



Niramay's Ayurvedic Approach to **Kidney Stones**

• Support Kidney Health • Promote Comfortable Urination • Help Reduce Recurrence Naturally •

What Are Kidney Stones?

Kidney stones are hard mineral and salt deposits that form inside the kidneys due to the crystallization of substances present in urine. They may vary in size from tiny grains to larger stones and can cause severe pain when they move through the urinary tract.

People with kidney stones may experience intense pain in the back or side, painful urination, blood in the urine, nausea, or frequent urge to urinate. If left untreated, kidney stones may lead to urinary obstruction, recurrent infections, or kidney damage.

From a modern medical perspective, kidney stones develop when urine becomes concentrated, allowing minerals such as calcium, oxalate, or uric acid to crystallize and form stones.

In Ayurveda, kidney stones are commonly correlated with **Mutrashmari**, a condition resulting from the imbalance of Vata, Pitta, and Kapha Doshas, leading to the formation of stone-like structures in the urinary system.

Types of Kidney Stones



- **Calcium Stones**

The most common type, usually formed from calcium oxalate or calcium phosphate.



- **Uric Acid Stones**

Develop due to excessive uric acid in the urine.



- **Struvite Stones**

Usually associated with recurrent urinary tract infections.



- **Cystine Stones**

A rare type caused by an inherited metabolic condition.



Every patient requires an individualized treatment approach based on the type, size, location, and underlying cause of the stone.

Common Symptoms of Kidney Stones

Symptoms may vary depending on the size and location of the stone and may include:



Severe pain
in the back, side, or
lower abdomen



Pain that radiates
toward the groin



Burning sensation
during urination



Blood in the urine
(pink, red, or
brown urine)



Frequent urge
to urinate



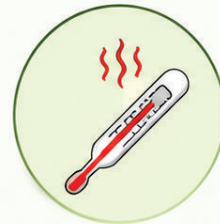
Nausea
and vomiting



Cloudy or
foul-smelling urine



Difficulty
passing urine



Fever and chills
(if infection
is present)

Major Causes & Risk Factors of Kidney Stones



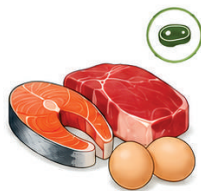
Inadequate
water intake
(dehydration)



High intake
of salt



Excess consumption
of oxalate-rich foods



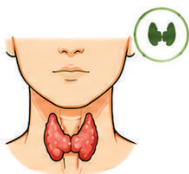
High animal
protein intake



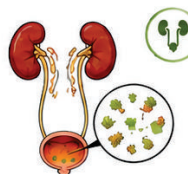
Family history of
kidney stones



Obesity



Hyperparathyroidism



Recurrent urinary
tract infections



Certain metabolic
disorders



Sedentary
lifestyle

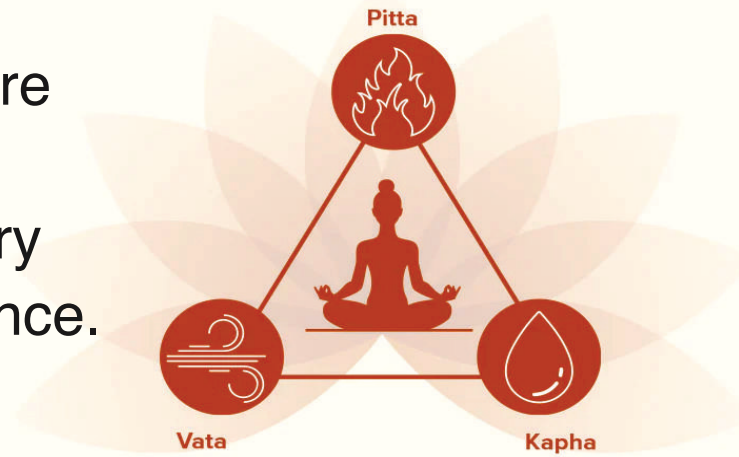


Hot climate with
excessive sweating

Identifying and addressing these risk factors plays an important role in preventing recurrence.

Ayurvedic Understanding of Kidney Stones

In Ayurveda, kidney stones are described as **Mutrashmari**, a disorder affecting the urinary system due to Dosha imbalance.



Ayurvedic Causes

- 1) Imbalance of Vata, Pitta, and Kapha Doshas
- 2) Weak digestive fire (Agni)
- 3) Accumulation of Ama (toxins)
- 4) Improper dietary habits
- 5) Insufficient water intake
- 6) Excessive consumption of salty, spicy, or heavy foods
- 7) Sedentary lifestyle
- 8) Disturbed urinary metabolism

Ayurvedic View

According to Ayurveda, when Doshas become imbalanced and Ama accumulates, impurities gradually solidify within the urinary tract, leading to stone formation. The obstruction caused by these stones results in pain, burning urination, and difficulty passing urine.

Ayurvedic treatment focuses on balancing the Doshas, supporting healthy urinary function, improving metabolism, promoting natural elimination of stones where appropriate, and reducing the likelihood of recurrence.

The Niramay Ayurvedic Treatment Approach

At Niramay Ayurvedic Hospital, kidney stone treatment is designed to support urinary health while addressing the root cause of stone formation.

Every treatment plan is personalized according to the patient's Dosha imbalance, stone size, symptoms, medical history, and overall health.

Proprietary Ayurvedic Medicines



**NEPHREX-AYURVEDIC-
TABLET-150-A**



**AYURVEDIC-HERBAL-
TABLET-150-URINARY PRO-B**



**UTIS-HERBAL-
SYRUP-200ML-A**



**HERBAL-CAPSULE-
GOKHRU-CAPSULE-B**



**HERBAL-AYURVEDIC-
PUNARNAVASHTAK-KASHAY-A**



**STONURY-AYRVEDIC-
HERBAL-TABLET-
150- STONE-B**



DISCAL TABLET

Our Healing Process

1. Nadi Pariksha (Pulse Diagnosis)

A detailed Ayurvedic assessment helps evaluate:

- Dosha imbalance
- Respiratory health
- Digestive strength (Agni)
- Presence of Ama (toxins)
- Overall immunity and vitality

This assessment forms the foundation of individualized treatment.

2. Personalized Ayurvedic Medicines

SELECTED HERBAL FORMULATIONS HELP TO:

- Balance Vata, Pitta, and Kapha Doshas
- Support healthy urinary function
- Promote comfortable urination
- Support the natural elimination of small stones where appropriate
- Reduce burning sensation
- Improve kidney function
- Help reduce the risk of stone recurrence
- Strengthen overall urinary health

Medicines are prescribed according to each individual's condition and response to treatment.

3. Panchakarma Therapies for Kidney Stone Care

Specialized Panchakarma therapies may be recommended based on the patient's condition.



Abhyanga (Medicated Oil Massage)

Improves blood circulation
and reduces stiffness



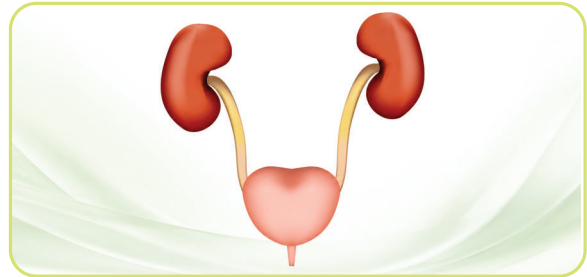
Swedana (Sudation Therapy)

Relieves muscle rigidity and
promotes detoxification



Virechan (Therapeutic Purgation)

Helps eliminate excess Pitta and supports
metabolic balance in suitable patients.



Uttara Basti

when clinically appropriate and
under expert supervision



Basti (Medicated Enema Therapy)

Highly effective for balancing Vata and
improving nerve function

All therapies are performed only after a detailed evaluation
and under expert Ayurvedic supervision.

4. Ayurvedic Diet Guidelines for Kidney Stones

Diet plays an important role in maintaining kidney and urinary health.



What to Eat



- Plenty of water (as advised)



- Fresh fruits with high water content



- Coconut water (when appropriate)



- Barley water



- Bottle gourd and cucumber



- Fresh vegetables



- Light, easily digestible meals



- Lemon water (if suitable)



Foods to Avoid



- Excess salt



- Processed and packaged foods



- Excess animal protein



- Soft drinks and sugary beverages



- Very spicy and oily foods



- Excess tea and coffee



- Foods high in oxalates (when advised)



- Alcohol

Lifestyle Practices for Better Kidney Health

- Drink adequate water throughout the day
- Do not delay urination
- Maintain a healthy body weight
- Stay physically active
- Follow a balanced diet
- Limit excessive salt intake
- Avoid dehydration, especially during hot weather
- Manage stress
- Attend regular medical follow-ups when advised

Supportive Home Measures

- Drinking sufficient warm or normal water throughout the day
- Consuming Ayurvedic herbal preparations only as advised
- Maintaining a healthy diet
- Practicing regular physical activity
- Monitoring urinary symptoms
- Following prescribed treatment consistently

Why Choose Niramay Ayurvedic Hospital?

- ★ Personalized and holistic treatment plans
- ★ Experienced Ayurvedic physicians
- ★ Specialized Panchakarma therapies
- ★ Focus on treating the root cause rather than only symptoms
- ★ Emphasis on improving respiratory health and immunity
- ★ Compassionate care with long-term wellness support

"At Niramay, our goal is not just to manage symptoms,
but to strengthen the body from within and
restore healthy breathing through holistic Ayurvedic care."



35+ Years of
Experience



Thousands of
Happy Patients



Personalized
Ayurvedic Care



AYUSH Qualified
Doctors

Ready to Take Care of Your Kidney Health?

If you or your loved one is struggling with kidney stones,
don't ignore recurring pain or urinary symptoms.

Our experienced Ayurvedic physicians provide personalized
treatment plans designed to support kidney health, improve urinary
function, and promote long-term wellness.

Book Your Consultation Today.

"Healthy kidneys begin with the right guidance."





Niramay[®]
āyurvedic hospital
Re-Search for AYURVEDA



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