



MUTRASHMARI -A CASE REPORT

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INTRODUCTION

Mankind has been affected by urinary stone since centuries & has been the silent cause of renal failure. Firstly Acharya Charaka mentioned about Mutrashmari & Susruta explained it in detail. Sushruta was performed perineal lithotomy (open surgery for the stone in the urethra). In Ayurveda renal calculi is compared to Mutrashmari which is stone like structure anywhere in the mutravahastrotasa. *Ashma* mans Stone and *Ari* is Enemy. It is considered as one of the "Ashtomahagada" due to its severity, chronicity and fatality. Pain due to it, is known as worse than that of labour pain.

CASE STUDY

- A 50 years old female patient from Chakan, Pune, with history of Hypertension since 5 years came to Dr. D. Y. Patil Ayurved hospital with acute pain in the abdomen, also in the loin region, backache, burning sensation in the urine. This case was diagnosed as renal Calculi. Her USG report shows, calculi around 10 mm in size in left kidney at Pelvic-Ureteric junction with grade I hydronephrosis
- Ashtavidhpariksha: No significant abnormality detected except burning sensation in the urine.
- On examination of abdomen reveals: **Tenderness in Lt. Loin & inguinal region radiating to back.**

Investigation

- **USG(Abdomen & pelvis) on 9 April 2011-**
- Rt. Kidney- Normal
- Lt. Kidney – **Grade I Hydronephrosis due to 10 mm calculus at the PU junction.**

Criteria for assessment

- **Subjective criteria**

Follow up	1 st day	15 th day	35 th day
Symptoms	Pain in abdomen (in Lt. loin region), burning micturation	Much relief in Pain in abdomen (in Lt. loin region), burning micturation	No symptoms

Diagnosis

- **Mutrashmari (Left Renal calculus)**

Principals of management

If we go through all the important text of Ayurveda, we found that, most of the Acharyas advised agnideeepan-Pachan, Doshashaman, Ashmari bhedan, Ashmari patana. For the treatment we used the formulation of Acharya Charak mentioned in chapter number 26 of Chikitsasthan.

Treatment Given

- Kantkari, Gokshur, Erandamula, Kokilaksha, Bruhati Ref. Ch. Chi. 26/62
- Each drug 1 gm kept mixed with 5tsf curd for 10-12 Hrs
- Then taken this mixture with 5 tsf milk & 5 gm sugar
- On empty stomach morning and evening at 7 am & 7 pm respectively.

Properties of the Drug

Sr. no	Drugs	Guna	Rasa	Virya	Vipaka	Action on Ashmari
1	Gokshur	Laghu, ushana	katu	Ushna	katu	Dipan, pachan by laghuushna guna, Diuretic.
2	Kokilaksh	Guru, Snigdha, Pichhila	Madhur	Madhur	Shita	Snehana of mutravahastrotasa, Diuretic & Anti-inflammatory.
3	Earanda mula	Snigdha, Tikshna, Sukshma.	Madhur, Kashay	Madhur	Ushna	Dipana, Snehana, Vatashamak, Mutravishodhan & Analgesic.
4	Bruhati	Laghu, Ruksha, Tikshna.	Katu, tikta	Katu	Ushna	Dipan, Pachana and Diuretic.
5	Kantakari	Laghu, Ruksha, Tikshna.	Tikta, Katu	Katu	Ushna	Dipan, Pachana and Diuretic.

Objective criteria

Follow up	1 st day	15 th day	35 th day
USG (Abd.+Pelvis)	Grade I hydronephrosis due to Lt renal calculus 10 mm in size	-	Normal USG(Abd.+Pelvis)No calculus

DISCUSSION

- As per drug, concerned with special reference from Charaka Chikitsa 26/62. The formulation used for mutrashmari contains 5 drugs kantakari, gokshura, erandamula, kokilaksha and Bruhati.
- On the basis of their pharmacodynamics it can be proposed that all drugs used in the compound formulation are mostly kaphavatashyamak in property along with mutral and ashmaribhedan. Maximum drugs are having properties of agnideepan & bhedan.

calcium, but according to Ayurveda sweet curd has abhishyandi property.

- Guru, snigdha, pichhila, sara guna of curd increases secretions in the mutravaha strotasa, causes snehana and clearance of strotasa
- Ashmaribhedana** It is done by laghu, tikshna guna of kantakari, earanda, bruhati and gokshur.
- Ashmari Patana** It is done by diuretic property of gokshur, Kokilaksha and kantakari.

**Properties of the Drugs
Drug formulation**



RESULT

Gokshuradi churna is effective in all types of Mutrashmari.

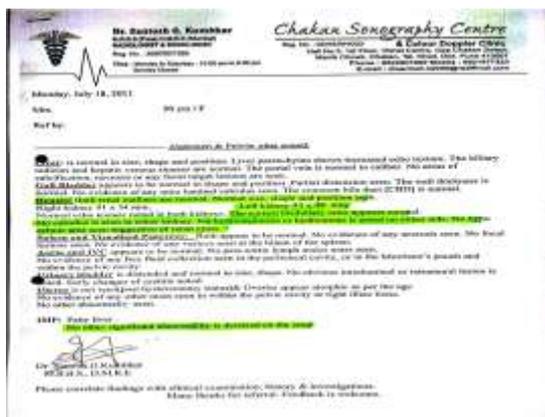
USG report before treatment



Mode of action of drugs

- In Mutrashmari for clearance of pathway of mutravahastrotasa, dipana, pachan and snehana of strotas is required **Ah. Hr. Su. 13/18**
- Dipan and Pachana** It is done by Bruhati, Gokshur, Kantakari, and Earandamula by their tikta, katurasa; tikshna, sukshma, and laghu guna; katu vipaka, Ushnavirya.
- Snehana of strotasa:** It is done by Earandamula and kokilaksh by their snigdha, picchila guna and & madhur vipaka.
- In this formulation Charaka used curd as a Anupan. Modern medicine states that curd is contraindicated in renal stone because it contains large amount of

USG report after treatment



CONCLUSION

- Following conclusion can be drawn from current case study
- The drugs does action by agnidipan, dosha shaman, Ashmari bhedana and Ashmari patan
- Due to abhishyandi guna of madhura dadhi(curd)snehan of mutravaha strotasa takes place with diuretic property of above drugs ashmari breaks into pieces & propels out from the body.
- Gokshuradi yog is effective, safe, cost effective & easily available.

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