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Review Article

MUTRAVAHASROTASA: EK VICHAR

Kajal A. Sable^{1*}, Sunil C. Bakare²

P. G. Scholar¹, Professor & HOD², Department of Rasashastra and Bhaishajya Kalpana
Yashwant Ayurvedic College P.G.T. & R.C. Kodoli, Kolhapur, Maharashtra, India.

* **Corresponding Author:** Kajal A. Sable, **E-mail:** kajalsable3991@gmail.com

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ABSTRACT:

Srotas are the channels of the body through which the materials needed for tissue building, nutrition and other nutrients flow from one corner of the body to the other. Ayurveda has given prime importance to Mutravaha srotas and its vikara. Mulasthan of mutravahasrotas is Basti and Vankshan. Mutravahasrotas carries urine or liquid waste derived from the food and drinks. Urine eliminates the kleda from the body. The organ directly related to this are kidney, ureter, urinary bladder while other organs like small intestine, large intestine and liver are indirectly related to this system. The causes of vitiation of mutravahasrotas are drinking water- taking food in the presence of urge for urination, the habit of holding the urge of voiding urine as a regular practice, injury to the passages carrying urine. These factors produce symptoms such as, excessive urination(ati-srushtam), scanty urination (ati-baddham), obstructed urination (prakupitam) , frequent urination (alpaalpam), painful urination (sashulam), stone formation(ashmari) etc. These urinary system disorders are treated same as Mutrakrucharoga. Drug acting as mutravirechaneey (eg. punarnava, gokshura, ikshu etc.), mutrasangraheeya (eg. jambu, aamra, udumber etc.) and ashmarighna drugs (eg. pashanbheda, varuna etc.) are used.

KEY WORDS: Mutravahasrotas, kleda, mutravirechaneeya dravya, mutrasangraheeyadravya, Ashmarighna drugs.

INTRODUCTION:

Ayurveda has accepted that the human body to be made up of innumerable channels which are responsible for performing all physiological and functional activities. Without these channels, human life will not exist. Sravana or flow of the body substances takes place or those through which the material flow in the body is called srotas. There are 13 types of srotas and one of them is mootravahasrotas. Ayurveda has the prime importance of mootravaha srotas. Mootravahasrotas are channels carrying or excreting urine. Urine eliminates kleda from the body. This system responsible for homeostasis of fluid in the body it also detoxifies the body by eliminating certain waste products through urine.

Mutravahidwe i.e two major hollow tubes or channels of urinary transport comparing the two ureters to flow the urine from both the kidneys to the urinary bladder. Mutrasrota i.e. the single main excretory tract i.e urethra, for excretion of urine. All these structures have their close affinity to maintain the excretory system of the body. The very strong relationship of each and every unit, from micro to macro channels, enables the body to excrete harmful substances in the form of urine. Srotas are the channels of all sizes which are solely responsible for the smooth flow of the various biological substance in our body to perform transportation and proper functioning.

MULASTHAN-

-According to Sushruta - basti and medhra.

-According to Charaka - basti and vankshana

Kleda-

When the digestion in the small and large intestine is taking place, , the food gets separated into absorbable parts. Out of non absorbable part, the liquid portion is

called asthayimutra which gets mixed with rasa and rakta and start circulating in the body. While circulating, it collects the kleda, which is formed during the secondary metabolism or the tissue formation. This kleda is brought into vrikka or kidney and here the sthayimutra is formed which is eliminated from the body.

CAUSES FOR VITIATION OF MUTRAVAHA SROTAS- (च.वि. ५ /२०):

Mootritaudakabhakshyastreesevanaat- drinking water, taking food and having sex in the presence of urge for urination.

Mutranigrahaat - the habit of holding the urge of voiding urine as a regular practice

Ksheena - body getting emaciated or tissue depletion, consumption

Abhikshata - injury or damage to the passages carrying urine.

SYMPTOMS OF VITIATION OF MUTRAVAHA SROTAS- (च.वि. ५ /७):

Atisrushtam - excessive urination

Ati-baddham - scanty urination

Prakupitam - obstructed urination

Alpamalpam - frequent urination

Bahalam - excess in quantity

Sashulam - painful urination

The classification of urinary dysfunction includes 20 syndromes. Or disease namely 8 mutrakricchras i.e dysuria and 13 kinds of mutraghatas i.e suppression and retention of urine. Vagbhat also includes 20 types of prameha or diabetic conditions in the province of mutraroga or urinary disease.

CHIKITSA -

Nidanparivarjana.

Snehana - sedana followed by snigdhavirechana .

Asthapanabasti, anuvasanabasti and uttarbasti are helpful.

Mutraveerechaneeya Dravyas -

These dravyas causing increase urinary output are utilized is the management of mutrakrichra, mutraghata. These dravyas cause diuresis by increas-

ing the production of urine, causing the easy flow of urine and stimulating the organs of the urinary system. Most of the mutravirechaneeydravyas being sheeta, increase kapha and dravata in the shareera. Certain active principle derived from the plants have been found causes diuresis.

1. Vidarikanda contains sugar and due to their osmotic activity, these substances oppose the reabsorption of water from the glomerular filtrate. This substance produces more elimination of water than sodium and hence produce diuresis.
2. Certain alkaloids like punernavoside found in punarnava and purin alkaloids like caffeine, theophylline found in drug like coffee, tea, cocoa and so on are said to be diuretic.
3. Drug - like gokshura contains potassium alkali. The diuresis is due to the potassium content of the extract.
4. Kushmanda is said to be bastishuddikara and shreshtha mutrakaraka. Arjuna contain triterpinoid saponin called arjunolic acid, which produce diuresis. Other saponin called A and B found in Bramhi also cause diuresis.
5. Ikshu acts as diuretic and help in detoxifying kidney.

Mutrasangraheeya Dravyas -

These dravyas causes stoppage of excess mutrapravritti rather than altering the normal quantity, and are hence utilized in kledapradhan vyadhi like prameha, where mutra atipravritti is seen. These dravyas are mostly tikta, katukashay rasa and rukshagunapradhana. Dravyas having such properties are said to causes baddhamutrata.

- (1) yashtimadhu when taken in large doses reduces urine output; the reason may be the presence of a glycyrrhetic acid which causes sodium retention. aloe reduce water reabsorption thereby reducing urine output.
- (2) Jambu - (Eugenia jambolona) a different part of the jambu especially fruits, seeds, and stem bark possess promising activity against diabetes Mellitus. The fruit is stated to be astringent, stomachic, carminative, antiscorbutic and anti-diuretic.
- (3) Ashmarighna dravyas- these dravyas that break the formed stone, expel it from the body, and prevent further formation of stone are known as ashmarighna dravyas. Pashanbheda, kulattha,

shigrumula, varuna have proved to be the best ashmarighna dravyas. A drug like gokshura has potassium nitrates and thus helps in preventing urolithiasis.

Compound drug - Gokshuradiguggula, Chandra prabhavati, punarnavashtaka kwath, varunadi kwath, trinpanchamulakwath, Chandra kala rasa are given in mutraroga.

DISCUSSION:

The Ayurvedic approach to the urinary system is highly logical and conceptual and scientific. The pathology, clinical manifestations and restoring option in renal physiology are very well interconnected with fluid, blood and digestive system. mutraldravyas are those that increase the quantity of urine and not necessarily expel it. However, mutravirechaneey dravyas are those, which irrespective of the quantity of urine produced, cause easy expulsion.

CONCLUSION:

Mutravahasrotas is large and hence the disease under it are many. Even the conditions like hypertension, oedema etc involve the urinary system. Based on these factors, dravyas which act on the system, are

categorized into many groups. Many dravyas perform a varied action in the urinary system. Drug like punarnava has diuretic and hepatoprotective action. Gokshura act as both a mutral and an ashmarighna.

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