



AYURVEDIC MANAGEMENT OF MUTRASHMARI- A SINGLE CASE STUDY

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ABSTRACT Mutrashmari is an ayurvedic condition which can be correlated with Urinary calculi. It is an emergency condition at any time. Though it is structural condition, so many remedies are explained in ayurvedic classics. In this case study, patient came with complaints of pain from lower back to inguinal region in front, treatment addressed was Basti chikitsa along with shaman chikitsa. And has shown remarkable result in the sign and symptoms of patients. This helps to get rid of from costly allopathic management and surgery.

KEYWORDS : Basti, Mutrashmari, Trunpanchmul, Urinari calculi, Varunadi kwath.

INTRODUCTION

Today's era is industrialized. In this Fastest lifestyle, everyone is trying to be presentable at every step of success. For achieving that, people are neglecting their healthy food habits. Holding and neglecting natural urge is one of the reason of many diseases, as explained by samhita's. Acharya sushruta has mentioned mutrashmari under mahagad because it is not easy to treat¹. Old literature gives us a clear idea of the disease that it has come into exist very beginning. Ashtanga hruday and Sushrut samhita emphasized on the causes, symptoms, diagnosis and treatment². Acharyas explain the two major factors as the reason for urinary calculi, they are Asamshodhan(improper body detoxification), Apathya sevan (untimely eating, overeating, indigestion, unwholesome food and beverages that causes improper evacuation of metabolic waste). In ayurveda madhura (sweets) and guru (heavy) for digestion³. Diets and hot climate are the main cause for the formation of Ashmari (stone)⁴.

Modern View-Urolithiasis is an effect of complex physical chemical process, which involving sequence of events In the formation of any urinary stone, including urinary saturation, nucleation, and growth that crystals, aggregation and retention of crystal And finally formation of stones⁵.

The prevalence of this condition is 10% in Men and 5% in women, due to daily lifestyle and dietary pattern of the people⁶.

Case Presentation

A 32 years male patient, who was Cloth designer , came in opd of panchakarma with complaints of Nabhi-seevani-basti- kukshi shoala (Severe pain in umbilicus, median Raphae, Urinary bladder and inguinal region). Visheerna dhara (obstruction to the flow of urine), Mutre sati vedana (painful micturition) since 2 months. There was no any surgical and major illness

Investigation

- USG reports shown the findings of renal calculi of 4.7mm in size of Right kidney and 4.8mm in left kidney. And grade 1 fatty liver.
- Blood investigation were within normal limits.
- Urine investigation shown presence of Ca Oxalate in urine. on the basis of science and symptoms patient was diagnosed as mutrashmari.

TREATMENT GIVEN

- Shaman chikitsa

| Dravya | Matra | Sevan kala | Divas |
|---------------------------|-------|-------------|----------|
| Punarnavarisht | 15ml | Before food | 4 months |
| Chandraprabha vati | 500mg | Before food | |
| Varunadi kwath | 20ml | After food | |
| Gokshuradi guggul | 500mg | After food | |
| Gandharva haritaki choorn | 3gm | At night | |

- Shodhan Chikitsa

Basti treatment was planned in the form of kaal basti in alternate pattern of tail basti and niruh basti.

Anuvasan- Mahanarayan tail(30ml) + Til tail(30ml) + Saindhav(3gm)

Niruh- Trunpanchmul + Gokshur + Punarnava Kwath(750ml).

Ahara and vihara advised-

Pathya- purana shali, yava,kshara,takra,jangal mamsa, mudg yusha, kushmand, ushna ahara Sevan.

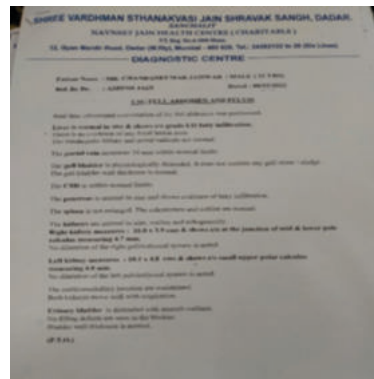
Apathya- tambul, matsya, Lavan, hingu, sarshap, Tila, Masha, dadhi, vidahi, ruksha, viruddhashana, vishamasana, vegadharan, yanaayaan.

Assessment was done on the basis of sign and symptoms of the patient ; before and after study.

1. Vas scale
2. Usg (Abdo+ pelvis)

Result-Parameter

1. Vas scale- before treatment – 10
After treatment – 2
2. Size of calculus – before -Rt-4.7mm, Lt-4.8 mm
After -no renal calculi noted on both sides
3. Usg reports-
Before-



After-



DISCUSSION

- Many treatment therapies have been explained in chikitsasthana of samhita to treat the mutrashmari. Acharya charaka explained, use of kshara (medicated alkali) and ushna tikshna dravyapan in kaphaj mutrashmari. Acharya sushruta advised for shaman chikitsa before going to surgical procedure. He advised Kshara kalpana, oral consumption of Ghrita and taila which having chedana (cutting or breaking), bhedana (splitting), lekhana (scarification), and mutral (diuretic) properties and kwatha for facilitating the disintegration of the urinary stone. Hence as per chikitsa sutra, in this clinical study shaman aushadhi and basti chikitsa were selected for the management of mutrashmari.
- Varunadi kashaya- varunadi gana formulation pacifies the kapha dosha, by having properties opposite to kapha dosha which are ruksha, guru, katu vipaka and ushna virya. Pain and Shotha relieve by its vatanuloman, shothahar and mutral property. It is an effective remedy for managing urinary problems including diuretics, remove calculi, remove spasm and pain. Because of all these properties it can tear urinary stones and help to flush out small stones from the urinary tract. Thus in total this formulation helps in breaking out the pathogenesis of ashmari and recurrence of it.
- Chandraparabha Vati- it has multidimensional action and effective in urogenital system. It has tikta katu kashay Lavan rasa Pradhan, laghu, Ruksha, vishada, sukshma, Guna. And it's action is kaphahara, puyahara, shoolahara, mutrala¹¹.
- Gukshuradi guggul- Mutrala, shothahar, and muscle relaxation action, which has been used in genito urinary problem, dysuria¹².
- Basti- As sanshodhana chikitsa in kalbasti krama of mutral kwath was advised. It's action based on properties of dravyas used in basti. The main ingredients of basti are gokshura, trunpanchmul, and punarnava. They all possesses all the needful properties like kaphahara, lekhana and mutral. Therefore help in breaking down the pathogenesis of ashmari. Another important ingredients are saindhava, makshik, sneha. It reaches up to micro channels of body due to sukshma Guna. It breaks down doshasanghat due to its tikshna Guna and liquidized the dosha due to snigdha Guna. All dravyas produces detoxification during elimination¹³.

CONCLUSION

From the above study , conclusion reaches on the statement that mutrashmari can be managed by Ayurved Chikitsa alone and can get rid off from costly management of surgery and allopathy medicine. For more better performances further research should be studied.

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