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# Role of *Apamarga Yavakshara* in the management of *Mutrashmari* - A Conceptual Study

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## ABSTRACT

*Mutrashmari* is one of the most common disorders of the *Mutravaha Srotas*. It is one of the *Astamahagada* and considered as "Yama" because sometimes it causes acute excruciating pain.<sup>[1]</sup> In contemporary medical science it is correlated with urolithiasis. Symptoms in general include radiating pain from loin to groin, hematuria, burning micturition, malaise. Prevalence of Urolithiasis varies according to geographical distribution, sex and age. The treatment modalities of urolithiasis in conventional science are conservative medications and surgical procedures which are expensive, involve invasive treatments, needs hospitalization and in most of the cases recurrence rate is high. Ayurveda explains variety of *Yogas* for the management of *Mutrashmari*. A combination of *Apamarga* and *Yava Kshara* is indicated in *Mutrashmari* as per *Rasatarangini*.<sup>[2]</sup> So this study is taken up, to explore the combined effect of *Apamarga* and *Yava Kshara* in *Mutrashmari* keeping in view the shortcomings of different modern medical treatments.

**Key words:** *Mutrashmari*, *Srotas*, *Astamahagada*, *Yama*, *Urolithiasis*, *Apamargayava Kshara*.

## INTRODUCTION

*Mutravaha Srotas* comprises of kidney, ureter, bladder and urethra. Stone formed anywhere in these organs called as *Mutrashmari*. In contemporary science it is correlated with urolithiasis. The earliest reference regarding *Mutrashmari* is available since vedic period i.e. in Atharvaveda (1<sup>st</sup> khanda, 3<sup>rd</sup> sukta, 6-9 shloka). Detailed description regarding aetiopathogenesis, classification, clinical features, prognosis complications and treatment modalities are available in Shusruta Samhita. Sushruta described it as

one among *Ashtamahagadas* and called it as *Antakapratima* which means *Swarupa* of *Yama*. Madhavakara also mentioned it as *Yamopama* - the god of death. *Ashmari* can be cured by medicine when calculi is small but in case of larger calculi it needs surgical management. Ayurveda offers many *Kalpas* for the management of *Mutrashmari* like *Ghruta*, *Kvatha*, *Vati*, *Kshara*. *Apamarga Yavakshara* is the combination described in *Rasatarangini* for the management of *Mutrashmari*.<sup>[2]</sup>

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## NIDANA OF MUTASHMARI

In person who does not undergo purification regularly and who indulges in unhealthy food and activities *Kapha* gets aggravated combines with urine and reach in bladder to form *Mutashmari*.<sup>[3]</sup>

## PURVARUPA

The premonitory symptoms are fever, pain in bladder, loss of taste, difficulty in micturition, pain in head of urinary bladder, scrotum and penis, malaise and goat smell in urine.<sup>[4]</sup>

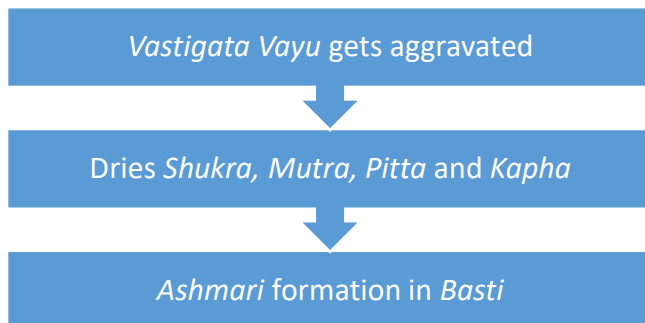
**LAKSHANA**

After manifestation of disease following symptoms appears:

- Pain in umbilical region, bladder, perineal raphae, penis and other nearby areas during micturition.
- Interrupted flow of urine
- Hematuria
- Scattered urine flow
- Urine colour resembles Gomedaka(Dolomite stone-yellow in colour), increased turbidity.
- Pain aggravates during running, jumping, swimming, riding, exposure to sunlight and long walk etc.<sup>[5]</sup>

**SAMPRAPTI**

When *Vata* dries up semen, urine, pitta or kapha in urinary bladder leads to formation of *Ashmari*.

**CHIKITSA**

- It can be cured by medicine when size of caculi is small but the later stage requires surgical intervention.
- In its early stage *Snehana* etc. *Karma* is applicable by which the root cause of disease can be eliminated.
- Use of *ghruta*, *kshara*, decoctions, milk and urethral douche are also mentioned.<sup>[6]</sup>

**Method of Kshara preparation**

- Collection of *Panchanga* of the selected plant in completely dried form.

- Cut into smaller pieces and taken in a wide mouthed big iron vessel and ignited in an open place.
- Completely burnt, cooled down plant ash is filtered through a sieve to get rid of unburnt woody part.
- Dissolved in 6 parts of water, cow's urine or the mixture of both.
- Stirred well and kept undisturbed overnight. Next morning the supernatant clear liquid is carefully decanted into separate clean vessel.
- Filtered through clean cotton cloth for 21 times.
- Final filtrate is taken in open large vessel and boiled with constant stirring.<sup>[7]</sup>

**Probable mode of action of Apamarga Yavakshara In Mutrashmari**

- *Apamarga-Yavakshara* is the combination of drug described in *Rasatarangini* for the management of *Mutrashmari*.
- *Apamarga* is *Kapha-Vatashamaka*, *Deepaka* and *Pachaka* and the *Apamargakshara* prepared from *Panchanga* reveals a good diuretic, litholytic and nephroprotective activity.
- *Yava* is considered as *Mutrala*, *Dipakapachaka* which is having *Kaphapittahara* properties and *Yavakshara* has a good diuretic property.

**DISCUSSION AND CONCLUSION**

*Mutrashmari* is one of the grave diseases mentioned in Ayurveda, because it is not easy to treat and there is need to pay more attention to treat it. The incidences of *Mutrashmari* are increasing in present era due to various reasons like altered food habits, changed life styles, stress, strain, environmental pollutions etc.

Along with *Nidana Parivarjana* and *Pathyapathya Palana*, *Samprapti Vighatana* plays an important role in the management of disease. To initiate *Samprati Vighatana*, to remove *Srotavarodha* of *Mutravaha Srotas* and associated symptoms many line of

treatments are described in *Samhitas*. If the disease is diagnosed early we can prefer the *Aushadha Chikitsa* with more or less *Shodhana Karma* inspite of going for surgical procedure.

*Apamarga* and *Yavakshara* are one among many remedies prescribed for management of *Mutashmari* in *Ayurveda*. Efficacy of both the drugs have been proven by many preclinical and clinical studies. *Rasatarangini* advocates the management of *Mutrashari*. Further clinical study can help strengthen the concept of *Rasatarangini* and provides scientific validation.

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