

CONCEPT OF MUTRAVIRECHANA AS SHODHANA***Dr. Manasa S. D. and **Dr. Shalini S.**

*Assistant Professor, Department of Panchakarma, JSS Ayurveda Medical College & Hospital, Mysuru – 570028.

**Assistant Professor, Dept of PG Studies in Swastavritta, JSS Ayurveda Medical College, Mysuru.

***Corresponding Author: Dr. Manasa S. D.**

Assistant Professor, Department of Panchakarma, JSS Ayurveda Medical College & Hospital, Mysuru – 570028.

Article Received on 22/04/2020

Article Revised on 12/05/2020

Article Accepted on 01/06/2020

ABSTRACT

Ayurveda has given prime importance to Mutravaha srotas and srotogata vikara. Mutravaha srotas being responsible for maintaining homeostasis of fluids in the body also detoxifies the body by eliminating certain waste products through urine. Shodhana is nothing but elimination of vitiated doshas from the body through nearest possible route. This article emphasizes on the shodana property of Mutravirechana.

KEYWORDS: Mutravirechana, Shodana, Mutra, Mala.**INTRODUCTION**

The procedure by which Dhatus are brought into equilibrium is termed as Chikitsa.^[1] In a broader sense Chikitsa is divided into two categories Shodhana and Shamana. Shodhana is the method of eliminating the vitiated doshas from the body to pacify the disease.^[2] There are five types of Shodhana explained in classics- Niruha, Vamana, Kayavireka, Shirovireka and Asravistruti.^[3] According to Acharya Sharangadhara Shodhana means the procedure which detaches the accumulated mala from their respective places and expels it in upward or downward direction. So, the principle of Shodhana is to eliminate the doshas from the body. The doshas can be identified based on symptoms or on laboratory findings. In case of mutravaha sroto dushti Urea, Creatinine, Sodium, Potassium, Oxalate, Calcium, Phosphorus can be considered as the Mutragata dosha. These can be eliminated out of the body through Mutravirechana dravyas. So an attempt has been made to prove the shodana property of Mutravirechana dravyas in certain Mutravaha and Udakavaha sroto vikara.

Mutrotpatti

Mutra is one among the Trimala. According to Ayurveda urine formation is very much related to process of digestion. Urine is the liquid portion derived from food and drinks after digestion.^[4] It is formed by the action of Pachaka pitta and Samana vata on Ahara rasa causing separation of sara and kitta bhaga. After vibhajana the liquid portion is taken to the bladder by innumerable vessels.^[5]

Modern medicine gives at most importance to kidneys in the urine formation but according to Ayurveda the formation of mutra starts from pakvashaya & there is no direct reference of vrukka participating in mutrotpatti. At

the end of sthulpachan of chaturvidha aahara by pachakapitta in grahani, it is separated into rasa, mala & mutra. Mutra according to dalhana is the udaka or poshak mutra or the precursor for urine. In the pakvashaya this udaka is absorbed by innumerable udakavahi dhamani having minute openings. Modern science has similar concept of absorption of 80% of water in large intestine through various capillaries. The absorbed udaka enters circulation producing several waste products of metabolism called kleda. This mixture is brought to the vrukka by the 2 Toyavaha dhamanis which can be confirmed by the statements of Dalhan that udakvahasrotas ends by joining mutravahasrotas.

Mutra karma

Mutra fills the Urinary bladder and eliminates the excess kleda from the food.^[6] The function of Urinary system is removal of waste products mainly Urea and Uric acid, regulation of electrolyte balance, acid-base homeostasis, controlling blood volume and maintaining Blood pressure.

Mutra Virechana

The drugs which cause increased output of urine is considered to be Mutra virechaneeya dravyas. These dravyas cause diuresis by increasing the production of urine, causing easy flow of urine and stimulating the organs of the urinary system. Ikshu (Saccharum officinarum Linn), Shali (Oryza sativa Linn.), Ksheera (Milk), Navadhanya being sheeta, increase Kapha and dravata in the Shareera. Whereas, dravyas like Ela, Gomutra (Cow's urine), and Vana palandu (Urginea indica Roxb), being Ushna veerya, cause virechana of the mutra.

Diuretic is any substance that promotes diuresis, the increased production of Urine. They act by either increasing the Glomerular filtration or by decreasing the tubular reabsorption. Diuretics are used to maintain urine volume, to mobilize edema fluid or to control high blood pressure. Clinically diuretics are prescribed in Edema, Congestive Cardiac failure, Acute Respiratory failure, Poisoning, Hypercalciuria, Premenstrual tension.

As per Ayurveda in Shota, Udara, Mutrakrucchra, Mutraghata and Ashmari chikitsa drugs having mutravirechana property are being mentioned.

Mutravirechana in Shota

Kaphaja Shota presents with the cardinal feature of pitting oedema with gradual onset, progressive in nature. The edema will be prominent during night time and presents with puffiness of the face and Anaemia.^[7] While mentioning about nidana of Shota, Acharya Charaka has mentioned Marmopaghata as one of the nidana.^[8] Considering these factors Kaphaja Shota can be compared with that of Cirrhosis of liver, Nephropathy and Congestive Cardiac failure.

The discussion regarding symptoms of *kaphaja shotha* remains incomplete unless the relation between *kaphaja shotha* and *jalodhara* are discussed. These disorders are closely related and appear one after another, above all there is much similarity in *samprapti* of these. After discussing *Shotha* in 12th chapter of chikitsa sthana, in 13th chapter Acharya Charaka describes *Udararoga*. Chakrapani commenting on this considers *udara roga* as type of *shotha* only.^[9] Its particularly to *kaphaja shotha* and *jalodhara*. Even present day observation in cirrhosis of liver oedema is followed by distention of abdomen from ascitis. In other conditions (cardiac and renal) oedema precedes ascites. Hence *shotha* can lead to *jalodhara* similarly *jalodhara* can lead to *shotha*.

In end stage nephropathy as the function of *Mootradharakala* becomes fully impaired, there is failure in the removal of *Kledamsa* and *Udaka Bhavas*, which leads to their accumulation in the body. These *Malas* may take *Sthanasamshraya* thereby producing different symptoms like *Shopha*, uraemia etc. Microalbuminuria is the condition of *Kledavidhi* in *Mutravaha Srotas* where *mutravirechana* is the line of management.

Mutravirechana in Udara

If the person who is *kshina*, *ati krisha* suffering from *mandagni* indulges in *atyambupaana* after *snehapana* the *vata* located in *kloma* gets interrupted with *kapha* and *udakadhatu*, increases the quantity of water in the obstructed channels of circulation resulting in *Udakodara*.^[10]

Acharya Charaka has also mentioned that the *avarodha* of *sweda* and *ambuvaha srotas* causing collection of fluid in the peritoneal cavity. This caused due to vitiation

of *prana vayu*, *agni* and *apana vayu*.^[11] Here we can consider, *Pranavayu* as cardiac involvement, *Agni* as liver involvement and *Apana* as renal involvement leading to ascites.

While mentioning about the Chikitsa of Udara Acharya Charaka has mentioned that initially *Ap doshahara* chikitsa should be done by administering *gomutra*, *kshara* and *teekshna dravyas*.^[12] So in initial stages of Udara *mutravirechana* is more beneficial.

Mutravirechana in Mutrakrichra and Mutraghata

The aggravated dosha in the Basti causes obstruction to the *mutramarga* leading to *Mutrakrucchra*.^[13] In the treatment of *mutrakrucchra* along with *abhyanga*, *sweda*. *Avagaha mutra virechana* drugs are being mentioned.

Mutravirechana in Ashmari

While explaining the formation of ashmari Acharya Susruta narrates that, the manner in which even clean water collected in the pot precipitates in the bottom after sometime, so also the process of hardening of ashmari occurs with the crystals of *kapha* present in urinary system.^[14] In ashmari chikitsa administration of *Mutravirechana* drugs acts by breaking the formed stones and flushing it out through *bastishodana* (Diuresis).

CONCLUSION

Mutravirechana dravyas like *punarnava*, *gokshura* etc by their property causes diuresis and hence are used in the treatment of hypertension, nephrotic syndrome, oedema, ascitis. In disease like *shota*, *hrudroga*, *pandu*, *pliha*, *prameha*, *udara mutrala dravyas* are being indicated by our Acharyas. Some of the *Mutravirechaneeya* drugs act by increasing the GFR there by increase the elimination of urea, creatinine. Some act by increasing the urine output. Like in case of *mutra ashmari*, *mutra krichra*. *Mutravirechana* though not mentioned under *pancha shodhana* can be considered as a *shodhana* procedure in conditions of *Mutravaha* and *Udakavaha srotodushti* as it eliminates the toxins from the body.

REFERENCES

1. Jadavji Trikamji Acharya, editor, Charaka Samhita, Chaukhamba Prakashana, Varanasi, 2011. page. 98.
2. Harishastri Paradkar, Ashtanga Hridayam, Chowkhamba Krishnadas Academy, Varanasi, page 21.
3. Harishastri Paradkar, Ashtanga Hridayam, Chowkhamba Krishnadas Academy, Varanasi, page 223.
4. Harishastri Paradkar, Ashtanga Hridayam, Chowkhamba Krishnadas Academy, Varanasi, page.
5. Jadavji Trikamji Acharya, editor, Susruta Samhita, Chaukhamba Prakashana, Varanasi, 2008, page 356.
6. Harishastri Paradkar, Ashtanga Hridayam, Chowkhamba Krishnadas Academy, Varanasi, page.
7. Jadavji Trikamji Acharya, editor, Charaka Samhita, Chaukhamba Prakashana, Varanasi, 2011. page.474.

8. Jadavji Trikamji Acharya, editor, Charaka Samhita, Chaukhamba Prakashana, Varanasi, 2011. page.483.
9. Jadavji Trikamji Acharya, editor, Charaka Samhita, Chaukhamba Prakashana, Varanasi, 2011. page.500.
10. Jadavji Trikamji Acharya, editor, Charaka Samhita, Chaukhamba Prakashana, Varanasi, 2011. page.494.
11. Jadavji Trikamji Acharya, editor, Charaka Samhita, Chaukhamba Prakashana, Varanasi, 2011. page.492.
12. Jadavji Trikamji Acharya, editor, Charaka Samhita, Chaukhamba Prakashana, Varanasi, 2011. page.494.
13. Jadavji Trikamji Acharya, editor, Charaka Samhita, Chaukhamba Prakashana, Varanasi, 2011. page.599.
14. Jadavji Trikamji Acharya, editor, Susruta Samhita, Chaukhamba Prakashana, Varanasi, 2008, Page.271.