

An Ayurvedic Approach in the Management of *Ashmari* (Urolithiasis)

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Abstract: In ancient centuries urolithiasis was often a disease, with a catastrophic outcome all too often leading to the patient's death. Even today, urolithiasis is the one of the most common affliction of the urinary tract. Detailed medical literature on urolithiasis is available from ancient India. As per classics, *Ashmari* is included in *Ashtamahagada* due to its fatal nature. Description of *Ashmari* is found in almost all *Samhita* of Ayurveda as etiopathogenesis, classification, symptomatology, complications and management in a most scientific manner. Modern science also emphasizes on involvement of various factors like heredity, age, sex, metabolic disorders, hydration status, mineral content of water, nutritional deficiency, etc. For urinary stone formation. Urolithiasis typically occurs in middle age which is the most productive years of life. It causes pain, loss of working time, medical expenses, needs for hospitalization as well as it is infrequent cause of renal failure and death. Different management of urolithiasis has been developed in modern system but inspite of all these techniques, surgery remain treatment of choice. Even after surgery patients have to take medicines to check its further recurrence. In this way the need of medicinal treatment is always required.

Keywords: *Ashmari*, Urolithiasis, *Ashtamahagada*.

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1. Introduction

Ashmari is known to mankind since times immemorial and it is one of the most common and distressing disease among the group of urinary disorder. *Susruta*, the pioneer in the art of surgery, during early civilization has described the problem of *Ashmari* widely and comprehensively. The concept of *Ashmari*, its classification, symptomatology, etiological factors, pathology, complications and management have been dealt with both medico-surgical procedures.[1] *Ashmari* comprises of two words "*Ashma*" and "*Ari*". *Ashma* means "a stone or gravel" and *Ari* means "an enemy". *Ashmari* is a disease in which there is formation of