



Mutravaha Srotodushti Hetu in Correspondence with Present Era: Review article.

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ABSTRACT: According to Ayurveda, Nidana means one which aggravates vatadidoshas. It may be due to intake of incompatible dietetics and improper activities. Hetuis one of the factor from Nidanapanchaka. The process of disease formation begins with hetusevana. Charaka Acharya explained the common etiological factors (hetu) for mutravaha srotodushti. viz. Intake of drinks, food during the urge for micturition (mutritodakabhakshyasevana), indulging in sex during the urge for micturition (streesevana), suppress the urge for micturition (mutranigraha), one who is emaciated (ksheen) and injury to organs of mutravahasrotasa(kskata).

Hetufor mutrakricchra, prameha, ashmari, mutraghata leads to mutravahasrotodushti. Nidanavichara is important for prevention as well as for treatment purpose. Aharaja, viharaja and manasikahetus for mutravahasrotodushti which are found in day to day life are discussed in this review article.

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1. Introduction

Shira, hridaya, and basti are the trimarmas explained in Ayurveda. These three are sadyopranaharamarmas. Basti is one the Ashaya, called mutrashaya. It is mainly elaborated in the context of dosha- dushya, marma, panchkarma, streeroga etc.

Bastishaya is thin walled having single opening in downward direction, located in between nabhi, prishtha, kati, mushka, guda, vankshana and shepha. Its shape resembles like alabu. (gourd shaped)1.

The term pranayatana is given by Sushrutacharya to the basti organ. It is also called as maladhara.2

According to Ayurveda, the process of urine formation begins right from gut/ pakwashaya. Urinary micro-channels present in pakwashaya, continuously fill the bladder with urine, similar to the non-stop filling of sea with many small rivers.3 This process of urine formation undergoes day and night continuously.

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Nidana (Etiology)-

Factors which manifest disease is called nidana. Roga should be examined by nidana(etiology), purvarupa (prodromal symptoms), lakshana(symptoms), upashaya (trial & error therapeutics) and samprapti (pathogenesis).⁴

The word nidana used in two different contexts i.e. diagnosis of diseases and etiological factors of the disease. It is the process by which disease can be diagnosed.

2. Aim

To study etiological factors for mutravaha srotodushti according to Ayurveda in correspondence with present era.

3. Material & methods

This is a review article. It is based on various references about mutravahasrotasa from ayurvedic samhitas.

Hetus can be divided into two groups:

1.SamanyaHetu

2.VisheshaHetu

1.SamanyaHetu

Improper diet which aggravates vatadi doshas i.e. diet and activities which are contrary to dhatus brings vitiation in them.⁵

2.Vishesha Hetu:6

Charaka Acharya, in srotovimana adhyaya, explained the etiological factors for mutravaha srotodushti.viz.

1.Mutritodakabhakshya (Intake of drinks and foods during urge for micturition.)

2. Streesevana (Indulging in sex during the urge for micturition.)

3.Mutranigraha (suppression of urge for urination).

4.Ksheena(one who is emaciated)

5.abhikshata (injury).

All the above factors aggravates the vata dosha; due to vegdharana the normal gati of vayu gets disturbed and pratiloma vayu cause diseases.

Nidana for mutrakricchra:7

1.Vyayama (Excessive physical exercise)

2.tikshnaaushadhi (Consumption of irritant drugs)

3.Rukshamadyasevana (Regular intake of rukshamadya)

4.Nityaprasanga (Regular intercourse).

5.Drutaprishthayana (Riding over the back of the fast moving animals)

6.Anupamatsyasevana (Eating meat of marshy land animals)

7. Adhyashana (Eating during indigestion)

8.Ajirna (Indigestion)

1.Vyayama

Ayurveda tells that vyayama should be done 'shanaihi shanaihi' means slowly and tells to avoid ati- sahasa.

Vyayama should be done according to ardha- Shakti and only upto swedagama (beginning of swedapravartana).

In present era, players like cricketers, hockey player are continuously busy in tournaments. Athletes also have to exercise heavily. People do heavy exercise in gym. This excessive physical exercise causes excess of sweating, leading to rasa dhatukshaya. This may cause concentrated urine resulting in burning.

2. Anupa Matsya

Anupa mansa is the meat of animals living near the marshy land. Srumar, mahisha, khaga are the anupa varga animals.⁸

In this era, people eat dried fishes, crabs, prawns. These increase the kaphadosha. Mansa is guru and abhishyandi in nature. It causes srotasavarodha and responsible for mutravaha srotodushti.

3. Tikshna aushdha

Ushna tikshna are the properties of pitta dosha. According to samanya- vishesha siddhanta⁹, consumption of excess ushna, tikshna aushadhi aggravates pitta dosha. Aggravated pitta because of its properties alters the concentration of urine and hence the symptoms appears. Prakriti- vikriti, rugna bala are the important factors to be considered while giving ushna tikshna aushadhi to rugna.

Examples of tikshna dravyas are mercury compounds, chitraka(Plumbago zeylanica), bhallataka.(Semicarpus anacardium).

Nephrotoxic drugs can be included in this group. e.g. Non -steroidal anti - inflammatory drugs (NSAIDs) Angiotensin converting Enzyme (ACE) inhibitors.

4.Madya

Ushna, tikshna, ashukari, laghu, amla, vyavayi, ruksha are the properties of madya. ¹⁰ It aggravates vata and pitta dosha. There may be corrosive action of ushna tikshna gunatmaka madya on mucosa of bladder, leading to its inflammation. i.e. paka.

Intake of alcoholic beverages changes the urine pH and in turn makes the bladder susceptible for the infection. Studies have revealed that there is considerable amount of increase in the risk of development of Urinary tract infections with the intake of alcoholic beverages.¹¹

5.Katu, amla, lavana rasa

Katu, amla and lavana rasa aggravates pitta dosha and this pitta dosha causes urinary symptoms by altering its pH.

In present era, we can consider the following food items in these rasa.

Katu : Chillies, spices pizza burgers with extra spices, Chinese food stuffs.

Amla:Mango pickles, sauces, vinegars.

Lavana:Papada, bakery items, chips, pickles with salts, all other food items with salt preservative.

6.Vyavaya(Regular intercourse)

Regular intercourse aggravates vata dosha. Excess of shukra dhatu bahirgamana leads to balakshaya and ojakshaya. Ojakshaya leads to deteriorate vyadhikshamatwa i.e. immunity of body. The reduced immunity makes the individual prone for infections. It is noted that sexual intercourse causes the introduction of bacteria into the bladder and is associated with the onset of cystitis and thus it appears to be important in the pathogenesis of UTI in young women.¹² Post-menopausal women, prior urinary tract infection, incontinence, and diabetes mellitus increase the risk of urinary tract infections.¹³

7.Vegdharana

It means the suppression of natural urges like urine, stool. Drinking water or eating during the urge for micturition causes vitiation of apanavayu and responsible for mutrakricchra. Now a days.it is seen that,people used to hold the urge for micturition because of heavy work load,or unavailability of urinary utensils.

8.Nitya druta prushthayana

This factor can be correlated with excess travelling in present era. Organs of mutravaha srotasa are located in the area of vatadosha. Excess of travelling causes increase in chala, ruksha properties of vata. This leads aggravation of vatadosha. Pratilomavata causes disturbance in urine excretion.

In present era, a person may hold the urge for urine due to continuous travelling by bus or travels. This is a veg dharana and hence leading to vata prakopa, resulting in various urinary disorders.

9.Ashmarihetu

The person who does not follow panchakarma therapy according to rutu, consumes apathyakara ahara, his kapha dosha gets vitiated, mixes with urine & enters in basti leading to ashmari formation.¹⁴

10. Pramehahetu

Prameha vyadhi is the important etiological factor for mutravaha srotodushti.

11.Injury/ kshata

Injury to mutravaha srotasa is one of the etiological factor for its dushti, as said by charaka 'kshinasya abhikshatasya ch'¹⁵

12.Adhyashana and ajirna

Adhyashana means eating when the previous food is undigested. This leads to agnimandya. Agnimandya produces aama. Aama produces excess kleda, leading to avarodha. It results in mutravaha srotodushti.

In present days,people became habituated with excess eating or eating even though previously taken food is undigested.

Discussion

The common etiological factors for mutravaha srotodushti are explained by Charaka in srotovimana adhyaya.16 Factors for ashmari are described in sushruta nidanasthana.17 In trimarmiyaadhyaya of Charakachikitsa sthana,18Charaka explained eight types of mutrakricchra and its etiological

factors. All these are responsible for mutravahasrotodushti,.

They can be categorised into:

- 1.AharajaHetu
- 2.ViharajaHetu
- 3.ChikitsakaPreritaHetu

1.AharajaHetu :

Intake of anupamansa, ruksha madya, matsya, adhyashana, atikatu, amla ,lavana rasa sevana, mutritodaka bhakshya sevana, ajirna bhojana are included in aharaja nidana.

2.ViharajaHetu:

Excessive exercise, excess travelling on uneven surfaces,vyavaya, mutravegadharana.

3.Tikshna aushadha is the chikitsaka prerita(Iatrogenic) factor.

According to Dosha Vichara,

- 1.Factors like nitya druta prushtha yana, ativyavaya, ativyayama are vata prakopaka.
- 2.Atikatu,amla, lavana rasa sevana, madyasevana is pitta prakopaka.
- 3.Intake of anupa mansa,adhyashana and ajirna bhojana aggravates kapha dosha.

These vitiated tridoshas along with ama, produces various symptoms of mutravaha srotodushti like sadaha mutra, peet mutrata, Shweta pichhil mutra, avarodha of mutra, pain during mutra pravartana .

Conclusion

Nidana sevana is the very first step in formation of the disease. According Ayurveda, nidana parivarjana i.e. avoidance of the disease causing factors is the first line of treatment in any disease.

Classical nidana and nidana found in present era for mutravaha srotodushti are discussed in this review article. This will be helpful for further researchers to study and elaborate these nidana for srotodushti. Many patients visit the Ayurvedic hospitals with symptoms of mutravaha srotodushti. Physician can advise those patient to avoid the above mentioned nidana.

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