

Ayurvedic Management of Mutrashmari (Urolithiasis): A Case Report

Dr. Ashish H Lokhande¹, Dr. Priyanka A Raut²

¹ASSISTANT PROFESSOR OF KAYACHIKITSA, VJDGAM PATUR

²ASSISTANT PROFESSOR OF SHALAKYATANTRA, VJDGAM PATUR

Date of Submission: 18-08-2026

Date of Acceptance: 01-09-2026

Abstract

Mutrashmari is the most common disease to all of us. The meaning of *Ashmari* is *Ash-* stone & *Ari-* enemy i.e. it behaves like the enemy for the body. In modern medicine, it correlated with Urolithiasis. The prevalence¹ of disease is 12% of total population & 50% are severely affected. *Mutrashmari* is occurring due to disturbance in functioning & filtration in the kidney. Formation of *Mutrashmari* is due to crystals of calcium, oxalate & uric acid. Passing of stone is the painful process because stone is impacted in the urinary tract, it causes urinary infection & some other complications, which may be needed a surgical procedure. Also many treatment modalities are explained in modern science but still chances of recurrence of formation is more. Hence this case report aims to study the *Mutrashmari* in Ayurvedic view.

Key words: *Mutrashmari*, Ayurveda, Urolithiasis- Renal stone.

I. Introduction

Renal stone is the most common problem found in the today's scenario due to the sedentary life style. The disease is most commonly occurring during the age 20-50 yrs. The common causes are high salt intake diet, meat, dehydration, excessive physical work, consumption of Alcohol, tea, coffee, heavy, oily & sweet foods. Types of stones are calcium oxalate, uric acid, struvite cysteine.²

Urolithiasis can be compared as *Mutrashmari* in Ayurveda. *Acharya's* described *Ashmari* is one among the *Ashtamahagad*.³ It is the disease of the *mutravahastrotas*. Ayurvedic classical text describe the *Mutrashmari* as a *Kapha* dominant *vyadhi*.

Kapha combined with *Vata* & *Pitta* attends hardness, grows around and obstructs the urinary passage, the obstruction of urine gives rise to pricking type of pain in urinary tract. *Mutrashmari* is

classified into eight types.⁴ *Ayurveda* describe both *shaman* & *shodhan* *chikitsa*.⁵ *Ayurveda* plans to address the root cause of the disease, it begins by detoxifying the body so that medicine is working better towards treating actual root cause of the disease. This medicine acts as *Mutral karma*, *Deepan karma*, *Pachan karma*, *Bhedan* & *Lekhan karma*. Hence *Ayurvedic chikitsa* is the most effective management to treat and prevent the recurrence of the *Mutrashmari*.

History of Present Illness

A 43 yr. old male patient came to *kayachikitsa* OPD. Who was apparently alright before 4 month, then he noticed symptoms of abdominal pain, left side acute flank pain at renal angle of abdomen, difficulty in urination, tenderness at renal angle, constipation, nausea, nocturia.

History of Past Illness

K/C/O – DM – II (on medicine since 10 yrs.)

Surgical History

Fistulactomy in 2007.

Family History

Mother- ca skin

Father- DM, HTN, IHD

Personal History

Marital status – Married.

Addiction- No any.

General Examination

P – 82/min	Appetite – Normal
Bp- 130/70 mmhg	Tongue – Coated
RR- 21/min	Bowel – Constipation
Wt.- 62 kg	Micturition – Slow
stream & Nocturia	
Built- Normal	Sleep – Disturbed
Abdomen – Tender & pain at left renal angle.	

Systemic Examination

Rs – AEBE clear

CVS – S₁+ S₂ – Normal

CNS – Conscious & well oriented to TPP.

NidanPanchak

Hetu –

Aharaj – Vishamashan, Viruddhahar, Non-veg, Bakery products (Biscuits, Paneer etc.), Stale food, Insufficient water intake.

Viharaj – Disturbed sleep, Lot of sitting, No exercise.

Mansik- Chintadhikya ++

Purvaroop – Difficulty in micturition, abdominal tenderness.

Roop – Left sided abdominal pain at renal angle.

Samprapti – Causative factor viatedvatadosha along with kaphadosha in mutravahasrotas leads to Mutrashmariformation. Kaphadosh is the samvayikarana of Mutrashmari.

Investigation – On 21/02/2021 HB was 14.9%, WBC – 6700 cu/mm, RBC – 5.06 cu/mm, Platelets – 1.09 lacks, BUN – 10.42 mg/dl, Sr. creat – 0.8 mg/dl, eGFR – 113.03.

Sonography reports are 1) on 18/03/2021 Left kidney Echogenic 3.9 mm calculus is noted in mid pole calycul system.

Diagnosis – Mutrashmari.

Assesment Criteria – Signs and symptoms were assessed on the basis of grading given below

TABLE 1 ASSESSMENT CRITERIA AND GRADING⁶

Pain	0	No pain
	1	Occasional pain did not req treatment.
	2	Occasional pain but req treatment.
	3	Constant dull ache pain req treatment.
Dysuria	0	No
	1	Occasional
	2	Occasional which req treatment.
	3	Constant dysuria which req treatment.
Tenderness at renal angle	0	No
	1	Mild
	2	Modrate
	3	Severe

Treatment –

Patient was administrated with shamanchikitsa as below

TABLE 2 TREATMENT PROTOCOL: SHAMANCHIKITSA

MEDICINE	DOSE	CONTENTS	MODE OF ACTION
GOKSHURADI GUGGULU⁷	500 MG 2-----0----- 2 tab Morning & Evening With Lukewarm Water.	Gokshura, Shuddhaguggulu, Ginger, Pippali, Triphala, Nagarmotha	It has mutral, lekha, deepan, Pachana, Property.
CHANDRAPRABHA VATI⁸	500 MG 2-----0-----2 tab Morning & Evening With Lukewarm Water.	Shilajit, Shuddhaguggulu, Sita, Loha Bhasma, Yavashara, Sajji shara, Musta, Trivrit, Giloy, Pippli, Marich	It has kaphaghna, deepan, pachan, mutral Property.
VARUNADI		Varuna, Gokshura,	It has Mutral, Shothara,

KWATH⁹	0-----20----- 20 ml After Lunch & Dinner With Lukewarm Water.	<i>Pashanbheda, Chitraka,Bilva, Agnimanth, Shunthi,Shachara.</i>	<i>Kaphaghna, Vatanulomana, Property.</i>
YAVAKSHARA¹⁰	(1gm)Pinch mix with Varunadikwath After Lunch &Dinner.	Five parts of Barley	It has <i>Lekhana, Bhedhan,Pachana, Tridoshaghna,Shodhana</i> Property.
URO TAB¹¹	500mg 0-----2-----2 tab With VarunadiKwat hAfter Lunch &Dinner.	<i>Adulsa,Vala,Gokhru, Dhane, Tentu,Agnimantha, Pashanbhed,Sachar, Jire,Murva.</i>	<i>It has Shoolahar,Mutral, Tridoshara, Vataghan,Deepan, Kaphaghna, Pittaghna</i> Property.
PASHANBHEDACH URNA¹²	0---250----250 mg with VarunadiKwat h After Lunch & Dinner.	Fine Root Powder	It helps in balancing Vata,Pitta,Kapha&Mutral, Bhedan,Property

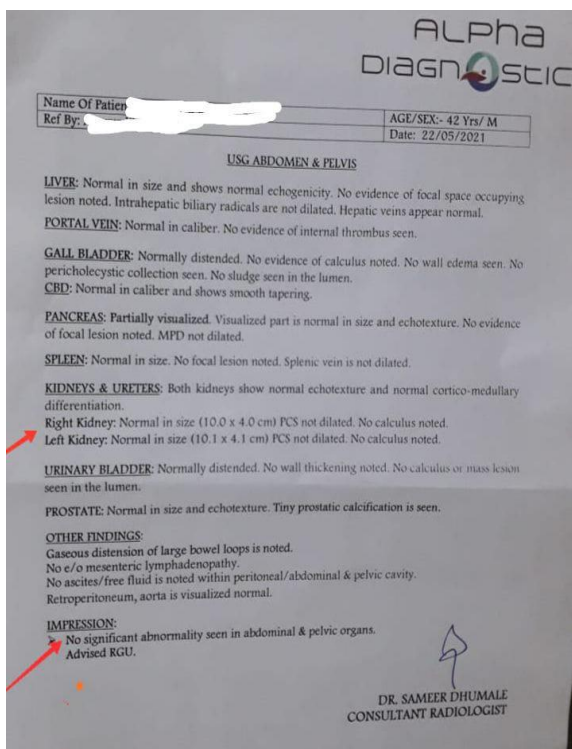
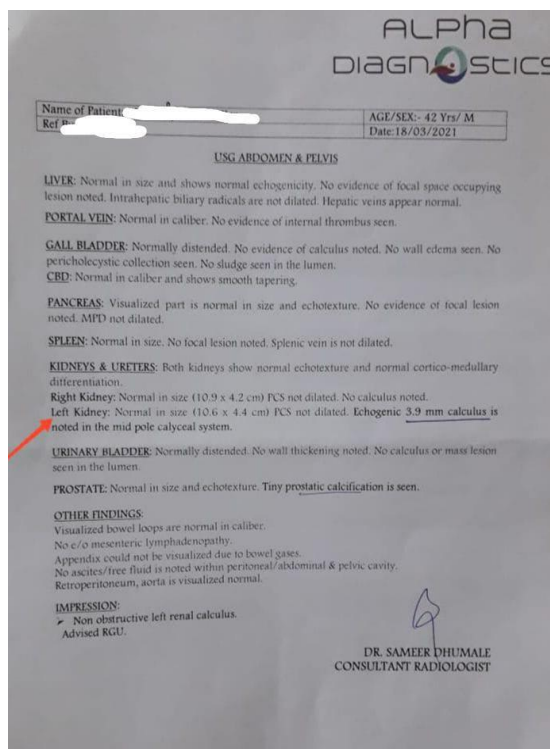
Observation and Results

The changes were observed after the treatment and graded as given table

TABLE 3 Results Before and After Treatment

Symptom	Score Before Treatment	Score After Treatment
Pain	3	0
Dysuria	2	1
Tenderness at renal angle	2	0

Usg Reports : Before & After Treatment



II. Discussion

Mutrashmari is *vyadhi* of *mutravahastrotas*. It is described in *Charaka, Sushruta, Vagbhata*. The person who cannot follow *pathya-pathy*, aggravated *kaphadosha* mix with *mutra* in *basti* obstruct the urinary tract & create *Mutrashmari*. *Inchikitsasutra* of *Ashmari Acharya Charaka* explained use of medicated alkali preparations. The drugs described in the treatment acts in the form of *Mutral, Mootravirechaniya*. The etiopathogenesis of *Ashmari* clearly indicates that it is *kaphapradhanavyadhi* influenced by *vata dosha*. Hence the drugs, which act on *kapha* and other *doshas*, are beneficial. In this case study, Pain is relieved due to, *Ushna, Teekshna & Vatanuloman Properties* of drugs. The *Bhedana & Lekhanagunas* of drugs like *Urotab & Pashanbheda Churna* helps to break the *sanghata* of *Mutrashmari* and helps in dissolution of stone i.e. *Ashmarighna* property. The *Mutral Dravyas* acts as *Mootravirechaniya* and thus reduces the burning micturition.

III. Conclusion

After observing the results it can be conclude that the Combination of above Medicines gives best results in this *Mutrashmari* case

study. During the treatment there were no adverse effects is noticed. Therefore, it can be concluded that *Ayurvedic shamachikitsa* is useful in the management of *Mutrashmari*. This is single case study, large scale case study needed with this *Ayurved* treatment.

References

- [1]. Sofia N.H. Manickavasakam k, Walter T. M prevalence & risk factor of kidney stone. (GJRA 2016;5:183-187, google scholar).
- [2]. <https://www.healthline.com/health/kidney-stones#types>.
- [3]. Sushruta, Sushruta Samhita by Ambikadatta Shashtri, Choukhamba Sanskrit Sanmasthan Varanasi 2010 Sutra Sthan Chap 33 Sutra 4 pg. 163.
- [4]. Shashtri, A, Sushruta Samhita by Acharya Sushruta, Nidanasthana, chap 3, Verse 3, Choukhamba Sanskrit Sansthan Varanasi, 2010 pg 311.
- [5]. Shashtri A, Sushruta Samhita by Acharya Sushruta, Chikitsasthan, chap. 7, Ashmari Chikitsa, verse 34-35, Choukhamba Sanskrit Sansthan Varanasi 2007 pg. 44.

- [6]. Bhatt S.SRB Manual Of Surgery third edition reprint 2010 JP brothers medical publishers (p) Ltd.pg 957.
- [7]. <https://www.ayurtimes.com/gokshuradi-guggulu-benifits-uses-dosage-side-effects>.
- [8]. <https://www.ayurtimes.com/chandraprabha-vati-benifits-uses-dosage-side-effects>.
- [9]. <https://www.bimbima.com/ayurveda/varuna-di-kwath-for-kidney-stone-treatment/1041>.
- [10]. <https://www.planteayurveda.com/library/yavakshar/>
- [11]. <http://www.atharva-ayurved.com>
- [12]. <http://www.easyayurveda.com/2016/07/14/pashanbheda-bergenia-ligulata-uses-research/>