Dietetic and Lifestyle Approach of Ayurveda in Certain Urinary Disorders

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ABSTRACT
Ayurveda, the most ancient system of medicine not only emphasizes on proper diets and conducts; as a part of treatment of every disease but also considers that improper diets and conducts are the major reasons of several diseases. Mutravaha Srotas is one of the important systems of the body being a detoxifying and excretory organ system, in which role of dietetic and lifestyle modifications play a major role for prevention and cure of diseases. Aim: To provide rich scientific knowledge pertaining to Pathyapathy (Do’s and don’t) in terms of diet and lifestyle for the avoidance and management of certain urinary disorders like Mutrakricchra (Dysuria), Mutrashmari (Nephrolithiasis) and Mutrasthila (BPH). Review result: In spite of being Mutravahasrotogata origin, Mutrakricchra, Mutrashmari and Mutrasthila have different dietetic approach because of different Samprapti but lifestyle approach is almost same. Avoidance of holding natural urges, hygiene and yoga practices are key to prevention of urinary diseases. Conclusion: This review can be route-finder for researchers and clinicians for the prevention of disease and understanding the role of Pathyapathy in disease management. Clinical significance: Encourage and educate community to prevent urinary disorders by means of diet and lifestyles changes.

KEYWORDS
Urinary disorders, Mutrakricchra, Mutrashmari, Mutrasthila, Pathyapathy
INTRODUCTION
Ayurveda gives unique emphasis on "Ahara" (diet) for good living, health and wellness. Healthy and wholesome food nurture the mind, body and soul. The Ahara-Vihara, which do not adversely affect the body and mind are called as wholesome and those which adversely affect them are thought to be unwholesome. The intention of intake of wholesome diets and follow healthy lifestyles is to maintain health and alleviate the various diseases. Ayurveda has given so much value to Mutravaha Srotas (urinary system) and it’s Vikaras (urinary disorders). Being a system responsible for homeostasis of fluids in the body, it also detoxifies the body by removing many waste products by the route of urine. Basti (Urinary Bladder) comes under Trimarma of Ayurveda classics and it is known as pranayatana (where life resides). Many diseases such as Mutraghata (Benign Prostate Hyperplasia) and Mutrakrichhra (Difficult micturition) occurred in Basti. Most of the urinary tract disorders are described in the form of 8 types of Mutrakriccha, 13 types of Mutraghata, 4 types of Ashmari. Acharya Vagbhata classified Mutraroga into two major types i.e. Mutra-apravratijanya and Mutra-atipravrtijanya disorders. Urinary tract infection is the second most common infection in community practices. Worldwide, approximately 150 million people are diagnosed with urinary tract infections every year, costing the global economy in excess of 6 billion US dollars. The widespread use of antimicrobial agent has resulted in the development of antibiotic resistance, which has become a major problem worldwide. In modern science, target of treatment is to abolish the pathogen by antibiotics, which gradually becomes resistant over a period of time. Globally, in the year 2010, benign prostatic hyperplasia has affected about 210 million males. Incidence rates have increased from 3 cases per 1000 men/ year at the age 45–49 years, to 38 cases per 1000 men/ year at the age 75–79 years. Prevalence rate is 2.7% for men aged 45–49 which increases to 24% by the age of 80 years. At old age, dietetic and lifestyle modification plays a significant role in decreasing symptoms of BPH. Urolithiasis is most common disease of present era, which has very much impact of diet and lifestyle modifications. Men usually experience their first episode of Urolithiasis between 30 to 40 years of age, whereas women experience first episode of Urolithiasis somewhat later. Ayurveda is a science, in which treatment of a diseased person not only depends on medicine, but also on Pathyapathya, Dinacharya, Swasthvritta and Sadvritta. The Ayurvedic
texts place big importance on the compatibility and incompatibility of foods. This review article is an attempt to highlight the dietetic and lifestyle approach of Ayurveda in Mutrakricchhra, Mutrashmari and Mutrasthila.

**MATERIAL AND METHODS**

Various available Samhitas (treatise), Samgraha grantha (compendia) were observed for the Pathya apathy concept of above mentioned diseases. Collected data for respective diseases were arranged systematically with brief introduction and presented in tabular form under the heading of diet, drug, fruit and miscellaneous for easy assessment and understanding.

**OBSERVATIONS AND RESULTS**

**Mutrakricchhra (Urinary Tract Infection):**

*Mutrakricchhra* is a disease of the *Mutravaha Srotas* (Urinary system) in which painful micturition occurs. Partial obstruction to *Mutravaha Srotas* along with painful voiding leads to *Mutrakricchchhra* in which micturition occurs with difficulty. Ayurvedic term *Mutrakrichhra* is more nearer to dysuria which denotes to difficulty or discomfort during urination.

All such articles which are “Mutrala” (Diuretic) and “Anulomana” (it helps in redirecting the flow of *Vayu* downwards) are Pathya (Wholesome/beneficial) while the things having opposite properties to it are Apathya for *Mutrakrichhra*. *Mutrakrichhra* has been described under Santarpaṇoth Vyadhi (diseases due to over nourishment) & thus Aptarpaṇa Chikitsa (emaciated treatment) is mentioned for it.

*Ikshu* (*Saccharum officinarum*) is said to be best *Mutrajanan Dravya* (diuretic) & *Gokṣura* (*Tribulus terrestris*) is said to be best. *Mutrakrichhra* has been described under Santarpaṇoth Vyadhi (diseases due to over nourishment) & thus Aptarpaṇa Chikitsa (emaciated treatment) is mentioned for it.

Pathyapathya: All such articles which are "Mutrala” (Diuretic) and “Anulomana” (it helps in redirecting the flow of *Vayu* downwards) are Pathya (Wholesome/beneficial) while the things having opposite properties to it are Apathya for *Mutrakrichhra*. *Mutrakrichhra* has been described under Santarpaṇoth Vyadhi (diseases due to over nourishment) & thus Aptarpaṇa Chikitsa (emaciated treatment) is mentioned for it.

**Table 1 Pathya Ahara (Beneficial diet), Vihara (Beneficial life style) in Mutrakrichhra**

<table>
<thead>
<tr>
<th>Diet</th>
<th>Parana Raktashali (old red variety of rice), Yava (barley), Kshara (alkali), Takra (butter milk), Dadhi (curd of cow milk), Ksheera (milk of cow), Mudga (green gram), Jangala Mamsa (meat of wild animals), Sharkara (sugar)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drug</td>
<td>Gokshura (<em>Tribulus terrestris</em>), Kumari (<em>Aloe vera</em>) Patola (<em>Trichosanthes dioica</em>), Haritaki (<em>Terminalia chebula</em>), Truti (<em>Eleteria cardamonum</em>), Eranda patra (leaf of <em>Ricinus communis</em>), Munja (<em>Saccharum munja</em>), Gendra (<em>Typha australis</em>), Darbha (<em>Desmostachya bipinnata</em>), Nagdamani (<em>Crinum asiaticum</em>), Kasisa (Bell metal), Sura (strong distilled alcoholic beverage), Karpura (<em>Cinnamomum camphora</em>)</td>
</tr>
<tr>
<td>Fruit</td>
<td>Purana <em>kushmanda Phala</em> (old Fruit of <em>Benincasa hispida</em>), Puga (<em>Areca catechu</em>), Kharjura (<em>Phoenix dactylifera</em>) Narikela (<em>Cocos nucifera</em>), Taladrumisira Talasthimajja, <em>(Borassus flabellifer</em>) Trapusha (<em>Cucumis sativus</em>)</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>pure water of <em>Nadi</em> (river water) Shitannapana (Diet and liquid diet having cold property)</td>
</tr>
<tr>
<td>Pathya Vihara</td>
<td><em>Abhyanga</em> (massage), <em>Swedana</em> (fomentation), <em>Avagahana</em> (Tub bath), <em>Anuvusana</em> (enema with medicated oil), <em>Niruha</em> (enema with decoction) and <em>Uttara Basti</em> (urethral and vaginal douche)</td>
</tr>
</tbody>
</table>
Table 2 Apathya Ahara (Harmful diet) and Vihara (Harmful life style) in Mutrakrichhra

<table>
<thead>
<tr>
<th>Diet</th>
<th>Lavana (common salt), Ardraka (ginger), Matsya (Fish) Tail (oil), Hingu (Ferula assa-foetida), Tila (Sesamum indicum), Sarshapa (Brassica nigra), Masha (Black gram)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drug</td>
<td>Tambula (Leaf of piper betel)</td>
</tr>
<tr>
<td>Fruits</td>
<td>Karira (Capparis decidua)</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>Madiya (alcohol), Viruddha (incompatible food), Vishamashana (irregular intake of food), Atitiksha (over spicy food), Vidahi (causing burning sensation after digestion), Ruksha (dry-lack of oil), Amla (sour)taste.</td>
</tr>
<tr>
<td>Apathya Vihara</td>
<td>Ati Vyayama (over exercise), Ati Maithuna (excessive indulgence in sexual act), riding on elephant, horse, excessive travelling on uneven surface, etc.</td>
</tr>
</tbody>
</table>

**Mutrashmari (Urolithiasis):**

Ashmari (Urolithiasis) is a very common worldwide problem and one of the major cause of abdominal pain. It is one of the most distressing disease among the various urinary disorders. Dietary intake and regimen has a direct link with the formation of Ashmari. The predominant Dosha in Ashmari is Kapha. So diet and regimen which increase Kapha, may cause Ashmari.

Excessive intake of Guru, Sheeta, Snigdha, Madhura Aahaara, irregular food habits, Diwaswapna (day sleep) etc. may increase Kapha leading to formation of Ashmari. Pathyapathya ahara vihara in Mutrashmari are mentioned in table no-3 and 4.

**Mutrasthila (Benign Prostate Hyperplasia):**

When vitiated Vata gets lodged between the Basti and Guda and produces the stony hard swelling, it results in cessation of Mutramarga, thus produced Mutrasthila. The Sushruta Samhita, one of the main texts among Brihatrayi, has described 12 types of Mutraghata and Mutrasthila is one of them. Its signs and symptoms as well as anatomical structure bears a close resemblance to benign prostatic hyperplasia (BPH). It is a noncancerous (benign) enlargement of the prostate gland. The word “Benign prostate hyperplasia” refers to the growth of tissues due to increase in the number of cells in the prostate. Dietary intake and regimen has a direct connection in development of BPH. The predominant Dosha in Mutrasthila is Vata, so diet and regimen which increase Vata, may cause formation of Vatasthila. Pathyapathya. Ahara vihara in Mutrasthila are mentioned in table no-5 and 6.

**DISCUSSION**

Ahara and Vihara, which are compatible for the body channels, are termed as Pathya. On the other side, those having a harmful effect on them are Apathya. If a person follow the rules and regulations of Pathya for a particular disease, there is very
little role of drug treatment, and when a person intake Apathya then drug treatment has of no value. Aushadha Sevana alone cannot alleviate the disease if defective diet and lifestyle are followed. On the other side, if appropriate food habits and lifestyle acting as Pathya are included in daily routine, even drug treatment can be reduced or prevented. Although above mentioned diseases belong to Mutravaha Sansthan but Ahara Vihara are quite different in every disease, as the basic Dosha vitiation in Mutrakricchra, Ashmari and Mutasthila are respectively Tridosha, Kapha and Vata. Vatashamaka, Madhura Rasa pradhan and Madhura Vipaka Dravya eg. Milk, Rakta shali, Purana kushmanda etc should be introduced in the diet in a balanced way to prevent Mutravaha srotas Vyadhi because Basti (urinary bladder) is main place for Vayu in the body but above said dravyas are not indicated in Ashmari being a Kapha
Pradhana Vyadhi. Milk and yoghurt used in diet have bactericidal effect in urinary tract infections. Milk products help keep the urine acidic, which work as a germicide to some strains of bacteria. Probiotics are helpful microorganisms that could protect against various urinary tract infections. Lactobacilli are the best-known probiotics which are mainly found in fermented milk products eg. Yogurt. Madhura, Guru Ahara like milk or yoghurt are Apathya in Ashmari because of having Kaphavardhaka property. Modern studies say that calcium should not be limited in diet because body does not take up more calcium than is needed. So it can be an area of interest for further research. Yavakshara is Pathya and Amla Rasa Pradhana Ahara are Apathya in Ashmari. Kumari (anti-inflammatory and antibacterial), Haritaki (Antimicrobial, antifungal), Eranda patra (anti-inflammatory) are herbal drugs indicated in Mutrakrichhra due to their various properties. Gokshura have diuretic, analgesic, anti-urolithiatic property. Pharmacologically, Pashanabheda (Berginia ligulata) has shown no effect in prevention of stone formation but it was found beneficial in dissolving zinc calculi in the urinary bladder in experimental rats. Oxalate, cystine and urate stones did not dissolve in Varuna and Kulattha. Gokshur kwath (decoction) dissolve urate and cystine stones to some extent. Phosphatic stones dissolve in all the three drugs. Among them kulathha had noticeable dissolving property that makes the stones friable. Occurrence of Urinary stones is rising in the society because of salty diet, high protein rich and less physical exercise. Restriction of methionine-containing foods like pistachio, popcorns, peanuts, broccoli, cauliflower, mushroom, avocado, bean sprouts, potatoes, green peas, spinach, tofu, kidney beans may avoid cystine crystal formation. Beer, like any other alcoholic beverage, acts as a diuretic and removes water from the body. Regular beer drinkers are at more risk of formation of oxalate kidney stones. Fast food, Red meat, Chana (Cicer areintum), Palak (Spinacia oleracea), Tomato (Solanum lycopersicum), Sarso (Brassica juncea) are also contraindicated in BPH nowadays. Nidana parivarjana is primary aspect for prevention of diseases. Causative factors like, Ativyayama, Atimaithuna, Mutravegadharana and Nityadrutaprustyana leads to vitiation of Apana Vayu. Excessive intake of Matsya, Madhya, Katu, Amla, Lavana Ahara cause vitiation of Pitta Dosha. Ajirna, Adhyashana and excessive intake of Anupamatsya aggravate kapha dosha. These all cumulatively causes vitiation of tridosha. Ativyavaya (excessive...
intercourse) cause introduction of pathogens in urinary system, thus can produce cystitis. Ativyayama (excessive exercise) leads to excessive sweating may concentrate the urine, which result in alteration of urinary pH. Altered pH is an important cause for various urinary diseases. Ativyayama cause vitiation of Vata. Old age is Vata Pradhana thus Ativyayama cause further aggravation of Vata in old age. Modern theory says basically BPH is an inflammatory disorder, over exercise can cause elevated level of PSA (prostate specific antigen), thus inflammatory changes of prostate i.e. prostatitis occurs. If an old age man practices over exercise, chronic prostatitis occurs, hence it produces more symptoms of BPH. When a person indulges in drinking water or eating under urge of micturition, the Apana Vayu get vitiated. Teekshna aushadha (drugs of strong potency) cause vitiation of Pitta. Certain medications e.g. chemotherapy drugs can cause inflammation of bladder. BPH is the main cause of acute urine retention, which can be worsened due to some medications e.g. drugs with anticholinergic properties cause urinary retention by reducing bladder detrusor muscle contraction. Sympathomimetic drugs (e.g., oral decongestants) cause urinary retention by increasing alpha-adrenergic tone in the prostate and bladder neck. Nityadrutaprishtayaanat (Riding on the back of fast moving animals regularly) can cause vitiation of Vata. Physical activities such as horse riding or bicycling can lead to dysuria. Excessive intake of madhya alcoholic beverages can change pH of urine, which may lead to various diseases of urinary system. Risk of urinary infections is more in peoples who take alcoholic beverages. Lavana rasa (high salt intake) can increase urinary calcium and lower urinary citrate level, hence this produces stone formation. Spicy food articles also tend to irritate bladder and produce cystitis. Anupamatsya (flesh of wet land creatures), Adhyashana (eating food before the digestion of previous meal), Ajeerna (Indigestion) can cause vitiation of Kapha and production of Ama. It may be correlated to free radicals and free radicals are main cause of inflammation. So avoiding these causative factors may help in prevention of diseases. Basti is main place of Vata in the body and Basti chikitsa is the treatment of choice in Vatavyadhi. So basti chikitsa is pathya for almost every mutravaha srotas vyadhi. Pranayama (yogic breathing practices) and meditation are beneficial to manage urinary tract infections. Urinary tract infection is due to problems of Swadhisthana, Manipoura and Anahata chakra. Thus, Asanas that involve pelvis,
abdomen and chest region can be beneficial for the condition e.g *Paschimottanasana, Halasana, Vajrasana, Shashankasana, Trikonasana, Bhujangasana Marjariasana*. *Moolabandha* and *Vajroli mudra* both of the *Asanas* be practiced 25 times per day, both in cases of urinary tract infections and BPH\(^{44}\).

**CONCLUSION**

A disease cannot be treated only by the medication alone but preventive aspect of disease is equally useful in its management. Everyone must follow *Pathya* and *Apathya* described in Ayurveda, this may not only be helpful to control the disease but may also prove to be beneficial to cure the disease. These does and don’ts in Ayurveda have scientific evidence to cure the disease and thus should be followed. Thus having a rich knowledge pertaining to *Pathya apathy* of Ayurveda can contribute promising attribute to the restoration of health.

**CLINICAL SIGNIFICANCE:**

This review work may help to encourage and educate mankind to prevent urinary disorders by means of diet and lifestyles changes.
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