

Case Study of *Mutrashmari* W.S.R. to *Matrabasti*

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Abstract: *Ayurveda science deals with the very unique concepts which helps to prevent the diseases. Ashmari is included in the Ashtamahagadha. In Asamshodhanashila (persons, who do not undergo Shodhana chikitsa) and who is 'Apathyakariṇah' the Shleshma Doṣha gets aggravated, which saturate the urine in the system. This saturated urine (Shleshma Adhishṭhana) is the material cause for the stone formation. Formation of Mutrashmari, according to Sushruta, is due to Srotovaiguṇya resulting from Dushita Kapha localized in Basti, in conjunction with Praduṣhita Vata and Pitta is responsible for the cause of Ashmari. The problem of Urolithiasis is very common and ancient one to affect children as well as adults, it remain an important disease with lifelong complications when occur in children. Sushruta has highlighted the importance of Shodhana to improve the condition and to reduce the recurrence.*

Keywords: *Mutrashmari, Matrabasti, Ayurveda*

I. INTRODUCTION

Mutrashmari is known to mankind since times immemorial. Clinical features of the disease are described even in *Vedas*, the oldest repositories of human knowledge. *Sushruta* the father of surgery explained factors, classification, symptomatology, pathology, complications and its management in a most scientific manner. This disease is dreadful and hence considered one of the '*Mahagadas*'¹.

Urolithiasis is the most common affliction of the urinary tract. It typically occurs in middle life during the most protective years. Epidemiological survey shows that in economically developed countries the prevalence rate ranged between 4% and 20%. In India approximately 5 to 7 million patients suffered from this disease and at least 1 in 1000 of Indian population needs hospitalization. 12% of people have stone in their life time.

Formation of *Mutrashmari*, according to *Sushruta*, is due to *Srotovaiguṇya* resulting from *Duṣhita Kapha* localized in *Basti*, in conjunction with *Praduṣhita Vata* and *Pitta* is responsible for the cause of *Ashmari*².

Management of various types of *Ashmari* has been described in *Sushruta Samhita*. *Charaka* advised medical management³ while *Sushruta* advised both conservative and surgical removal of stone. Treatment has been advised to be undertaken in the early stages of the disease. In this case study *Matrabasti* was given along with some internal medications.

II. METHODOLOGY

Case study

A 32 years old Female patient came to the hospital with the symptoms like Pain in loin and back region [Right side], Burning micturition, Urgency and frequency of Urination, Mild nausea since from 2-3 months. Patients *Nidana* was done initially along with *Ashtavidha*, *Dashavidha Pariksha* and General examination with proper observations.

Name of Patient - ABC, 32 year - Female

Occupation – Housewife

Pradhana Vedana [Chief Complaints] -

Pain in loin and back region [Right side]

Burning micturition

Urgency and frequency of Urination

Mild nausea



Ashtavidha Parikshana -

Nadi = 76/min	Shabda = Prakruta
Mala = 1 times/day	Sparsha = Prakruta
Mutra = Sadaha	Druka = Prakruta
Jivha = Alpa Sama	Akruti = Madhyam

General Examination -

- PR - 76/min
- BP - 120/70 mm of Hg
- RS – AE = BE, Clear, RR = 19/min
- Dehoshma = 98.6° F
- CVS – S₁ S₂ N
- CNS - Conscious, Oriented
- P/A - Soft, No Tenderness
- Agni = Prakruta
- Kshudha = Prakruta
- Trushna = Prakruta
- Prakruti = Vatapitta Pradhan Prakruti
- Koshtha = Madhyam
- Nidra = Khandita

Personal History –

- 8 am – Breakfast, Chai
- 12-1 pm – Dinner Chapati, Sabji, Dal, Rice
- 4 pm – Chai, Snacks
- 8-9 pm – Lunch, Rice, Roti, Daal

Past History -

USG Abdomen & Pelvis –

Right kidney – E/O 2.5 mm calculi in upper pole calyx and E/O 3 mm calculi in mid pole calyx.

Investigations –

Serum Creatinine = 0.72 mg/dl

CBC = Hb = 12.6 gm/dl%, WBC = 5800 / Cmm, Platelet = 120000/Cmm, Neutrophils = 59%, RBC = 4.38 mil/Cmm

Management –

Mutrashmari were treated with the help of Shodhana and Shamana Chikitsa, the following managements were given to the patient for about 2 months.

Shodhana Chikitsa -

Shodhana	Dravya	Duration	Period of Study
Sarvanga Snehana	Mahanarayan Taila ⁴	20 minutes	15 days
Sarvanga Swedana	Dashamoola, Nirgundi etc Nadisweda ⁵	15 minutes	15 days
Matrabasti ⁶	Sahachara Taila	1 Muhurta	15 days



Shamana Chikitsa -

Kalpa	Matra	Kala	Anupana
<i>Varunadi Kwatha Tablet</i> ⁷	250 mg	<i>Adhobhakta</i> (2 times a day after food)	<i>Koshna jala</i>
<i>Chandraprabha Vati</i> ⁸	250 mg	<i>Adhobhakta</i> (3 times a day after food)	<i>Koshna jala</i>
<i>Dashamoolarishta</i> ⁹	40 ml	<i>Adhobhakta</i> (2 times a day after food)	<i>Jala</i>

Observations -

Effect of the treatment on Pain in loin and back region [Right side], Burning micturition, Urgency and frequency of Urination, Mild nausea.

	Symptoms	Before treatment	After treatment
VAS Scale	Pain in loin and back region [Right side]	9	2
	Burning micturition	8	1
	Urgency and frequency of Urination	8	1
Mild nausea		+++	+

II. DISCUSSION

In this study, observations were done before and after treatment based on symptoms and though VAS Scale - is often used for Pain in loin and back region [Right side], Burning micturition, Urgency and frequency of Urination, Mild nausea etc.

Sarvanga Snehana – *Sarvanga Snedana* were done with the help of *Mahanarayan Taila*. As *Taila* was described as one of the best line of treatment for *Vatavyadhi*. As it helps to decreases the *Vata Prakopa* from the whole body.

Sarvanga Swedana – *Nadi Swedana* were done after *Snehana* process. *Shashtika Shali Swedana* were given for the management of *Vata Dosha*. As it helps to reduces the *Pain* from all the body as it helps to decrease *Chala Guna*, *Ruksha Guna*, *Sheeta Guna* of *Vata Dosha*.

Matrabasti – *Basti* was mentioned as best management of *Vata Dosha* and *Vatavyadhi*. *Matrabasti* were given for initially 15 days for helping to reduce the *Vata Prakopa* in the body It also helps to reduces the Urine burning, urgency, pain etc.

Varunadi Kwatha Vati, Chandraprabha Vati – This helps to give strength to the whole body parts and helps to reduces the *Vata Prakopa* and *Daha*.

Dashamoolarishta – *Dashmoola* having *Karmas* like *Rujashamaka*, *Dahaghna*, *Vatanulomaka*, etc properties.

III. CONCLUSION

In this *Mutrashmari* w.s.r. to Urolithiasis case study, all symptoms like Pain in loin and back region [Right side], Burning micturition, Urgency and frequency of Urination, Mild nausea were diminished in 2 months study. In conclusion *Sarvanga Snehana*, *Swedana*, *Matrabasti*, and *Shamana chikitsa* are significantly effective in the management of *Mutrashmari*, followed by proper *Pathya-Apathya*.

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