

AN OVERVIEW ON ROLE OF PATHYAAPATHYA IN MUTRASHMARI

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ABSTRACT

"Pathye sati gadartasya kim oushada nishewanam, pathye asati gadartasya kimoushada nishewanam" if Pathyaahara (wholesome food) is duly followed then medicine isn't required & taking the medicine without following pathya will be fruitless. Mootrashmari is a disease of mutravaha srotas & one among the eight Mahagadas. In contemporary science it is correlated with Urolithiasis. Of the five entities of Rogapariksha, Upashaya-Anupashaya are diagnostic tools in Vyadhi vinischaya. Ahara, vihara & oushada which relieve the lakshana of any vyadhi are considered as Upashaya/pathya while those which aggravate the condition are called Anupashaya/apathya. Dietary factors and lifestyle play a very important role in initiation, progression as well as regression of a disease. Regulation of these is essential in comprehensive prevention & management of Mutrashmari. This article aims to highlight the importance of Pathyapathya (Do's & Don'ts of diet & lifestyle) in Mutraashmari.

KEYWORDS: Mutravaha Sroto Vikara, Mutrashmari, Pathyapathya, urolithiasis.**INTRODUCTION**

Ayurveda gives unique emphasis on "Ahara" (diet) for health and wellness. Healthy and wholesome food nurture the mind, body and soul. The Ahara-Vihara, which do not adversely affect the body and mind are called as wholesome and those which adversely affect them are thought to be unwholesome. Wholesome diets and healthy lifestyles are advised to maintain health and alleviate the diseases.^[1] Mootrashmari is one among the eight Mahagadas. The reason for considering it as mahagada is because, It is Tridoshaja, marmashrayee and vyakthasthana of Ashmari is basti which is one among dashavidha pranayatana.

In the etiopathogenesis of Ashmari, it is mentioned in the classics that the person who does not undergone proper cleansing procedures and those who are indiscrete regarding their dietary habits, shleshma gets aggravated. It is the samavaya karana for the formation of ashmari. The kledata present in mootra is nothing but the matrix component told in modern science. Vata, pitta, kapha act upon the kledata. Shleshma forms the nidus which has adhesive character and forms the ground substance for the formation of Ashmari. The nidus helps in crystal aggregation, which is said as kapha Sangatana. Crystal aggregation and retention within the kidney are prerequisites for urinary crystals to be converted to urinary calculi. Urolithiasis is most common disease of present era, in which diet and lifestyle modifications have a major impact.

Aims & objective

To understand and review the pathyapathya of Mutrashmari.

MATERIALS & METHODS

The Greater triad of Ayurveda, Laghutraees & the contemporary books on Urolithiasis.

Literature review**Pathyaapathya in Ashmari**

The Ahara and Vihara which help to cure the disease without initiating another disease is known as Pathya, and those which cause aggravation of disease is known as Apathya. Acharya Sushruta has not mentioned Pathyaapathya of Ashmari directly, unlike Charaka Samhita, Hareeta Samhita, Bhaishajya ratnavali.

The synonyms of bsheshaja include Pathya as any medicine which should be beneficial to srotases in diseased condition² Pathyapathya in Mutrashmari are mentioned in the table.

Table 1: Pathya of Ashmari according to different authors.

	Ch.s	Su.s	A.H	HA	CKR	Bh	B.R	Y.R	G.n
<i>Kulthi</i>	-	-	-	+	+	+	+	+	-
<i>Mugda</i>	-	-	-	-	-	-	+	-	-
<i>Godhum</i>	-	-	-	+	-	-	+	-	-
<i>Shali</i>	-	-	-	-	-	+	+	-	-
<i>Yava</i>	-	-	-	+	-	+	+	-	-
<i>Jirna Kushmand</i>	-	-	-	-	+	+	+	+	-
<i>Aadrak</i>	-	-	-	-	-	+	+	-	-
<i>Yava kshar</i>	+	-	-	-	-	+	+	+	+
<i>Chaulai</i>	-	-	-	-	-	-	+	+	-
<i>Dhanvamisham</i>	-	-	-	-	-	+	+	-	-
<i>Gud</i>	-	+	+	-	+	-	+	+	-
<i>Varun Saak</i>	-	-	-	-	+	+	+	+	-
<i>Pashanbhed</i>	+	-	-	-	+	+	+	-	-
<i>Madhya</i>	+	-	+	-	-	+	-	-	-
<i>Trapus</i>	+	-	-	-	-	-	+	+	-
<i>Arvaruk</i>	+	-	-	-	-	-	-	-	-
<i>Shigru</i>	+	+	+	-	+	-	+	+	-
<i>Arahar</i>	-	-	-	+	-	-	-	-	-
<i>Kronch Mans</i>	-	-	-	+	-	-	-	-	+
<i>Mulethi</i>	-	-	-	-	+	-	-	-	-
<i>Apamarg Kshar</i>	-	+	+	-	-	-	-	-	-
<i>Til Kshar</i>	-	+	+	-	-	-	-	-	-
<i>Palash Kshar</i>	-	+	+	-	-	-	-	-	-
<i>Tumbi beej</i>	-	-	+	-	-	-	-	-	-
<i>Avi kshir</i>	-	+	+	-	-	-	-	-	-

Along with the above *Langhana, Vamana, Virechana, Basti, Avagaaha Sweda* are pathya++ in Ashmari.

Table 2: Apathya in mutrashmari.

APATHYA	
Pulses	Black gram (udad)
Fruits & vegetables	Brinjal, spinach, tomato In addition, kapittha, jamuna, bisamrinala, dry dates, kashaya rasa sevana Is considered apathya.
Others	Viruddha ahara, guru, vishtambi ahara. Adhyashana,
lifestyle	Vegadharana (suppression of natural urges), ativyayama

Nidanas of Ashmari

Nidanas are the factors capable of producing illness either immediately or eventually. They have a definite role in formation of Ashmari by causing vitiation of Doshas and Srotovagunya. In present era, fast food, excessive consumption of food stuff containing

lithogenic substances may play a crucial role in the formation of Ashmari. The factors that aggravate the disease is called Anupashaya The causative factors as shown in the table 3 are nothing but apathya, avoiding this may help in prevention of ashmari.

Table 3: Showing Nidanas of Ashmari Mentioned in Different Classics.

<i>Nidana</i>	Ch.s ³	Su.s ⁴	A.H ⁵	M.N ⁶	B.P ⁷	Y.R ⁸	Ha.S ⁹	G.N ¹⁰
<i>Ajeerna bhojana</i>	+	-	-	+	+	+	-	+
<i>Anupa matsya</i>	+	-	-	+	+	+	-	+
<i>Ativyayama</i>	+	-	-	+	+	+	-	+
<i>Atimaitihuna</i>	+	-	-	+	+	+	-	+
<i>Ashwayana</i>	+	-	-	+	+	+	-	+
<i>Adhyashana</i>	-	+	-	-	-	-	-	-
<i>Apathya</i>	-	+	-	-	-	-	-	-
<i>Asamshodhana Sheelata</i>	-	+	-	-	-	-	-	-
<i>Diwaswapna</i>	-	+	-	-	-	-	-	-
<i>Guru ahara</i>	-	+	-	-	-	-	-	-
<i>Mutravarodha</i>	-	-	+	-	-	-	+	-
<i>Madhura ahara</i>	-	+	-	-	-	-	-	-

<i>Mutritha annapana</i>	+	-	-	-	-	-	-	-
<i>Mutritha Maithunacharana</i>	+	-	-	-	-	-	-	-
<i>Maithuna Vighata</i>	-	+	-	-	-	-	-	-
<i>Pitrumatruka dosha</i>	-	-	-	-	-	-	-	+
<i>Rookshamadyapana</i>	+	-	-	+	+	+	-	+
<i>Samashana</i>	-	+	-	-	-	-	-	-
<i>Sheeta ahara</i>	-	+	-	-	-	-	-	-
<i>Snigdha ahara</i>	-	+	-	-	-	-	-	-
<i>Teekshna aushada Sevana^[11]</i>	+	-	-	+	+	+	-	+

DISCUSSION

Ashmari (Urolithiasis) is a very common & one of the major cause of abdominal pain. It is one of the most distressing disease among the various urinary disorders. Dietary intake and regimen has a direct link with the formation of *Ashmari*. It is caused due to *asamshodhana* & improper diet i.e *Apathya sevana*,^[12] like *Adhyashana*, *Vishamashana*. The predominant *Dosha* in *Ashmari* is *Kapha*. So diet and regimen which increase *Kapha*, like Excessive intake of *Guru*, *Sheeta*, *Snigdha*, *Madhura Aahaara*, irregular food habits, *Diwaswapna* (day sleep) etc. may increase *Kapha* leading to formation of *Ashmari*.

Animal protien, dairy products or fat rich diet can be considered as *guru*, *snigdha ahara* which produces acidic

urine. Most of the solutes are insoluble in highly acidic urine and thereby results in precipitation of salts and crystallization. *Anupa-matsya* is one of the *aharaja nidana*, it is rich in phosphates and purines, which favors formation of phosphate stones. *Ativyayama* (excessive exercise) leads to excessive sweating which may concentrate the urine, which result in alteration of urinary pH. Altered pH is an important cause for various urinary diseases.

For stone formation supersaturation of urine is essential. Super saturation depends on urinary Ph, ionic strength, solute concentration and complication.¹³ *Mootra vegadharana* is one of the most important *nidana*, it causes *apanavata prakopa* and at the same time results in stasis of urine leading to supersaturation of solutes.

Table 4: Analysis of Possible effects of *Nidana* in the pathogenesis of *ashmari*.

<i>Nidana</i>	Effect on dosha	Guna involved
<i>Asamshodhana</i>	If periodic shodana is not done, it may result in <i>Dosha sanchaya</i> and ending up in <i>Bahudoshavastha</i> .	
<i>Diwaswapna</i>	<i>kapha pitta kara</i>	<i>Tamoguna vardhaka</i> , increases <i>snigdha guna</i>
<i>Adhyashana</i>	<i>Kaphakara</i>	
<i>Madhura</i>	<i>Ati madhura sevana</i> leads to <i>kapha</i> and <i>meda rogas</i> , also leads to <i>agnimandya</i> . Hence contributing in <i>Ashmari samprapti</i> .	It has <i>guru</i> , <i>snigdha</i> , <i>sheeta</i> properties,
<i>Guru</i>	<i>Kaphakara</i> , <i>Ajirnakara</i>	<i>Guru</i>
<i>Snigdha</i>	<i>kapha pitta kara</i> ,	increases <i>kledata</i> , <i>Abhishyandi</i>
<i>Tikshna</i>	Increases <i>pitta</i> .	Increases <i>tikshna guna</i>
<i>Ushna</i>	Increases <i>pitta</i> .	<i>vruddhi</i> of <i>ushna guna</i>
<i>Sheeta</i>	Increases <i>kapha</i> & <i>vata</i>	
<i>Mamsa sevana</i>	<i>Anupa mamsa - matsya sevana- kapha kara</i> .	increases <i>kledata</i> , <i>abhishyanda</i>
<i>Ativyayama</i>	increases <i>vata</i>	<i>Rooksha guna</i> of <i>vata</i> increases leading to <i>shoshana</i> of <i>kapha</i> .
<i>Mootravega dharana</i>	<i>Apanavata dushti</i>	
<i>Nitya druta prushtayana</i>	Increases <i>vata</i>	Increases <i>chala guna</i>
<i>Madya sevana</i>	<i>Vata prakopa</i> , <i>shoshana</i> of <i>drava bhaga</i> of <i>sharira</i> .	<i>Rooksha</i> , <i>Vyavayi</i> , <i>vikasi guna</i>

Table 5: Analysis of *Pathya ahara* in *ashmari*.

<i>Pathya</i>	<i>Guna karma</i>
<i>kulattha</i>	<i>Ashmarihara</i> , <i>dahashamak</i> , <i>sara guna</i>
<i>mudga</i>	<i>Kaphapitta hara</i> , <i>hima</i>
<i>Purana rakta shali</i>	<i>Mutrala</i> , <i>daha shamak</i>
<i>Jirna kushmanda</i>	<i>Bastishodhaka</i> , <i>tridosha shamak</i>
<i>Narikela</i>	<i>Jala- sheetala</i> , <i>pittashamaka</i> , <i>bastishodhaka</i> <i>Mula – mutrala</i> , <i>ashmarihara</i>
Guda	Mutrashodhaka

Logically Ashmari is a Kapha dominant disease, so the measures leading to the control of Kapha may be considered as Upashaya. Similarly all the measures that vitiate Kapha and all the Nidanans of Ashmari may be considered as Anupashaya of Ashmari.

CONCLUSION

A disease cannot be treated only by medication alone but preventive aspect of is equally useful in its management. As it is rightly said that everytime one eats, its either feeding the disease or fighting it. Thus having a rich knowledge pertaining to Pathya apathya of Ayurveda can contribute to the restoration of health, & prevent ashmari by means of diet and lifestyle changes. Along with *Nidana Parivarjana* if *Pathya* is followed, the *Samprapti Vighatan* (regression of pathology) happens & the treatment will be successful.

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