

and child. There is terrific change in the attitude of scientists, Vaidyas and Research workers towards ancient knowledge and now they are eager to know the way in which these problems were dealt in ancient days. Out of them Shayyamutra (enuresis) is one of the quite common obstinate problem, which is a behavioral disorder and is of psychosomatic in interest.

Aim & Objective :

- ❖ Review of Ayurvedic and modern literature of Shayyamutra
- ❖ Assuring and educating the parents regarding the disorder and development of the child [parent counseling].
- ❖ To study the clinical evolution of Bramhi vati in the management of shrayyaamutra.

Material & Methods :

Selection of Drug - Bramhi vati is choice of drug for this research study . Bramhi vati prepare in our ras-shastra dept. as per vati kalpana(mention in sharangdhar samhita) . Bramhi vati contains- Brahmi, Shankhapushpi, Yastimadhu, Guduchi (Medhya drugs- 1 part), Jambu, Kalati (Mutrasangrahaniya- 1 part) ,Kuchala andKharjooora (Balya-1 part), bhoonimb swaras used for bhavana q.s., Authentication of Churna and Standardization of vati done from GMP approved pharmacy (lab).

Dose - 1 BD X 45 days with anupan madhu .

Follow up - 1st Day,15th Day ,30th Day, 45th Day.

Selection of Patients - Study carried out on 10 patients which are randomly selected from OPD & IPD dept of Kaumarbhriya of our Yashwant Ayurvedic Collage & Research Center Kodoli. Written consent taken from parents.

Inclusion Criteria :

- ❖ Repeated voiding of urine into bed or clothes (whether involuntary or intentional).

- ❖ Chronological age is between 3 – 10 years.
- ❖ The behaviour is clinically significant as manifested by either a frequency of once a week or more

Exclusion Criteria :

The behavior should not be due to direct physiological effect of substances [e.g. diuretics etc.] or general medical conditions [e.g. DM, Spina bifida, a seizure disorder, UTI etc.]

Clinical Assessment :

- ❖ Cardinal symptom - Shayyamutra
- ❖ Associated symptoms - Memory , Irritability , Lack of concentration, Violence/Aggressiveness, Fear , Excessive activity , Shamefulness

Result & observation :

Result drawn from using Paired t test. In the cardinal symptom Shayyamutra the percentage of relief obtained was 56.21%, which is statistically highly significant ($P < 0.001$). In associated symptoms memory was improved by 49.06%, shamefulness was relieved by 78.79%, irritability by 50.00%, lack of concentration by 74.07%, excessive activity by 72.34%, fear by 32.50%, respiratory tract infection by 100% and violence /aggressiveness was relieved by 67.50%. But all the results except that of memory were statistically insignificant ($P > 0.05$)

Discussion :

Bramhi vati which possess multifold properties like Balya, Brumhana, neurotonic and Rasayan. Besides this, Chinta, Vishadaetc. are the precipitative factors of this disease. So this vati, which directly act on microfaculties, like Dhi, Dhrti, Smrti and dispel the Avaranaof Kapha and subsequently alleviate the vitiated Vata and Kapha may be ideal.