

**MUTRAVAHASROTOSCHARIRDUSHTI AND ITS PRAVENTION THROUGH
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ABSTRACT

Urinary system disorders are concerned with non-communicable as well as communicable diseases. Organs of the system involved in various pathogenesis right from infection to autoimmunity and also complication of diseases. Ayurveda elaborated concept of srotasa in details. Ayurveda mentioned 'MutravahaSrotas' with its chief organ 'basti and mutravahini'. Basti is been included in sadyapranaharamarma. Related to this srotas, Acharyas described mutravahasrotodushti (urinary disorders) in terms of mutraghata, mutrakruccha and bastiroga. Vankshan Pradesh i.e. pelvic region is the location of mutravahasrotas and moolasthanana which is under the influence of vatadosha predominantly. Considering the elements related to srotasa and vitiation of doshas in the pathogenesis of srotogatvyadhi, bastichikitsa may prove to be beneficial. The review study reveals with various srotodushti, etiological factors according to Ayurveda and prevention through bastichikitsa.

KEYWORDS: Mutravahasrotasa, Basti, Mutravahasrotodushti, Vatadosha, Bastichik.**INTRODUCTION**

Ayurveda is the science which aims at maintainance of equilibrium and its repair in case of any imbalance and derangement.^[1] Regarding derangement which leads to disease, Ayurveda has given an extreme importance to dosha-dushya and srotasa.^[2] Srotasa are the channels where basic elements get transformed. "Channels originating from chief organ i.e. moolasthanana-widespread in the body with the conduction of concern element-differ from sira/dhamani"^[3] are nomenclated as srotasa according to AcharyaSushruta. According to AcharyaCharaka 'Srotomayo-hi-shariram' (body is constitution of systems). Mutravahasrotasa is one of the antarmukh (inside body) srotas co-ordinated with mutranirmiti function. Basti and mutravahini are considered as chief organs of mutravahasrotas located in vankshanpradesh (pelvic region). 'Basti' also been included in sadyapranaharamarma.^[4] Srotas play an important role in the pathogenesis of disease. Vitiation of doshasact as etiological factor leading to mutravahasrotovikruti. Acharya Charaka enumerated 13 bastiroga,^[5] 8 mutrakruccha^[6] in siddhithana and chikitsasthana. Acharya Sushruta assumed mutranirodha, sthabdamedhrata, shula etc. as viddhalakshanas³ and mutraghatain 12 forms.^[7] Mutrashmari which is the commonest problem thoroughly described in Ayurveda. Considering location of mutravahasrotasa, influence of dosha, etiology of srotovikruti, vatadosha found to be predominant. Dosha-shodhan is important concept of Ayurveda act as major preventive measure. Panchakarma is the unique contribution to expel vitiated dosha. Here

regarding Mutravahasrotas, focus is drawn on contribution of basti in prevention of srotovikruti.

AIM

To study mutravahasrotoscharirvikruti with impact of bastichikitsa.

OBJECTIVES

1. To study organic involvement in mutravahasrotas according to Ayurveda and modern science in details.
2. To study general bodily elements involved in Mutravaha Srotoscharirvikruti.
3. To assess impact of bastichikitsa on Mutravaha Srotoscharirvikruti.

MATERIALS AND METHODOLOGY**Methodology**

All the Ayurvedic basic texts i. e. Samhitas, Tikaareffered to study and elaborate concept of MutravahaSrotas and related topics.

Relevant modern texts are referred alongwith internet information and research papers.

DISCUSSION

To simplify detail study of body constituents, AcharyaSushruta mention Shadangatwa (six major region of body) for study in specific manner. Shadangatwa is been further modified into Angapratyanga-vibhaga^[8] (sub parts of regions).

Katipradesh is the region also known as Vankshan Pradesh. On the basis of componants, we can correlate this area with pelvic region. One of the important system located in this area is urinary system which in the terms of Ayurveda is Mutravahasrotas.^[9] Though urinary bladder is storage organ according to Modern science, Basti is considered as mulasthana^[10] of Mutravahasrotas located in pelvic region. Kati-Vankshan Pradesh is occupied by Mutravahasrotas and also resembles area of apanavayu. Function of mutravahasrotas i.e. conduction and expulsion of urine is under the influence of apanavayu.^[11] If we go through unique concept of mutranirmiti elaborated by Acharya Sushruta, Pakwashaya is initial part take part in process. All the functions of pakwashaya governed by Vata dosha.^[12]

Ayurveda clarified importance of mulasthana as all the srotasa originating from it. Pathogenesis if spread to mulasthana lead to relatively bad prognosis or complicate the disease. 'Basti' - the mulasthana of Mutravahasrotas on traumatic injury causes immediate death. This vital area of four angulinomenclated as sadyapranaharamarma.^[13] Now a days marma points are used for treatmental aspect i.e. marmachikitsa. According to Acharya Charaka, vitiation of vata at marma should be avoided.^[14]

Acharya Sushruta while mentioning 'Mutravahasrotas' quoted Mutranirodh, mutrasthabdhata as general symptoms. There is predominance of vata in abovementioned lakshanas. Mutravahasrotogativikruti is explained in different terms. Acharya Sushruta mentioned Mutrashula, Bastishula i.e. pain in lumbar-pelvic region. 12 forms of Mutraghata thoroughly described. Acharya Dulhanaclarify meaning of mutraghata as mutravarodh i. e. deterioration of function of urinary system due to various reason.

Mutrajathar (distended bladder), Mutrasad(scanty micturition), Mutrakruccha(dysuria), Mutrotsanga(stricture), Mutrakshaya (anuria), Mutratit(incontinence), Vatashtila(enlarged prostate), Vatbasti(retention), Ushnavata(cystitis), Vatkundalika(spasm), Mutragranthi(tumor of bladder), Vidvighat(fistula), Bastikundal(tonic bladder) are the abnormalities found in Mutravahasrotas. If we go through the pathogenesis according to Ayurveda, there is prime role of vitiated vatadosha found in much of abovementioned diseases as follows:^[15]

Vatakundalika- Vayuvikruti.
Vatashtila- Apanvayuvikruti
Vatabasti – Bastigatvayuvikruti
Mutrakshaya – Pittayuktavayuvikruti
Mutrashukra – Vayuvikruti
Ushnavat - Pittayuktavayuvikruti
Mutrakruccha- Pittavatavikruti
Bastishula - Vayuvikruti

According to Acharya Charak there is role of 'apanavruttavyana' in mutragatavyadhi.

Mutranishkraman is performed by apanavayu. Commonest abnormality is mutrakruccha which we can compare with dysuria (difficulty and painful micturition).

Vata predominance is found in almost all factors related to mutravahasrotasa such assthana, expulsion and pathogenesis. According to Acharya Charak, to treat srotodushti, at first sthanikdosha (local element) should be treated initially. Vatadoshachikitsa should be of prime importance. Bastichikitsa is best for expulsion of vayu if get vitiated.^[16] With the use of anuvasan or snehabasti,^[17] one can get rid of aavruttavatvikruti and also balances function of mutravahasrotas.

CONCLUSION

Various forms of mutravahasrotovikruti are mentioned in Ayurveda. Considering the element (dosha) related to mutravahasrotas and pathogenesis, vitiated vatadosha seems to be chief. By balancing vitiated vayu, one can prevent deterioration of Mutravahasrotokarma leading to vikruti.

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