

**AN AYURVEDIC APPROACH IN THE MANAGEMENT OF RENAL CALCULI:
AN OBSERVATIONAL STUDY**

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Renal calculi, or kidney stones, are hard mineral deposits that form within the kidneys and represent a common pathological condition. In conventional Allopathic medicine, this often requires surgical intervention due to the limited efficacy of pharmacological treatments. In Ayurveda, the condition is correlated with *Mutra Ashmari*. Ayurveda attributes the formation of *Ashmari* to an imbalance of the *Tridosha* and accumulation of *Ama* in the *Mutravaha Srotas*, leading to mineral crystallization. This study aimed to assess the efficacy of a specific Ayurvedic treatment protocol in managing renal calculi. The subject was a 59-year-old male who presented with symptoms of painful and burning urination, along with mild lower back discomfort. He also had a medical history of type 2 diabetes mellitus and hypertension. Ultrasound imaging revealed a 7 mm non-obstructive stone in the lower pole of the right kidney. Treatment was based on *Mutra ashmari chikitsa*, emphasizing *dosha* balance, improved urination, reduced inflammation, and dietary adjustments over two months. The protocol included: 30ml of *Punarnavashtaka kwatha*, two pills of *Gokshuradi guggulu*, 15g of *Mutra shodhana phanta*, and 5g of *Avipattikara choorna* blended with *Cucumis melo* L. fruit, taken twice daily before meals. These herbs, known for their diuretic and anti-inflammatory properties, facilitated stone dissolution. After 2 months, all symptoms have been relieved, and a follow-up ultrasound scan after 2 months confirmed complete resolution of the calculus. The severity of pain was assessed using the VAS scale: the patient reported a VAS score of 5 prior to treatments, indicating moderate pain, which reduced to 0 after completion of treatment. No adverse effects were reported on the patient's blood sugar or blood pressure, indicating both the efficacy and safety of the Ayurvedic approach.

Keywords: Renal calculi, *Mutra ashmari*, Diuretic, Ayurveda