

## **Indigenous approach in the management of renal calculi (*muthrashmari*): A case report**

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### **Abstract**

Renal calculi (RC) are one of the commonest clinical problems in urology practices that affect 5-15% of the population worldwide. It may associate with wide range of complications including obstruction and impairment of renal functions. RC has significant, economic burden and negative impact on quality of life. In Ayurveda this condition is named as “Muthrashari”. Herbs and herbal drugs have created interest platform among the present community by their therapeutic effects with lesser adverse effects. The objective of this case report is to establish the effectiveness of herbal treatments in the management of non-obstructive RC/Muthrashmari. A 37 year old man presented to Ayurvedic clinic at Thalawa, with a history of recurrent colicky abdominal pain for one year. He was treated with diuretics and analgesics (NSAIDs) at an allopathic care setting for eight months. Three ultra sound scans of kidney-ureter-bladder (USS-KUB) done at different intervals showed a gradual aggravation of the condition. USS-KUB conducted prior to the Ayurveda treatments showed four RC in Right kidney (RK) (4mm,4mm,6mm and 5.8mm)and, a 8mm size and 3mm,8mm size two calculi in upper and lower pole of Left kidney(LK) respectively. The LK showed mild hydronephrosis (HN) with 1.4 cm dilated renal pelvis. Verbal Numeric Scale (VNS) score for pain was 10 at the time of consultation and most of the days of the month. Patient was treated with indigenous herbal remedies for one month. VNS score at second week was 4 and it was reduced to 0 at the third week. The follow-up USS-KUB, performed one month after the commencement of herbal treatment, by the same radiologist, showed only a 3mm, size 2 calculi, in LK and HN was not detected. Third week onwards patient did not experience pain and VNS score was “0”. This case study shows that, non-obstructive RC can be managed successfully with the herbal based indigenous approaches. Further experimental studies are needed to determine the effectiveness of this treatment.

**Keywords:** *Herbal, Indigenous, Muthrashmari, Renal-Calculi, Treatment*

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