



## MANAGING MUTRASHMARI THROUGH AYURVEDIC SHAMAN CHIKITSA: A CASE STUDY

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**Abstract-Ayurveda is regarded as a timeless and comprehensive science of health, as it emphasizes both the promotion of well-being and the treatment of disease.** In Ayurveda, urinary stones are described under the term 'Mutrashmari,' where 'Mutra' means urine and 'Ashmari' means stone. *Mutrashmari* is the disease of *Mutravaha strotas*. Acharya Susruta described it as one of the *ashta mahagadas*. Acharya Charaka mentioned *Ashmari* as one of *Bastimarmashritha Vyadhi*.

In Ayurveda, various conservative medicines are mentioned for the management of *Mutrashmari* with less side effect and minimum recurrence of stone formation. In this case report, the patient visited OPD with a complaint of *Mutradaha*, *Adhaman*, *Sakashtamutrapravrutti*. The patient was treated with *Shaman Chikitsa*, *Varunadi kwatha*, *Pashanbheda Churna*, *Gokshur churna*, *Punarnava churna*, *Hriberpishti*, *Yavakshar churna*.

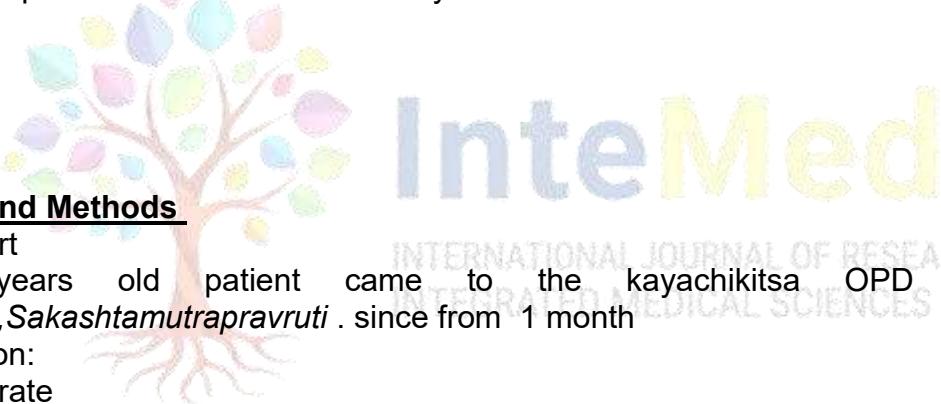
At the end of treatment, the patient got relief in signs and symptoms, and USG reports showed no evidence of calculi in the kidney. Details of USG mentioned below in tubular form. Ayurvedic management offers a good approach to manage *mutrashmari*.

**Keywords :** Mutrashmari, Varunadi kwath, Pashanbheda, Gokshur, Punarnava churna, Yavakshar churna, Hriberpishti.

## Introduction

According to Ayurveda, the body's physiology is governed by the Tridosha theory, which includes Vata, Pitta, and Kapha. Similarly, the function of the urinary system (Mutravahasrotas) is regulated by Apana Vayu, one of the five types of Vayu. Any imbalance in Apana Vayu can lead to disorders of the urinary system. Mutrashmari, a disease of the Mutravahasrotas, is associated with Basti marma. Stones (Ashmari) are formed when Vata causes dryness in the urine, Sukra, Pitta, or Kapha stored in the urinary bladder, resulting in bladder distension, severe pain, and difficulty in urination. Sushruta explains that Mutrashmari forms due to Srotovaigunya, which arises from Dusita Kapha in the Basti, combined with Pradusita Vata and Pitta..

herbal drugs have proven effects like imuno-modulation, adapto-genic and antimutagenic. The excessive use of synthetic drugs, often causing a higher rate of adverse reactions, has encouraged people to seek natural and safer remedies. In modern science, a urinary calculus is described as a stone-like structure formed from urinary salts bound by an organic colloid matrix. It typically has a central nucleus surrounded by concentric layers of deposited urinary salts. The treatment principle of Urinary calculus in modern science is flush therapy in case of stones up to 5mm. In larger stones the advanced techniques like, Extra corporeal Shock Wave Lithotripsy (ESWL), Nephrolithotomy, Ureteroscopy and Percutaneous nephrolithotomy (PCNL) are done, but these treatments have their own limitations which may lead to complications and are very expensive and cannot be met by common man.



## Material and Methods

### Case report

A 50 years old patient came to the kayachikitsa OPD C/O Mutradaha, Adhaman, Sakashtamutrapravrtti . since from 1 month

### Examination:

GC- Moderate

Pulse – 76/min

BP- 130/90 mmhg

Adv

LFT

Sr.Bilirubin (total) 0.6mg/dl

Sr.Bilirubin(Direct) 0.28mg/dl

Sr.Bilirubin (indirect) 0.39 mg/dl

S.G.O.T- 35U/L

S.G.P.T -27 U/L

Alkaline phosphatase 68U/L

Sr.total Proteins 6.1gm/dl

Sr.Albumin 3.2gm/dl

Sr.Globulin 2.90 gm/dl

A/G Ratio 1.10

Sr. Creatinine 1.15 mg /dl

## TREATMENT

## Treatment details

## VARUNADI KWATHA

Ingredient of Varunadhi Kwatha are Varuna, Gokshur, Shunthi, Yavakshara

It has properties of Chedana ,Bhedana, Lekhan ,Tridoshghna ,Mutrala,Anulomana and krimighna .Property of Varunadi Kashaya help in breaking down pathogenesis of Ashamari .

Pashanbheda :

Ras- tikta ,kashaya,Vipak- Katu , Virya- shita Mutrala,

Gokshur

Ras-Madura      Vipak -Madur      Virya-Shita

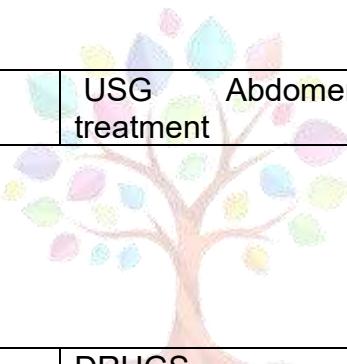
## Punarnava

Ras- Madhura Tikta ,Kashaya      Vipak- Katu      Virya- Ushana

## Yavakshara

Ras – Madhura Vipaka- Katu Virya – Sheeta , Bhedana, Lekhan karma

Sr.No	USG Abdomen treatment	before	USG Abdomen After treatment
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Sr.No	DRUGS	DOSE	DEURATION	ANUPAN
1	VarunadiKwatha	15 ml	TDS	Koshana jala
2	Pashanbheda Churna	1gm	TDS	Koshana jala
3	GOkshura Churna	1gm	TDS	Koshana jala
4	Punarnava Churna	1gm	TDS	Koshana jala
5	Yavakshara	250mg	TDS	Koshana jala
6	Hriber pishti	250 mg	TDS	Koshana jala
1	Left renal calculi 4.5mm sited in lower pole of Lt kidney and 5.3mm sized calculius noted in mid pole of kidney  Grade II Fatty liver		A 4mm calculus is at mid pole of kidney Grade I fatty liver	

## **RESULT AND DISCUSSION:**

Appropriate use of prophylactic and therapeutic Ayurvedic medicines helps reduce morbidity through their diuretic and lithotriptic properties, facilitating the expulsion of urinary stones. To minimize the chances of recurrence, patients are strongly advised to adhere to specific dietary guidelines, lifestyle measures, and behavioral practices (Pathyapathy) both during and after the treatment. es of conduct, diet and lifestyle regime (Pathyapathy) during the course of Ayurvedic treatment and there after to prevent reoccurrence. Acharya Sushruta says Nidana Parivarjna is as a major treatment tool for any disease. Mutra daha ,Sakashatamutra pravruti relief from this symptoms after treatment of 2 month follow up and pathyaapathy

## **CONCLUSION**

Ayurvedic shaman chikitsa is effective in Mutrashamari beneficial in patient

In this case all symptoms like Pain & Burning micturition sensation are markedly diminished in 2 months study. Shamana chikitsa are significantly effective, followed by proper Pathya & Apathya. beneficial in the patient of Mutrashamari by relieving the pain most of its contents are Vataghna, Vednasthapan and Shothahara Dravya and bloodpurifier which detoxify body.

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