



CLASSICAL APPROACH TO ASSESS THE MECHANISM OF ACTION OF AYURVEDA HERBS IN THE MANAGEMENT OF MUTRASHMARI IN RELATION TO UROLITHIASIS

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ABSTRACT

The current lifestyle, Global warming, defective Dietary penchants, offers more in line of urinary examination. In Ayurvedic texts urinary math has been portrayed under the segment of Mutrashmari. Sushrutacharya consolidate Ashmari in Astamahagada. Punarnava (*Boerhaavia diffusa*) Kulattha (*Dolicus biflorus*), Gokshura (*Tribulus terrestris*), Apamarga (*Achayaranths aspera*), Pashanbheda (*Saxifera ligulata*) and Varuna (*Crataeva nurvela*), Shatavari (*Asparagus racemosus*), Ela (*Elettaria cardamomum*), Ushir (*Vetiveria zizanioidis*) praval and yava, Shilsjatu (liquidamber orien tallis), (*Hordeum vulgare*), Takra, Coconut water (*Cocos nucifera*) are helpful in early side effect like Mutrakrushra, UTI, mutraghat, Mutrashmari can be forestalled by utilizing Some blend like Yavaksharadi yoga, Kulathyadi yoga, Varunmulatwak kashay, Narikelkusuma yoga, Varunadi kwath, Chandraprabhavati, Nagradi Vati, Gokshuradi guggul. All medication utilized in this mix are Bhedak (Lithotryptic), Mutral (Diuretic), Antibacterial, Shothahar (Anti-fiery) which are gainful in the administration of Urolithiasis. The review has been directed to investigate Ayurvedic medications to forestall Mutrashmari.

KEYWORDS: Mutrashamari, Urolithiasis, Lithotryptic, Diuretic.

INTRODUCTION

Concurring epidemiological audit the normality of Urolithiasis in made country is 4% to 20%.^[1] According to National Health & Nutrition evaluation Survey (2012), the pace of urinary parcel stones is 10.6% in men and 7.1% in women in United States.^[2] Mutrashmari (Urolithiasis) or urinary math under 5 mm size are flush out normally with pee more than 5mm size causes torture dysuria, haematuria.^[3] In Ayurveda, the explanations behind renal issues are a direct result of the vitiation of Mutravaha srotas (channels carrying pee) Acharya Charaka Explained the ordinary etiological factors (hetu) for mutravahasrotodushti. viz. Exorbitant work out, confirmation of sharp drug and dry food, affirmation and alcohol in excess, affirmation of the meat of animals having soggy land and fishin overflow, affirmation of food before the past supper is handled, acid reflux, injury to organs of mutravaha srotasa (kshata)^[4] enjoying sex

during the craving for micturition (streesevana) smother the longing for micturition (mutranigraha)^[5] due to thisetusevana torture in the space of umbilicus, bladder, perineal, penis & other areas close by during micturition, impedance of stream of pee, pee mixed in with blood, pee dispersing looking like gomedak, turbid containing sand there is torture during running skipping swimming, riding receptiveness to light, long walk.^[6] Pathophysiology: Sushruta figures out extended equilibrium of pee in bladder as predecessor of urinary calculi, kapha get irritated solidifies with pee shows up at the urinary bladder & stay there, produces calculi.^[7] To figure out it he gives a delineation of sedimentation of mud at the lower some portion of an earthen pot, after deferred limit of even clear water. According to Charaka, by the action Vata, mutra get dried with Shukra or Pitta or Kapha the Ashmari is outlined in the Basti (urinary bladder), as the bile cements in the Gallbladder of the

cow to shape the 'Gorochana'.^[8] According to various ayurvedic message Mutrshmaryi is of vataj, Pittaja, kaphaj and Sukraj types.^[9,10] The clinical aftereffects an encountering presented by an individual Vataja Ashmari will structures hitches, have outrageous distress during micturition torture at the umbilical district individual meshes his teeth presses the umbilicus, pounds the penis and passes Vata, Mutra and Purisha with high difficulty. The Vataja Ashmari is blue in Color, hard, rough with unbalanced surface and thorny like Kadamba flowers. The individual encountering Pittaja Ashmari will give consuming sensation, inconvenience of advancement. the Ashmari rosy and yellowish in assortment and seem to be the seed of bhallataka or assortment like honey. The individual encountering Shleshmaja Ashmari will feel the bladder like being torn, puncture & pricked weighty and cold Ashmari is white in assortment, foul in surface, huge like hen'segg or having shade of Madhuka bloom. Sukrasmari is make due to impedance of sex or an inordinate measure of sex sukra getting removed from it seat & obstructed from going out, vata get upset keeps it between the penis & testicles and evaporated it, this stone blocks the urinary segment prompts inconvenient pee, torture & swelling of the bladder & testicles when gotten the most difficult way possible it, though only by a very narrow margin, break into little pieces^[11] Sushrutacharya has referred to Aushadhi chikitsa, Bastikarma, Kshar karmaand Shastra karmaas medications of choice for Ashmari On reason of signs and symptoms of vata, pitta, kapha, Apart from supportive decoctions, kalkas, ghrilas, various kinds of food assortments, plans of milk, salts, honey, asavas, fomentation, upanaha, panchakarma, for example, vamana, virechana, basti (calmed entrail cleanse, for instance, niruha, anuvasana, and uttara-vasti are used by their signs. As per present day science kidney stones are involved calcium oxalate and calcium phosphate^[12] Vataja Ashmarican be connected with calcium oxalate math Pittajwith Uric destructive Urate, Cystine investigation kaphaj with Phosphatic calculus.^[13]

AIM

To concentrate on the job of Ayurvedic drugs in Mutrashmari.

MATERIAL AND METHOD

Traditional text of Ayurveda, Research papers, Internet, PubMed.

DISCUSSION

Following Common medications are accessible for the treatment of Mutrakrusra & ashmari

Punarnava (*Boerhaavia diffusa*): It is having mutravirechan & Shothahar property Mutral(Diuretic).^[14]

Pashanbheda (*Saxifraga ligulata*): Its mulaissnigdha, tikshna sheet Viryatmak (cold potency) described as Ashmaribhedak(Lithotryptic) & Mutral(Diuretic) useful in Mutrakrushra, Mutraghat, and diseases of bladder drug.^[15]

Gokshur:(*Tribulus terrestris*): Is described as Bastishodhak & mutral useful in Ashmari, Mutrakrushra, & diseases of kidney.^[16]

Kulatha:(*Dolichos biflorus*): Because of its ushna Bhedak (Lithotryptic) & Mutral (Diuretic) property, useful in diseases of bladder.^[17]

Vidarikanda: (*Pueraria tuberosa*): Due to madhur ras & seeta virya it is Mutral(Diuretic).^[18]

Ela: (*Elettaria cardamomum*): Due to its madur rasa & seeta virya is Mutral(Diuretic).^[19]

Yava: (*Hordeum vulgare*): Due to its madur ras it is Mutral(Diuretic).^[20]

Yavakshar: (*Potasii carbonas*): Mutral(Diuretic) useful in calculus form by uric acid.^[21]

Aranda (*Ricinus communis*): due to itsvatashamak shothahar property it isvedanashamak & Mutral(Diuretic) leaves relieves pain in bladder.^[22]

Daruahridra: (*Berberis species*): due to bastishodhak shothhar property decreases pain & Mutral(Diuretic), root is bactericidal.^[23]

Narikel (*Cocos nucifera*): due to its madur rasa, sheeta virya mutrajanan, mutraverechan property it is bastishodhak & Mutral(Diuretic)mula is Mutral.^[24]

Jeshthamadha:(*Glycyrrhiza glabra*):due to its sheet virya, mutrajanan, shothahar property it is Mutral (Diuretic) also decreases pain.^[25]

Ikha:(*Saccharum officinarum*): due to sheetvirya it is Mutral(Diuretic)in mutrajana dravya it is best.^[26]

Kusha: (*Eragrostis cynosuroides*): Due to sheet virya & mutravirechaniya property it is Mutral used in diseases of bladder.^[27]

Kasa: (*Saccharum spontaneum*): Due to its sheetproperty it is Mutral.^[28]

Shatavari (*Asparagus racemosus*): Due to sheet property it is mutral & use inMutrakrichha(dysurea).^[29]

Kasheru-(*Scirpus grossus*): It is madhur rasatmak & sheet viryatmak act as mutral.^[30] Trikatu-due to tikshna, ushna madhur vipakproperty, it is shothahar vedanahar mutral,^[31]

Ushir (*Vetiveria zizanioidis*): Due to its sheet virya it is work as mutrajanan.^[32]

Bala-(*Sida cardifolia*): Due to its madhur, sheet property it is act as mutrajajan.^[33] Draksharasa-(vitis venifera) due to its madhur sheet property it is mutral.^[34]

Guggul- (*Commiphora mukul*): due to its ushna virya tikshna property it is mutralandbreak the ashmari.^[35]

Musta (*Cyperus rotundus*): due to its sheet property it is mutral.^[36] Varun(crataeva nurvala bach-ham)due to its prabhav it is ashmari bhedak, mutral, and kills bacteria, decrease pain.^[37]

Ushak (*Dorema ammoniacum don*): due to its ushna virya it work as mutrajanan.^[38]

Devdaru-(*Cedrus deodara roxb loud*) it is mutrajanan.^[39]

Kusta (*Saussurea lappa*):it is disinfectant, antiseptic mutral.^[40]

Shilajit (*Liquidamber orien tallis*) having katu tikta ras, katu vipak ushna viryait is mutal.^[41]

Praval-due to itsmadhur ras, sheeta virya sarakproperty it is mutral.^[42]

Takra-it helps in Srotorodha help in mutra krishara & removes the pain in bladder, help to remove ashmari.^[43]

Amalaki (*Embllica officinalis*) decrease the inflammation of urinary badder.^[44]

Guduchi (*Tinospora cardifolia*) due tomadur vipak sheet viryait is work as mutrajanan& so useful in mutrakrushra.^[45]

CONCLUSION

Hetu, Linga, Aushdha are the Trisutra of ayurveda which incorporates sort out the justification for the contamination, do the end, and treat the dis ease. Thusly, it will in general be assumed that essentially all matter and thought of ayurvda are associated with this Trisutra. In this way, to hinder the improvement of disease or to treat the disorder the data on Trisutra is a ton of principal. Trisutra is ulti mate reply for every disease and besides aids the expectation of ailment with getting a charge out of Mutrashmari. If we know the particular hetus of ailment, disorder course of action can be stopped by avoiding these he tus, which is called as nidan parivarjana and nidan parivarjana is consider as the primary line of treatment in Ayurveda. Additionally, if the treatment is started when the purvroopa lakshana gets appeared then disease can be successfully reparable. Along these lines, we can stop the infection appearance accepting that we have the data on Hetu, Linga, Aushdha for instance Trisutra of Ayurveda. Expecting one keeps the Ayurvda rule will stay away from the affliction like Mutrashmari. As such, the Trisutra data on Ayurveda can help in the evasion, assurance as well as the treat ment of Mutrashmari in present period. Most noteworthy flavors are Bhedak (Lithotryptic), Mutral(Diuretic), Antibacterial, Shothahar(Anti-provocative) and accommodating in diseases of bladder and kidney.

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