

REVIEW ARTICLE ON ETIOPATHOGENESIS OF ASHMARI ROGA IN AYURVEDIC  
ASPECTDr. Roma Sahu<sup>\*1</sup>, Dr. Sanjay Shukla<sup>2</sup> and Dr. Rupendra Chandrakar<sup>3</sup><sup>1</sup>PG Scholar, Department of Roga Nidana Evum Vikriti Vigyana, Shri N.P.A. Govt. Ayurveda College, Raipur, Chhattisgarh, India.<sup>2</sup>Reader, Department of Roga Nidana Evum Vikriti Vigyana, Shri N.P.A. Govt. Ayurveda College, Raipur, Chhattisgarh, India.<sup>3</sup>Reader, Department of Samhita Evam Siddhant, Shri N.P.A. Govt. Ayurveda College, Raipur, Chhattisgarh, India.**\*Corresponding Author: Dr. Roma Sahu**

PG Scholar, Department of Roga Nidana Evum Vikriti Vigyana, Shri N.P.A. Govt. Ayurveda College, Raipur, Chhattisgarh, India.

Article Received on 22/01/2022

Article Revised on 12/02/2022

Article Accepted on 02/03/2022

**ABSTRACT**

Ashmari has been given the name of Yama because of its very annoying and unsightly nature. It is a major disease arising in *Mutravaha srotasa*. When there is severe pain along with obstruction in urination, it is called *Ashmari* disease. Due to the difficulty in healing by nature, it is included in the eighth serious disease (*Ashtamahagad*). According to modern science it correlates with Urinary Calculi (Stone) on the basis of *nidan*, *lakshan* etc. The urinary calculi are of four types. *Shleshman* is the basis of all. The Similarly, *Vata*, *Pitta* and *Kapha* enter the bladder and after mixing with urine because of their adhaesiveness from the calculi. As even clean water kept in a new pitcher, gets muddy in due course of time in a similar way calculi are formed. As air and fire of the electricity in the sky consolidate water to form hail storms, similarly *pitta* located in the bladder in conjunction with *Vayu* consolidation *kapha* to form calculi. By *nidanapanchaka* early & proper identification of *Ashmari* and avoiding *nidan* and following *pathya* it can be treated easily.

**KEYWORD'S:** *Ashmari*, *Mutravaha srotasa*, *Nidanpanchak*, *Upashaya*.**INTRODUCTION**

*Ashmari* has been given the name of Yama because of its very annoying and unsightly nature.<sup>[1]</sup> It is a major disease arising in *Mutravaha srotasa*. When an object like a stone gets stuck in the urinary tract (*Mutravaha srotasa*), then there is severe pain along with urinary obstruction, it is called *Ashmari* disease.<sup>[2]</sup> Due to the difficulty in healing by nature, it is included in the eighth serious disease (*Ashtamahagad*) and after surgery recurrency is very common & treatment is very costly.<sup>[3]</sup> According to modern science it correlates with Calculi (Stone) on the basis of *nidan*, *lakshan* etc.<sup>[4]</sup> Heavy population & changed life style *Ashmari* is increasing in present era. Due to busyness of life such as job, study etc. holding urine frequently, staying up late in the night, drinking less water, drinking water by stopping the velocity of urine, eating spicy streat foods, cold drinks, due to injury or cut on the *Mutravaha srotas*, the *Mutravahi srotasa* becomes wicked and produces *Ashmari* disease.<sup>[5]</sup> When *Vata* is functioning normally in the bladder, urine is properly discharged on its become abnormal various complication such as retention of urine, urinary abnormalities and spermatic disorders, or some other urinary diseases occur in the bladder itself. *Ashmari* is one of them.<sup>[6]</sup>

**AIMS AND OBJECTIVES**

To study and proper understanding of *Panchanidan* (Etiopathogenesis) of *Ashmari roga* in *Ayurvedic* aspect.

**MATERIALS AND METHODS**

The all textual references of *Ashmari roga* are from *Ayurvedic* classics- *Charak Samhita*, *Sushurta Samhita*, *Bhaishajaya Ratnavali* which are available in the library of Government *Ayurvedic* College, Raipur (C.G.).

***Nidan of Ashmari Roga***<sup>[7,8]</sup>

1. *Kshata & kshataja* (Due to cut)
2. *Abhighataja* (Due to injury)
3. *Kshayada* (Due to loss)
4. *Asanshodhan* (Who do not undergo purification)
5. *Shilasya Apathaya karinah* (Regularly and adopts unhealthy foods and activities)
6. *Dosha vitiated Aahar & vihara*, Specially *Kapha*.

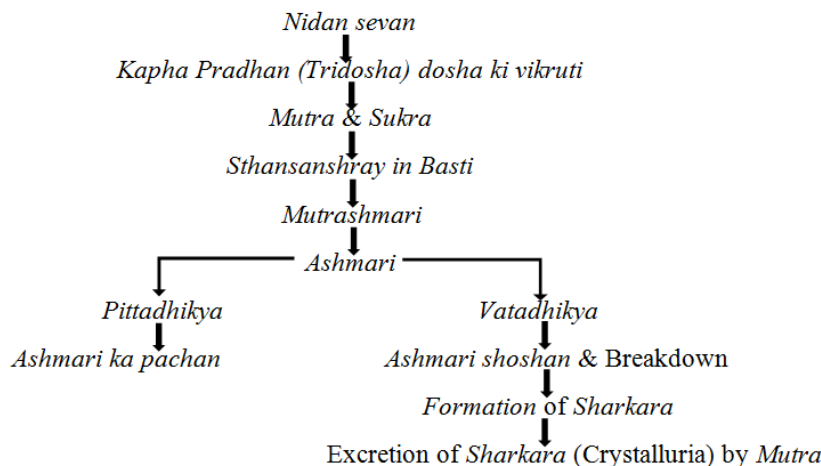
***Samprapati (Pathogenesis) of Ashmari Roga***

When *vayu* dries up semen, or urine, *Pitta* or *Kapha*, the *ashmari*(Calculus) arises gradually like gall stone in cow.<sup>[9]</sup> A person who does not undergo the *panchakarma* purifying processes and indulges in unwholesome diet, in such individuals the *Kapha* mixes with the urine and give

rise to 'Ashmari' (Urinary stones).<sup>[10]</sup> The Similarly, *Vata*, *Pitta* and *Kapha* enter the bladder and after mixing with urine because of their adhaesiveness from the calculi.

As even clean water kept in a new pitcher, gets muddy in due course of time in a similar way calculi are formed. As air and fire of the electricity in the sky consolidate water to form hail storms, similarly *pitta* located in the bladder in conjunction with *Vayu* consolidation *kapha* to form calculi.<sup>[11]</sup>

### Samprapati Chakra



### Samprapati Ghatak

Dosh - Kapha Pradhan Tridosha

Dushay - Mutra & Shukra

Srotas - Mutravaha Srotas

Adhithana - Basti

Srotodushti - Sanga

Svabhava - Darun

Sadhyasadhyata - Kruchchra Sadhya

### Purvarupa (Prodromal sign & symptoms) of Ashmari Roga<sup>[12]</sup>

1. Jwara (Fever)
2. Basti peeda (Pain in the bladder)
3. Arochaka (Dislike for food)
4. Mutrakrichhra (Dysuria)
5. Basti Shiro vedana (Pain in the Blader neck)
6. Mushka vedana (Pain in the Scrotum)
7. Shefa vedana (Pain in the Penis)
8. Kruchchra avasado (Exhaustion due to pain)
9. Basta gandhatavam mutrasya (Goat like smell in the urine)
10. Kruchchrana mutram (urinary calculi the patient passes urine with difficulty)
11. Swavedana varnam dustam sandramatha aavilam (Urine is viscid, turbid, and Produces characteristic pains and colour of the vitiated doshas)

### Samanya Rupa (Features) of Ashmari Roga<sup>[13,14]</sup>

1. Kadamba Pushpa Akriti (Calculus simulating Kadamba flower)
2. Ashmatulya (Stony)
3. Shlashna (Smooth)
4. Triputi (Prismatic)
5. Mridvi (Soft)

6. Mutramargam Upaiti Tada Rujam (When the calculus comes in the urine, it obstructs the flow of urine and thus causes pain in bladder)
7. Sevani Mehan Basti Shoola (Urine is passed in divided stream and with pain in suture, Penis and bladder)
8. Vishirna Dhara Mutram (Broken urinary flow)
9. Vedanarto Shakrit Munchati (Passage of stool during pain)
10. Kshobhata Kshate (Urinary passage or bladder is injured by irritation of calculus)
11. Mutrayatiha Asrik (Urine is passed with blood)
12. Sukham Mehati Vyapayat ( When the calculus shifts from the passage, the patient passes urine with ease)
13. Bhinnam Sharkara (if break then small granules appear in urine)
14. Nabhi Vedana (Pain in umblicus)
15. Mutra Dhara Sanga (Obstruction to flow of urine)
16. Sarudhir Mutrata (Haematuria)
17. Mutra Vikiranam Gomedasama (Passage of turbid, Sandy urine shining like Gomedajem)
18. Ati Avilam (Turbid urine)
19. Gamanaicha vedana ( It pain is felt during running, jumping, riding and during walking in the sun and for long distance)

So the role of running and jumping which cause an aggravation of pain was used as a clinical confirmatory test in the diagnosis of stones till the recent past.

### Types of Ashmari Roga<sup>[15]</sup>

The urinary calculi are of four types, *Shlesman* is the basis of all. They are as follows -

1. Shlesmika Ashmari
2. Vataj Ashmari

3. *Pittaj Ashmari*
4. *Sukraja Ashmari*

### 1. *Shlesmika Ashmari*

- It can be correlated with Phosphate Calculi in Mordern science.
- *Nidan* - H/o Intake of *Kaphaj aahar*.
- *Samprapti* - The *Shlesmika Ashmari* are produced due to excessive intake of *Shlesma* generating foods, and increase in size around due to a further deposition of *Shlesma*. Being located in the bladder neck they obstruct the passage.

- **Rpu**

1. *Bhidyate Nistudyativ Basti* (Due to obstruction to the flow of urine, Cutting, Incising or Pricking pain)
2. *Basti Guruta* (Heaviness, felt in bladder)
3. *Basti Sheetata* (Sensation of cold, felt in bladder)

- **Swarupa**

1. *Sweta Varna* (White)
2. *Snigdha Varna* (Slimy)
3. *Mahati* (Big in size)
4. *Kukutand Pratikasha* (Whitish like egg of domestic Hen)
5. *Madhupushpa Varna* (Calculus appears like flowes of madhuka)

### 2. *Vataj Ashmari*

- It can be correlated with Oxalate Calculi in Mordern science.
- *Nidan* - H/o Intake of *Vataj & Kaphaj aahar*.
- *Samprapti* - The *Shlesma* along with *Vata* gets solidified and increases in size around as described earlier and when located in the bladder neck obstructs the passage. Due to obstruction to the flow of his urine severe pain takes place.

- **Rupa**

1. *Tivra Vedana* (Severe pain)
2. *Pidyamano Dantan Khadati* (Gnashes his teeth, squeezes)
3. *Nabhi Pidyati* (Pain in umblical region)
4. *Medhrum Mrigati* (Rubs the penis)
5. *Payu Sparshati* (Touch the perineum)
6. *Vishardhate* (He cries out in agony)
7. *Vidahati* (feels a burning sensation)
8. *Vata Mutra Purishani kruchren Mehto Nisaranti* (Pass Flatus,urine and Stool with difficulty while straining for micturation)

- **Swarupa** - This type of stone is

1. *Shyav varna* (Blackish)
2. *Parush Ashmari* (stone is Hard)
3. *Vishama Ashmari* (stone is irregular)
4. *Khara Ashmari* (stone is irregular rough)
5. *Kadamba Pushpa Vata Kantakaihichita* (Full of spikes like the flower of kadamba)

### 3. *Pittaj Ashmari*

- It can be correlated with Uric Acid and Urate Calculi in Mordern science.
- *Nidan* - H/o Intake of *Pittaj & Kaphaj aahar*.
- *Samprapti* - The *Shlesma* along with *Pitta* gets solidified and increases in size Around as described earlier and when located in the bladder neck obstructs the passage.

Due to obstruction to the flow of his urine Warmth.

#### *Rupa*

1. *Chusyate Dahyate Pachayat ev Basti* (Warmth, sucking, burning or throbbing sensation is felt in the bladder)
2. *Ushavata Bhawani* (Urinary tract inflammation)

- **Swarupa** - This type of stone is

1. *Srakta pitavabhasa* (Stone is blood stained, yellowish in colour)
2. *Krushna* (Black)
3. *Bhallatak Asthi Pratima* (Like the kernel of Bhallataka)
4. *Madhu varna* (colour like honey)

### 4. *Sukraja Ashmari*

- It can be correlated with Seminal or Spermatic Concretions, Spermolith in Mordern science.
- *Nidan* - H/o of Interruption of sexual intercourse (*Maithun Vighaataad*) Due to excessive sexual intercourse. (*Atimaithuna*)
- *Samprapti* - Due to *nidan sevan* the semen gets displaced but does not come out and is diverted into the wrong tract. *Vayu* then gets (the displaced semen) together and deposits it between the penis and both the testes and after that it dries it up.
- **Rupa** - *Mutrarnaarg aavrmoti* (Obstructs the urethra)
  1. *Mutrakrchchhr* (Dysuria)
  2. *Basti Vedana* (Pain in the bladder)
  3. *Vrishanayoha svayathu* (Swelling in both testes are brought about)
  4. *Praviliyama* (It disappears by just a pressure in that very region)

#### **Upadrav (Complication) of Ashmari<sup>[16]</sup>**

Gravels of *Ashmari* get stuck-up on their passage through the urethra and produce complication such as –

1. *Daurbalya* (Weakness)
2. *Sadanam* (Lethargy)
3. *Karsya* (Emaciation)
4. *Kukshishoolam* (Pain in flanks)
5. *Arochak* (Dislike for food)
6. *Paandu*(Pallor)
7. *Usnavata* (Cysto-urethritis)
8. *Trishna* (Thrist)
9. *Hritpeeda* (Pain in the precordium)
10. *Vami* (Vomiting).

#### **Sadhyasadhyata (Prognosis) of Ashmari<sup>[17]</sup>**

*Ashmari* is (*Kastasadhya*) curable disease but difficulty in treatment, so it is included in *Ashtamahagad*.

The *Ashmari* with following features is *Asadhyata*

1. *Vrishan nabhi shoona* (Swelling in scrotum & umbilicus)
2. *Ruddha mutra* (Urinary obstruction)
3. *Ruja* (Severe pain)

#### Relation between Childrens & *Ashmari roga*<sup>[18]</sup>

*Kaphaja, Pittaja & Vataja Ashmari* generally develops especially in children because-

1. *Divaasvavn* (They indulge in sleep during day),
2. *Samashan* (Consume both healthy & unhealthy foods),
3. *Adhyashan* (Excessive eating),

4. *Sheet Snigdha Guru Aahar* (Consumes food which are fatty, hard for digestion).
5. *Priya Aahar* (Consumes food which are sweet in taste)

Since their bladder is small in size & muscles of the bladder not fully grown, holding the calculus & pulling it out are easy.

**Upashaya & Anupashaya:**<sup>[19]</sup> (*Vaidya lolombaraj*) If a person follow the rule of *pathya* there is very little significance of drug treatment and when a person exposed to *apathy* then drug treatment is of no value, It's important of *pathya*.

**Table of Upashaya & Anupashaya of Ashmari roga**<sup>[20]</sup>

	<b>Aaharaj</b>	<b>Viharaj</b>
<b>Upashaya</b>	The following diets (products) are considered to be beneficial for the patients suffering from Ashmari- Drinking of water, <i>Yava</i> (Barley), <i>Kulattha</i> (Horse grass) Old variety of Shali rice, <i>Madira</i> (liquor) Egg of birds living around deserts, Old fruit & leaves of the plant <i>Kushmanda</i> , <i>Gokshura</i> , <i>Leaves of Varuna</i> , <i>Ginger</i> , <i>Pasanabheda</i> , <i>Renuka</i> , <i>Salaparni</i> , Removing out Stones with the help of tools ( <i>Yantra</i> ).	The following measures are considered to be beneficial for the patients suffering from <i>Ashmari</i> – <i>Basti Karma</i> , <i>Virechan karma</i> , <i>Vaman karma</i> , <i>Langhana karma</i> , <i>Swadan karma</i> , <i>Avagaahan</i>
<b>Anupashaya</b>	He should also avoid Citrus, Conditiption, Sour and heavy to digest eatables and drinks.	The patient of <i>Ashmari</i> should avoid holding the force of urine and Semen.

#### CONCLUSION

**Rogamadaupriksheda**, *Nidan panchaka* is the best way to examine the patient of *Ashmari* before going treatment. By *nidanapanchaka* early & proper identification of *Ashmari* and avoiding nidan and following *pathya* it can be treat easily. First three *Vatika*, *Paittika* & *Shlehmika Ashmari* occur usually in children and also in adult but the last one *Shukrashmaris* always forms in adults. *Sarkara Meha*, *Sikata Meha* & *Bhashmakhya* are the secondary disease of *Ashmari*. On an acute condition it need urgent management because the patient gets upset because of the severity of the pain due to obstruction in urinary tract, so early diagnosis & understanding of its pathogenesis with prognosis is very important for its management.

#### REFERENCES

1. Sushrut Samhita, Ayurveda Tattva Sandipika edited by Kaviraja Ambikadutta Shastri Chaukhambha Sanskrit Pratishthan, Varansi, Reprint, Chikitsasthan, 2017; 7/3.

2. Kayachikitsa, Prof. Ajaya kumar sharma Chaukhambha Orientalia Varanasi, Print, 2016; 2: 747.
3. Sushrut Samhita, Ayurveda Tattva Sandipika edited by Kaviraja Ambikadutta Shastri Chaukhambha Sanskrit Pratishthan, Varansi, Reprint, Sutrasthan, 2017; 33/5: 163.
4. Sushrut Samhita, edited by Prof. G.D.Singhal, Volume 1, Chaukhambha Sanskrit Pratishthan, Delhi, Reprint, Nidansthan, 2007; 3/3: 522.
5. Charak Samhita Elaborated Vidyotini Hindi Commentary edited by Pt. Kaashinaatha Shastri, Volume 1, Chaukhambha Bharati Academy, Reprint, Vimanasthan, 2017; 5/20: 713.
6. Sushrut Samhita, edited by Prof. G.D.Singhal, Volume 1, Chaukhambha Sanskrit Pratishthan, Delhi, Reprint, 2007; 3/27-8: 527-8.
7. Charak Samhita, Text with english translation by Prof. Priyavrat Sharma Chaukhambha Orientalia vol 2, Chikitsasthanm, 26/36-37: 425.
8. Susruta Samhita, Ancient Indian Surgery by G.D. Singhal Chaukhambha Sanskrit Pratishthan Delhi, 2<sup>nd</sup> Ed, vol 1<sup>st</sup> Nidan sthanm, 3/4: 522.

9. Charak Samhita, Text with english translation by Prof. Priyavrat Sharma Chaukhambha Orientalia vol 2, Chikitsasthanm, 26/31: 424.
10. Susruta Samhita, Ancient Indian Surgery by G.D. Singhal Chaukamba Sanskrit Pratishthan Delhi, 2<sup>nd</sup> Ed, vol 1<sup>st</sup> Nidan sthanm 3/4, page no.522.
11. Susruta Samhita, Ancient Indian Surgery by G.D. Singhal Chaukamba Sanskrit Pratishthan Delhi, 2<sup>nd</sup> Ed, vol 1<sup>st</sup> Nidan sthanm, 3/24-5: 527.
12. Susruta Samhita, Ancient Indian Surgery by G.D. Singhal Chaukamba Sanskrit Pratishthan Delhi, 2<sup>nd</sup> Ed, vol 1<sup>st</sup> Nidan sthanm, 3/5,6: 522-23.
13. Charak Samhita, Text with english translation by Prof. Priyavrat Sharma Chaukhambha Orientalia vol 2, Chikitsasthanm, 26/32-33: 424.
14. Susruta Samhita, Ancient Indian Surgery by G.D. Singhal Chaukamba Sanskrit Pratishthan Delhi, 2<sup>nd</sup> Ed, vol 1<sup>st</sup> Nidan sthanm, 3/7: 523.
15. Susruta Samhita, Ancient Indian Surgery by G.D. Singhal Chaukamba Sanskrit Pratishthan Delhi, 2<sup>nd</sup> Ed, vol 1<sup>st</sup> Nidan sthanm, 3/3: 523-25.
16. Susruta Samhita, Ancient Indian Surgery by G.D. Singhal Chaukamba Sanskrit Pratishthan Delhi, 2<sup>nd</sup> Ed, vol 1<sup>st</sup> Nidan sthanm, 3/3: 526.
17. Sushrut Samhita, Ayurveda Tattva Sandipika edited by Kaviraja Ambikadutta Shastri Chaukhambha Sanskrit Pratishthan, Varansi, Reprint, Sutrasthan, 2017; 33/5(12): 163-164.
18. Ayurvediya Vikriti Vijnana & Roga Vijnana by Dr.P.S. Byadgi, Chaukhambha Publication New Delhi, vol 2<sup>nd</sup>, 429.
19. Vaidyajivanam Loliambaraja, Vidyotini Hindi Commentary, Chaukhambha Orientalia Varanasi, Reprint, 2013; 1/10: 4.
20. Bhaishajaya Ratnavali, Ambikadatta Shastri, Govindadas, 6<sup>th</sup> edition 1981 Chaukhambha Sanskrit Pratistan, Varanasi, 35/ 70-72.