



Conceptual Study on Management of *Mootrashmari*

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ABSTRACT:

Urinary disorders have a specific identity both in modern and Ayurvedic system of medicine. *Mutrashmari* is one of the commonest diseases of *Mutravaha srotas*. The oldest written reference of this disease is seen in *Samhithas*.

Ashmari is a word termed for those objects resembling a stone. *Acharya Sushruta* described it as one of the *Ashtamahagada*. He also termed it as „*Yama*” because of the intolerable pain. *Acharya Charaka* mentioned *Ashmari* as *Bastimarmashritha Vyadhi*. In the contemporary science it is correlated with Urolithiasis or Urinary Calculi.

Vata, *Pitta* and *Kapha* all three *Doshas* are involved in the *Samprapti* Of *Mutrashmari*, therefore understanding the *Samprapti* is essential for treatment of the disease.

Even though a lot of research has been done in *Ashmari* management, there is still a vast scope to explore new avenues.

Keywords:

Ashmari, Ashtamahagada, Yama, Bastimarmashrita Vyadhi, MootravahSrotas,

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