



## CRITICAL REVIEW OF MUTRAVASHROTAS WITH SPECIAL REFERENCE TO MUTRAKSHAY

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Article Received on 06/01/2017

Article Revised on 25/01/2017

Article Accepted on 14/02/2017

### ABSTRACT

Ayurveda has its speciality through by all means such as strotas[channels],Ashray ashrayi bhav, shatkriyakal, Panchkarma therapy, etc. Here strotas are the channels having different color, size, shape, meant for the transportation of different body constituents. They are again differentiated depending upon their number, location and functions. among them mutravah strotas has unique identity as it is not merely concerned with excretory system but also has connection with cardiac system. Signs and symptoms of mutravah stroto Dushti are definitely linked with functioning of cardiac system and vice versa. As like any other strotas, mutravah strotas has its mulsthan i.e. basti, vankkshan, vrukka, medhra-as stated in Ayurvedic literature. This strotas carries and stores mutra upto its urge. Formation of mutra takes place at pakvashay/sthulantra with the help of Doshas specially pachak pitta which is concerned with digestion and saman vayu concerned with separation of saar kita during the post process of digestion. Vitiation in these Doshas leads to dysfunction of mutravah strotas and mutrotpatti is hampered giving rise to many troublesome disorders like mutrakshay, mutraghat, mutrasang, etc. Mutrakshay is concerned with less formation of urine which give rise to burning sensation and pain at basti region.As less formation of urine is there basti is devoid of adequate amount of urine, vitiated pitta and vaat dosha give rise to above mentioned signs and symptoms. It can be treated with pacification of Doshas with shaman and shodhan chikitsa which is again speciality of Ayurveda.

**KEYWORDS:** Mutravah strotas, mutrotpatti, mutrakshya, vrukkou, pakvashay.

### INTRODUCTION

Digestion, absorption and excretion are the important phenomenon to maintain the normal and healthy condition of home and body. In Ayurvedic science strotas are explained, they are meant for carriage, formation and sometimes secretion of particular substance. Depending upon their nature they are also classified in several groups. Urine and sweat are again two very important routes for the excretion of metabolic wastes. Both contain some similar constituents like urea. The formation and excretion of urine is carried out by pakvashay and mutravah strotas respectively. The role of mutravah strotas is transportation and storage of mutra up till its proper urge. As per modern science urine is formed in kidneys but Ayurveda thoroughly elaborates that the formation of urine which is called as mutramala, is formed in pakvashay with the help of saman vayu and pachak pitta during the post digestion phase.

### AIM

To carry out critical review of Mutravah strotas and mutrakshay through Ayurvedic perspective.

### OBJECTIVES

- 1.To review mutravah strotas and mutrakshay.
- 2.To understand the role of mutravah strotas and pakvashay in mutrakshay.

### MATERIALS

All textual,contempromy literature regarding the topic available in library of Govt.Ayurved College,Nanded, was critically reviewed.

### REVIEW OF LITERATURE

#### a. Strotas in brief

In Ayurveda strotas are explained which means the channels for the carriage and transportation of different body constituents. These strotas are having the color same as that of the constituent transported through them.These strotas are round-oval,micro-macro,long-short and widely spreaded.<sup>[1]</sup> Synonyms of these strotas are strotansi, sira, dhamnyah, rasayni, rasvahini, nadya, panthan, maarga, sharir chidrani, sanvruvtasanvruvtani,sthani,ashaya,kshaya,niketa.<sup>[2]</sup>

### b. Mutravah strotas and its mulsthan

One of them is Mutravah strotas, can be correlated with urinary system. The routes of mutravah strotas are situated in basti[mutashay] and two vankshanas.<sup>[3]</sup> Basti is urinary bladder while vankshana is a term which indicate inguinal region, here Acharya Charaka could have meant vrukkou near vakshana Pradesh i.e. kidneys by this term, meant for urine formation. Strotas are categorized and named according to their number, location and morphology as follows-

1. Parisankheya-Aparisankheya
2. Lakshyani-Alakshyani
3. Sarvasharircharanam bhavanam-Asarvasharircharanam bhavanam
4. Bahya-Abhyantar
5. Sthul-Sukshma

Mulsthan of strotas means the prabhav sthan. Vankshan, basti are the prabhav for carriage of mutra.<sup>[4]</sup> As any tree stands, survives with its roots only, the mulasthan[root] of strotas has incredible importance for the normal function of strotas and transportation of body constituents. If the tree is uprooted its life is finished likewise due to strotomulouphat strotas ghat occurs. The root place of mutravah strotas is basti which is included in the roots of sharir along with shira[mastishka] and hruday[heart]. As medhra acts as the same path for mutra and shukra, it is again counted in the root place of mutravah strotas, any damage to this organ results in obstruction in urine, difficulty in micturation and change in physiological appearance of urine.<sup>[5]</sup> So it is one of the vital organs concerned with pranaytan where actual prana is located.

### C. Functions of Mutravah strotas and formation of mutra

One of the most important body constituents of tri mala related with this mutravah strotas is mutra. It is the waste product of food.<sup>[6]</sup> It is produced at purishdharakala and carried out through this mutravah strotas and its main function is kledvahan. Here kled is waste product in the form of liquid. The purishdhara kala is located at pakvashay[sthulantram], here the saar and kitta separation is carried out and the waste product of food in liquid form is transported towards kidneys through gavinyas[ureters]. Minute structures meant for transportation i.e. nadis arising from large intestine, carry the urine continuously and give its contribution in the formation of urine. This process is compared with the small tributaries and rivers which meet the ocean and contribute their water in it. Likewise mutrashay is continuously filled up throughout day and night through the process of filtration. This process is similar to the fashion in which a new earthen pot is kept in water up to its neck filled up by water of its sides in which it is kept immersed.<sup>[7]</sup> Relation in between water intake and urine output is best explained by Acharya Sushruta through this example of earthen pot, it indicates the process of filtration carried out by kidneys for the formation of urine and it is one of the specialities of Ayurvedic science.

### d. Mutrakshay and its pathophysiology:

The normal quantity of urine voided throughout 24 hours is 1-1.5 litres.<sup>[8]</sup> In Ayurveda swa anjali praman of mutra is quoted as four anjali<sup>[9]</sup>. Whenever the quantity of urine excreted gets reduced than normal it gives rise to troublesome disorders called Mutrakshay. Its signs and symptoms are pain during micturation, reduced quantity of urine, discoloration of urine and sometimes blood may appear with urine. In persons who is taking vaat prakopak aahar vihar continuously, persons whose general debility is at extreme stage or very weak persons suffering from other diseases; vitiated vaat and pitta dosha lodges at basti where already quantity of urine is very less, creates burning sensation and pain at the site.<sup>[10]</sup> Decreased output of urine is observed in persons suffering from diarrhea and vomiting whereas increased output is observed in the condition where increased water intake is there. Cardio vascular system definitely connects with urinary system, as in patients with renal disorder often show cardiac symptoms. Mutrakshay can be treated with mutral [Lasix] aahiriya and aushadhiya dravyas yojna. In mutrakshay vitiated vaat and pitta dosha are abundant, so to balance them local abhyang with vaat shamak oils, local hot fomentations and Panchkarma like vaman, virechan, basti can be given.

### DISCUSSION

As mutravah strotas is one of the most important system of body working for the purification by excreting the waste products. It has its roots, mainly concerned with formation and excretion of urine. According to modern science, filtration process takes place at kidneys. But Ayurveda has special characteristics regarding the mutrotpatti. The formation of urine takes place at pakvashay and from this small tributaries [nadis] transport the urine towards basti. According to Ayurveda. After digestion of food, it is separated into two parts wanted [saar bhag] and unwanted [mala or kitta bhag]. From this unwanted part the solid fecal material and liquid urine is formed. This function is carried out at adho aamashay and pakvashay with the help of pachak pitta and saman vayu. When this formation is hampered due to vitiated vaat and pitta dosha further vitiation of mutravah strotas occurs giving rise to some troublesome disorders. Less formation of urine results in mutrakshay highlighting new symptoms like burning sensation and pain at basti region giving rise to discoloration of urine. When there is balance between tridoshas, normal function of mutravah strotas is observed.

### CONCLUSION

1. Mutrotpatti takes place at pakvashay and it is transported to basti for storage and depending upon the urges it is voided. Vayu and pitta specially saman vayu and pachak pitta plays important role in this process.
2. Imbalance between tridoshas gives rise to mutravah strotas Dushti which further creates disorders like mutrakshay.

3. Pacification of tridoshas with shaman and shodhan therapy cures the concerned disorders.
4. Following the rules regarding the aahar and vihar, one can prevent strotro Dushti and helps in maintain its health.

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