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### The concept of Urolithiasis (*Ashmari*) in *Ayurveda*

Urolithiasis is the stone formed in urinary tract (kidney, ureter, bladder and urethra). Synonym for Urolithiasis is urine stone/calculi. In *Ayurveda* it is known as *Ashmari* which means calculi or stone and its small powder like pieces are known as Sharkara or Sikatai.e. gravels. In Sushruta Samhita, Sushrutacharya explains the two process of stone formation. One is by the stagnation and super saturation of the urine and other by crystallization of the crystalloids in the urine. Charakacharya in Charka Samhita more specifically explains the process of gall bladder stone formation. Various herbal formulations are mentioned in classical texts and are found effective till today. Specific group of drugs are mentioned on basis of type of stone on its Doshas combinations. Urine stones are classified on basis of doshas – Vata, Pitta, Kapha etc and treatment is mentioned accordingly. The drugs like Varuna, Pashanabheda, Troonapanchamoola, Gokshura, Punarnava, Apamargakshar etc. are advised to be administered either in form of decoctions, fermented solutions, powder, cold infusions etc or in form of dietary products like cooked rice, gruel etc. Stones which are too large and not responding to medicinal treatment should be extracted surgically and for this Sushruta had mentioned perineal approach to remove the stone from the bladder. This paper will deal with the literature and clinical aspect of the Urolithiasis and its management in *Ayurveda*.

### Biography

Prathamesh V Karpe has a Bachelors degree in *Ayurveda* Medicine & Surgery from Goa University and MS (Shalyatantra) from Maharashtra University of Health Science, Nasik, Maharashtra, India. He is currently practicing *Ayurveda* in Goa and attached as honorary Lecturer and consultant at Gomantak *Ayurveda* Mahavidyalaya & Research centre, Shiroda Goa- India and Ayurclinic-Goa, Baga-Goa India. He has presented various research papers at *Ayurveda* seminars in India and abroad.

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