in 5-6 days of *Basti Nabhipurana* was done on regular basis with *Ardraka Swarasa*.

Oral medication given was –

1. *Musta + Chandana+ Yashti + Pashana Bheda+ Gokshura + Varuna + Ushira + Kokilaksha + Vidari Kwatha* 40ml BD.
2. *Gokshuradi Guggula* 2 TDS.
3. *Chandraprabha Vati* 2 BD with *Varunadi Kwatha* + water (10 ml each).

Treatment outcome

Patient got 50% relief from painful micturation after instant *Basti* of *Mutrakricchra Hara Taila* and most symptoms subsided after *Shodhana Basti* and medicines.

Patient got complete resolution of symptoms and USG report showed no evidence of kidney stones after one month of medication followed to the *Shodhana Basti*.

DISCUSSION

Ashmari (kidney stones) is common and painful urinary tract disorder affecting millions worldwide. According to *Acharya Sushruta*, *Vayu* after vitiation enters the *Basti Mukha*, does the *Shoshana* of *Mootra* along with *Pitta*, *Kapha* or *Shukra*. Here *Kapha* is the main *Adhara (Dosha to firm with pathology)* for all *Ashmari*. But Chakrapani

believes all varieties of *Ashmari* are *Tridoshaja*. There is a beautiful simile described by Chakrapani to explain pathology like- the water present in the atmosphere is dried up by wind and heat, in the same way, *Kapha* present in the *Basti* is dried up by *Vata* and *Pitta*. *Sthana* of *Vata Dosha* is *Pakwashaya* which receives maximum corrections from applied *Basti* therapy. This leads to break *Samprapti* [4]. *Shodhana Basti* is *Sroto Shodhana*, *Kleda Hara*, *Mutra Rechaniya* and *Kapha Hara*. *Mutra Kricchra Hara Taila* contains *Tikshna*, *Ushna*, *Shothaghna* and *Vatahara Dravyas*. Therefore definitely helps to relieve instant and acute pain of *Ashmari*[5].

Ardraka Swarasa due to its *Anulomaka*, *Shula* and *Shothahara* properties removes the *Sanga* in *Srotas* and pacifies *Vata Dosha* which helps to reduce colicky pain in this case; here *Nabhipurana* is chosen because of multiple factors like easy administration, also *Nabhi* is in between *Amashaya* and *Pakwashaya* it is considered as *Mulasthana* of *Sira* and *Dhamani*, among 24 *Dhamanis*, 10 is said to supply above and 10 below *Nabhi* remaining 4 goes in *Tiryagamarga*, hence *Nabhi* is considered as originating source for vessels present in between *Amashaya nad Pakwashaya*[3,6] Along with this *Chandraprabha Vati*, *Gokshuradi Guggula* and *Varunadi Kadha* does *Mutra Virechan Karma* and improves overall condition of kidneys.

CONCLUSION

Basti is among *Trimarmas* and its diseases are difficult to cure if patient is suffering from a longer period. Although Ayurveda *Panchakarma* therapies and medications helps the system to heal thoroughly.

The aim was to clear the obstruction due to stones and heal the urinary system completely. With help of *Basti* and herbal medications and lifestyle changes functioning of urinary system got promoted.

Srotas Shodhana of *Mutravaha Srotas* was carried out by *Shodhana Basti* and *Nabhipurana* and herbal medicines helped in relieving the symptoms which resulted in total elimination of kidney stones in this case.

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Cite this article as:

Bishnupriya Mohanty, Shubhada Lekurwale, Abhishek Santosh Shriramjwar. Ayurvedic Management of Ashmari (Nephrolithiasis). International Journal of Ayurveda and Pharma Research. 2024;12(8):50-52.

<https://doi.org/10.47070/ijapr.v12i8.3360>

Source of support: Nil, Conflict of interest: None Declared

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