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# Stones Unearthed: A Journey to Wellness with Ayurvedic Urolithiasis (*Mutraashmasri*) Management

Vishal Chaudhary<sup>1</sup>, Soumya A. Goudar<sup>2</sup>

<sup>1,2</sup>Post Graduate Scholar, Department of Dravyaguna, KAHER's Shri BM Kankanwadi Ayurveda Mahavidyalaya, Belagavi, Karnataka, India.

## ABSTRACT

Urolithiasis is a prevalent clinical condition impacting over 10% of the population in industrialized nations, causing symptoms like intense renal pain, lower abdominal discomfort, painful urination, and cloudy or foul-smelling urine. Despite various medical treatments, managing renal calculi proves financially burdensome, with recurrent stone formation posing a persistent challenge. Ayurvedic diagnostics, including assessing individual constitution (*Prakriti*), urine (*Mutra*), and pulse (*Nadi*), lay the foundation for understanding *Mutraashmasri* causes. Renal calculi are closely linked to *Agni* (digestive fire) imbalances and the accumulation of *Ama* (toxins). Ayurvedic interventions aim to enhance *Agni*, eliminate *Ama*, and restore *Doshic* equilibrium, encompassing dietary changes, lifestyle adjustments, and herbal formulations. This case report presents a 45-year-old male with renal calculi (7.7mm at ureteropelvic junction and 7.4mm at ureter-bladder junction) experiencing severe pain, backache, hematuria, and recurrent urinary tract infections. After ineffective allopathic treatment, the patient sought Ayurvedic care, achieving complete urolithiasis dissolution within one month.

**Key words:** Ayurveda, Urolithiasis, *Mutraashmasri*, *Ashtamahagada*

## INTRODUCTION

Renal calculi, the third most prevalent urinary ailment, affect over 10% of individuals in industrialized countries. In India, the estimated prevalence is 12%, with higher rates in men aged 20-40. Kidney stone formation stems from various causes, including diet, metabolic issues, temperature, immobility, elevated urine citrate, and inadequate urine outflow. *Mutraashmasri*, a common urinary tract ailment, aligns with *Ayurvedic Ashmasri* concepts, representing a challenging-to-treat disease. Surgical interventions like

lithotripsy, while common, are time-consuming, costly, and fail to prevent recurrence. Ayurvedic treatments offer a potentially effective alternative.

## CASE PRESENTATION

A 45-year-old male from Shimla, Himachal Pradesh, working in a sedentary profession, presented with renal calculi-related symptoms for a year. Allopathic treatments provided only temporary relief. Ayurvedic intervention resulted in complete urolithiasis dissolution within one month.

## Personal History

- Marital Status: Married
- Smoker: Absent
- Tobacco: Absent
- Alcohol: Absent

## Family History

- Father: Hypertension
- Mother: No significant medical history

## Address for correspondence:

Dr. Vishal Chaudhary

Post Graduate Scholar, Department of Dravyaguna, KAHER's Shri BM Kankanwadi Ayurveda Mahavidyalaya, Belagavi, Karnataka, India.

E-mail: vaidyavishalchaudhary@gmail.com

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**On Examination**

- General Condition: Fair
- Pulse: 78/min
- Blood Pressure: 130/90mmHg
- SPO2: 96%
- Respiratory Rate: 20/min
- Pallor: Absent
- Icterus: Absent

**Asthavidh Pariksha**

- Nadi: Vata-Pitta
- Mala: Samyak
- Mutra: Daha
- Jivha: Aam Yukta
- Shabda: Prakrit
- Sparsha: Ushna
- Druka: Prakrit
- Akruti: Mahaan

**Samprapti Ghatak**

- Dosha: Apana Vayu, Shleshmak Kapha
- Dushya: Shukra, Mutra
- Srotas: Mutravaha Srotasa
- Srotodushti: Sanga
- Rogamarga: Abhyantar
- Agni: Jathar Agnimandya
- Adhishtana: Basti
- Vyaktasthana: Mutravaha Sansthan

**Nidanpanchak**

- Hetu: Katu, Amla, Lavan Rasa Atisevan, Diwaswapan, Krodh, Mutra Vegvidharan
- Poorvaroop: Aruchi, Jwara, Aadhman, Bhrama
- Roop: Vama Kukshishool, Sada Mutrapravritti, Saarujamutrapravritti
- Rog Vinishchay: Pittaj Mutrashmari

**Therapeutic Intervention**

A dietary plan for *Mutraashmari* (renal calculi or kidney stones) in Ayurveda focuses on harmonizing the doshas, particularly *Vata*, *Pitta*, and *Kapha*, with the goal of preventing stone formation. It is crucial to consider individual variations in dietary requirements based on one's constitution (*Prakriti*) and the specific dosha imbalance. All three *Doshas-Vata*, *Pitta*, and *Kapha*-play a role in the *Samprapti* (pathogenesis) of *Mutrashmari*. Understanding the *Samprapti* is imperative for effective treatment, as the resolution of the *Samprapti Sanghatan* (pathological process) is a key aspect of *Chikitsa* (treatment).

*Srotasa*, which refers to the body channels involved in the disease process, is a significant factor in the formation of *Mutrashmari*. Following a *Pathya* diet, which is compatible with the *Srotasa*, becomes essential. The concept of *Pathya* involves consuming foods that are conducive to the proper functioning of the *Srotasa*, thereby preventing *Srotovarodha* (obstruction of channels) and, consequently, averting the development of the disease.

To safeguard *Srotasa* and prevent *Mutrashmari*, it is crucial to avoid factors that contribute to the causation of the disease. Additionally, incorporating foods that are in harmony with the specific *Srotasa* involved is instrumental in maintaining the health of the urinary system and preventing the onset of kidney stones. Individualized dietary recommendations based on *Prakriti* and *Dosha* imbalance further enhance the effectiveness of the *Ayurvedic* approach to managing *Mutraashmari*.

**Medication Given**

Medication	Dose	Time	Duration
<i>Bruhatyadi Kashay Tablet</i>	1 With <i>Varunadi Kwath</i>	Bd	1 Month
<i>Gokhshuradi Guggulu</i>	2 With <i>Varunadi Kwath</i>	BD	1 Month
<i>Punarnavadi Guggulu</i>	2 With <i>Varunadi Kwath</i>	BD	1 Month

<i>Arogyavardhini Vati</i>	2 With Luke Warm Water	BD	1 Month
<i>Varunadi Kwath</i>	15ml+30 MI Luke Warm Water	BD	1 Month
<i>Shweta Parpati</i>	125mg In <i>Varunadi Kwath</i>	BD	1 Month

## RESULTS

Symptoms	Before Treatment	After Treatment
Hematuria	Present	Absent
Pain At Renal Angle	Present	Absent
Painful Micturation	Present	Absent
Nausea	Present	Absent

## Non-Contrast Computed Tomography Findings

Left Kidney measures 9.3\*4.7 cm with PT of 17 mm at upper pole and is normal in size outline, orientation and position. No calculus or HDN seen.

## DISCUSSION

The five components in ***Bruhatyadi Kashayam*** are *Laghupanchamoola* as per *Acharya Vagbhata*, forming part of *Dashamoola*. *Shalparni* having *Madhur, Tikta Rasa Guru, Snigdha Guna, Madhur Vipaka* and *Ushana Veerya* and *Tridosha Shamaka* in nature. *Prishanparni* having *Madhura, Amla, Katu, Tikta Rasa Laghu* and *Sara Guna, Ushana Veeraya* and *Madhur Vipaka*. *Brihati* having *Katu Tikta Rasa, Laghu Ushana Tikhshana Guna, Ushana Veeraya* and *Katu Vipaka*. *Kantkari* having *Katu Tikta Rasa, Laghu Ushana Teekhshana Guna, Katu Vipaka* and *Ushana Veeraya, Kapha Vatahara* in nature. *Gokshura* having *Madhura Rasa, Guru-Snigdha Guna, Sheeta Veerya, Madhura Vipaka*, and pacifies *Vata* and *Pitta*. *Bhavaprakasha* highlights the properties of *Laghupanchamula*, including *Madhura, Laghu, Ushna, Balya, Brihmana, Grahi, Pittavatahara*, which are beneficial in conditions like *Jwara* and *Ashmari*.

In ***Gokshuradi Guggulu***, *Gokshura* (*Tribulus terrestris*) exhibits *Madhura Rasa, Guru-Snigdha Guna, Sheeta*

*Veerya, Madhura Vipaka*, and pacifies *Vata* and *Pitta*. Consequently, it proves effective in various urinary tract disorders, promoting urine flow, smoothing urinary tract membranes, and aiding stone removal. *Gokshura* fruits are credited with diuretic and tonic properties, used in the treatment of calculus affection and painful micturition. *Guggulu* possesses *Sukshma-Sara & Tikshana Guna, Tikta-Katu Rasa, Ushana Veerya, Katu Vipaka*, and *Tridosahara* properties. Due to its *Tikhshna Guna*, *Guggulu* acts as *Ashmari Bhedana* and a diuretic. *Pippali* is a diuretic due to *Madhura Vipaka*. *Maricha* stimulates kidney function owing to *Tikhshana Guna*, increasing urine volume and quantity. *Musta* is diuretic. *Gokshuradi Guggulu* contains diuretic, stimulant, and *Ashmari Bhedana* drugs that facilitate calculus expulsion.

***Punarnavadi Guggulu***, mentioned in *Bhaishajya Ratnavali* in *Shothaadhikara*, combines herbs like *Punarnava* (*Boerhavia diffusa* Linn.), *Devadaru* (*Cedrus deodara* Roxb. Loud.), *Haritaki* (*Terminalia chebula* Retz.), *Guduchi* (*Tinospora cordifolia* Willd), and *Guggulu* (*Commiphora mukul* Engl.). These components, along with *Gomutra*, collectively exhibit *Vata Kapha Shamaka* properties. *Punarnavadi Guggulu* acts as a *Vata Kapha Shamaka* with *Ushna Virya*, preventing calculus formation and contributing to the destruction of renal calculus.

***Arogyavardhini Vati***, containing *Shodhit Parada* having *Shadrasa Tridoshanashak, Snigdha, Shodhit Gandhaka* having *Katu Rasa Ushna Veeraya* and *Sara Guna, Loha Bhasma* having *Tikta, Kashaya Rasa, Sheeta Veeraya, Madhura Vipaka, Kapha Pitta Shamaka* and *Ruksha, Guru Guna*. *Abhraka Bhasma* having *Madhura, Kashaya Rasa Sheeta Veeraya, Madhura Vipaka, Kapha Vata Shamaka* and *Snigdha Guna*. *Tamra Bhasma* having *Tikta, Kashaya, Madhura Rasa, Ushna Veeraya Katu Vipaka* and *Kapha Pittaghna Teekhshna, Ushna, Snigdha Guna*. *Shodhit Shilajatu* having *Katu, Tikta Rasa Ushna Veeraya, Katu Vipaka Guru, Snigdha Guna*. *Shodhit Guggulu* having *Katu Rasa Ushna Veeraya Katu Vipaka Kapha Vataghna, Pittashodhak* and *Laghu, Vishada, Snigdha Guna*. *Haritaki Kashaya Pradhana Ushna Veeraya Madhura Vipaka Tridoshaghna* and *Laghu, Ruksha Guna*.

*Amalaki* is *Amla Pradhana Sheeta Veeraya Madhura Vipaka, Tridoshghna* having *Laghu, Ruksha Guna. Katuki* having *Tikta Rasa Sheeta Veeraya, Katu Vipaka, Kaphapittaghna* and *Laghu, Ruksha Guna* in nature. *Chitrak* having *Katu Rasa Ushna Veeraya, Katu Vipaka Vatakapha Shamak* and *Teekshna Guna. Nimba Patra* having *Tikta, Kashaya Rasa Sheeta Veeraya, Katu Vipaka, Kapha Pitta Shamaka* and *Laghu* in nature. All in one with *Katu Tikta Rasa* and *Chedana* properties, incorporates *Shilajatu* and *Tamra Bhasam* as major components. These components possess *Chedana* properties, contributing to the dissolution of renal calculi.

**Varunadi Kwath** includes *Varuna, Gokshura, Shunthi,* and *Yavakshara*. It exhibits *Chedana, Bhedana, Lekhana, Tridoshaghna, Mutrala, Anulomana,* and *Krimighna* properties. The *Kaphavataghna* property of *Varunadi Kashaya* aids in breaking down the pathogenesis of *Ashmari* and *granthi*. The bark of *Varuna* contains saponin and tannin, making it demulcent, diuretic, tonic, and useful in calculus affections and urinary disorders. *Yavakshara*, with pH 11.73, neutralizes acidic media and prevents calculus formation. Its *Ruksha, Laghu, Teekshna,* and *Shigragami* properties reduce stone growth and favor its breakdown.

**Shweta Parpati**, containing *Surya Khsar* and *Sphatika*, exhibits *Kashay, Amla Rasa, Guru, Snigdha, Tikсна Guna, Ushna Virya, Madhur Vipaka, Mootral, Agnivardhak* properties. *Navsadar Lavan*, present in *Shweta Parpati*, has *Amla Rasa, Snigdha, Sukshma, Laghu Guna, Ushna Virya,* and *Tridoshaghana* properties. *Surya Khsar* has *Bhedana, Bastishodhana, Ashmarighna, Mutravirechaniya Karma,* and *Sphatika* exhibits *Mutrala, Pachana Karmas. Shweta Parpati*, with these properties, demonstrates its action against *Ashmari*.

## CONCLUSION

Ayurveda, through its holistic approach, successfully managed the presented case of *Ashmari*, demonstrating that small-sized calculi can be

effectively treated without resorting to surgery. Regular *Ayurvedic Shamana* treatment should be explored before opting for surgery, aligning with *Aacharya Sushruta's* recommendations.

## Patient Perspective

The patient was satisfied with the treatment. His Non contrast computed tomography finding reports show drastic change with complete dissolution of stone within 1 month of treatment and complete relief from all the symptoms.

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