



Role of *Mutravirechaniye Mahakshaya* in *Mutraghata* w.s.r. Retention of Urine

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ABSTRACT

Ayurveda has given emphasis to various diseases, *mutraghata* is one of them. *Mutraghata* is a condition in consequence with some kind of obstructive uropathy either mechanical or functional, reassembling in to either partial or complete retention of urine. The twelve types of *mutraghata* (urine retention) are classified in Ayurveda classical text books. Being urinary system responsible for homeostasis of fluids in the body it also detoxifies the body by eliminating certain waste products through urine. When diseased, people produce symptoms such as, increased or decreased urine production, painful micturition, formation of stones, and thereby obstructed micturition, increased frequency of micturition which can be correlated to *Mutraghata* in Ayurveda.

In Ayurveda, there are many herbs with varied actions specifically aimed at mitigating urinary system disorders. *Acharya charak* has explained about *mutravirechaniye mahakashya* in *charak Samhita*. Which is used to increase the formation of urine and these drugs are used for the treatment of urine retention which forms the major clinical feature of renal or urinary calculi, burning micturition, scanty urine and oliguria.

Key Words: *Mutraghata, Mutravirechaniye, Mahakshaya*

INTRODUCTION

Since the dawn of civilization, medicinal plants are being a part of human society to combat various diseases¹. There are a lot of useful medicinal plants in Ayurvedic Samhitas which show utmost capability for fighting diseases. Urinary disorders are growing more rapidly and are very common nowadays. Urine retention is one of the common urological problems which can be correlated to *Mutraghata* in Ayurveda. In Ayurvedic texts, various *mutra rogas* have been described, and *mutraghata* (retention of urine) is one among them. In *Charak Samhita*, *Acharya* has mentioned thirteen types of *mutraghata* in

Trimarmiya adhyaya of *Siddhi Sthan*².

Mutraghata is a major disease caused due to *mutravahasrotodushti*. *Acharya Dalhana* quotes that *Vata* is the main factor in the pathogenesis of *mutraghata*. Each type of *mutraghata* has a different characteristic but retention of urine is one of the common symptoms. Diuretics play an important role in the treatment of urine retention. These are the drugs which increase the process of urine formation and excrete toxins from the human body, which cause disease. Modern diuretic medicines show a lot of side effects; on the other hand, the *mutrala* drugs used in Ayurveda show beneficial systemic actions. From the view of



samhita period, the descriptions of medicinal plants are mentioned in the form of groups. *Acharya charak* mentions those groups as *Vargas*, which contains ten individual drugs having a common pharmacological action. This shows that *acharya charak* gave more importance to pharmacological actions. These 50 groups of drugs are called *dashemani mahakashaya*, mentioned in the 4th chapter of *Charak Sutra Sthana*. *Acharaya Charak* has explained almost 274 drugs in this chapter. These 50 *Mahakashyas* are used in various systems of the body and contribute to positive health. *Mutravirechaniya Mahakashaya* is one among the *dashemani mahakashyas* which is at 35th position and is used to increase the formation of urine^{3,4}. These drugs are used in the treatment of urine retention which is the major clinical feature of renal or urinary calculi, burning micturition, scanty urine and oliguria. From the above use, we can conclude that the treatment aspects of *Mutrjanya Rogas* can be better managed by the usage of different formulations of *Mutravirechaniye Mahakashaya* drugs as per one's *Yukti*.

MATERIALS AND METHODS

The various classical and modern texts, research papers, review papers, and internet material-related references regarding urological disorders were collected and classified according to their effects on urine.

NIDANA (CAUSES): -

ACCORDING TO AYURVEDA⁵

1. *Mala-mutra and apan vayu ke vega ko rokna* (resist the urge of urine, stool and flatulence)
2. *Shukra vega ko rokna* (suppress the urge of semen)
3. *Tikshna aushdh and annpan ka sevan* (Intake of strong potential drugs and diets)
4. *Rukshya pdartha ka sevan* (Excessive consumption of dry substances)
5. *Vata prakopak ahar-vihar ka sevan* (excessive intake of diet regimen which causes vata dosh aggravation)

ACCORDING TO MODERN⁶

1. Enlarged prostate (BPH) in men.
2. Certain tumors and cancers.
3. Urethral stricture
4. Cystocele or rectocele
5. Constipation.
6. Kidney or bladder stones.

Urine retention can have causes that aren't due to underlying disease. Examples include holding urine intentionally or as a side effect of medicine.

SAMPRAPTI:

By the indulgence of the above said *nidanas*, results in the alleviation of *Vata Pradhan Tridosha*. This increased *dosha* reaches the *basti Pradesh* and cause *mutravahsrotodushti*, results in the development of thirteen types of *mutragata rogas*.⁷

Nidhano ka sevan



Tridosh (mainly vata) prakopa





Basti padesh main vikrati



13 types of *mutraghata*

DISCUSSION

As far as the disease *mutraghata* is concerned, the main *dosha* involved in its pathogenesis is *vata Pradhan tridosha*. So, the treatment principle aimed at pacifying *vata dosha*. Thus, *Chikitsa* we can adopt here is by following *yukti vipashrya chikitsa*, through the usage of *mutra virechaniye mahakashaya as given in Table No. 1*. These groups of drugs are having *katu, tikta, Kashaya* and *Madhur rasa* with *tikshna, laghu, snigdha guna* and *sheeta virya as given in Table 1 and 2*. They're by capable of making *prakopita vata dosha* into its normalcy (*samawastha*). Also, the *dosha karma* of each and every drug involved in this *mahakashaya* groups are having *vata shamak* property **as given in Table no. 2**. From this view point we can summarize that these groups of drugs can be given to all kinds of *mutraghata rogas which are seen in Table No. 4* through various formulations as per one's *yukti*. Coming to the opinion of various *nighantukaras* such as *Dhanwantri Nighantu, Madanpal Nighantu, Raj Nighantu, Kaidev Nighantu* and *Bhavprakash Nighantu*, is that all the drugs coming under this *mahakashaya (seen in Table no. 3)* shows therapeutic action against *mutraghata rogas*. This pinpoint us to the fact that *mutravirechaniye mahakashaya* have the efficiency for curing all kinds of *mutraghatarogas*.

CONCLUSION

The concept of urine retention is similar to that of *mutraghata*. So *mutravirechaniya mahakashya* may improve its effectiveness in the management of *mutraghata* (Urine retention)

Table 1 MUTRAVIRECHNIYA DRUGS⁴

S. NO.	HINDI/ SANSKRIT NAME	BOTANICAL NAME	FAMILY	PART USED
1.	Vrukshadani	<i>Dendrophthoe falcate</i>	Loranthaceae	Whole plant
2.	Shwadanstra	<i>Tribulus terrestris</i>	Zygophyllaceae	Fruit root
3.	Vasuka	<i>Osmanthus fragrans</i>	Oleaceae	Leaves, flowers
4.	Vashira	<i>Eleusine aegyptica</i>	Poaceae	Root
5.	Pashanbhed	<i>Bergenia ligulate</i>	Saxifragaceae	Rhizome
6.	Darbha	<i>Imperata cylindrica</i>	Poaceae	Root
7.	Kusha	<i>Desmostach binnata</i>	Poaceae	Root
8.	Kasha	<i>Saccharum spontaneum</i>	Poaceae	Root
9.	Gundra	<i>Typha australis</i>	Typhaceae	Rhizome, root
10.	Itkatmula	<i>Sesbania bispinosa</i>	Fabaceae	Root, stem

Table 2 Pharmacodynamics of MUTRAVIRECHANIYA DRUGS

DRUG	RASA	GUNA	VIRYA	VIPAKA	DOSHKARMA
Vrukshadani	Kashaya, Tikta, Madhur	Laghu, Ruksh	Sheeta	Katu	Tridosha shamak
Shwadanstra	Madhur	Guru, Snigdha	Sheeta	Madhur	Vata-pitta shamak
Vasuka	Katu, Tikta	Laghu, tikshna	Ushna	Katu	Vata shamak
Vashira	Kashaya	Ruksh	Ushna	Katu	Vata prakopak
Pashanbhed	Kashaya, Tikta	Laghu, snigdha, tikshna	Sheeta	Katu	Tridosha shamak
Darbha	Madhur, Kashaya	Laghu, snigdha	Sheeta	Madhur	Tridosha shamak
Kusha	Madhur, Kashaya	Laghu, snigdha	Sheeta	Madhur	Tridosha shamak
Kasha	Madhur, Kashaya	Laghu, snigdha	Sheeta	Madhur	Vata-pitta shamak
Gundra	Kashaya, Madhur	Guru	Sheeta	Madhur	Pitta-vata shamak
Itkatmula	Madhur	Guru, snigdha	Sheeta	Madhur	Vata-pitta shamak

Table 3 Mutravirechaniye Drugs in Nighantu

Drug	DHANWANTA RI NIGHANTU	MADANPAL NIGHANTU	RAJ NIGHANTU	BHAVPRAKASH NIGHANTU	KAIDEV NIGHANTU
Varuksha dani	Sheeta virya, paaka, grahi, vrana ropan(karviradi varga) ¹⁰	Kapha-vata shamak, vrana, shofh, vishghn (abhaya di varga) ¹⁹	Tikta, kashaya, madhur rasa, sheeta virya, kapha-vata shamak, ashmari, vrana visha (aushdhi varga) ²⁶	Tikt, Kashaya, Madhur rasa, sheeta virya, kapha shamak, varna, visha (guduchayadi varga) ³³	Tikta, kashaya, madhur rasa, sheeta virya, kapha-vata shamak, ashmari, vrana visha (aushdhi varga) ⁴¹
Shwadans tra	Tridosha shamak, shola, prameh, vrashya (guduchayadi varga) ¹¹	Madhur rasa, sheeta virya, bastishodhan, swasa, kasa, mutrakracchra (abhayadi varga) ²⁰	Madhur rasa, sheeta virya, tridhosh shamak, meh, mutrakracha, ashmari, kaas, rujahar (aushadhi varga) ²⁷	Madhur rasa, sheta virya, vata shamak, bastishodhak, mutrakrach, ashmari, meh (guduchaya di varga) ³⁴	Madhur rasa, sheeta virya, tridhosh shamak, meh, mutrakracha, ashmari, kaas, rujahar (aushadhi varga) ⁴²
Vasuka	Tridosha shamak, shukravardhak, mutrakrach, prameh, shool (guduchayadi varga) ¹²	Sheeta virya, kapha-pitta shamak, vishghna, mutrakracha, ashmari (karpuradi varga) ²¹	Katu-tikta rasa, ushna virya, kapha-pitta shamak, vish, yonishool, ashmari, kushth (aushadhi varga) ²⁸	Katu-tikta rasa, anushna virya, kapha-pitta shamak, yonishool, trisha, daha, shola (pushpa varga) ³⁵	Katu-tikta rasa, ushna virya, kapha-pitta shamak, vish, yonishool, ashmari, kushth (aushadhi varga) ⁴³
Vashira	Tikta rasa, ruksh guna, ushana virya, kapha shamak, shoola, urhshata (guduchayadi varga) ¹³	—	—	—	—

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<i>Pashanbh eda</i>	<i>Tikta sheeta tridosh bastishodhak, ash mari, gulma and arsha (guduchayadi varga)¹⁴</i>	<i>rasa, virya, shamak, sara guna, ashmari, (abhayadi varga)²²</i>	<i>Kashaya- tikta rasa, virya, sara guna, ashmari, (abhayadi varga)²²</i>	<i>Kashaya-tikta rasa, sheeta virya, tridosh shamak, bastishodhak, mutrakracha, ashmari, shool (aushadhi varga)²⁹</i>	<i>Tikta- rasa, sheeta virya, bastishodhana, mutrakracha, ashmari, shoola (haritakyadi varga)³⁶</i>	<i>Kashaya- rasa, virya, tridosh shamak, bastishodhak, mutrakracha, ashmari, shool (aushadhi varga)⁴⁴</i>
<i>Darbha</i>	<i>Sheeta pitta raktpitta, mutrakrach (guduchayadi varga)¹⁵</i>	<i>virya, shamak, tikshna guna, mutrakrach, ashmari, bastishodhan (abhayadi varga)²³</i>	<i>Pitta-kapha shamak, kapha-pitta (abhayadi varga)²³</i>	<i>Madhur- kashaya rasa, snigdha guna, sheeta virya, kapha-pitta shamak, visar pa, daha, mutr akracha, ashmari, bastivikar (aushadhi varga)³⁰</i>	<i>Madhur sheeta tridosh mutrakracha, ashmari, bastiroga (guduch ayadi varga)³⁷</i>	<i>Madhur- rasa, virya, shamak, kapha-pitta shamak, visar pa, daha, mutr akracha, ashmari, bastivikar (aushadhi varga)⁴⁵</i>
<i>Kusha</i>	<i>Sheeta pitta raktpitta, Mutrakrach (guduchayadi varga)¹⁶</i>	<i>virya, shamak, tikshna guna, mutrakrach, ashmari, bastishodhan (abhayadi varga)²⁴</i>	<i>Pitta-kapha shamak, tikshna guna, mutrakrach, ashmari, bastishodhan (abhayadi varga)²⁴</i>	<i>Madhur- kashaya rasa, snigdha guna, sheeta virya, kapha-pitta shamak, visar pa, daha, mutr akracha, ashmari, bastivikar (aushadhi varga)³⁰</i>	<i>Madhur sheeta tridosh mutrakracha, ashmari, bastiroga (guduch ayadi varga)³⁸</i>	<i>Madhur- rasa, virya, shamak, kapha-pitta shamak, visar pa, daha, mutr akracha, ashmari, bastivikar (aushadhi varga)⁴⁶</i>
<i>Kasha</i>	<i>Madhur-tikta rasa, vipaka, virya, shaya, mutrakracha (karviradi varga)¹⁷</i>	<i>Madhur sheeta shosh, (abhayadi varga)²⁵</i>	<i>Sheeta virya, mutrakrach, ashmari, daha (abhayadi varga)²⁵</i>	<i>Madhur-tikta rasa, Madhur vipaka, sheeta virya, mutrakracha, ashmari, daha, shaya (aushadhi varga)³¹</i>	<i>Madhur-tikta rasa, sarak guna, madhur vipaka, sheeta virya, pitta shamak, daha, shaya, mutrakrach a, ashmari (guduchayadi varga)³⁹</i>	<i>Madhur-tikta rasa, Madhur vipaka, sheeta virya, mutrakracha, ashmari, daha, shaya (aushadhi varga)⁴⁷</i>
<i>Gundra</i>	–	–	–	<i>Madhur- Kashaya rasa, sheeta virya, pitta shamak, daaha, mutrakracha, ashmari (aushadhi varga)³²</i>	<i>Madhur-kashaya rasa, sheeta virya, pitta shamak, mutrashodhana, mutrakracha (guduchayadi varga)⁴⁰</i>	<i>Madhur- Kashaya rasa, sheeta virya, pitta shamak, daaha, mutrakracha, ashmari (aushadhi varga)⁴⁸</i>
<i>Itkatmula</i>	<i>Madhur-tikta</i>	–	–	–	–	–



rasa, ushna
virya, balvardhak,
shukrajanan
(karviradi varga)¹⁸

Table 4 Mutraghata types and their Doshas³³

S.N.	MUTRAGHATA TYPES	DOSHA
1.	Mutroksaad	Tridosha
2.	Mutrajathar	Vata
3.	Mutrakracha	Vata
4.	Mutrotsang	Vata
5.	Mutrashaya	Vata
6.	Mutraatit	Vata
7.	Vatashthila	Vata
8.	Vatabasti	Vata
9.	Ushnavaata	Vata-pitta
10.	Vatakundalika	Vata
11.	MutrAGRAnthi	Vata- kapha
12.	Vidavighata	Vata
13.	Vastikundal	Tridosha



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