

## A REVIEW ARTICLE ON THE EFFICACY OF AYURVEDIC DRUGS IN THE MANAGEMENT OF MUTRAVEHA STROTAS

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<https://doi.org/10.46607/iamj2809092021>

(Published Online: September 2021)

### Open Access

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Article Received: 12/08//2021 - Peer Reviewed: 30/08/2021 - Accepted for Publication: 31/08/2021



## ABSTRACT

*Ayurveda* an ocean of knowledge talks about almost every form of life. It suggests to us how to live and how to live a healthy life. In *Ayurveda*, there is a vast knowledge of diseases and their management. Here we are discussing some drugs which are to be mentioned very much efficient in treating Urinary tract infections. Drugs like *Punarnava*, *Goksuru*, *Kasa*, etc. all having properties to treat this disease condition. By understanding the actions and properties of these we can use them either in a single form or can also make a formulation for treating such disorders. Here we conduct this review to give a small contribution to *Ayurveda* literature.

**Keywords:** *Mutra Ashmarighna Dravya, Mutrasangrahaneeya Dravya, Mutravirajaneeya Dravya, Mutravi-rechaneeya Dravya, Urinary System, Herbs Etc.*

## INTRODUCTION

In the modern era, life is very hectic. Everyone is in the race of earning money only no one thinks about his body or mind. As *Ayurveda* states that healthy body

makes a healthy mind, and a healthy body becomes by good eating habits. The things which we eat provide strength, nourishment, energy to our body. When we

eat something, it goes through a lengthy process for consumption, absorption, excretion etc. The excretion of waste products is done with the help of an excretory system of the body. Waste products like water sodium, chloride, ions, amino acid, urea, uric acid are excreted through the body via urine. *Mutraveha Strotas* works on the urinary system. They help in nourishment, provide strength, helps in excretion, and give support to the organs of the system. *Dravyas* like *Goksurā*, *Kusa*, *Kasa*, *Ikshu* etc. works on *Mutraveha Strotas*.<sup>1</sup> These *Dravyas* act as *Ashmarighna*, *Mutrasangraheeya*,<sup>2</sup> *Mutravirajaneeya*,<sup>3</sup> *Mutravirechaneeya*<sup>4</sup> *Mutral*,<sup>5</sup> *Dahaprashmana*<sup>6</sup> etc. As *Ayurveda* believes to treat the disease condition or helps in the maintenance of health, we can wisely choose *Ayurveda* for the treatment of certain disease conditions which can be life-threatening. These *Dravyas* can be used either in a single form or in a combination of other drugs. *Dravyas* having *Snigdha-Laghu-Sheeta-Guna*, *Madhur-Rasa*, *Sheeta-Virya*, *Madhur-Vipaka* are mostly working on

*Mutraveha Strotas*. Also, some *Dravyas* treat these infections by their *Prabhav*<sup>7</sup> only. Here we compile all the properties, usage, and actions of these drugs together also try to conclude whether these drugs can be used single or can combine to make a proper formulation for these disorders.

#### Aim & Objectives

- A literary review of drugs acting on *Mutraveha Strotas*.
- A literary review on the medicinal importance of these drugs.

#### Material & Methods

- Importance of *Ayurvedic* drugs acting on *Mutraveha Strotas* from different *Ayurvedic* classical texts.
  - A literary review on the other medical properties of these drugs in other diseased conditions.

#### Introduction to *Dravya*'s

| S. No. | <i>Dravya</i>                          | <i>Sanskrit Name</i>   | <i>Botanical Name</i>               | <i>Family</i>  | <i>Synonyms</i>  |
|--------|--|------------------------|-------------------------------------|----------------|--|
| 1.     | <i>Punarnava</i> <sup>8</sup>          | <i>Punarnava</i>       | <i>Boerhavia diffusa</i> Linn.      | Nyctaginaceae  | <i>Shothghni</i> , Spreading Hogweed   |
| 2.     | <i>Ikshu</i> <sup>9</sup>              | <i>Ikshu</i>           | <i>Saccharum officinarum</i> Linn.  | Gramineae      | <i>Madhutrini</i> , <i>Ikha</i> , <i>Ganna</i> , <i>Dirghchidra</i> , <i>Bhutirasa</i> , Sugarcane |
| 3.     | <i>Kusha</i> <sup>10</sup>             | <i>Kusha</i>           | <i>Desmostachya bipinnata</i> Linn. | Gramineae      | <i>Suchiyagr</i> , <i>Yagyabhusana</i>   |
| 4.     | <i>Kasa</i> <sup>11</sup>              | <i>Kasa</i>            | <i>Saccharum spontaneum</i> Linn.   | Gramineae      | <i>Swetchamr</i> , Thatch grass  |
| 5.     | <i>Goksurā</i> <sup>12</sup>           | <i>Goksurā</i>         | <i>Tribulus terrestris</i> Linn.    | Zygophyllaceae | <i>Swadukantaka</i> , <i>Trikantaka</i> , <i>Channdrum</i>   |
| 6.     | <i>Khurasani Ajvayna</i> <sup>13</sup> | <i>Parsheek Yavani</i> | <i>Hyoscyamus niger</i> Linn.       | Solanaceae     | <i>Yavani</i> , <i>turuska</i> , <i>madkarini</i> .  |
| 7.     | <i>Rakta Chandan</i> <sup>14</sup>     | <i>Rakt Chandan</i>    | <i>Pterocarpus santalinus</i> Linn. | Leguminosae    | <i>Lal Chandan</i> , Red Senders   |
| 8.     | <i>Anantmoola</i> <sup>15</sup>        | <i>Sariva</i>          | <i>Hemidesmus indicus</i> R.Br.     | Asclepiadaceae | <i>Utpalsariva</i> , <i>Gopvalli</i> , Indian Sarsaparita  |
| 9.     | <i>Sounf</i> <sup>16</sup>             | <i>Mishriya</i>        | <i>Foeniculum vulgare</i> Mill.     | Umbelliferae   | <i>Madhurika</i> , <i>Misi</i> , <i>Madura</i>   |
| 10.    | <i>Dhaniya</i> <sup>17</sup>           | <i>Dhanyaka</i>        | <i>Coriandrum sativum</i> Linn.     | Umbelliferae   | <i>Chatra</i> , <i>Vitunnika</i> , <i>Kustumbaru</i>   |
| 11.    | <i>Sogaan</i> <sup>18</sup>            | <i>Shak</i>            | <i>Tectona grandis</i> Linn.        | Verbenaceae    | <i>Sthirsaar</i> , <i>Sogaan</i> , <i>Sagwan</i> , Teak tree                                       |

|     |                          |             |  |                |   |
|-----|--------------------------|-------------|--|----------------|---|
| 12. | Makoye <sup>19</sup>     | Kakmachi    | <i>Solanum nigrum</i><br>Linn.             | Solanaceae     | Kakmachi, Makoye, Black night shade           |
| 13. | Kasani <sup>20</sup>     | Kasani      | <i>Cichorium intybus</i><br>Linn.          | Compositae     | Hinduba, Chicory                              |
| 14. | Khira <sup>21</sup>      | Tripusha    | <i>Cucumis sativus</i> Linn.               | Cucurbitaceae  | Khira, Cucumber                               |
| 15. | Giloy <sup>22</sup>      | Guduchi     | <i>Tinospora cordifolia</i><br>(Willd.)    | Menispermaceae | Madhuparni, Amrita, Chinnruha, Tantrika.      |
| 16. | Pashanbhed <sup>23</sup> | Pashanbhed  | <i>Bergenia ligulata</i><br>(Wall.) Engl.) | Saxifragaceae  | Asmghna, Pakhaanbhed, Shilphada, Patharchat   |
| 17. | Kamal <sup>24</sup>      | Padam       | <i>Nelumbium speciosum</i> Willd.          | Nymphaeaceae   | Mahautpala, Satpatra, Arvind                  |
| 18. | Kakraj <sup>25</sup>     | Rajaputrika | <i>Physalis alkekengi</i><br>Linn.         | Solanaceae     | Bladder -cherry, Ground-cherry, Winter-cherry |

**Action & properties of some Ayurvedic Dravyas working on Mutraveha Strotas**

| S. No | Dravya                          | Rasa                         | Guna           | Virya  | Vipaka  | Dosh-Karma         | Anyakarma  |
|-------|---------------------------------|------------------------------|----------------|--------|---------|--------------------|--|
| 1.    | Punarnava <sup>26</sup>         | Madhura, Tikta, Kasaya       | Laghu, Ruksha  | Usna   | Madhura | Tridosh-hara       | Shoth-hara, Mutrajana, Rasayana                                    |
| 2.    | Ikshu <sup>27</sup>             | Madhura                      | Guru, Snigdha  | Sheeta | Madhura | Vata-Pitta-Shamaka | Mutral   |
| 3.    | Kusha <sup>28</sup>             | Madhura, Kasaya              | Laghu, Snigdha | Sheeta | Madhura | Vata-Pitta-Shamaka | Mutavirechneeya, Ashmaribhedana, Dahasamaka, Shulahara             |
| 4.    | Kasa <sup>29</sup>              | Madhura, Kasaya              | Laghu, Snigdha | Sheeta | Madhura | Tridosh-hara       | Ashmarinashna, Mutral, Dahaprashmna                                |
| 5.    | Goksur <sup>30</sup>            | Madhura                      | Guru, Snigdha  | Sheeta | Madhura | Vata-Pitta-Shamaka | Anulomana, Vednasthapana, Balya, Mutral, Ashmarinashana            |
| 6.    | Khurasani Ajvayna <sup>31</sup> | Tikta, Katu                  | Ruksha         | Usna   | Katu    | Kapha-Vata-Shamaka | Shoth-hara, Ashmaribhedana, Madaka, Vednasthapaka                  |
| 7.    | Rakta Chandan <sup>32</sup>     | Tikta, Madhura               | Guru, Ruksha   | Sheeta | Madhura | Kapha-Pitta-Samaka | Dahashamaka, Shoth-hara  |
| 8.    | Anantmoola <sup>33</sup>        | Madhura, Tikta               | Guru, Snigdha  | Sheeta | Madhura | Tridosh-hara       | Dahashamaka, Shoth-hara, Mutrajana, Mutrvirechneeya                |
| 9.    | Sounf <sup>34</sup>             | Madura, Katu, Tikta          | Laghu, Snigdha | Sheeta | Madhura | Vatapittashamaka   | Mutral, Dahaprashmana  |
| 10.   | Dhanyaka <sup>35</sup>          | Kasaya, Tikta, Madhura, Katu | Laghu, Snigdha | Usna   | Madhura | Tridosh-hara       | Mutrajana, Mutrvirjneeya   |
| 11.   | Sogaan <sup>36</sup>            | Kasaya                       | Laghu, Ruksha  | Sheeta | Katu    | Kapha-Pitta-Samaka | Shoth-hara, Vednasthapaka, Mutrajana (Beej), Mutrastambhana (Chal) |

|     |                          |                      |                               |         |         |                       |   |
|-----|--------------------------|----------------------|-------------------------------|---------|---------|-----------------------|---|
| 12. | Makoye <sup>37</sup>     | Tikta                | Laghu,<br>Snigdha             | Anushna | Katu    | Tridosh-<br>hara      | Shoth-hara,<br>Vednasthapaka, Mutral                  |
| 13. | Kasani <sup>38</sup>     | Tikta                | Laghu,<br>Ruksha              | Usna    | Katu    | Kaphapit-<br>tasamaka | Dahaprashmana, Shoth-<br>hara, Mutral                 |
| 14. | Khira <sup>39</sup>      | Madhura              | Laghu,<br>Ruksha              | Sheeta  | Madhura | Pit-<br>tashamaka     | Dahaprashmana, Mutral                                 |
| 15. | Giloy <sup>40</sup>      | Tikta, Kasaya        | Guru,<br>Snigdha              | Usna    | Madhura | Tridosh-<br>hara      | Vednasthapana, Rasayana                               |
| 16. | Pashanbhed <sup>41</sup> | Kasaya, Tikta        | Laghu,<br>Snigdha,<br>Tikshna | Sheeta  | Katu    | Tridosh-<br>hara      | Shoth-hara, Ash-<br>maribhedanqa, Mutral              |
| 17. | Kamal <sup>42</sup>      | Madhura, La-<br>vana | Ruksha                        | Sheeta  | Guru    | Kaphapit-<br>tasamaka | Dahaprashmana, Mutravi-<br>rechneeeya, Mutravirjneeya |
| 18. | Kaknaj <sup>43</sup>     | Madhura,<br>Tikta    | Ruksha                        | Sheeta  | Katu    | Vatahara,             | Balya, Mutrala, Dahasa-<br>maka, Sulanasini,          |

## DISCUSSION

*Strotas*<sup>44</sup> are known to be the channels of our body system which connects the whole-body system. Also, it helps in nourishment, cleansing, homeostasis of the body. There are about 22<sup>45</sup> types of *Strotas* present in our body for performing different body functions. *Mutraveha Strotas* are one of them. They are related to the urinary system of the body. Conditions like *Mutrakricha*, *Mutradaha*, *Mutraghata*, *Ashmari*, *Mutraalpta*, *Prameha* etc can be treated through drugs acting on *Mutraveha Strotas*. As per modern perspectives, we all know that 85% of homeostasis is done by kidneys themselves. Also, hormonal imbalance is caused by dysfunctions of these *Strotas* in the body. *Mutraveha Strotas* are the channels that help in the functioning of the whole urinary system<sup>46</sup>. These channels help in the absorption, cleansing, and excretion process done by multiple organs of the urinary system. In the urinary system, major work is done by both the kidneys. They accept the *Rasa*, absorbs nutritive substance from that, a filter that, then excrete that matter. Then both the Ureters provide a pathway for urine and help its storage in the urinary bladder, bladder stored urine for some time then the maturation process start, and it gets out of the body through the urethra. So, by these multiple organs works on this and all these organs work with the help of these channels. Because we are analyzing *Mutraveha Strotas* here, so we have to know about the composition of *Mutra* as per

*Ayurveda*. *Mutra* is a composition of *Jala* and *Agni Guna Pradhana* majorly<sup>47</sup>. *Jala* is the base of urine; *Agni Mahabhuta* is responsible for increasing the blood pressure within the Glomeruli and irritation in kidneys for the micturition process<sup>48</sup>. *Vayu Mahabhuta* is responsible for the exploitation of water also is responsible for the motion and removes all the blockages<sup>49</sup>. *Akasha-Prithvi-Mahabhuta* helps in proper absorption of useful substance through *Mutraveha Strotas* also it gives space to the *Dosha* for movements; also, they help in excretion process<sup>50</sup>. As are all the *Dravyas* mainly dominating *Jala*, *Agni* & *Vayu Mahabhuta*. So, by their properties, they can help in treating multiple urinary disorders like *Mutrakrichha*, *Sotha*, *Raktamutrata*, *Ashmari*, *Sula* etc. Some modern *Ayurvedic* authors also suggest that *Ayurvedic* treatment is far better for the cure and prevention of any disease condition. A book named "Advances in *Ayurvedic* Medicine – Diseases of Kidney & Urinary Tract"<sup>51</sup> states that the kidneys have a marked capacity for regeneration. In pathological conditions the kidney regenerates only in stages where there is only cellular damage & renal architecture and the supporting structures are not distorted, provided there is an adequate increase in physiological demand on the kidney due to massive disease. Also, they use *Ayurvedic* drug for their trial and prove that *Punarnava* is working on Urinary System and give efficient results. Drugs like *Punarnava*<sup>52</sup>, *Ikshu*<sup>53</sup>, *kusha*<sup>54</sup> and all the

drugs listed in this article are effective in urinary disorders. Many researchers mentioned their efficacy in their work.

## CONCLUSION

As we know we have a vast range of treatments related to dysfunction of the urinary system organ. As modern science said these infections can occur due to the manifestation of a special type of microorganisms usually bacteria. These bacteria enter the urethra then the bladder and cause inflammation and infection<sup>55</sup>. We use different types of anti-fungal/anti-bacterial drugs to get rid of these infections; initially, these drugs treat the condition but not really in a proper manner. As per *Ayurveda*, any type of disease condition occurs due to *Mithya Aahaar-Vihaar* which increases the chances of disease manifestation in the body. For the treatment protocol, the primary treatment theory given by the *Ayurvedacharya's* is to follow a proper diet regimen according to your *Prakriti & Ritu*. If the condition is not treated with changing lifestyle, then *Acharyas* suggests, going with medicinal treatment. If someone having *Ayurvedic* treating he/she will get rid of diseased condition without any side effect because *Ayurvedic* drugs not only treated the disease but also, they provide nourishment and nutrient to the body. In today's era, there is a wide range of people suffering from an unhealthy urinary system due to renal calculi, burning micturition, urinary tract infection, pelvic inflammatory disorders are most common. In chronic conditions, people are forced to depend on machinery for cleansing their system for one of the common examples is dialysis. Dialysis is one of the common processes which could be done for the removal of waste products and excessive fluid from the body when kidneys stop working. It is somewhere costly not everyone can afford it. Also, it has some side effect on the body system of the patient. *Ayurveda* gives you the perfect solution for every diseased condition. The drugs we listed in this article having properties like *Shothahara, Vednasthapana, Prabhava* like *Ashmaribhedana, Vata-Pitta-hara*; some of them are *Rasayana Dravya* which helps in rejuvenating the body cells and helps in properly maintain health also

buildup the immunity and control the reoccurrence of diseases. Also, these drugs are good for urinary system health. Hence, we can advise these drugs for the preventative treatment of urinary tract infections either single or can be used as combined formulation.

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**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: Ritu & Kulbhushan: A Review Article On The Efficacy Of Ayurvedic Drugs In The Management Of Mutraveha Strotas. International Ayurvedic Medical Journal {online} 2021 {cited September 2021} Available from: [http://www.iamj.in/posts/images/upload/2105\\_2112.pdf](http://www.iamj.in/posts/images/upload/2105_2112.pdf)