

LITERARY REVIEW ON ROLE OF DIET AND LIFESTYLE IN *MUTRASHMARI**¹Vd. Mrunal Vilas Wadatkar and ²Vd. Ramesh Ujwale¹PG Schloar and ²HOD Swasthavritta and Yoga,
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ABSTRACT

Introduction: *Ayurveda* is conventional Indian medicine. It describes various principle related to physical and mental health of body. The primary aim of *Ayurveda* is to preserve and promote the health of healthy individuals along with prevention and management of disease. *Mutrashmari* (renal calculi) is most common disease of urinary system. According to *Ayurveda*, the urinary system is known as *Mutravaha Srotas*. *Acharya Sushrut* described *Mutrashmari* as one of the *Ashta-Mahagadas*.^[1] *Acharya Charaka* mentioned *Ashmari* as one of the *Bashtimarmashritha Vyadhi*. In modern science, it is known as urolithiasis. Urolithiasis means calculi or stone. A reasonable diet and lifestyle of living (*Pathya*) and unhealthy diet (*Apathya*) play important role in *Mutrashmari*. Unhealthy lifestyle can cause *Mutrashmari*. So it is important to know the (*Pathya Apathya*) diet and lifestyle in *Mutrashmari*. *Pathya* means that *Ahara* and *Vihara* gives proper nutrition to body and mind, clear the micro channels of body and opposite is *Apathya*. **Material and Method:** Reference from various Samhita and articles. **Result:** Preventive aspect means diet and lifestyle play important role to cure diseases along with medicine. *Pathya Apathya* change the recurrence of disease. **Discussion:** Due to disturbing lifestyle, not following *Pathya Apathya* *Mutrashmari* is common disease and recurrent disease. *Pathya* supports to cure the disease without creating another disease.

KEYWORDS: *Mutrashmari*, *Pathya*, *Apathya*, diet, lifestyle.

INTRODUCTION

The principles described in classical texts of *Ayurveda* carry a major importance in understanding the intricate individual and community health. The main goals of *Ayurveda* are to maintain the health of a healthy individual and to cure the diseased. *Pathya* prevent disease and decrease the percentage of recurrence of diseases. If *Pathyaahara* is correctly followed then medicine isn't required & taking the medicine without following *Pathya* will be useless. Dietary factors and lifestyle play a very significant role in initiation, progression as well as regression of a disease. *Mutrashmari* is a disease related to *Mutravaha Srotas*. An 'Ashma' meaning stone is formed in urinary system. Among the *Vyadhis* occurring in *Mutravaha Srotovikruti*, *Mutrashmari* is the commonest one. *Ashmari* comprises of two words i.e. 'Asha' and 'Ari' means enemy. Stone like structure is called *Ashmari*.

Aims & objective

To understand and review the diet and lifestyle in *Mutrashmari*.

MATERIALS & METHODS

Literature collected from various *Ayurvedic* classical texts and research articles.

Acharya Charaka describes that when *Vata* dries up semen (*Shukrashmari*) or urine (*Mutrashmari*) or *Pitta* or *Kapha*, it gradually gives rise to the development of calculus. No *Ashmari* is formed by single *Dosha*'s but they are the result of combination of *Triosha*.

LITERATURE REVIEW

Ashmari

As the appearance of *Mutrashmari* is like a small stone, they got name *Ashmari*. *Mutrashmari* can manifest anywhere in the renal, urinary bladder, urinary tract. *Mutrashmari* is one of the painful disorders of *Mutravaha Srotas*. There are four type of *Mutrashmari* which is *Vattaj*, *Pittaj*, *Kaphaj*, *Shukraj*. *Mootrashmari* is one among the eight *Mahagadas*.^[2]

Cause^[3]

Suppression of urges, avoiding proper purification by panchakarma when required, overexertion, working in dry places, consumption foods containing milk and milk products mixed with sugar, eating vegetables containing minerals and getting exposed to heat.

Samprapti of Ashmari^[4]

Due to improper purification of the body and by following the improper diet and lifestyle, *Kapha Dosha*

gets vitiated, combines with urine, reaches in the *Basti* to form *Ashmari*.

Type of *Mutrashmari*^[5]

Vataj *Mutrashmari* – It occurs due to predominant *Vata Dosha*. There is severe pain, dysuria (*Mutrakrichrata*) difficulty in movement or expulsion of *Mutra*, *Purisha*. Morphological structure of *Vataja Ashmari* – *Kantakachitam* (spiky), *Parusham* (rough), *Visham* (irregular), *Khara/Kathina* (hard); shape of *Ashmari* is like that of '*Kadamba Pushpa*' (irregular surface-appears like flower of *Kadamba*). Resembles as– uric acid stone.

Pittaj *Mutrashmari* - When *Pitta* is associated with *Kapha Dosha Pittaja Ashmari* is formed. There is burning sensation, pain, blood strained urine. Morphological structure of *Pittaja Ashmari* - *Sarakta*, *Krushna*, *Peeta*, *Madhuvarna*, *Bhallataka Asthipratima* i.e. shape resembles '*Bhallataka*'. Resembles as – calcium oxalate, uric acid and cystine stone.

Khaphaj *Mutrashmari* - Due to over indulgence of *Kapha* aggravating factors *Ashmari* is formed. *Kaphaj Ashmari* is bigger in size therefore there is pain in bladder like '*Suchibhairava*' i.e. needle pricks, pulling type of dull ache is experienced by patient. Morphological structure of *Kaphaja Ashmari* – *Shweta*, *Madhuvarna*, *Madhukapushpavarna*, *Pingal Shuklavarna*; *Ashmari* shape resembles 'egg' shape (*Kukkutanda Pratikasha*). Resembles – calcium phosphate stone.

Shukraj *Ashmari* - Suppression of *Shukra Vega* (semen) is main cause of formation of *Shukrashmari*. It is characterized by difficulty in urination, pain and swelling of the bladder and testicles, when squeezed by the hand, stones break in to small pieces in that place itself.

Pathyaapathya in *Ashmari*

The *Ahara* and *Vihara* which is known as *Pathya*, and those which cause annoyance to disease is known as *Apathya*. It has become a very common disease in today's population due to changes in lifestyle, people are not aware of *Pathya-Apathya* (dos and don'ts) for the diseases. It is acknowledged that *Ayurveda* is the science of a healthy life. It is very significant for both prevention and treatment. So, *Pathya-Apathya* could be very applicable as cumulative therapy for the perfect cure and prevention of *Mutrashmari*. *Pathya* is defined as that factor that is beneficial to body and mind. A diet like *Pathya Aahara* has a positive impact on a person's health and mind without having any negative effects.

Apathya – A factor that is damaging or awful to physical and mental well-being.

Pathya-Apathya is influenced by a number of variables, including time, place, quantity, and a person's physical condition. The *Ahara* and *Vihara* that aid in curing the illness without spreading it to others are referred to as

Pathya, while those that make the illness worse are referred to as *Apathya*. In contrast to *Charaka Samhita*, *Hareeta Samhita*, and *Bhaishajya Ratnavali*, *Acharya Sushruta* did not directly cite *Pathyaapathya* of *Ashmari*.

The synonyms of *Bheshaja* include *Pathya* as any medicine which should be beneficial to *Srotas* in diseased condition.

Pathya

Kulthi (Horse gram), *Mugda* (Green gram), *Yava* (Barley), *Jirna Kushmand* (Wax gourd), *Aadrak* (Ginger), *Yava kshar*, *Chaulai* (Amaranth), *Shigru* (Drumstick)

Apathya

Brinjal, *spinach*, *tomato*, *Kapittha*, *Jamuna*, *dry dates*, *Udad Others Viruddha Aahara*, *Guru*, *Vishtambi Aahara*. *Adhyashana*, *lifestyle Vegadharana* (suppression of *natural urges*), *Ativayama* (Over exercise)

Discission

Ashmari is a very common & one of the major causes of abdominal pain. Due to disturbing lifestyle, not following *Pathya Apathya Mutrashmari* is common disease and recurrent disease. Urolithiasis, often known as *Ashmari* is a highly prevalent and important cause of abdominal pain. Among the many urinary disorders, it is one of the most distressing diseases.

The development of *Ashmari* is directly correlated with dietary intake and routine. *Asamyak shodhana* and unsuitable diet, such as *Adhyashana* and *Vishamashana*, are the causes of its induction. *Kapha* is the major *Dosha* in *Ashmari*. Therefore, a diet and lifestyle that promotes the growth of *Ashmari* should be avoided. Examples include excessive consumption of *Guru*, *Sheeta*, *Snigdha*, *Madhura Aahaara*, irregular eating patterns, and *Diwaswapna* (daytime sleeping).

CONCLUSION

Preventive aspect play important role to cure diseases along with medicine. *Pathya Apathya* change the recurrence of disease. A disease cannot be managed solely by medication; prevention measures are also important. Thus, by altering one's diet and way of life, having a thorough understanding of *Ayurveda's Pathya Apathya* can help one recover their health. If *Pathya* is followed, *Samprapti Vighatan* (pathology regression) occurs along with *Nidana Parivarjana*, then the treatment is successful.

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