



CONCEPT OF RENAL DISORDERS ACCORDING TO AYURVEDA

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ABSTRACT

10% of the population worldwide is affected by chronic kidney disease & millions of people die each year due to kidney disease. Number of cases of kidney failure is increasing disproportionately in developing countries like India as number of elderly people is increasing. Kidney disease is one of the common causes of premature death worldwide. Role of other medical sciences like Ayurveda in the management of renal disorders is negligible; hence Use of traditional medicines of *Ayurveda* in the management of renal disorders is the need of time. According to modern science renal disorders are considered as diseases of urinary system; But according to Ayurveda kidneys or *Vrukka* are not related with urinary system in the body as they are the part of *Medovaha srotas*. *Charaksamhita*, *Sushrutsamhita*, *Ashtangsamgraha* & *Ashtanghridaya* have not mentioned *Vrukkaroga* anywhere in the texts but concepts about formation of urine & diseases related with urine are well explained in the texts; while *Bhaishajyaratnavali* includes a separate topic named *Vrukkarga*. Current paper includes an innovative approach towards explanation of Hetu, *Samprapti*, *Nidan* & *Chikitsa* of renal disorders as per *Ayurveda*.

INTRODUCTION

Origin of vrukka (Kidneys)^[1]

The vrukkas (Kidneys) are formed by the essence of blood & fat (*Rakta & med dhatu*)

Vrukka Site

Acharya Charaka & *Acharya Vagbhata* mentioned site of vrukka as *Koshtha*, but *acharya Shusruta* has not mentioned *Vrukka* in the definition of *Koshtha*.^[2]

According to *Acharya Sushruta*, *Meda* carrying channels are two, their root is both sides of waist & vrukka^[3]

According to *Acharya Charaka*, *Medovaha srotas* have their root in *Vrukka* & *Vapavahan*.^[4]

Concepts of Urine formation according to Ayurveda.

Though situated its mouth downwards, the urinary bladder gets filled from all its sides through the minute channels carrying urine, which are secreting without break continuously throughout day and night.^[5]

Urine carrying channels existing in intestines saturate the bladder with urine constantly as rivers do for sea; thousands of opening of these channels are not visible due to minuteness. Bladder is filled up with oozing of urine carried, day & night, by the channels from the region between stomach and intestines. As a new pitcher put in water up to the neck is filled with water from sides, in the same way bladder is filled with urine.^[6]

Faeces and urine are (*Vit & Mutra*) are formed as a biproduct (*Kitta*) of food.^[7]

Samana vayu is located near the *Agni*(in the stomach) kindles it, moves inside the large intestine, channels of the *Doshas*, *Malas*, *Shukra*, *Artava* and *Ambu*; supports them in their functions, attends to function as retaining food, digestion, separation of essence & waste (*Sara & Kitta*) & moving the waste products downwards and such other functions. *Apan Vayu* is located in the rectum, moves along the urinary bladder, pelvis, penis, scrotum & groin, attends the elimination of faeces, urine, semen, menstrual fluid & foetus & such other functions.^[8]

Pitta situated between *Pakwashaya* & *Amashaya* by invisible mechanism, digests four types of foods & drinks, separates *Dosha*, *Rasa*, Urine & Faeces; and seated there itself supports, by its innate power, remaining seats of *Pitta* & also the body with functions of *Agni* the name *Pachak Pitta* is given to this.^[9]

Cause of diseases related with urine

Seat of urinary disorders is *basti* or urinary bladder, it is described as a marma, though having its mouth below, it receives the fluid known as urine (*Mutra*) from thousand & odd innumerable minute channels known as *Mutravaha Nadi* constantly, just like a new mud pot kept immersed in water.^[10]

If *Apan vayu* is vitiated it causes severe diseases of urinary bladder.^[11]

When *vayu* is favourable in bladder, urine is excreted properly; but when it is in opposite direction various disorders appear. Types of retention of urine, *prameha*, abnormalities of semen & urine-all these are located in bladder.^[12]

Cause of *Mutravaha Srotodushthi*

Mutravaha srotas are affected due to drinking of water, having food & coitus during urge for micturition, suppression of urge for micturition, suppression of urge for micturition particularly wasted & wounded.^[13]

Root of *Mutravaha Srotas* & effect of injury.

Urine carrying channels are two, their root being urinary ladder & penis; if injured it causes hardness of urinary bladder, retention of urine & stiffness of penis.^[14]

Root of *Mutravaha Srotas* & Symptoms of Vitiatio.

Mutravaha Srotas having their root in *Basti & Vankshana*. Symptoms of their morbidity are these such as-excessive urination, excessive obstruction or suppression, vitiated, diminished or frequent thick urine with pain.^[15]

Cause of *Medovaha srotodushthi*^[16]

Medovaha srotas are affected due to lack of physical exercise, day sleep, excessive intake of fatty food & alcoholic drinks.

Symptoms of *Medovaha Srotas* Vitiatio & Effects of injury to root

Premonitory symptoms of *Prameha*.^[17]

If *Meda* carrying channels are injured it causes perspiration, unctuousness in body parts, dryness of palate, massive swelling & thirst.^[18]

Causes of Renal Disorders (*Vrukkaroga*) according to Ayurveda

Over intake of cold food items or over use cold measures causes diseases related with kidney. Kidney

diseases are also seen as a complication of *Masurika*, *Visuchika*, *Aamvat* & *Puranjwara*. Cause of renal disorders is mainly change in constituency of *Rakta*.^[19]

DISCUSSION

From above references following few conclusions can be made according to Ayurveda literature.

1. *Mala & Mutra* (Faeces & Urine) are the biproducts of food.
2. Formation of urine occurs in *Amashaya & Pakwashaya*. Urine is carried from there upto the *Basti* by minute channels.
3. Digestion of foods produces two parts; first is essence part (*Sarabhag*) & second is (*Kittabhaga*). Formation of urine & Faeces is from *Kitta part*. This process occurs at *Amashaya & Pakwashaya* & done by *Pachak Piita & Saman vayu*.
4. Ancient *Ayurveda* texts has mentioned exactly & correctly about site, appearance & number of kidneys (*Vrukkas*) but explained its relation with *Medadhātu* & having no relation with formation of urine.
5. *Hetusevan* causes vitiatio of *Medovaha & Mutravaha srotas*. Vitiatio of *Mutravaha Srotas* causes diseases related with urine formation.
6. Vitiatio *Medovaha Srotas* may cause diseases related with *Vrukka* or kidney; as it is a root of *Medovaha srotas*.

Samprapti ghatok of *Vrukkaroga*

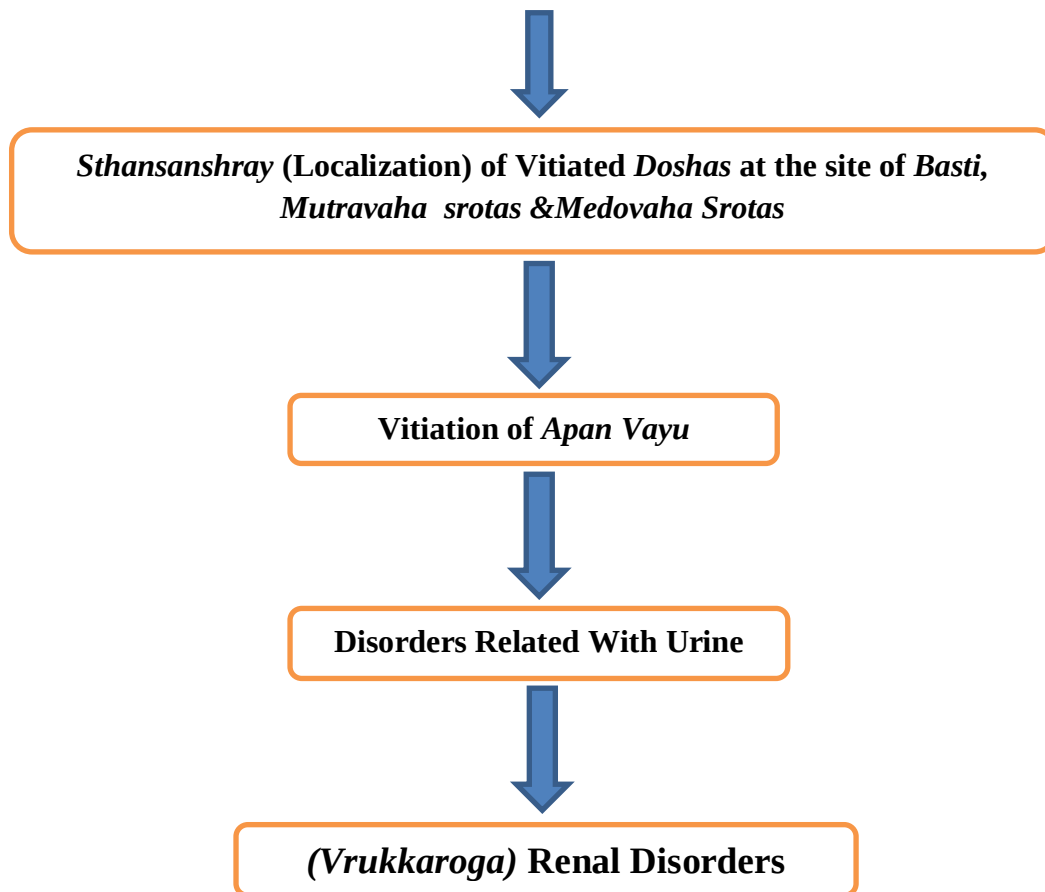
Dosha	Vatadosha
Dushya	Dhatu-Medadhātu, Raktadhātu Upadhātu-Sira Mala-Mootra
Agni	Mandagni
Marga	Madhyam rogmarga(Marmagat vyadhi)
Srotas	Medovaha, Mootravaha
Srotas dusthi prakar	Atipravritti, Sang, Vimargagaman
Adhishtan	Basti
Vyadhi swabhava	Chirkari

Samprapti of *Vrukkarog* (Renal Disorders)

- 1) *Hetusevan*(Etiological Factors)-for vitiatio of *Mutravaha & Medovaha Srotas*
- 2) Vitiatio of *Rakta & Meda dhatu* during intrauterine life, Absence or decrease in essence factors of (*Prasad*) *Rakta & Medadhātu*



Vitiatio of *Pachak Pitta & Saman Vayu*-Production of abnormal urine in *Amashaya & Pakwashaya*



Ayurvedic Management of Renal Disorders

Treatment of Renal disorders can be done on the following basis.

- 1) *Nidana Parivarjana* (Avoidance of causative & precipitating factors of disease)- Avoidance of causative & precipitating factors of *Mutravaha* & *Medovaha srotas*.
- 2) The *vrkkas* (Kidneys) are formed by the essence of blood & fat (*Rakta* & *meda dhatu*). *Sira* plays vital role in transport in urine, *Sira* are *Upadhatu* of *Rakta*; hence treatment of renal disorders should be done with *Raktaprasadkara* drugs (*Dravya*).
- 3) Treatment of vitiated *Saman Vayu* is *Shaman*²⁰; formation of urine is from food with the help of *Pachak Pitta* & *Saman Vayu*. *Saman Vayu* is near to *Agni*; hence treatments like *Agnideepan* & *Aampachan* are useful in renal disorders.
- 4) *Apan Vayu* should be led downwards²¹; Seat of all the diseases related with urine is *Basti* & cause of diseases related with urine is movement of *Vayu* in opposite direction. Hence for both these problems & treatment of *Apan Vayu*, *Basti* is the best treatment.
- 5) Drugs from various groups (*Gana*) in *Charaksamhita* can be used according to the condition of the patient:-

Mutravirechaniya Gana^[22]-*Vrikshadani*, *Gokshur*, *Vasuk*, *Shira*, *Pashanbheda*, *Darbha*, *Kusha*, *Kash*,

Gundra, *Itkatmul*; these ten are *Mutravirechaniya* (Diuretics-helps in excretion of urine).

Mutravirajniya Gana^[23]- *Padma*, *Utpala*, *Nalina*, *Kumuda*, *Saugandhika*, *Pundarika*, *Shatapatra*, *Madhuka*, *Priyangu* & *Dhataki*; these ten are urinary depigmenters.

Mutrasangrahaniya Gana^[24]- *Jambu*, *Amra*, *Plaksha*, *Vata*, *Kapitana*, *Udumbara*, *Ashwattha*, *Bhallataka*, *Ashmantaka*, *Somavalka*; these ten are antidiuretics.

6) Treatment of *Vrukkaroga* according to *Bhaishajyaratnawali* is as follows.^[24]

a) **Raktamokshan (Bloodletting)**- After proper examination & considering (*Bala*) of the patient bloodletting procedure should be done with *Shring*, *Alabu*, *Jalauka* or *Siravyadha* according to type *Dosha* vitiated as *Vata*, *Pitta* or *Kapha*. *Sira* are *Upadhatu* of *Raktadhatu* & plays important role in transport of urine hence *Raktamokshan* (Bloodletting) is important in renal disorders.

b) *Virechan* (Therapeutic purgation) & *Swedan* should be done appropriately.

c) Drugs increasing formation of urine (*Mutrala*) should be administered.

d) Drugs & dietary regimen causing purification of blood, increasing potency of *Rasa*, *Rakta Dhatu*, increasing strength of *Agni* should be taken. (It reduces vitiation of *Saman Vayu* & *Pachak Pitta*).

e) As Mercury is nephrotoxic & increases diseases of kidney; formulations prepared from mercury should be avoided in renal diseases.

f) If patient is suffering from obstruction of faeces or constipation *Sneha Basti* (Enema with oil or ghee) should be given, in case of calculus it should be removed surgically.

g) Sarvatobhadra Vati

Dosage- 2 tablets of 125 mg each (2 Ratti-250mg)- Morning & Evening

Anupan (Vehicle)- *Varuntwak Kwath*

Indications- All kidney disorders & diseases related with *Basti*.

h) Maheshwar Vati

Dosage- 1 tablet of 250 mg each (2 Ratti-250mg)- Morning & Evening

Pathya- Cow milk & Rice

Indications- *Vrukkarog, Jalodara, Pandu, Vishamjwara, Shotha, Moorcha*

i) *Rasayana* (Promotive treatment) should be taken.

j) In case of renal diseases (*Vrukkarog*) life of the patient should be preserved by careful examining factors like *Kala & Bala*. Treatment should be given under close observation of experienced *Vaidya* & foods which are easily digestible.

7) Treatment of renal disorders can be summarised as follows.

1	<i>Nidana Parivarjana</i>
2	Biopurification (<i>Samshodhana</i>)- <i>Raktamokshan, Basti</i>
3	<i>Samshamana</i> (Palliative Remedies)- <i>Deepan, Aampachan, Maheshwar vati, Sarvatobhadra vati, Mutravirechaniya Gana</i>
4	<i>Pathyavyavastha</i> (Health promoting regimen)- <i>Rasayana, Easily digestible food</i>

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