



A REVIEW ARTICLE ON SHAYYAMUTRA (ENURESIS)

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ABSTRACT

Children in the modern age suffer at large due to physical problems. In addition to that they suffer from psychological problems too. Child health has assumed great significance in all over the world. Its importance is being realized more and more by Pediatricians and general public in developing as well as developed countries. The event leaves a lasting impression on the tender mind of children and later become the cause of behavioural or psychosomatic disease. Ancient scholars have also described Shayyamutra as psychosomatic origin. Enuresis is defined as the voluntary or involuntary repeated discharge of urine into clothes or bed after a developmental age when bladder control should be established. For complete understanding of Shayyamutra, its important to know Acharya Sushrut as concept of Vasti as it is related to various urinary disorders.

KEYWORDS: Shayyamutra, Enuresis, Ayurveda, Psychosomatic, Counseling.

INTRODUCTION

Shayyamutra or Enuresis is a disease which is very much prevalent in childhood period. The word Shayyamutra is itself indicating to the urine passed in the bed especially during sleeping in both day and night. The behavioral problem like enuresis in young children is common. This problem greatly affect psychosocial life of child as well as family members. Children health needs great care as their physical and mental status helps them to build the future as well as nation. Parents and family members are frequently stressed by child's bedwetting. According to Indian Academy of Paediatrics enuresis (bedwetting) is very common problem in both boys and girls in their developing period. Enuresis is a behavioural problem and the most common chronic problem in childhood next to allergic disorders. It affects small to middle age group of children mainly. It is considered as multifactorial behavioral disorder. In Ayurvedic classics, Sushruta described the physiological way in which urine tend to fill the Basti, the same way when the Doshas vitiated they also enter the Basti and cause Dosha specific urinary symptoms. Also Shushruta had knowledge about applied aspect of urinary diseases, which will help better understanding of Shayyamutra but the term **Shayyamutra** was not used in greater treatises as such, only brief description regarding Shayyamutra is found in Sharangadhara and Vangasena Samhita. This disease mainly involved Vata (Apan Vayu), Pitta (Pachaka), Kapha (Tarpaka), along with Manasika Dosha Tama.

There are many treatment option are now available for disease but traditionally very less information was available for the same. Ayurveda considers patient counseling, diet control and Prakrati towards the disease control.

AYURVEDIC VIEW

Shayyamutra is regarded as one of the behavioural disorder in children. In Ayurveda direct reference about Shayyamutra is not available in Bruhtriye. Only few references are available regarding Shayyamutra. Vangasena in his book Chikitsa Sarasangraha noticed the complaint of Shayaamutra and its management. Sharangadhar has also enumerated Shayyyamutra under the caption of Balaroga Prakarna but lacks in detail description. Acharya Adhmala in his Gudhartha Dipika commentary says that when a child, especially when he is tired and taking sleep during night time, due to the effects of Doshas, voids urine. Hypothetically in Shayyamutra there is a deep sleep which is induced by increase of Tamoguna and Kapha or by fatigue. The sleep induced by excessive increase of Tamoguna occurs at terminal stage of sleep, where Tamoguna and increase Kapha Dosha are involved. Tamoguna also causes fear, ignorance, depression, and laziness. When Kapha Dosha occludes the sensory channels then the terminal sleep manifests. It is difficult for affected child in night to be awakened and go to the toilet.

CAUSES

Causes of Bed Wetting:-

- In children, urinary bladder does not have enough strength to hold urine for the entire night.
- Child's urine production is high at night.
- Excessive fluid intake during evening hours and night.
- Delayed bladder maturation – lack of co-ordination between bladder and the brain.
- Sweets food at night.
- Excessive sleep.
- Constipation – filled up rectum (last part of large intestine) can put pressure on the bladder and empty it earlier than normal.
- Winter and rainy seasons.
- Child has not been trained with toilets habits.
- Stress, anxiety, underlying fear and such other emotional problems.
- Urinary tract infection or diabetes can also cause bed wetting.
- In rare cases, structural abnormalities may cause it. But in such cases, the child cannot hold urine even during day time.

TYPES OF SHAYYAMUTRA

It can be classified on the following basis in Ayurveda

1. On the basis of Prakrati

- Sharirika
- Manshika
- Manodhaihik

2. On the basis of daily time

- Ratrija (Nocturnal)
- Diwaj (Diurnal)
- Sanyukta (Both)

3. On the basis of Chronicity

- Prathamik (Primary)
- Dwatik (Secondary)

BED WETTING IN TEENAGERS

Some children continue having this problem in their teenage. The most probable causes are problems in urinary tract or psychological. In such conditions, first general physician, then urologist and then a psychiatrist. Counsellor should be consulted. This problem should be rightly identified, the child should be given full confidence and the issue should be addressed as quickly as possible with right and quick approach.

TIPS TO STOP BED WETTING COUNSELLING

It forms the main basis for treatment. Both the kid and the parent need assurance. Many kids think that they are the only ones who wet the bed. This anxiety makes the problem worse. They feel guilty about it and continue to wet in the bed more and more.

They need to be assured that it is quite common and natural and most of the kids do wet the bed. There is

nothing bad about it. It is just a temporary problem. It will go away with medicine.

REWARD DRY NIGHTS

In order to encourage the kid, whenever she does not wet the bed, encourage her saying she is improving, she is growing up and she is very good. This will boost her confidence.

Encourage her to empty the bladder before going to bed.

If the doctor has prescribes any medicine, daily, while giving the medicine to the kid, remind her saying that the medicines will help in avoiding bed wetting and everything will be all right soon.

Precautions and Management

Parents should take care of the following things to avoid enuresis.

- Child should make a habit to urinate before going to bed.
- Make sure that child should not be very tired before going to bed.
- When child has slept for 2-3hrs, parents should wake him up once again and make him pass urine.
- Child should not make hurry in passing urine let him to do it complete.
- Food items which increase bed wetting should be least provided viz. tea, coffee, chocolates, cold drinks, oranges, grapes, tomatoes, citrus products and fermented items.
- Never get furious with child for bed wetting and never punish also as it is not under his control. Infect blaming the child or giving punishment demoralizes him.
- Make the child feel that you are affection towards him and understand what he feels.
- Child should be realized again and again that bed wetting is not his fault.
- After bed wetting change the bed immediately so that should not come to know that he did it again.
- Except doctor don't discuss this problem with anybody in front of child.
- It is important to tell the child that bed wetting is a temporary complaint and will be resolved slow.

AYURVEDIC TREATMENT

DE – WORMING

In many cases, treatment for intestinal worm infestation gives relief.

HERBS USED

In 19th century AD, in Bhaishajya Ratnavali Acharya Govindas, explain the use of Bimbimoola and Ahiphena in Shanyamutra Chikitsa.

Vaidya Manorama, explains a child who cannot control his or her urge to pass urine is advised to take decoction of the roots of Chameli (*Jasminum officinate*).

Medicinal herbs used in the treatment

- Bimb, Vishtinduka, Khadira, Amalaki, Haritki, Guggulu, Haridra etc.
- Decoction of BimbiMoola and Ahiphena (32-125mg) should be taken in the condition of passing urine at bed time.
- Eranda Taila (2-3drops) should be given with milk in the condition of Malavarodhjanya Shayyamutra.

BRIMHANA: The therapies which increase weight and strength.

- It is essential for Vata disorders. This therapy consist of rich diet, tonic herbs, Medhya drugs like Brahmi, Mandukparni, Shankhpushpi etc are specific.
- Brimhana Chikitsa may be very beneficial in that enuresis which are caused by maturational delay, sleep disorders, psychological, & neurologenic causes.
- In modern some pharmacological therapies have been mentioned.

Drugs	Doses	Side effects	Age for use
DDAVP nasal spray	10-40ug/day	Nasal stuffiness, hyponatremia, seizures	Any
DDAVP tablets	0.2-0.6mg/day	Headache, epistaxis, nausea	Any
Oxybutylin	5-20mg	Dryness of mouth, flushing, palpitations, blurring of vision	Any
Tolterodine	2mg at bedtime	Similar to oxybutylin but milder	>5 yr
Imipramine	0.9-1.5mg/kg/day	Anxiety, personality, change palpitations	>7 yr

Alarm device – also known as bedwetting alarm, can awaken child when he or she begins to urinate. These device can include a water sensitive sensor that is clipped on the pajamas, awire connecting to a battery-driven control, and an alarm that sounds when moisture is firstdetected. For the alarm to be effective, the child must awaken or be awakened as soon as the alarm goes off. This requires having another person sleep in the same room to awaken the bed wetter. This behavioural training is one of the safest and more effective treatments.

CONCLUSION

Shayyamutra is common socially disruptive problem amongst children and great care along with treatment need to be taken to control disease consequences in early age. Ayurvedic literature has very brief description of Shayyamutra. Srotovarodha and vitiation of Sadhaka, Tarpaka Kapha, Pachaka Pitta, Manovaha Srotas and Atinidra are the factors responsible for development of Shayyamutra. Counseling along with drug therapy proved to be more effective treatment. However, more children improve from psychological than from pharmacological interventions. The various study established significant therapeutic role of traditional herbal therapy for the treatment of disease. Ayurveda also prescribe diet control and patient counselling as great tool for disease control.

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