

Ayurvedic Management of Mutrashmari (Urolithiasis) A- Case Report

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ABSTRACT:

Mutrashmari is one among the *Mutravaha Srotovikara*. *Acharya Sushruta* has mentioned as one among *Ashtamahagada*. *Acharya Madavakara* also mentioned it as “*Yamopama*” –The God of death. *Pratyatma lakshanas* are *Mahatvedana*, *Mutrakrichra*, and *Sarudiramutrata*. *Mutrashmai* can be correlated with Urolithiasis. Cardinal features are Pain- Ureteric colic & Fixed pain, Haematuria, Dysuria, Gastrointestinal Symptoms like Nausea and Vomiting. Prevalence rate is in India approximately 5-7 million patients suffer from Urolithiasis. The recurrence rate is 50 to 80% Males are more frequently affected than the female and their ratio is 7:1. The incidence is still higher in the age group between 30-45 years and incidence declines after age of 50 years. In *Ayurveda* number of drugs are mentioned to treat *Mutrashmari*. Among them *Vasakshara* had taken for single case study, act as *Chedana*, *Bhedana*, *Lekhana*, *Kaphahara*, *Krimighna*, *Mutrajanana*, *Raktashodaka*, *Vedanasthapana* and *Shotahara*, that's why it disintegrate the Urinary calculus and helps in expelling out from the body.

Key-words *Mutrashmari*, Urolithiasis, *Chikitsa*, *Vasakshara*, *Pathya* and *Apathya*.

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