

## AN APPROACH OF ACHARYA SUSHRUT ON ASHMARI

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**ABSTRACT**

Urolithiasis is a very common disease in today's era. Due to changed standard of living and sedentary life style of people and it is strongly associated with race, ethnicity and region of residence. In Ayurveda this is known as Ashmari which is similar to calculi or stone. Apathya is an important factor in formation of ashmari. context about ashmari is available in most of the literature of ayurveda, both shaman and shodhan chikitsa is described for the treatment of ashmari. Acharya sushrut has mentioned shaman chikitsa like use of ghrita (medicated ghee), taila (medicated oil), paneeya kshara etc and he has also described about shalya karma for ashmari.

**KEYWORDS:** Literature; Ashmari.**1. INTRODUCTION**

Ashmari is a disease of mutravaha strotas in which an 'ashma' is formed in urinary system. Ashmari is a tridoshaj vyadhi in which kapha dosha is main factor. Acharya Sushrut has described Ashmari in very scientific and logical way.

**2. Ashmari bheda**

Ashmari is of four kinds, such as those born from kapha, vata, pitta and sukra separately; all these residing in kapha.

**3. Nidan**

- Ushna gaman/ gharma gaman
- Adhwagaman / deerghamarga gaman
- Asamshodhan sheelasya
- Prayena sheeta snigdha guru madhura aahar
- Apathya kaarinaha
- Adhyashana / samashana
- Divaswaap
- Mutravigavrodha

**5. Samprapti**

In persons who do not undergo purification regularly and who eats unhealthy foods and improper activities, kapha gets aggravated, combines with urine, reaches the bladder, and staying there, produces ashmari.

**4. Purvarupa**

Their premonitory symptoms are; fever, pain in the bladder, loss of taste, difficult in micturation, pain in the head of bladder, scrotum and penis; troublesome body

Acharya Sushrut consider the Ashmari in Ashtamahagada. Acharya Sushrut described about Ashmari formation, causes of Ashmari, clinical features and treatment. Acharya Sushrut described both surgical and medicinal treatment for ashmari. And in this paper we are describing about all this gnomes.

aches and urine having the smell of the goat. Specific symptoms and colour of dosa producing the diseases.

**5. Samanya lakshana**

After manifestation, the person has pain in the area of the umbilicus, bladder, perineal, penis and other areas nearby during micturation, interruption of stream of urine, urine mixed with blood, urine scattering; urine resembling gomedaka in colour, very turbid, and containing sand; there is pain during running, jumping, swimming, riding, exposure to sunlight, long walk etc.

**6. Vishesh lakshana**

**Vataja mutrashmari** – kapha combining with vata, forms lumps which grow in size, reach the orifice of the bladder and block the passage; because of such obstruction, there is severe pain; suffering greatly from this pain, the person grinds his teeth, presses the umbilicus, squeezes the penis, touches the bladder, eliminates flatus, urine and faeces with difficulty and also during micturation; the stone is blue, coarse irregular, hard, covered with thorns similar to that of kadamba flower. This should be understood as produced by vata.

**Pittaja mutrashmari** – kapha combining with pitta, forms lumps, which increase in size inside the bladder and then blocks the orifice of the bladder; due to such blocking, the person feels as though the bladder is hot inside, as being sucked, burnt and forming ulcer; there is usnavata; the stones are slightly red, yellowish or black, resemble the seed of bhallataka or honey in colour; this is to understand as produced by pitta.

**Shleshmaja mutrashmari** – in persons who consume food which increase kapha too often, kapha getting increased, forms a coating at bottom of the bladder, then reaching the orifice of the bladder and block it; due to such blocking, the person feels that the bladder as though being torn, punctured and pricked, the stone is white, unctuous, big like a hen's egg and similar to madhuka flower in colour. This is to be understood as produced by slesma.

**Shukraja ashmari** – sukramari develops only in the aged persons. Due to either interruption of coitus or too much of copulation, sukra getting dislodged from its seat becomes obstructed from going out; then vata moving in wrong path withholds it between the penis and testicles and dries it up; this blocks the urinary passage, gives rise to difficult urination, pain and swelling of the bladder and testicles; when squeezed by the hand, it breaks into small pieces in that place itself; this should be understood as sukramari.

#### 7. Chikitsa

Ashmari is a dreadful disease similar to antaka; it is to be treated with medicine if recent and when increased in size it requires cutting.

In its premonitory stage, therapies like oleation is desirable; by these the root of the disease gets mitigated.

#### 8. Aushadhi yojana

Drugs are acting with following properties should be used-

- Pasanabhedadi ghrita
- Kusadi ghrita
- Varunakadi ghrita etc.

**9. Chedana-** when the ashmari does not get reduced by use of medicated ghee, alkalies, decoction, milks and enema to the bladder, then next treatment is cutting. Success in this surgical treatment is uncertain even for an intelligent surgeon; hence this treatment is considered as the last resort.

If this treatment, is not performed death is sure and if done the result is uncertain; hence it should be done only after obtaining consent of the well wishes.

#### REFERENCES

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