

Mutrashmari - Ayurvedic Review

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Abstract :

Sushruta Samhita is one of the most important textual reference for surgical procedures explained from the point of view of Ayurveda. Amongst all, Urological problems are an important part in medical sciences. Mutrashmari disease conditions both medicinal & surgical & treatment are explained in ancient texts. The disease is seen in both the genders i.e. male & female. As per ideal protocol the main treatment for Mutrashmari is conservative, medical, non-operative & operative.

Keywords - Sushruta Samhita, Urology, Conservative, Operative etc.

Introduction :

Amongst all the Samhitas in Ayurveda the Charaka Samhita is mostly for medicinal use, Kaumarbhritya for Paediatrics treatment, Sushruta Samhita having details of surgical procedures. Mutrashmari having both medicinal & surgical treatment is explained in the textual reference. But among of them Urology is very different for treatment & also in sadhyasadyatva, because failure in the diagnosis will result into failure of the treatment. This condition ranges from simple pain to serious infection to obstructed Urology as well as complete renal failure. For the diagnosis of a disease "Nidanapanchaka" is the specific method, whereas Darshan, Sparshana, Prashnana are used for examination of the patient.

An Ayurveda / Conceptual Review :

From point of view of Ayurveda Mutravahastrotasincludes the following organs -

- | | |
|------------------------|------------------|
| a) Basti | b) Vrukka |
| c) Gavini | d) Mutrapraseka |
| e) Mutravaha Strotansi | f) MutravahaNadi |
| g) Mutravaha Dhamanya | h) MutravahaSira |

Synonyms -

Sanskrit - Ashmari, Ashmarih.

Marathi - Ashmari

Hindi - Pathari

English - Stone, Calculus, Calculi.

Latin - Calculus (Single)

Calculi (Pleural)

Hetu -

- ❖ Strong Medicine
- ❖ RukshaMadyapan
- ❖ Excessive exercise
- ❖ Excessive intake of Anupa-Mansa
- ❖ Adhyashana
- ❖ Ajirna Bhojana
- ❖ Matsya Sevana
- ❖ Intake of heavy, Fatty & sweet food excessively.
- ❖ Diwaswap
- ❖ Bharavahan etc.

Purvaroop :

Different texts have mentioned the Purvaroopas of Mutrashmari as shown in following table :-

Sr.No.	Purva-rupa	Su.	A.Hr.	A.S.	M.N.	B.P.	Y.R.	G.N.
1	BastiPida	-	-	-	-	-	-	-
2	Ameli	-	-	-	+	-	-	-
3	Mutrakirechha	-	-	-	+	-	-	-
4	Bastisirovedana	-	-	-	-	-	-	-
5	MushkaVedana	-	-	-	-	-	-	-
6	ShephaVedana	-	-	-	-	-	-	-
7	Jwara	-	-	-	-	-	-	+
8	Ayasada	-	-	-	-	-	-	-
9	Bastigandhatwa	+	+	-	+	-	-	+
10	Sandm Mutra	-	-	-	-	-	-	-
11	Avila Mutra	-	-	-	-	-	-	-
12	Bastidhmana	-	+	+	+	-	-	-

Rupa :

Signs & Symptoms when fully get manifested are called Rupa. This is the stage when the disease comes out with full signs and symptoms indicating the specific characteristics of the disease like the dominance of Doshas, various stages etc.

Different texts have mentioned the Rupas of Ashmari as shown in the following table:-

Sr.No.	Rupa	Su	Ch	A.Hr	A.S	H.R	K.S	M.N	B.P.	Y.R.
1	NabhiVedana	-	-	+	+	-	-	-	-	-
2	BastiVedana	-	-	+	-	+	-	-	+	-
3	SevaniVedana	+	-	+	+	+	-	-	+	-
4	MehanaVedana	+	+	-	+	-	-	-	-	-
5	Mutra DharmSanga	+	-	-	+	-	-	-	-	-
6	Mutra Vikirana	+	-	-	+	-	-	-	+	-
7	GomedaPrakasha	+	-	-	+	-	-	-	+	-
8	Abyavilam	+	-	-	+	-	-	-	+	-
9	Saukham	+	-	-	+	-	-	-	+	-
10	Dhavan. Plavan etc.	+	-	-	+	-	-	-	-	-
11	VishnajaDhara	-	+	+	-	-	-	-	-	-
12	Sandhira Mutra	+	+	+	+	-	-	-	+	-
13	MridantiMedhira	-	+	-	-	-	-	-	-	-
14	Makuskarau Murchati Mehana	-	+	-	-	-	-	-	-	-
15	Mutrardha	-	-	+	-	+	-	-	+	-
16	Atimutraram	-	-	-	-	+	-	-	+	-
17	Pratanuroditi	-	-	-	-	-	+	-	-	-
18	Kasamana	-	-	-	-	-	+	-	-	-

Types of Mutrashmari :

Different texts have mentioned the Types of Mutrashmari as shown in following table :-

S.No.	Type	Su.	Cha.	A.Hr.	A.S.	M.N.	B.P.	Sh.S.	Y.R.
1	Sleshmaja	-	-	-	-	+	+	-	-
2	Pittaja	-	-	-	-	-	-	-	-
3	Vataja	-	-	-	-	-	-	-	-
4	Shukraja	-	-	+	-	-	+	-	+
5	Mirudu	-	-	-	-	-	-	-	-
6	Kathina	-	-	-	-	-	-	-	-

Chikista - Tw Types

- a) Samanya Chikista
- b) Vishesh Chikista

Samanya Chikista is generalized treatment, it doesn't cure the disease completely but gives a symptomatic relief, whereas Vishesh Chikista is specific treatment for that disease, doshas involved and status of Dhatus etc. Hetu Parivarjana is more effective part of treatment. Mutrashmari is mostly Kapha predominant disease, hence treatment focuses on control of Kapha. Aushadha used by Sushruta Samhita for different types of Mutashmari-

Vataj	Pittaja	Kaphaja
Pashanbheda	Kusha	Varunadi-Gana
Vasuka (Shweta Ark)	Kasha	Gugglu
Vasir (Gajpippal)	Ikshumool	Elaychi
Ashmantak (Changeri)	Pashanbheda	Kutha
Satavari	Satavari	Devdaru
Gokharu	Vidarikanda	Haridra
Brihati	Varahikanda	Maricha
Kantakari Root of shali	Dhanya	Chitraka
Kapotavanka (Brahmi)	Dhanya	-
Khasa	Gokharu	-
Gunja	Shayonak	-
Shayonak	Patala	-
Varuna	Patha	-
Yava	-	-
Kulatha	-	-
Nirmali	-	-

Pathya -

Aahar - Yava, kulatha, purnashali, Mudga, Yavakshar, VatanashakaAharvihar etc.

Aushadha - Gokshura, Yavakshar, Varuna, Punarnava, Pashanabheda etc.

Panchakarma - Vamana, Virechana, Langhana, Awagaha Sweda etc.

Apathya - Ativyavaya, Vegavidharana, Ushna AaharVihar etc.

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