A CRITICAL REVIEW ON MUTRAVRTA VATA

Dr. Sayeda Nikhat Inamdar¹, Dr.Prashanth A S²
¹ PG Scholar, ² Prof & Head, PG.Dept of Kayachiktsa, Ayurveda Mahavidyalaya Hubballi

ABSTRACT

Avarana basically means Avarodha or gati nirodha i.e., obstruction to the normal gati of Vata. All the functions of our body is controlled by three fundamental factors called the Tridoshas (vata, pitta & kapha). Out of these three, Vata having sukshma guna enters the minute channels & performs all the functions like utsaha, ucchwasra, nishwasa, chesta, vega pravartana. Among the five types of vata, Apana vata being located in Apana pradesha, traverses along shroni, basti, linga, uru and performs functions like expulsion of shukra (semen), artava (Menstruation), shakrt (faeces), Mutra (urine) and garbha (foetus). Acharya Sharangadhara mentions the importance of Vata by quoting the verse “pittam pangu kapham pangu pangavo mala dhatavaha Vayunam yatra neeyante tatra gachchanti meghavat ||” i.e.; pitta, kapha, malas & dhatus performs their normal functions under the influence of vata. In the conditions of Aavarana, Vata inspite of getting aavruta by dushta pitta, kapha, aama etc is capable of scattering these vitiated pitta, kapha to different parts of the body & causes disease by favouring dosha dushya sammurcchana in the occluded Srotas.

KEY WORDS: Aavarana, Vata, Apana vata, Mutavruta vata, Basti.

INTRODUCTION:

Acharya sushruta has mentioned Mutrashaya (¹) as one of the Koshtangas which comprises of all the structures related to the urinary system i.e, starting from kidneys to urinary bladder and all the functions related to it. Basti has been included among the koshtangas, ashaya and is one of the sadyo pranahara marma all these indicates the importance of Basti and any derangement to it may lead to
Minor or Major complications which may even be life threatening.

*Mutravrta vata* (2) is a condition in Ayurveda where, *Vata* gets obstructed by *Mutra* (Urine) due to which, there is no elimination of urine and distension of the urinary bladder is present. In this literature review an attempt is made to understand different kidney pathologies with the concept of *Aavarana* along with various treatment modalities.

► **UROLITHIASIS**:

Urinary stones are generally formed from the excess accumulation of chemicals usually found in the urine like calcium, phosphorous, uric acid and oxalic acid. The stones are formed primarily in the kidney and sometimes remain there without being noticed for a long time. In certain circumstances they are slowly dissolved or dislodged and come down. During this process, they become lodged in a narrow part of the urinary tract, giving rise to excruciating pain. According to sushruta, the aggravated *kapha* mixed with urine tends to the formation of stone in the basti (3) which might cause *aavarana* to the flow of *apana vata* leading to pain with obstruction of urine, pain abdomen, burning micturition, haematuria etc. As the rain water gets solidified by the action of wind, heat & lightning; similarly the aggravated *vata* & *pitta* solidifies the *kapha* present in the bladder and leads to the formation of renal calculi (4).

**Treatment**:

Treatment should be basically aimed to normalize the flow of *Apana vata* by removing the obstruction in the Mutravaha srotas. *Snehana, Swedana, Basti, Upanaha, Teekshna dravya prayoga* like *Pashanabheda, Punarnava, Gokshura, Varuna* that which has *Ashmari bhedana karma* can be advocated.

► **NEPHROTIC SYNDROME**:

Nephrotic syndrome is the combination of proteinuria with a low level of serum albumin. In this condition, the glomeruli (that which filters the blood) gets damaged leading to the presence of protein in urine (albumin, antithrombin or immunoglobulins) signifying the vitiation of *Rakta dhatu*. Glomeruli helps to maintain healthy blood protein specially albumin which prevents the leakage of fluid in the
extracellular space and the subsequent formation of edemas. Due to the disturbed glomerular filtration, high levels of urea and creatinine are also observed. High levels of these toxins in the blood signifies the accumulation of Aama. This Aama further prevents the excretion of sanchita mala and creates obstruction in the Mutravaha srotas causing vitiation of vata. This vitiated vata in turn vitiates Kapha, Rakta & Pitta causing obstruction in the Raktavaha siras. In these srotases, Vata gets aavruta by other doshas, which leads to the defective circulation of rasa due to Vyana vata dushti. The vitiated vata drags the fluid from intracellular space to extracellular space leading to the manifestation of Impaired renal functions, puffiness of face, pedal oedema, dysuria, loss of appetite, heaviness and ultimately leading to Renal failure.

Treatment:
Treatment should be aimed to prevent the further aggravation of the disease thereby restoring the normal functioning of the kidneys by improving the filtration capacity and hence preventing further kidney damage. In this condition Tridoshahara treatment should be adopted as there is involvement of vata, pitta & kapha. Internal administration of medicines like Chandrapabha vati, Shiva gulika, Punarnava, Gokshura, Bhumiyamlaki, Shilajatu, Haridra along with Rasayana mentioned for Vrka rogas like Sarvatobhadra vati & Maheshwara vati can be advised, as these drugs can help balance the Tridoshas along with normalizing the agni.

BENIGN PROSTATE HYPERPLASIA:
A condition in male population where in there is Enlargement of the prostate gland usually affecting after the age of 50. In vrddhavastha, Vata is more predominant & this vata in its samyavastha governs all the bodily functions. When this gets aggravated or obstructed gives rise to various symptoms. Mamsa dhatu is made up of prithivi & agni mahabhuta & has guru, manda, sthira guna that are similar to that of kapha dosha. The vitiation of kapha dosha in mamsavaha srotas leads to Mamsa vriddhi resulting in an enlarged
prostate gland which in turn does avarana to the normal gati of apana vata, leading to the symptoms frequent urination, weak stream of urine, nocturia, burning sensation in the urine, incomplete emptying of bladder, dribbling micturition are present. The symptoms of Mamsavrtta vata (6), Vatashtila (7) and Mutragranthi (8) can be included under BPH and the treatment mentioned for these conditions can be adopted.

**Treatment:**
All the three doshas play an important role in the enlargement of the prostate gland. Kapha causes growth, Vata promotes and stimulates the growth of gland and Pitta governs the mechanism of growth. Aggravated or increased vata dosha is always present in prostate hypertrophy because prostate gland is located in vata site and occurs in old age, which is also a vata dominant period of life. Secondly, mass growth cannot happen without increased kapha. Simultaneously treatment should be administered for increased or aggravated pitta for promising results. Hence in this condition treatment should be done considering the symptoms based on the predominance of avaraka or avruta dosha.

**NEUROGENIC BLADDER:**
Neurogenic bladder has impaired bladder function resulting from damage to the nerves that govern the urinary tract. Various nerves converge in the area of the bladder & serve to control the muscles of the urinary tract, which holds the sphincter muscles that normally form a tight ring around the urethra to hold urine back until it is voluntarily released. It is usually caused due to spinal cord disorders, injuries, neuropathies, brain tumors & by peripheral nerve diseases. This can be viewed as Bastikundalika (9), a type of Mutraghata as mentioned by Charakacharya wherein there is retention of urine due to Apana vata dushti.

Apana vata is the prime dosha involved in this disease. When it gets associated with pitta dosha produces burning sensation & pain on passing urine, also there will be discoloration of urine due to adhvagamana, langhana, ayasa, abhighata, causing throbbing pain, increased frequency, incontinence, dribbling of urine.
A CRITICAL REVIEW ON MUTRAVARTA VATA

Treatment:
As per Ayurveda, the general line of treatment to any Mutraghata is to control Apana vata by Sneha virechana (10) followed by shamanushadhis acting on Mutravahasamsthana and even Uttara basti & Mutrakrcchra chikitsa (11) can be advocated. Use of Srotoshodhaka, Vatanulomana dravyas & the drugs that helps tone up the nerves thereby controlling Vata are helpful.

► SHAYYA MUTRA:
The process of urine formation is aided by Prana, Vyana and Apana vata and Avalambaka kapha with overall control of mind. Apana vata is related with the active excretion of Mutra, Purisha etc. After attaining a level of developmental maturity, there develops a control over these activities initiated by Prana and Vyana. But in the condition of Shayya mutra, the overall control of the activities of Apana is not developed resulting in vitiation which inturn results in loss of control of micturition. The vitiation may also be due to avarana of apana by kapha which accelerates the excretion of urine. Sleep is accelerated when manas is masked by tama and kapha. Usually in the night , the loss of control of Prana and Vyana over Apana and Avarana of Apana by Kapha and tama happens together and this results in shayyamutra ( bed wetting ) (12)

Treatment:
Vataanulomana, Sthambana and Satvavajaya chikitsa will be most beneficial in these conditions. Drugs like Jambu, Bimbi, Kataka, Aamrapallava, Khadira, Amalakki, Shilajatu, Haridra, Haritaki can be used. These drugs due to its Tikta, Kashaya, Sheeta, Ruksha, Laghu, ushna guna may help to remove the obstruction in the Srotas, hence regularizing the flow of Apana vata.

REFERENCES:
3. Sushruta Samhita by Prof K.R Srikanthamurthy, Published by
Chaukhambha Orientalia, Varanasi - 2010, Nidana sthana 3/4, p. 481

4. Sushruta Samhita by Prof K.R Srikanthamurthy, Published by Chaukhambha Orientalia, Varanasi - 2010, Nidana sthana 3/26, p. 488


6. Charaka samhita by Siddhinanda Mishra, Harischandra Singh Kushwaha (ed.). Ayurveda Dipika’s Ayushi Hindi Commentry, Chaukamba Orientalia, Varanasi - 2012; Chikitsa Sthana 28/64, p.742

7. Sushruta Samhita by Prof K.R Srikanthamurthy, Published by Chaukhambha Orientalia, Varanasi - 2010, Uttarasthana 58/ 7-8, p. 380

8. Sushruta Samhita by Prof K.R Srikanthamurthy, Published by Chaukhambha Orientalia, Varanasi - 2010, Uttarasthana 58/18 – 19, p.381

9. Charaka samhita by Siddhinanda Mishra, Harischandra Singh Kushwaha (ed.). Ayurveda Dipika’s Ayushi Hindi Commentry, Chaukamba Orientalia,

10. Yogaratnakara Uttarardha edited by Dr. Madham shetty suresh babu, Published by Chaukhambha Sanskrit Series Office Varanasi - 2008 ; p.768.


**Corresponding author:**
Dr. Sayeda Nikhat Inamdar
PG Scholar, , PG.Dept of Kayachiktsa ,Ayurveda Mahavidyalaya Hubballi
Email: sayedanik.doc@gmail.com

**Source of Support:** NIL
**Conflict of Interest:** None