



### Case Study

#### ***MUTRASHMARI (UROLITHIASIS): A CASE SUCCESSFULLY TREATED WITH GOKSHURADI GUGGULU***

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#### **ABSTRACT**

Urolithiasis is a process of resembling stone in urinary tract (In Kidney/Ureter/ Bladder). It is also known as Kidney stone disease. In Ayurvedic literature Urolithiasis is referred as *Mutrashmari*. Urolithiasis is very common disease in India, men are more affected than woman and its recurrent rates are very high. The common symptoms of Urolithiasis are Intermittent dull or colicky flank Pain, Painful or Burning urination, Cloudy or foul-smelling urine, blood in the urine and Nausea/Vomiting. In modern system, extracorporeal shock wave lithotripsy, Percutaneous Nephrolithotomy, Retrograde Intrarenal Surgery and Laparoscopic Ureterolithotomy are the surgical option available for big size kidney stone. However, there is no proper internal medication available for small size Urolithiasis but causative factors, clinical features, type and prognosis of *Mutrashmari* are elaborately described in classical text of Ayurveda. *Gokshuradi Guggulu* is commonly used herbal medicine in Ayurveda for urinary disorders. Small kidney stones with a diameter of less than 5 millimeters are often flushed out in the urine. But here in this case 4mm kidney stone was creating pain and not flushing out even after more than a week. After medication it was found that the stone easily flushed out in the urine with the help of *Gokshuradi Guggulu*.

**KEYWORDS:** *Mutrashmari*, Urolithiasis, *Gokshuradi Guggulu*.

#### **INTRODUCTION**

Urolithiasis is also known as Kidney stone disease. The common symptoms of Urolithiasis are Intermittent dull or colicky flank pain, frequently and obstructed urination, painful or burning urination, cloudy or foul-smelling urine, blood in the urine and nausea/vomiting. Between 1% and 15% of people globally are affected by kidney stones at some point in their lives<sup>[1]</sup>. Generally, more men are affected than women<sup>[2]</sup>. Currently, treatment options include Extracorporeal shock wave lithotripsy, Percutaneous Nephrolithotomy, Retrograde Intrarenal Surgery and Laparoscopic Ureterolithotomy are available<sup>[3]</sup>. Around 90% of stones less than 4mm in diameter will pass spontaneously but only 10% of stones of more than 6mm will pass and may require active intervention.<sup>[4]</sup>

In Ayurvedic literature Urolithiasis is referred as *Mutrashmari*. *Mutra* means Urine. *Ashmari* means a structure resembling stone. Etiopathogenesis, clinical features, type and prognosis of *Ashmari* are well described in Charaka Samhita<sup>[5]</sup> and Susruta Samhitha<sup>[6]</sup>. Due to causative factors like imbalance *Ahara Vihara* (unwholesome diet and living habits) aggravated *Kapha dosha* reaches in urinary system and dries up to form the

calculus<sup>[7]</sup>. According to Acharya Vagbhata Suppression of urge of passing urine results in crystallization and precipitates into calculus formation<sup>[8]</sup>. *Varanadi Kwatha, Pashanbhedadi Kwath, Vitaradi Kwath, Pashanbhed Churna, Gokshur Churna, Gokshuradi Guggulu* etc, are medicine used to treat Urolithiasis in Ayurveda. *Gokshuradi Guggulu* is in tablet form contains decoction of *Gokshura* and *Shuddha Guggulu*, powder of *Sunthi, Maricha, Pippali, Haritaki, Bibhitaki, Amalaki* and *Musta*. It is used to cure *Prameha, Pradara, Vatarakta, Mutraghata* and *Ashmari*<sup>[9]</sup>. So, *Gokshuradi Guggulu* is selected for present case.

#### **Case History**

A 25 year old female presented in OPD of Regional Ayurveda Research Institute for Urinary Disorders (RARIUD), Jammu with OPD no. 1560 on 02/07/2019 for the following complaints.

#### **Chief Complaints**

Known case of Urolithiasis with having the complaint of continuous abdominal pain, dysuria since 1 month.

## History of Present Illness

Patient was said to be asymptomatic 01 month back. Patient experienced abdominal colicky pain, for that patient took injectables and oral medicine from nearby hospital. Few days after that, patient got same pain again in increased intensity with complain of dysuria. Patient was under gone ultrasound for the complaint, in that patient diagnosed small renal calculus. For that patient again took medication for more than a week from allopath doctor and got mild symptomatic relief. Patient visited RARIUD for further treatment.

## Investigations

Routine hematological investigation was carried out after treatment to check safety of treatment.

## General examination

Moderately built with no other systemic illness

## Systemic Examination

**Genito- urinary System:** Abdominal colicky flank Pain, Turbid urination, Dysuria

## Treatment Protocol

### i) Gokshuradi Guggulu, (A.F.I., Part-I, 5:3, Pg. 67-68)

**Dose:** 1.5 gm in divided dose (02 tablets of 250 mg thrice daily)

**Dosage form:** Tablet

**Route of Administration:** Oral

**Time of Administration:** After food

**Duration of therapy:** 05 weeks

**Table 1: Symptomatically progress**

| Sl. No. | Symptoms                                | Baseline (02/07/2019) | 1 <sup>st</sup> follow up (09/07/2019) | 2 <sup>nd</sup> follow up (23/07/2019) | At the end of treatment (11/08/2019) |
|---------|---|-----------------------|--|--|--------------------------------------|
| 1.      | Intermittent dull or colicky flank Pain | Yes                   | Yes                                    | Yes                                    | No                                   |
| 2.      | Dysuria                                 | Yes                   | Yes                                    | No                                     | No                                   |
| 3.      | Turbid urination                        | Yes                   | Yes                                    | No                                     | No                                   |
| 4.      | Crystaluria                             | No                    | No                                     | No                                     | No                                   |
| 5.      | Haematuria                              | No                    | No                                     | No                                     | No                                   |
| 6.      | Crystaluria                             | No                    | No                                     | No                                     | No                                   |
| 7.      | Nausea/Vomiting                         | No                    | No                                     | No                                     | No                                   |

**Table 2: Result of Ultrasound**

| S. No. | Time of Ultrasound | Report   |
|--------|--------------------|--|
| 1.     | 24/06/2019         | Left kidney shows 4mm hyperchoic calculus in superior calyceal region with no significant calyceal over filling. |
| 2.     | 11/08/2019         | No significant abnormality is detected.  |

## Follow Up

Medicine issued for 07 days at baseline. After that follow ups was planned on every 15<sup>th</sup> day.

## Dos and Don'ts

Advised to drink sufficient water according to thirst and avoid suppression of urge of passing urine.

## Result

On 11<sup>th</sup> August, 2019, Patient came with ultrasound (KUB) with impression of No significant abnormality.

## DISCUSSION

*Gokshura (Tribulus terrestris)* is having *Madhur Rasa, Guru-Snigdha Guna, Sheeta Veerya, Madhura Vipaka* and passifies *Vata* and *Pitta*<sup>[10]</sup>, due to that it is effective in most of urinary tract

disorders, promotes the flow of urine and soothes the membranes of the urinary tract and helps to remove the stones. *Gokshura* fruits are credited with diuretic and tonic properties and are used for the treatment of calculus affection and painful micturation<sup>[11]</sup>. *Guggulu* is having *Sukshma-Sara & Tikshana Guna, Tikta-Katu Rasa* and *Ushana Veerya, Katu Vipaka* and *Tridoshahara* properties. Due to *Tikshana Guna* *Guggulu* is *Ashmari Bhedana* and diuretic<sup>[12]</sup>. *Pippali* is diuretic due to *Madhura Vipaka*<sup>[13]</sup>. *Marich* stimulates the kidney function due to *Tikshana Guna*. As a result of that it increases the volume and quantity of urine<sup>[14]</sup>. *Musta* is diuretic<sup>[15]</sup>. *Gokshuradi Guggulu* contains diuretic, stimulant and

Ashmari Bhedana drugs which favor expulsion of calculus.

## CONCLUSION

Small kidney stones with a diameter of less than 5 millimeters can be flushed out in the urine with *Gokshuradi Guggulu* easily and it is also cost effective. Further clinical trials can be conducted on larger scale.

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