

## MOOTRA VARGA ACCORDING TO DIFFERENT AYURVEDIC LEXICONS - A LITERARY REVIEW

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### ABSTRACT

*Ayurveda* not only explains about herbo-mineral drugs but also drugs. The animal origin *dravyas* include; *Ksheera* (Milk), *Mamsa* (Flesh/Meat), *Mootra* (Urine), and *Mala* (Excreta) *dravyas*. Among which *Gomootra* is extensively used as a medicine to prepare some oils, decoctions, as well as purification of mineral drugs. The aims and objective of the present study is to screen out the *Mootra Vargas* and their different opinions according to different *Ayurvedic* lexicons. All the materials of related to *mutra vargas*, from the original text has been searched, with the qualities of *ushna*, *teekshna*, *ruksha*, *katu*, *tikta*, and *lavana rasas*, along with their therapeutic applications, were analysed systematically. The properties of the urine of various animals, such as the *Go*, *Mahisha*, *Avi*, *Aja*, *Ashwa*, *Gaja*, *Gardabha*, and *Ushtra* are minutely described. The discussion reveals that *mootra* are having *katu rasa*, *ushna virya*, *katu vipaka*, *kshara guna* especially indicated in the *kustha*, *krimi*, *dadru* etc *rogas*. In most of the *asadhya rogas mootra* is indicated. Apart from these the *gardabha* and *ashwa mutra*, *manusha mutra* have specific quality like *medhya*, *unmada hara* and *apasmara hara*, and *rasayana* property. So, further scope of study is to evaluate their phyco-chemical analysis, anti-epileptic /anti-convulsion activity as well as clinical study.

**Keywords:** *Mootra*, *Kustha*, *Gomutra*, *Medhya*, *Rasayana* etc.

### INTRODUCTION

*Ayurveda* is not only a medical science but spiritual science too. This is the only science which talks about Purusharthas<sup>1</sup> viz; *Dharma* (Religious or Moral merits, virtue), *Artha* (Attainment of riches or worldly prosperity, acquisition of wealth), *Kama* (An object of desire, desire of sensual enjoyments), and *Moksha* (The final and eternal happiness, the liberation, or freedom). According to *Amarakosha* the word *Mootra* refers to the fluid (*Prasrava*) se-

creted by the kidney, called urine. It is one among the *Trimala- Motra*, *Purisha* and *Sweda*, according to *Ayurveda*. There are total 10 types of urine mentioned in *Ayurvedic* lexicons viz; *Avi mutra*, *Aja mutra*, *Gomutra*, *Mahisha mutra*, *Hashti mutra*, *Ushtra mutra*, *Haya mutra*, *Khara mutra*, among these *mutras* the first four *mutras* are taken from female origin whereas the last four from male origin. In these eight types of urine the *Stree* and the *Pu-*

*rusha* urine is also considered called *Nara* or *Manusha mutra*, all together comprises ten types of *Mootras*. Of these, *Go-mutra* is most extensively used urine both internally as well as externally to purify the metals and to prepare various oils, decoctions. In general all types of *mootras* having *Ushna*, *Teekshna*, *Ruksha*, *Katu*, and *Lavana rasa*. And also acts as *Deepana*, *Krimighna*, *Vishaghna*, *Mutrajanana*, and *Raktavardhaka*. *Bhutaghna*, *Unmadahara*.

#### AIM AND OBJECTIVES-

Collected the information regarding the *mootras* mentioned in different *Ayurvedic* lexicons and minutely analysed their properties mentioned.

#### MATERIALS AND METHODS-

##### Materials

All the original text has been searched for the *mootra vargas*, having the qualities of *ushna*, *teekshna*, *ruksha*, *katu*, *tikta*, and *lavana rasas*, along with their therapeutic applications, properties were analysed.

##### Method

After obtaining the list of the various *mootras*, the *rasa panchaka* and properties, their therapeutic applications were analysed systematically.

### DISCUSSION

#### AVI MUTRA-

SLNo	Authors/ Samhita	Rasa	Virya	Vipak	Guna	Dosha	Roga
1.	Acharya Charka <sup>2</sup>	Tikta	----	-----	Snigdha	Pitta shamaka	-----
2.	Acharya Sushruta <sup>3</sup>	Katu, tikta	Ushna	----	Kshara	-----	Kasa shwasa, shotha, udara vibandha
3.	Acharya Vagbhata <sup>4</sup>	----	----	-----	-----	-----	Shwasa Kasa, karnahoola
4.	Dhanvantri Nighantu <sup>5</sup>	Tikta, Katu	Ushna	-----	Kshara	Vata shamaka -	pleehodara, shwasa, shosha, and vibandha.
5.	Raj nighantu <sup>6</sup>	Katu, Tikta	Ushna	----	-----	-----	kustha, shotha, arsha, udara shoola, rakta, prameha, visha vikara
6.	Kaiyadeva Nighantu <sup>7</sup>	Katu	Ushnaa	----	Kshara, Laghu Snigdha	Vata shamaka	shoola, arsha, shwasa, kasa, kusta, udara, pleeha, prameha, vibandha.
7.	Madanapal nighantu <sup>8</sup>	----	-----	-----	-----	-----	shopha, kustha, arsha, meha, varcha roga (retentions of stool).
8.	Shodhala Nighantu <sup>9</sup>	Tikta, Katu	Ushna	-----	Kshara	Vata shamaka	plihodara, shwasa, kasa, shopha, vibandha.
9.	Shaligrama Nighantu <sup>10</sup>	Kashaya, tikta, lavana	Ushana		Teeksn, Laghu	Pittakar	bhedaka, ruksha, hridya, ruchikaraka, krimi, kustha, medoroga, gulma, anaha, arsha, shoola, visha, shotha, pandu, udararoga.

#### AJAA MUTRA-

SLNo	Authors/ Samhitas	Rasa	Virya	Vipaka	Guna	Dosha	Roga
1.	Acharya Charka <sup>2</sup>	Kashaya, Madhura	-----	-----	Pathya	-----	-----
2.	Acharya Sushruta <sup>3</sup>	Katu Tikta	-----	-----	-----	Vata vardhaka	kasa, shwasa, shotha kamala, pandu
3.	Astanga sangraha <sup>4</sup>	-----	-----	-----	-----	-----	Karna shoola
4.	Dhanvantari Nighantu <sup>5</sup>	Katu Tikta	-----	-----	-----	Vata prakopa	shwasa, kasa, shotha, kamala, pandu roga.
5.	Raj Nighantu <sup>6</sup>	Katu	Ushna		Ruksha	-----	Nadi vikara, visha janya vikaras, pleeha roga, Uadara roga, Shwasa roga, Gulma, and Shotha roga.
6.	Kaiyadeva nighantu <sup>7</sup>	Katu, Madhura, Tikta, Kashya	Ushna		Ruksha Tikshna	Tridoshagna Kinchit Vata prakopaka	gulma, shwasa, kasa, nadi vrina, visha, kamala, pandu, shosha. Karna

							shoola
7	Madanapala nighantu <sup>8</sup>	-----	-----	-----	-----	Tridoshagn	gulma, visha, shwasa, kamala, and pandu rogas
8.	Shodhala Nighantu <sup>9</sup>	-----	-----	-----	-----	-----	kamala, pandu, kasa, shwasa, shosha, nadi vrina, garavisha.
9.	Shaligrama Nighantu <sup>10</sup>	Kashaya	Ushna	-----	Tikshna	-----	shoola, gulma, shwasa, kasa, kamala, pandu, and arsha.

### GOMOOTRA-

SLNo	Authors /Samhita	Rasa	Virya	Vipak	Guna	Doshagnat	Rogagnata
1.	Charaka samhita <sup>2</sup>	Su-madhur	-----	-----	Kinchit ushna	Trodosha shamaka	krimi, kustha
2.	Sushruta samhita <sup>3</sup>	Katu	-----	-----	Tikshna, laghu, kshara	Agnidipana, pitaajana, kaphavata shamaka,	shoola, gulma, udara, anaha, Virechana karma
3.	Astanga sangraha <sup>4</sup>	Lavana anu rasa	Ushna	----	ruksha, laghu, teekshna,	Pittavardhaka	krimiroga, shopha, udara, anaha, shoola, pandu visha vikara, gulma aruchi, shwitra, kustha, arsha agnidipana, pachaka, purisha bhedaka
4.	Dhanvantari nighantu <sup>5</sup>	Katu, Tikta	Ushna	-----	kshariya lekhana, saraka, laghu, agnidipaka, Medhya	pittakara, kapha-vatahara.	Sadhya rogas
5.	Kaiyadeva nighantu <sup>7</sup>	Katu, tikta, kashya, Kinchit madhur	Ushna	-----	Tikshna, kshara, laghu, pacahakbbhedak medhya	Pittakara kapha-vatashamaka	kustha, gulma, udara roga, anaha, shwasa, arsha, pandu shoola.
6.	Raj Nighantu <sup>6</sup> and Shaligram Nighantu <sup>10</sup>	Katu, tikta	Ushna		Laghu, medhya,	Kapha-vata shamaka, pitaakara	Twog doshanashaka
7.	Bhava prakasha nighantu <sup>11</sup>	Katu-tikta-kashya	-----	-----	-----	Pittakara, Kapha-vata shamaka	gulma, udara roga, anaha, kandu, netra and mukha sambandhi rogas, kilasa, bastigata roga, kustha, kasa, shwasa, shosha, kamala, pandu, mutra rodha, atisara, krimi karna shoola nashaka,
8.	Shodhala nighantu <sup>9</sup>	Katu	-----	-----	teekshna, sakshara, pachana laghu, Bhedana agnisandipana, medhya,	Kaphakara, Vatahara	udara, anaha, shoola, gulma nashaka, Panchakaram procedures.
9.	Madanapala Nighantu <sup>8</sup>	Lavana-amlatikta	-----	-----	Dipana-pachana, stotovishodhana, Hridaya, Bhedana	Pittakara, Vatanolomana	Kusthaghna, Kandughna, Arshoghna, Shopha-Udara, Gulma Krimighna, Pandu, Shool

### MAHISHI MOOTRA-

SL.No	Authors /Samhitas	Rasa	Virya	Vipak	Guna	Doshagnat	Rogagnata
1.	Charaka samhita <sup>2</sup>	-----	-----	-----	Kshara	-----	Arsha, udara, shopha
2.	Sushruta samhita <sup>3</sup>	-----	-----	-----	-----	-----	Arsha, udara
3.	Astanga sangraha <sup>4</sup>	Katu, lavana	-----	-----	Laghu, ruksha, tikshna	Kaphagna	shoola, kustha, krimi, prameha, anaha, shopha, gulma, pandu,

4.	<i>Dhanvantari nighantu</i> <sup>5</sup>	-----	-----	-----	-----	-----	<i>arsha, udara, shoola, kustha, prameha, anaha, shotha, pandu</i>
5.	<i>Raj Nighantu</i> <sup>6</sup>	<i>Katu</i>	<i>Ushna</i>	-----	-----	-----	<i>anaha, shotha, gulma, netra vikarasa, kustha, shoola, udara.</i>
6.	<i>Kaiyadeva nighantu</i> <sup>7</sup>	<i>Katu-tikta-kashay</i>				<i>Vata shamaka</i>	<i>shopha, arsha, gulma, anaha, udara roga, prameha, pandu, shoola, krimi, kustha, panchakarma vyapad vikaras</i>
7.	<i>Madanapala Nighantu</i> <sup>8</sup> ,	<i>Lavan-amlatika</i>	-----	-----	<i>Ruksha, dipana, pachanstotov-ishodhan Bhedan</i>	<i>Pittala, vatanulomana</i>	<i>hridyam, kustha, kandu, arsh, shophadara, gulma, krimi, pandu, shoolahar</i>
8.	<i>Shalagrana nighantu</i> <sup>10</sup>	<i>Kashay tikta lavana</i>	<i>Ushna</i>	-----	<i>Tikshnalaghu, Bhedakruksha,</i>	<i>Pittakarak</i>	<i>kustha, medoroga, gulma, anaha, arsha, shoosavata, vishanashaka, shotha, pandu, udararoga</i>

### HASTHI MUTRA-

SL.No	Authors /Samhita	Rasa	Virya	Vipak	Guna	Doshagnata	Rogagnata
1.	<i>Charaka samhita</i> <sup>2</sup>	<i>Lavan</i>	-----	-----	-----	-----	<i>krimi kustha vibandha, visha, arsha, shleshma rogas</i>
2.	<i>Sushruta samhita</i> <sup>3</sup>	<i>Tikta-lavana</i>			<i>Tikshna, kshara, Malabhedak</i>	<i>Vata-pitta prakopaka</i>	<i>Kilasa kustha</i>
3.	<i>Astanga sangraha</i> <sup>4</sup>	-----	-----	-----	-----	-----	<i>Kilasa roga</i>
4.	<i>Dhanvantari nighantu</i> <sup>5</sup>	<i>Tikta-Lavan</i>	-----	-----	<i>Tikshna, kshariya,</i>	<i>Vatashamak pitaa vardhaka</i>	<i>Kilasa roga</i>
5.	<i>Raj Nighantu</i> <sup>6</sup>	<i>Tikta-kashyalavana</i>	<i>Ushna</i>	-----	-----	<i>Vatashamak</i>	<i>bhuta dosha hara, shoola, hikka, shwasa</i>
6.	<i>Kaiyadeva nighantu</i> <sup>7</sup>	<i>Katu-tikta</i>			<i>Kshara, Bhedaka</i>	<i>Pittakaraka, vatashamak</i>	<i>kustha, kilasa, krimi, gulma, visha, arsha, kaphaja vikaras, Jirna shoola</i>
7.	<i>Madanapala nighantu</i> <sup>8</sup>	-----	-----	-----	-----	-----	<i>visha, arsha, kustha, gulma, krimi.</i>
8.	<i>Shaligrana nighantu</i> <sup>10</sup>	<i>Tikta-katukashya</i>	-----	-----	<i>Bhedaka</i>	<i>Vatashamakpittavardhak</i>	<i>kustha, arsha, pandu, udara, shoola</i>

### USHTRA MUTRA-

SL. No	Authors/ Samhitas	Rasa	Virya	Vipak	Guna	Doshagnat	Rogagnata
1.	<i>Charaka Samhita</i> <sup>2</sup>	<i>Tikta</i>	-----	-----	-----	-----	<i>Shwasa Kasa, Arsha</i>
2.	<i>Sushruta samhita</i> <sup>3</sup>	-----	-----	-----	-----	<i>Vatahara</i>	<i>shotha, kustha, udara roga, unmada, vata vikara, krimi roga, arsha rogas.</i>
3.	<i>Astanga sangraha</i> <sup>4</sup>	<i>Tikta</i>	<i>Ushna</i>	-----	-----	-----	<i>shwasa, kasa, unmada, krimi arsha, kustha, udara</i>
4.	<i>Dhanvantari nighantu</i> <sup>5</sup>	-----	-----	-----	-----	-----	<i>shotha, kustha, udara, unmada, krimi vata, arsha</i>
5.	<i>Raj Nighantu</i> <sup>6</sup>	<i>Katu-tikta-lavana</i>	<i>Ushna</i>	-----	<i>Balakar</i>	<i>Pitta prakopaka</i>	<i>Vata vikara nashana</i>
6.	<i>Kaiyadeva nighantu</i> <sup>7</sup>	<i>Katu-tikta</i>	<i>Ushna</i>	-----	-----	-----	<i>udara roga, unmada, shopha, arsha, krimi, kustha. Especially used in vatika kustha</i>

7.	<i>Madanapala nighantu</i> <sup>8</sup>	-----	----	----	----	-----	<i>unmada, shopha, krimi, shoola, udara</i>
8.	<i>Shaligrama nighantu</i> <sup>10</sup>	-----	----	----	-----	<i>Kapha -Vata shamaka</i>	<i>krimi, dadru nivaraka, kustha, unmada, shosha, arsha, krimi,</i>

### ASHWA MUTRA-

SL.No-	Authors/Samhitas	Rasa	Virya	Vipaka	Guna	Doshagnata	Rogagnata
1.	<i>Charaka samhita</i> <sup>2</sup>	<i>Tikta-katu</i>	-----	-----	-----	-----	<i>kustha, vrana, vishahara</i>
2.	<i>Sushruta samhita</i> <sup>3</sup>	<i>Katu</i>	-----	-----	<i>Tikshna, Agni Dipana</i>	<i>Kapha hara</i>	<i>chitta vikara hara, krimi dadru.</i>
3.	<i>Astanga sangraha</i> <sup>4</sup>	----	----	----	<i>Kshara</i>	-----	<i>Kilasa kustha</i>
4.	<i>Dhanvantari nighantu</i> <sup>5</sup>	<i>Katu-tikta</i>	----	----	-----	<i>Kapha -Vata shamaka,</i>	<i>Krimigna, Dadrugna</i>
5.	<i>Raj Nighantu</i> <sup>6</sup>		<i>Ushna</i>	<i>Tikshna</i>	<i>Dipana,</i>	<i>Vatahara, Pittakara</i>	<i>Vata vikara rogas</i>
6.	<i>Kaiyadeva nighantu</i> <sup>7</sup>	<i>Katu</i>	-----	-----	<i>Agni dipana, Tikshna, Kshara</i>	<i>Kapha-vatahara</i>	<i>Kilasa, Krimi, Dadru, Kustha, Unmada,</i>
7.	<i>Madanapala nighantu</i> <sup>8</sup>	----	----	----	<i>Bhedana</i>	<i>Kapha shamak</i>	<i>Krimi, Dadru,</i>

### GARDABHI/ KHARA MUTRA-

SL. No-	Authors/Samhitas	Rasa	Virya	Vipak	Guna	Doshagnata	Rogagnata
1.	<i>Charaka samhita</i> <sup>2</sup>	----	-----	-----	----	-----	<i>apasmara, unmada, graha</i>
2.	<i>Sushruta samhita</i> <sup>3</sup>	----	----	----	<i>Tikshna</i>	<i>Kapha-vata shamaka</i>	<i>unmad aadi chitta vikaras, sangrahani, krimi, agnimandya</i>
3.	<i>Astanga sangraha</i> <sup>4</sup>	----	-----	-----	----	-----	<i>Unmada, apasmar Krimi, prameha</i>
4.	<i>Dhanvantari Nighantu</i> <sup>5</sup>					<i>Kapha shamaka</i>	<i>vishagna, manasa doshahara, teekshna guna, grahani roga hara, krimighna, agnideepana,</i>
5.	<i>Raj Nighantu</i> <sup>6</sup>	<i>Katu</i>	----	<i>Ushna</i>	<i>Tikshna, Kshara</i>	-----	<i>mahavata rogas, bhuta vikaras, kampavata, and unmada roga.</i>
6.	<i>Kaiyadeva nighantu</i> <sup>7</sup>	----	-----	----	<i>Tikshna, Agni dipaka</i>	<i>Kapha-vata shamaka</i>	<i>krimi, chitta vikara, grahani, visha, prameha</i>
7.	<i>Madanapala nighantu</i> <sup>8</sup>	-----	-----	-----	----	-----	<i>Unmada, meha, krimi, kustha</i>
8.	<i>Shaligrama nighantu</i> <sup>10</sup>	<i>Lavan</i>	<i>Ushna</i>	-----	<i>Tikshna Khara</i>	<i>Kapha shamaka,</i>	<i>Bhuta, kampa, unmade hara</i>

### MANUSHYA MUTRA /NARA MUTRA-

SL.No-	Authors/Samhitas	Rasa	Virya	Vipak	Guna	Doshgnat	Rogagnata
1.	<i>Sushruta samhita</i> <sup>3</sup>	----	----	----	----	-----	<i>Visha nashaka</i>
2.	<i>Astanga sangraha</i> <sup>4</sup>	-----	----	----	----	----	<i>Visha hara</i>
3.	<i>Raj Nighantu</i> <sup>6</sup>	<i>Lavana</i>	----	----	<i>Ruksha</i>	-----	<i>krimi, vrana, visha vikara, bhuta-twak dosha, vatarog</i>
4.	<i>Bhavaprakasha nighantu</i> <sup>11</sup>	<i>Lavana</i>	----	----	<i>Tikshna, Kshar-Rasayana</i>	----	<i>gara visha, raktavikara paama roga,</i>
5.	<i>Dhanvantari nighantu</i> <sup>5</sup>	<i>Tikta</i>	-----	----	----	<i>Kapha-vata - pitta hara</i>	<i>Murcha, Rakta vikara,</i>
6.	<i>Kaiyadeva nighantu</i> <sup>7</sup>	<i>Katu</i>	----	----	<i>Rasayana, Kshara,</i>	----	<i>Visha nashaka</i>
7.	<i>Shodhala nighantu</i> <sup>9</sup>	-----	-----	-----	----	-----	<i>Visuchika, Visha hara</i>
8.	<i>Madanapala nighantu</i> <sup>8</sup>	-----	-----	-----	<i>Rasayana</i>	-----	<i>Gara visha nashaka</i>
9.	<i>Shaligrama nighantu</i> <sup>10</sup>	<i>Katu-Madhur</i>	-----	----	<i>Laghu, Drava, Kshara, Ghana,</i>	-----	<i>Visha nashaka, Rasayana</i>

## CONCLUSION

By above discussion most of the *mootra* are having *katu rasa, ushna virya, katu vipaka, kshara guna* especially indicated in the *kustha, krimi, dadru* etc *rogas*. In most of the *asadhya rogas mootra* is indicated. Apart from these the *gardabha* and *ashwa mutra, manusha mutra* have specific quality like *medhya, unmada hara* and *apasmara hara*, and *rasayana* property. So, further scope of study is to evaluate their phyco-chemical analysis, anti-epileptic /anti-convulsion activity as well as clinical study.

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