



MODERN LIFE STYLE AS HAZARDOUS CAUSE OF MUTRA ASHMARI (RENAL STONE) W. S. R. TO MUTRA VEGAVARODHA

Dr. Urmila Maurya

Assistant Professor, Dept. Of Kriya Sharir, Major S D Singh PG Ayurvedic Medical College, Farrukhabad, UP

ABSTRACT The present era is an era of Research and due to the advancement of busy professional and social life, heavy work load, more responsibility, mental stress and continuity of long working duration people had ignorance about the "Vega". They avoid to pass the "Vega" and try to hold it, till they finish the work. Vega: "Praveraterunmukham Vegam" (Hemadri). To hold the Vega is called Vegavarodha. There are two types of Vega i.e. Dharniyavega and Adharniyavega. Acharya Vagbhatt has given thirteen Adharniyavega & Mutra Vegavarodha is third amongst them and Ashmari as its Lakshna. The Mutra Ashmari is one of the major disease of Mutravah Strotas (urinary system). The problem of Mutraashmari progressively increases in the society. Now a days the common cause of Mutra Vegavarodha Chine's food having vinegar, less water intake, high calcium diet, alcoholism, sweets, recurrent UTI, occupation, life style, mental stress etc. Nidan Parivarjana is the first line of treatment.

KEYWORDS : Mutra Vegavarodha, Mutraashmari, Adharniyavega.

INTRODUCTION

Vegavarodha, i.e. suppression of natural urges is an important cause of various diseases. *Ayurveda* states that suppression of micturition is one of the most important causes of the disease of urinary tract.^[1] With progressive urbanization and inadequate toilet facilities, this cause has assumed greater importance. *Ashmari* is one of the most common and distressing disease among the group of urinary disorder. Consumption of contaminated water and food, disturbed life style, low intake of water, consumption of salty food and packed soup may be the causative factor of disease. Heredity, geographical condition and socioeconomic condition also play vital role towards the disease prevalence. In the ancient period the diagnosis of *Ashmari* was done, based only on the *Lakshanas*. The sufficiency of clinical features alone to make diagnosis is difficult. Based on its clinical features, it is compared to Urolithiasis. Urolithiasis is a consequence of multifaceted physio-chemical process which involves sequence of events in the formation of any urinary stone.

AIM AND OBJECTIVES

1. To explain the *Mutra Vegavarodha*.
2. To provide details about the *Mutra Ashmari*.
3. To correlate and discuss *Mutra Ashmari* and *Mutra Vegavarodha*.

MATERIALS AND METHODS

1. References of *Mutra Vegavarodha* have been collected from the classical books of *Ayurveda* and other authentic sources.
2. All the data is compiled, analyzed and discussed through and in depth understanding about *Ashmari* from books of *Ayurveda* and other authentic sources.

LITERATURE REVIEW

MUTRA VEGAVARODHA:-

According to the ancient *Ayurvedic* texts, there is one main cause of all type of diseases and that is the suppression of natural *Vega*. Therefore it should not to be suppressed. But still some people use to suppress the *Vegas*. *Ayurveda* has described 13 natural *Vegas* which should not be retained at any cost.^[2] If they are suppressed on a regular basis due to any reason, they can lead to various health problems. The problem created due to Non-suppressible urges are getting more and more now a day.

Now- a days, due to busy and stressful lifestyle and in the dream of achieving the big targets in short period, people are suppressing some or most of the natural urges of the body. For example people always suppress the *Vega* (urges) to pass *Mutra* (urine) when they are sitting in a group meeting, busy with their work, travelling or watching a favorite movie or serial on television. Therefore *Ayurveda* strongly recommend non suppression of any natural urges. These are the natural calls from our body system which must attend by a person, as and when they appear in order to maintain the balance in the body and to eliminate an element that might cause imbalance. If it is suppressed then it may cause disturbances in normal physiological behavior of concerned organ system and subsequently causes various types of diseases.

There are two types of natural urges namely *Dharniya Vegas* (suppressible urges) and *Adharniya Vegas* (non suppressible urges).^[3] According to *Acharya Charaka*, there are 13 types of natural urges in the body. In addition to these *Vegas*, 14th *Vega* is mentioned by *Vagbhata*.^[4]

- | | |
|--------------------------------|--|
| 1. <i>Mutra Vegarodha</i> | 8. <i>Jrumbha Vegarodha</i> |
| 2. <i>Purisha Vegarodha</i> | 9. <i>Udaggara Vegarodha</i> |
| 3. <i>Shukra Vegarodha</i> | 10. <i>Trushna Vegarodha</i> |
| 4. <i>Apana Vayu Vegarodha</i> | 11. <i>Bashpa Vegarodha</i> (headache) |
| 5. <i>Chardi Vegarodha</i> | 12. <i>Nidra Vegarodha</i> and |
| 6. <i>Kshavathu Vegarodha</i> | 13. <i>Shramashwas Vegarodha</i> |
| 7. <i>Kshudha Vegarodha</i> | 14. <i>Kasa Vegarodha</i> . |

Mutra Vegarodha (Suppression of urge of urine) Suppressing the *Vega* to pass *Mutra* causes pains in the body especially in the *Basti Shool* (pain in urinary bladder) *Mehana Shoola* (pain in penis), *Ashmari*^[5], *Mutrakruchata* (difficulty in micturition), *Shiroruja* (headache), *Malaavrodha* (constipation), *Vinama* (bending the body near to abdomen), *Anaha* (distension of the abdomen). After sometime this person may develop diseases (*Mutrashmari*) of urinary tract. These are the symptoms caused by suppression of *Vega* of *Mutra*.

The modern science also described retention of urine may be leads to form renal calculi, It follows Urinary saturation → Super saturation → Nucleation → Crystal growth → Crystal aggregation → Crystal retention → Stone formation.

ASHMARI:-

The disease *Mutrashmari* is one among the *Ashta-mahagadha* (Eight fatal conditions) formed in the urinary system. *Mutrashmari* is a disease of urinary tract which causes problems in many ways including passage of urine. The waste material when not dissolve completely in urine and obstruct urinary path then it *Mutrashmari* may occur which termed as Urolithiasis in modern science. The Urolithiasis (*Ashmari*) mainly formed by calcium may be due to the lack of citrate which dissolve waste product. In *Ayurveda* it is believed that dries up of urine by *Vayu* the *Ashmari* leads calculus development in urinary system another aspect of formation of calculus believe that lack of cleansing procedures and indiscrete dietary habits leads aggravation of *Sleshma* which enters into urinary bladder after mixed with urine and produces calculi Drying of *Kaphadosha* by *Vata* and *Pittadosha* also initiate pathogenesis of disease.^[6] *Ashmari* involve development of a calculus as a foreign body inside the urinary system; kidney, ureter and bladder.

CLASSIFICATION OF ASHMARI:-

Ayurvedic science also described various types of as *Ashmari* follows^[7]:

- | | |
|-------------------|-----------------------|
| 1. <i>Vatika</i> | 3. <i>Shlaishmika</i> |
| 2. <i>Paitika</i> | 4. <i>Shukraja</i> |

Classification as per Modern Science- The modern science described four types of urinary calculi based on their chemical constitution and

morphology:

1. Calcium Calculus
2. Uric Acid Calculus
3. Cystine Calculus
4. Mixed Calculus

The *Vatika*, *Paitika* and *Shlaishmika Ashmari* resembling calcium oxalate, uric acid and phosphate calculi respectively.

SYMPTOMS OF ASHMARI:-^[8]

- i) Difficulty in voiding.
- ii) Pain in raphe, penis, bladder region
- iii) Presses penis during micturition
- iv) Increased frequency of defecation
- v) Passing of blood mixed urine
- vi) Pain in supra pubic region
- vii) Passage of urine in multiple streams
- viii) Increased frequency of micturition
- ix) Pain in umbilicus and in supra pubic region

RISK FACTORS

- Lifestyle habits and dietary/nutritional factors: such as excessive intake of animal proteins and salt and deficiencies of chelating agents like citrate, fiber, and alkali foods.
- Low urine volume: inadequate water intake.
- Genetic predisposition/inherited disorders: family history of stones (genetic susceptibility); genetic monogenic diseases (single abnormal gene disorders on the autosomes); renal tubular acidosis.
- Climate change (global warming), occupation, geographic conditions, and seasonal variations (higher in summer than winter).
- Hypertension, obesity, inflammatory bowel disease and other intestinal malabsorption or associated disease states.
- Metabolic disorders, hypercalcemic disorders and recurrent urinary tract infections.

AYURVEDIC MANAGEMENT OF MUTRASHMARI

According to *Ayurveda*, the first line of treatment in all diseases is "avoid the cause". Therefore, all diseases that can be caused by the suppression of the various natural urges can be prevented simply by not suppressing any of them. *Acharya Sushruta*, *Charaka* and *Vagbhata* mentioned several types of approaches for the management of disease such as; *Shamana* therapy (*Ahara-Vihara*), *Shodhana* therapy, *Kshara*, *Vatikaashmari*, *Paitikaashmari*, *Shlaishmikaashmari* and *Sukraashmari* therapy and Surgical.^[9]

PATHYA AND APATHYAIN MUTRASHMARI

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old rice, barley	
Pulses	<i>Kulattha</i> , green gram (<i>Mudga</i>)	Black gram (<i>Udada</i>)
Fruits & vegetables	White gourd melon (<i>Kushmanda</i>), ginger (<i>Ardra</i>), leafy vegetables (<i>Patrashaka</i>), drum stick (<i>Shigru</i>)	Brinjal, tomato, spinach
Others	Food rich in vitamin A and Mg etc, Diet rich in fiber etc	Incompatible, acidic, constipating, heavy and distending items of food
Life style	Uction, sudation, therapeutic emesis (<i>Vamana</i>), therapeutic purgation (<i>Virecana</i>), therapeutic enema (<i>Vasti</i>)	Suppression of natural urges, lack of exercise

DISCUSSION

Ayurvedic texts attribute the cause of various disorders to the forceful suppression of these natural *Vegas*. This is due to the fact that suppression of natural *Vegas* causes vitiation of the humors of the body mainly *Vata Dosha* and further cause accumulation of *Ama* (toxins) in the body. "Prevention is better than Cure" hence it is advisable not to suppress these natural *Vegas*. Formation of kidney stones is a complex and multifactorial process including intrinsic (such as age, sex, and heredity) and extrinsic factors such as geography, climate, dietary, mineral composition, and water intake. In *Charaka Samhita* mentioned urinary retention precipitated by dietary and alcoholic indiscretions.^[10] Among all the urinary problems described in *Ayurvedic* texts, there is one variety where both the medicinal and the surgical treatments are advised and agreed upon by all the *Acharyas* and this entity is the *Mutrashmari*.

CONCLUSION

Ancient *Ayurvedic* scholars had knowledge about anatomy,

physiology and pathology of *Mutrashmari* in urinary system. Rich literary source are available regarding the classification & detail of *Mutrashmari* in *Ayurvedic* texts. *Charaka* mentioned the symptoms due to suppression of urge of micturition (*Mutra Vegavarodha*) and ejaculation. *Charaka* has described 13 types disorders of urinary retention and difficulty in micturition and also mention urinary symptoms like frequency, hematuria and occasional urinary obstruction from vesical calculus. *Susruta* has described both medical and surgical management of Urolithiasis. The good conduct of life (*Ahara-Vihara*) also play vital role towards the management of disease.

REFERENCES

1. Pt. Kashinath Pandeya and Dr. Gorakanatha Chaturvedi – "Charaka Samhita" Sutraasthana, chapter no. 7, verse no. 6, Reprint edition 2009, published by Chaukhambha Bharati Academy Varanasi, page no. 151.
2. Pt. Kashinath Pandeya and Dr. Gorakanatha Chaturvedi – "Charaka Samhita" Sutraasthana, chapter no. 7, verse no.3, Reprint edition 2009, published by Chaukhambha Bharati Academy Varanasi, page no. 150.
3. Pt. Kashinath Pandeya and Dr. Gorakanatha Chaturvedi – "Charaka Samhita" Sutraasthana, chapter no. 7, verse no.26, Reprint edition 2009, published by Chaukhambha Bharati Academy Varanasi, page no. 160.
4. Gupta Atrideva – "Ashtang Hridayam" Sharir sthana, Chapter no. 4, Verse no 1, reprint edition 2012, published by Chaukhambha prakashana Varanasi, page no. 43.
5. Gupta Atrideva – "Ashtang Hridayam" Sharir sthana, Chapter no. 4, Verse no 4, reprint edition 2012, published by Chaukhambha prakashana Varanasi, page no. 43.
6. Pt. Kashinath Pandeya and Dr. Gorakanatha Chaturvedi – "Charaka Samhita" Chikitsasthana, chapter no. 26, verse no.36, Reprint edition 2009, published by Chaukhambha Bharati Academy Varanasi, page no. 723.
7. Shastri Ambikadutta – "Susruta Samhita" Nidansthana, Chapter no. 3, Verse no 3, reprint edition 2012, published by Chaukhambha Sanskrit series office Varanasi, page no 311.
8. Shastri Ambikadutta – "Susruta Samhita" Nidansthana, Chapter no. 3, Verse no 5, reprint edition 2012, published by Chaukhambha Sanskrit series office Varanasi, page no 311.
9. Shastri Ambikadutta – "Susruta Samhita" Chikitsasthana, Chapter no. 7, Verse no 27, reprint edition 2012, published by Chaukhambha Sanskrit series office Varanasi, page no 53.
10. Pt. Kashinath Pandeya and Dr. Gorakanatha Chaturvedi – "Charaka Samhita" Chikitsasthana, chapter no. 26, verse no. 32, Reprint edition 2009, published by Chaukhambha Bharati Academy Varanasi, page no. 722.