

Diagnosis of Urinary calculus (Ashmari) an Ayurveda perspective

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Abstract:

Urinary calculus is commonly known as kidney stones. In Ayurvedic literature it is referred as Mutrashmari, Mutra means urine and Ashmari means stone. Urinary stone is one of the common disease of the urinary tract. Ayurveda explains urinary stone under the heading of Mutra Ashmari. It classifies Ashmari on the basis of Doshas and the features of the stone. The available explanations in contemporary science are also based mainly on the symptoms and the characteristics of the calculus, comparative knowledge of it with Ayurveda may help the physician in proper diagnosis of the disease.

Aim & Objectives:

This is an attempt to making the diagnosis of Ashmari easier and diagnostic tools to give a better approach for its management.

Material & Methods:

Charak samhita, Sushrut samhita, Astang sangraha, Astang hridaya are the text book and research articles and various other journal are referred. Diagnosis of kidney is possible by physical examinations, investigation, characteristic feature and Astavidh pariksha.

Keywords: Mutrashmari, Urinary calculus, Astavidh pariksha.

Different type of methods are used in diagnosis of disease in Ayurveda : Tools for disease examination:

Trividhparikshaor 3 fold diagnosis

Trividhpareeksha	NidanaPanch aka	Astavidhpareek sha
Darshan (inspection)	Nidana (Causative factor)	Nadi (Pulse)
Sparshana (palpation)	Purvarupa (premonitory symptoms)	Mala (Stool)
Prashna(interrogation)	Rupa (sign& Symptoms)	Mootra (Urine)
	Upashaya(identifying a disease on the basis of trial)	Jivha (Tongue)

	Aupashaya	Shabda (Sounds)
	Samprapti (manifestation of the disease)	Sparsha (Touch)
		Drik (Eye)
		Akriti (Built, Gait)

Diagnosis of Ashmari based on Purvarupa:

Purvarupa mentioned in samhitas are also observed in rupavastha of Ashmari.

- Bastiadhmanam - Distension of bladder due to retention of urine.
- Aasannadesharuja - Severe pain at the site of Ashmari.
- Bastishirovednam - Pain in suprapubic region.
- Bastipeeda – Pain in hypogastric region.
- Mutrakrichha – Difficulty in micturition due to irritation of bladder by calculus and also infection caused due to it.
- Dushtasandramutrata – Sedimentation of urine.
- Avilamutrata – Turbidity of urine.
- Bastagandhatwam – Concentrated urine smells like goat’s urine.
- Aruchi – Anorexia
- Jwara – Fever (infection of urinary tract infection due to renal stone)

According to Yogaratnakar-

The onset of mutrashmari in below three stages:

- Severe pain in kushi, kati region.

- Burning micturition.
- Urinary flow obstruction.

Characteristic features of different type of Ashmari:

Serial no.	Ashmari in ayurveda	Types of calculus with modern corelation	Symptoms
1	Vataj Ashmari- 1.The vataj ashmari is having the characteristics such as 2. it is blackish in colour 3.Hard 4.Rough with uneven surface 5.Thorny like kadamb flower	Calcium Oxalate Calculus- 1.called as Mulberry calculi. 2.Common type, 3.Very hard and single, 4.Colour - black, 5.Ph-acid	1.Severe pain 2.obstruction to flow of urine
2	Pittaja Ashmari- 1.it is the reddish & yellow in colour, 2.surface is like kennel of markingnut(Bhallatakst hipratima) 3.Honey coloured (Madhuvarni)	Uric Acid Calculus – 1.Pure uric acid radiolucent 2.Multiple, small & hard 3.colour-yellow Ph- Acid	1.obstruction to flow of urine 2. Burning type of pain 3.Haematuria
3	Kaphaja Ashmari – 1.White in colour 2.slimy in texture 3.large in size similar to hens egg (kukutandapratikasha) 4.Having colour of madhuka flower)	Phosphat e calculus – 1Smooth and round, common in renal pelvis 2.staghorn calculus , friable 3.colour – dirty white 4. ph - Alkaline	1.obstruction to the urine 2.flow with mild ache

Conclusion –

The explanation given by the authoritative text of Ayurveda can be converted into standard norms of for the diagnosis of Ashmari with the help of modern science. By comparing the external appearance of Ashmari with renal calculus we find that both are similar. By this comparison we may conclude that Vataj Ashmari is calcium oxalate, Pittaj Ashmari is Uric acid urate, cysteine calculus, Kaphaja Ashmari is phosphatic calculus.

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