

Vataja ashmari with special reference to urolithiasis – a quest to pursue its rational view.

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ABSTRACT: Now a days, many patients are reporting to the hospital with different *Mutravahsroto Vikaras* like burning micturation, urinary stone etc. *Mutrashmari* is one among the *Mutravahasroto vikara* and it is considered in *Astamaha Gada*¹ because of involvement of *Bahu Dosha* and *Basti* as *Vyakta Sthana*, which is one among *Tri marma* ²*Acharays* classified *Ashmaris* on the basis of Symptomology of *Doshas* and the features of the stone i.e *Vataja*, *Pittaja*, *Kaphaja* and *Sukraja Ashmari*. *Vataja Ashmari* symptoms are parallel to the Urolitheasis³.Urolitheasis is the third most common affliction of the urinary tract disease, after urinary tract infection and benign prostatic hypertrophy. It is estimated that approximately 2% of the population experiences Urolitheasis at sometime in their life time with male and female ratio of 2:1 ⁴, In contemporary science also Urolitheasis is classified on the basis of symptoms and features of calculus.The *Lakshanas* of *Vataja Mutrashmari* resembles the signs and symptoms of Urolitheasis explained in contemporary system of medicine. The available explanation in Authorative texts of Ayurveda in diagnosis of Calculus need more expertise. As the classification of Calculus in contemporary science also based on symptoms and morphology of Calculus, comparative knowledge of it with Ayurveda may help physician to understand and cure the disease for benefit of mankind.

KEYWORDS : *Ashmari , Vataja Ashmari, Urolithiasis*

INTRODUCTION :

Ayurveda is the *Upaanga* of *Atharvaveda* has described many diseases under the captions of *Mutrakrichhra*, *Mutrashmari* and *Mutraghata*, *Mutrashmari* is *Tridoshaja* with predominance of *Kapha Dosha*. Acharays included this under the heading of types of *Mutrakrichhra*⁵. *Ashmari* is classified on the basis of symptoms of *Dosha* and morphology of stones. Among them *Vataja Ashmari* mimics the symptoms of urolithiasis.

Urolithiasis is a stone like body composed of urinary salts bound together by a colloid matrix of organic materials⁶. Classification of calculus in contemporary science also based on the symptoms and morphology. Here an attempt is made to understand the rational view of *Vataja Ashmari* with the Urolithiasis.

AIMS AND OBJECTIVES :

- To understand the rational view of *Vataja Ashmari* with Urolithiasis.

NIDANA^{7,8}:

- तत्रा संशोधनशीलस्यापथ्यकारिणः प्रकुपितः श्लेष्मा
मुत्रसंप्रुक्तत अनुप्रविश्य बस्तिमश्मरीं जनयति ॥
- व्यायामतीक्ष्णा औषधा रुक्ष मध्य प्रसंज्ञानित्यद्रुत पुष्टयानात्।
आनूप मत्स्य अध्यशनादजीर्णात् स्युर्मूत्रकृच्छ्राणि नृणामिहाष्टै

ETIOLOGICAL FACTORS ⁹

- Altered urinary crystalloids and colloids
- Hyper excretion of relatively insoluble urinary constituents
- Urinary stasis
- Urinary infections
- Vitamin A deficiency
- Hyperparathyroidism

SAMPRAPTI ¹⁰

वातपित्तकफैस्तिरत्रश्चतुर्थि शुक्रजा अपरा ।

प्रायः श्लेष्माश्रयाः सर्वा अश्मर्यः स्युर्यमोपमाः

विशोषयेद्वस्तिगतं सशुक्रं मूत्रं सपित्तं पवनः कफं वा ।

यदा तदाश्मर्युपजायते तु क्रमेण पित्ते श्विव रोचना गोः ।।

नैकदोषाश्रयाः सर्वा ।

PATHOGENESIS

- It is based on the imbalance between the degree of super saturation of the ions forming the stone and the concentration of inhibitor in the urine.
- Most likely site where the crystals of calcium oxalate or calcium phosphate are precipitated in the tubular lining or around some fragment of debris in the tubule results in formation of stone.

- The stone grows, as more and more crystals are deposited.

POORVARUPA OF ASHMARI¹¹

- *Bastyadhmanam* (distension of the urinary bladder)
- *Aasandeshesu Parito Atiruga* (severe pain around bladder)

- *Mutre Bastasagandhatwam* (uriniferous odour due to dribbling)
- *Mutrakruchra* (dysuria)
- *Jwara* (fever)
- *Aruchi* (anorexia)
- *Bastipeeda*
- *Arochaka*
- *Mutrakruchra*
- *Bastishiromushkashephasa Vedana*
- *Jwara*
- *Bastigandhatwam*

SAMANYA LAKSHANA ¹²

- *Nabhi-sevani-basti-mehan-sira ruk* : pain at umbilical region, perineal region, suprapubic region, genitalia.
- *Visheernadhara mutram* : obstructed flow of urine.

- *Aayasaat atirukbhavet* : pain aggravates on unusual position like riding bike, horse, jumping, travelling etc.
- *Tatsankshobhat sa ashram* : During migration of stone from

urinary tract injury causes the haematuria.

- *Mutradhara Sanga* : sudden ceasing of flow of urine.
- *Sasikta Mutram Visrijati* : passing of gravels

Sl.no	Rupa	Susruta	Charaka	Astanga hridaya	Madhava nidana
1	Nabhi vedana	+	+	+	+
2	Sevani vedana	+	+	+	+
3	Mehana vedana	+	+	–	–
4	Mutra dhara sanga	+	–	–	–
5	Mutra vikruti	+	+	–	–
6	Gomeda prakasha	+	+	+	+
7	Atyavilam	+	–	–	–

SL.NO	RUPA	SUSRUTA	CHARAKA	ASTANGA HRIDAYA	MADHAVANIDANA
8	Sasiktam	+	-	-	+
9	Dhavana Plavana	+	-	-	-
10	Vishirna dhara	-	+	+	-
11	Sa rudhira mutra	+	+	+	+
12	Mrudanti medra	-	-	-	-
13	Mutra rodha	-	-	+	+
14	Atimutra	-	-	-	+

VATAJA ASHMARI¹³

- Vitiated *vata* along with *kapha* reaches to the opening of bladder and obstructs the urethral passage.
- Patient feels burning sensation and passes flatus, urine and stool with difficulty while straining for micturation.

UROLITHIASIS

- Severe pain due to obstruction, due to excessive pain person bites his teeth, squeezes the umbilical region, rubs external genitals and cries
- A calculus is polycrystalline aggregates composed of varying amounts of crystalloid and organic matrix.
- Urinary calculus is a stone like body composed of urinary salts

bound together by a colloidal matrix of organic compound.

- The organic matrix is a mixture of muco-proteins and muco-

polysaccharides. It consists of nucleus around which concentric layers of urinary salts are deposited.

TYPES OF CALCULI BASED ON ORIGIN , SIZE AND CONSTITUENTS ¹⁴

Origin	Size	Constituents
<ul style="list-style-type: none"> • Primary • Secondary 	<ul style="list-style-type: none"> • Small • Large 	<ul style="list-style-type: none"> • Oxalate stones • Phosphate stones • Uric acid stones • Cystine stones

COMPARISON BETWEEN VATAJA ASHMARI AND UROLITHIASIS

VATAJA ASHMARI	UROLITHIASIS
<p><i>Tivra vedanam bhavati, bhrusha peeda</i></p>	<p>Ureteric colic – The severe pain occurs typically at loin and radiates to groin</p>
<p><i>Atyartha peedyamano dantaan khadati Nabhi peedayati anisham Nabhi, Mehana, Guda shula Mrudgati medhran</i></p>	<p>It starts suddenly and patient moves around to find comfort.</p> <p>The severe colicky pain intolerable pain originates at loin and radiates to groin.</p> <p>When the stone descends to lower ureter, pain radiates to the testical, labia majora and upper portion of the thigh.</p>

<i>Mehati bindushah</i>	Urgency and frequency of urination

SIMILARITY IN MORPHOLOGICAL FEATURES

CHARACTERSTICS	VATAJA ASHMARI ¹⁵	CALCIUM OXALATE STONES ¹⁶
COLOR	<i>Shyava varna</i>	Produces haematuria over the stone resulting in deposition of blood
SURFACE	<i>Parusha and khara</i>	Hard with rough surface
EDGES	<i>Vishama</i>	Irregular
SHAPE	Hard and thrones like <i>kadamba pushpa</i>	Stones have sharp projections

CONCLUSION

- The symptoms mentioned in the calcium oxalate stone mimic with the *vataja ashmari*.

- On the basis of location ureteric stones mimics the *vataja ashmari*.

- A single stone made of oxalate, uric acid or phosphate may have different locations while passing out, therefore only based on

location without considering the morphology one can not classify the stones according to the *dosha* involvement.

Hence *vataja ashmari* can be taken as oxalate stones and ureteric stone

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