

AYURVEDA VIEW ON VRIKKASHMARI W.S.R. TO KIDNEY STONE AND ITS
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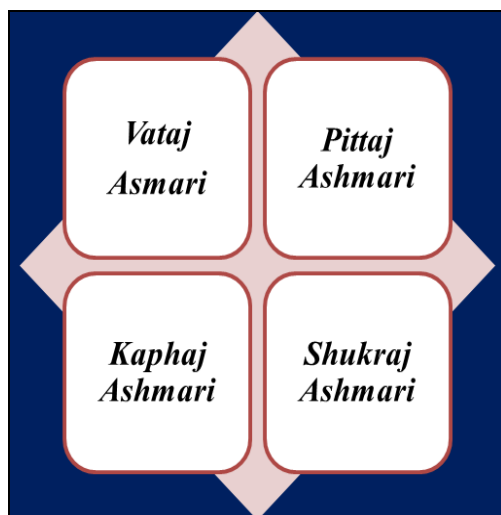
ABSTRACT

Ashmari has been mentioned in Ayurvedic texts since ancient times, Ashmari is a disease of the urinary system. Mutrashmari is classified in Ayurveda as Asthamahagad which possess symptoms such as Jwara, Basti Pida, Aruchi, Mutrakriccha, Bastishira Vedana, Mushka Vedana and Shepha Vedana, etc. Acharya Sushruta classified Ashmari as a Darun and Vrikkashmari also fall under similar category. Acharya Sushruta described various medicines as well as surgical intervention for the management of Vrikkashmari. Surgical treatment should be considered only when all other options have been exhausted and death is unavoidable. Ayurvedic formulations include the use of various Churna, Kshara Dravyas and Ghrita Kwatha, etc. for the treatment of Vrikkashmari. The causes, sign and symptoms of Vrikkashmari are similar to the kidney stone. Considering this present article explores Ayurveda view on Vrikkashmari W.S.R. to kidney stone and its management.

KEYWORDS: Ayurveda, Ashmari, Vrikkashmari, Kidney stone, Surgery.

INTRODUCTION

The kidney stone is common health issue especially in middle or old age peoples. The ayurveda text described term *Ashmari* for similar sign & symptoms. *Vrikkashmari* is described as pathological conditions similar to kidney stone.^[1-3] Acharyas in Ayurveda texts described four types of *Ashmari* as depicted in **Figure 1**.

**Figure 1: Various types of Ashmari.**

Symptoms

- Symptoms of *Vataj Ashmari* are similar to those of Calcium Oxalate type stone. *Vataj Ashmari* has a blackish, hard, irregular, rough structure. Intense pain in the abdomen and *Guda* region.
- *Pittaj Ashmari* possesses symptoms similar to those of Uric Acid type stone. *Pittaj Ashmari* resembles symptoms of burning urination and yellow urine.
- *Kaphaj Ashmari* possesses symptoms similar to those of Oxalate/Phosphate type stone. *Kaphaj Ashmari* is primarily affected by *Kaphaj pradhyanaya dosha*. *Kaphaj Ashmari* is white, slimy and large, with a *Mahua*-like appearance; symptoms include pain in the *Basti* region and *Shaitya*.

Vrikkashmari's Nidana

According to Acharya Sushruta, *Vrikkashmari* has two main *Nidanans*; *Asamshodhana* and *Apathyasevana*. The improper conduction of daily and dietary routine, lack of consumption of water and side effects of other diseases or medications, etc. may triggers pathogenesis of *Vrikkashmari*.^[3-5]

Vrikkashmari's Samprapti

According to Sushruta, the vitiation of *Kaphadosha* of *Mutra* along with *Mandagni* causes accumulation of *Kapha* in *Vrikka*. The action of *Ushma Pitta* and

Shoshana by *Vata Dosha* dries up the *Mutra*. The vitiated *Kapha Dosha* in the *Vrikka Bhaga* causes accumulation of hard components as *Vrikkashmari* in *Mutravaha Srotas*.

Vrikka Samprapti Ghataka

- ✓ *Dosha:* *Vata*
- ✓ *Dushya:* *Mutra Sanga*
- ✓ *Adhishthana:* *Basti*
- ✓ *Srotas:* *Mutravaha*
- ✓ *Agni:* *Jathragnimandhya*

Ayurveda Management

1. **Ashmari-Bhedana:** These drugs used for the disintegration, dissolution and expulsion of *Vrikkashmari*. *Gokshura*, *Varuna*, *Pashanbheda*, *Kulatha* and *Punarnava*, etc. are examples of *Ashmari-Bhedana* drugs.
2. **Mutrala:** Drugs that increase urine production and thus aid in the expulsion of calculi, such as *Shvetaparnpati*, *Trinapanchamula* and *Gokshura* and *Punarnava*, etc.
3. **Deepana-Pachana:** Drugs to correct digestion and metabolic abnormalities such as; *Trikatu*, *Triphala*, *Vibhitak* and *Musta*, etc.
4. **Shothahara and Vedanasthapana:** Anti-inflammatory and Analgesic medications such as *Guggulu*, *Punarnava* and *Gokshura*, etc.

These all drugs possess diuretic, analgesic, anti-inflammatory, *Daha shamaka* and *Deepanapachana* properties.^[4-6]

Modern Perspective on Kidney Stone

Kidney stones also known as renal calculi or urolithiasis, the condition involves deposition of mineral and salt inside the kidney. Among the many causes of kidney stones some are excess body weight, certain medical conditions, diet and medications, etc. Kidney stones can affect any part of urinary tract, including the kidneys and bladder. Stones frequently form when urine becomes concentrated, allowing minerals to crystallize and adhere together.

Kidney stones can be painful to pass, but if caught early enough, they usually do not cause permanent damage. The major features of this condition include:

- ✚ Abdominal pain on the right side
- ✚ Burning micturition
- ✚ Nausea
- ✚ Vomiting

According to modern medical science, the mechanism of renal calculus formation is a complex process that includes supersaturation, growth aggregation and nucleation, etc. Despite a wide range of conventional medical intervention options, many patients have at least one recurrence. It can cause urinary tract infection, chronic kidney disease, nephropathy and urinary obstruction, etc.^[7-9]

Kidney stone does not usually cause symptoms until it moves around within the kidney or enters one of the ureters. If a kidney stone becomes lodged in the ureters, it can cause the kidney to swell and the ureter to spasm, both of which can be extremely painful.

Hypertension, diabetes, obesity, osteoporosis, gout and cystic fibrosis, thyroid disease, chronic diarrhea and inflammatory bowel disease, etc. may also induce pathogenesis of kidney stone. Some medications can also increase risk of developing a stone including diuretics, calcium-based antacids and antibiotic, etc. Certain foods can also increase risk of a kidney stone, these foods include; meats and poultry, diets high in salt and sugars, etc.^[8-10]

Prevention of Kidney Stone

- One should drink plenty of water, staying hydrated helps to urinate more often, which helps to flush away the buildup of the substances that cause kidney stones.
- One should limit intake of salt in the form of sodium.
- Overweight person should try to lose their weight.

Therapies

- ✚ Non-invasive extracorporeal shock wave lithotripsy.
- ✚ Percutaneous nephrolithotomy
- ✚ Ureteroscopy
- ✚ Pyelolithotomy

Medicines

- Potassium citrate which used to raise pH levels in the urine.
- Diuretics help to remove water and toxins.
- Antibiotics relieve bacterial infections thus prevent pathogenesis of disease.
- Allopurinol is used to treat high levels of uric acid in the body thus resist formation of stone.

CONCLUSION

Ashmari is a disease of the urinary system described as *Asthamahagad* which possess symptoms of *Basti Pida*, *Aruchi*, *Bastishira Vedana*, *Mushka Vedana*, *Shepha Vedana* and *Mutrakriccha*, etc. The causes, sign and symptoms of *Vrikkashmari* are similar to the kidney stone. *Acharya Sushruta* described various medicines as well as surgical intervention for the management of *Vrikkashmari*. Ayurvedic formulations include the use of various *Churna*, *Kshara Dravyas* and *Ghrita Kwatha*, etc. for the treatment of *Vrikkashmari*. Modern science also mentioned some preventive approaches including intake of plenty of water and limit consumption of salt, etc. The therapeutic measures include non-invasive extracorporeal shock wave lithotripsy, percutaneous nephrolithotomy, ureteroscopy and pyelolithotomy along with medicines like potassium citrate and antibiotics, etc. These all approaches providing complete relief from

burning micturition and helps in the expulsion of urinary stone from the urinary tract.

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