

## A CONCEPTUAL STUDY ON MUTHRAGHATHA PRATHISEDA W.S.R TO BRIHAT THRAYEES

Veera Venkata Durga Prasad M<sup>1</sup> Hegde Prakash L<sup>2</sup> Harini A<sup>3</sup>

<sup>1</sup>PG Scholar, <sup>2</sup>Professor, <sup>3</sup>Associate Professor,

Department Of Dravyaguna, SDM College of Ayurveda and Hospital, Hassan, Karnataka, India

### ABSTRACT

In the present era due to the busy schedule of the individuals they all are forgetting to drink water nicely and because of their busy schedule suppressing all of their urges and they were not at all going to washrooms mainly due to the lack of time, etc. so only there should some counseling is necessary for the individual for the life style modification and for maintaining that life style is very important or else sometimes it may leads to death also but not in all the cases. The main aim of this article is to say the importance of this life style disorder. This article contains all the *nidhana*, types, *samprapthi*, *chikitsa* and some important formulations which were mentioned in the *ashtanga hrudhaya* and *susrutha samhitha*. As such in *charaka samhita* there he mentioned that *basti* is one of the vital organs and its importance is mentioned in *trimarmiya adhyaya* and the disease related to *vasti* is *mutraghata* (retention of urine) is mentioned.

**Keywords:** *Muthraaghata*, Life Style, *Thrimarma*

### INTRODUCTION

*Muthraghatha prathiseda* means treatment for retention of urine. Here retention is one of the main problems in present era. *Muthraghata* is inability to pass urine though the bladder is full (retention of urine)<sup>1</sup>. *Mutra* is the one which is formed in the bladder as such *susrutha* and *vaagbhata* mentioned it separately but *charaka* mentioned it in *trimarmiya adhyaya* as *vasti* is one of the important *marma* among the *trimarma*. In that 26<sup>th</sup> chapter only *charaka* mentioned about the *muthrakrcha* (dysuria). Mainly in *ashtanga hrudhaya vaagbhata* mentioned though situated with its mouth downwards, the urinary bladder gets filled

from (all) its sides through the minute channels carrying urine, which are secreting (oozing) without break. The *dosas* entering through the channels produce the twenty kinds of *mutraghata* (retention of urine) and *prameha* (diabetes) residing in this *marma* (vital organ, the urinary bladder)<sup>2</sup>. *Susrutha* mentioned diseases of the *muthraghata* as *roga nama* of the *mutraghata* as *vatakundalika*, *vatasthila*, *vatabasti*, *mutatita*, *mutrajathara*, *mutrotsanga* etc<sup>3</sup>.

### NIDHANA

*Vaagbhata* mentioned the cause for the *muthraghata* is *vataja*, *pittaja*, *kaphaja*, *sukrasmani* (seminal calculi), *vatabasti*, *vatas-*

*thila, vata kundalika, mutratita, mutra jathara, mutrotsanga, mutra granthi, mutra sukra, vidvigatha* disease, *usnavata, mutra ksaya, mutra sada*<sup>4</sup>. *Susrutha* mentioned the cause in the name of *nama rupa* due to the *vata kundalika, vatasthila* etc the retention of urine occurs<sup>4</sup>.

#### PURVA RUPA

The premonitory symptoms are – distention of the bladder, severe pain in and around the site of stone, urine emitting the smell goat, difficulty of elimination of urine, fever and loss of appetite<sup>5</sup>.

#### RUPA

The symptoms are pain near the umbilicus, and head of bladder; stream of urine interrupted when its path is obstructed (by the stone) and easy flow when its path is free; urine is clear, resembles *gomedaka* gem (dolomite) in colour (yellow), when it (stones) causes wound by friction, the urine will be mixed with blood, pain becomes more on exertion (straining to pass urine)<sup>6</sup>.

#### TYPES OF MUTHRAGATHA –

According to *acharya vaagbhata*, mentioned some of the type's *muthragatha*:-

- Especially *asmari* (urinary calculus) and *mutrakrcchra* (*dysuria*) are the main causes for the *muthragatha*<sup>7</sup>
- *Vataja* (due to *vata*), *Pittaja* (due to *pitta*), *Kaphaja* (due to *kapha*) , *Sukraasmari*(seminal calculi due to suppression of flow of semen), *Vata basti* (due to suppression of urge of maturation), *Vatasthila* (due to *vata* getting localized in between the rectum and the urinary bladder, gives rise to hard, elevated immovable tumor resembling the cobbler stone) , *Vatakundalika* (*vata* aggravated and moving in a circular way in the bladder itself, obstruction to its flow), *Mutratita* (by suppressing the urge of

maturation for long time urine fails) , *Mutra jathara* (by the habit of suppressing the urges) , *Mutrotsanga* (either due to abnormality of urinary passage) , *Mutra granthi* (a round immovable hard and small tumor developing suddenly inside the mouth of urinary bladder), *Mutra sukra* (the person who has the urge of maturation well but indulges in sexual intercourse) , *Vidvigatha* (in persons who are dry and debilitated), *Usnavata* (*pitta* gets aggravated due to exercise), *Muthra ksaya* (in the person who are dry and debilitated, *pitta* and *maruta* getting ) , *Mutrasada* (*pitta* and *kapha* either separately or in combination if get aggravated by *anila*)<sup>8</sup>.

According to *Susrutha*, mentioned some types:-

- *Vatakundalika* (by dryness inside or suppression of urge of urination), *vasthila* (*vata* gets aggravated inside the passage of faeces (rectum) and urinary bladder produces a hard tumor, like the cobbler stone and it is immovable and bulged up), *vata basti* (who suppress the urge of maturation), *mutrajathara* (by suppression of urge of urination), *mutrotsanga* ( when the flow gets obstructed in either the bladder, urethral canal), *mutraksaya* ( the persons who are dry and fatigued, *pitta* and *vata* located in the bladder ) , *mutra granthi* (a small round and immovable tumor developing quickly), *mutra sukra* (in the person who indulges in copulation when the urge of urination is pronounced then the semen mixed with urine comes out either before or some times after the urination)<sup>9</sup>

#### CHIKITSA

For all the different types of *muthragatha* different types of *chikitsa* mentioned for va-

*tajamuthrakrcchra* medicated fat prepared with the decoction of *dasamula, bala, eranda, yava, abhiru, punarnava, kulattha, kola, pattura, vrsciva* and *upalabhedaka (asmabhedha)*; the paste of these drugs, oil, ghee, muscle-fat of a boar and a bear and added with the *panca lavana* and drunk (consumed internally in suitable dose) is best to relieve the pain<sup>10</sup>. For *pittaja mutrakrcchra decoction* of *vari, goksuraka, vidari, kaseruka, and drugs of trna pancamula* should be consumed added with honey and sugar<sup>11</sup>. For the *kaphaja mutrakrcchra cikitsa* is ash of either *patali, yavasuka, paribhadra, or tila dissolved in water, mixed with madira (alcoholic drink), or powder of twak, ela and usaka* should be consumed, or powder of these drugs individually may be licked with powder of *guda (jaggery)*<sup>12</sup>. For *sannipathaja* origin the treatments are good when adopted suitable to the stage/ condition. For the *asmari in vata* conditions medicated ghee prepared with the decoction of *pasanabedha, vasuk, visira asmantaka vari, kapota vanka (sauvarcala), atibala, bhalluka usira, kaccaka, vrksadani, sakaphala* the two *vyaghri, guntha, trikantaka, yava, kulattha, kola, varun and katakaphala, paste of usaka etc and ghrtha* it should be consumed soon, breaks the stone produced by *vata*<sup>13</sup>. For *pittaja asmari cikitsa* the medicated ghee is prepared with the decoction of *kusa, kasa, sara, guntha itkata, morata, asmabhit, darbha, vidari, varahi, salimula, trikantaka, bhalluka, patali, patha, puttura, kurantaka, the two punarnava and sirisa, and paste of seeds of trapusa etc, indivara, madhuka and silajatu*. This recipe will break the stone formed from *pitta*<sup>14</sup>. For *kaphaja asmari cikitsa* medicated ghee prepared with the decoction of drugs of *varunadigana samiraghna gana, viratarvadi gana, ela, harenuka,*

*guggulu, marica, kustha, citraka and surahvaya*; paste drugs of *usakadi gana* and *ghrta*. This breaks the stone formed from *kapha*<sup>15</sup>. For the remaining *mutraghatadi cikitsa* decoction, milk or ghee prepared with drugs of *brhatyadi gana* with double the quantity of *goksura*, cure all kinds of urinary disease<sup>16</sup>. For *sukrasari cikitsa* the man should be given strong enemas especially the *uttarabasti* to purify the receptacle of semen. Then the person should par take meat which is aphrodisiac or the meat of the cock, getting contented by this manner, he should copulate with the woman who exhilarates him<sup>18</sup>. According to *susrutha* the *chikitsa* mentioned is some decoctions pastes, medicated ghee snacks, confections, medicated milks, alkalis, wines, fermented infusions, sudations, enema to bladder and treatments should destroy the urinary calculus. Some of the preparations are the paste of *abhaya, amalaka, and aksa (vibhitaka)* in the quantity of *one badara (5gm) adding lavana (saindhava)* and consumed along with water cures disorder of urine<sup>19</sup>. Paste of *draksa* equal to one *udumbara* in quantity (10gm) is kept soaked in water at night, this water consumed cold in the next morning cure diseases in urine. Milk boiled with addition of ghee and drugs of sweet taste may be consumed for cure of disorders of urine and urinary calculus<sup>20</sup>. *Ksaudrardha sarpi/ ghrta, baladi ghrta, maha baladi ghrta, were mentioned in susrutha samhita*<sup>21</sup>.

## DISCUSSION

If the methods of the treatments, the disease do not subsided, the physician should resort to the use of sharp instrument appropriately. Death is sure if surgical operation is not done, even if done there is uncertainty because even physicians who are experts and modes of treatment should be considered<sup>22</sup>.

The treatment should be always based on the *nidhana* and also the symptoms and should treat very carefully.

### CONCLUSION

*Muthraghata prathiseda* is the one which should be treated very carefully. Because there will be so many reasons for that *muthraghata* (retention of urine) like *asmari*, so ruling out the diagnosis is very important in giving the treatment if not treated properly sometimes it may leads to death of the individual also. And while treating, the wise physician should give the advises like not to suppress the urges, and to have food of totally healthy and their life style should be modified if needed. So, health can be maintained.

### REFERENCE

1. Srikanta murthy. K.R. vol-2 ashtanga hrudhaya, Varanasi: choukhamba orientalia, 3<sup>rd</sup> edition, 2000.p.85.
2. Srikanta murthy.K.R. vol-2 ashtanga hrudhaya, Varanasi: choukhamba orientalia, 3<sup>rd</sup> edition, 2000.p.86.
3. Srikanta murthy.K.R. vol-3 susrutha samhitha, Varanasi: choukhamba orientalia, 2<sup>nd</sup> edition, 2005.p.379.
4. Srikanta murthy.K.R. vol-2 ashtanga hrudhaya, Varanasi: choukhamba orientalia, 3<sup>rd</sup> edition, 2000.p.84-90.
5. Srikanta murthy.K.R. vol-2 ashtanga hrudhaya, Varanasi: choukhamba orientalia, 3<sup>rd</sup> edition, 2000.p.85.
6. Srikanta murthy.K.R. vol-2 ashtanga hrudhaya, Varanasi: choukhamba orientalia, 3<sup>rd</sup> edition, 2000.p.85.
7. Srikanta murthy.K.R. vol-2 ashtanga hrudhaya, Varanasi: choukhamba orientalia, 3<sup>rd</sup> edition, 2000.p.85
8. Srikanta murthy.K.R. vol-2 ashtanga hrudhaya, Varanasi: choukhamba orientalia, 3<sup>rd</sup> edition, 2000.p.86-90
9. Srikanta murthy.K.R. vol-3 susrutha samhitha, Varanasi: choukhamba orientalia, 2<sup>nd</sup> edition, 2005.p.380-383
10. Srikanta murthy.K.R. vol-3 ashtanga hrudhaya, Varanasi: choukhamba orientalia, 3<sup>rd</sup> edition, 2000.p.371
11. Srikanta murthy.K.R. vol-3 ashtanga hrudhaya, Varanasi: choukhamba orientalia, 3<sup>rd</sup> edition, 2000.p.372
12. Srikanta murthy. K.R. vol-3 ashtanga hrudhaya, Varanasi: choukhamba orientalia, 3<sup>rd</sup> edition, 2000.p.372
13. Srikanta murthy. K.R. vol-3 ashtanga hrudhaya, Varanasi: choukhamba orientalia, 3<sup>rd</sup> edition, 2000.p.374
14. Srikanta murthy. K.R. vol-3 ashtanga hrudhaya, Varanasi: choukhamba orientalia, 3<sup>rd</sup> edition, 2000.p.375
15. Srikanta murthy. K.R. vol-3 ashtanga hrudhaya, Varanasi: choukhamba orientalia, 3<sup>rd</sup> edition, 2000.p.375
16. Srikanta murthy. K.R. vol-3 ashtanga hrudhaya, Varanasi: choukhamba orientalia, 3<sup>rd</sup> edition, 2000.p.377
17. Srikanta murthy. K.R. vol-3 ashtanga hrudhaya, Varanasi: choukhamba orientalia, 3<sup>rd</sup> edition, 2000.p.378
18. Srikanta murthy. K.R. vol-3 ashtanga hrudhaya, Varanasi: choukhamba orientalia, 3<sup>rd</sup> edition, 2000.p.378
19. Srikanta murthy. K.R. vol-3 susrutha samhitha, Varanasi: choukhamba orientalia, 2<sup>nd</sup> edition, 2005.p.384.
20. Srikanta murthy. K.R. vol-3 susrutha samhitha, Varanasi: choukhamba orientalia, 2<sup>nd</sup> edition, 2005.p.385.
21. Srikanta murthy. K.R. vol-3 susrutha samhitha, Varanasi: choukhamba orientalia, 2<sup>nd</sup> edition, 2005.p.386.
22. Srikanta murthy. K.R. vol-3 ashtanga hrudhaya, Varanasi: choukhamba orientalia, 3<sup>rd</sup> edition, 2000.p.382

---

**CORRESPONDING AUTHOR**

**Dr. M.V.V. Durga Prasad**

SDM College of ayurveda & hospital,

Hassan, Karnataka, India

**Email:** drdurgaprasad28@gmail.com

---

**Source of Support:** Nil

**Conflict of Interest:** None Declared