A CONCEPTUAL STUDY ON MUTHRAGHATHA PRATHISEDHA W.S.R TO BRIHAT THRAYEES
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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 prathisedha 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)¹. Mutra is the one which is formed in the bladder as such susrutha and vaaghbata mentioned it separately but charaka mentioned it in trimarmiya adhyaya as vasti is one of the important marma among the trimarma. In that 26th chapter only charaka mentione about the muthrakrcha (dysuria). Mainly in ashtanga hrudhaya vaaghbata 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)². Susrutha mentioned diseases of the muthraghata as roga nama of the mutraghata as vatakundali, vatasthila, vatabasti, mutatita, mutrajathara, mutrotsanga etc³.

NIDHANA
Vaaghbata mentioned the cause for the muthraghata is vataja, pittaaja, kaphaja, sukrasam (seminal calculi), vatabasti, vata-
thila, vata kundalika, mutratita, mutra jathara, mutrotsanga, mutra granthi, mutra sukra, vidvigatha disease, usnavata, mutra ksaya, mutra sada. Susrutha mentioned the cause in the name of nama rupa due to the vata kundalika, vatasthila etc the retention of urine occurs.

**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.

**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).

**TYPES OF MUTHRAGATHA –**

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

- Especially asmari (urinary calculus) and mutrakrechra (dysuria) are the main causes for the muthragatha
- Vataja (due to vata), Pittaja (due to pitta), Kaphaja (due to kapha), Sukraasamari (seminal calculi due to suppression of flow of semen), Vata basti (due to suppression of urge of maturation), Vasthila (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), Vidvighata (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), Mutasada (pitta and kapha either separately or in combination if get aggravated by anila).

According to Susrutha, mentioned some types:-

- Vatakundalika (by dryness inside or suppression of urge of urination), vatasthila (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).

**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, kulanttha, kola, pattura, vrscciva and upalabhedaka (asmabheda); 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. For pittaja mutrakrcchra decoction of vari, goksuraka, vidari, kaseruka, and drugs of trna pancamula should be consumed added with honey and sugar. 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). For the asmari in vata conditions medicated ghee prepared with the decoction of pasanbedha, vasuk, visira asmantaka vari, kapota vanka (sauvarecana), atibala, bhalluka usira, kaccaka, vrksadani, sakaphala the two vyaghri, guntha, trikantaka, yava, kulattha, kola, varun and kataka phala, paste of usaka etc and ghrtha it should be consumed soon, breaks the stone produced by vata. For pittaja asmari cikitsa the medicated ghee is prepared with the decoction of kusa, kasa, sara, guntha itkata, morata, asmahbit, 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. 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. For the remaining mutraghatadi cikitsa decoction, milk or ghee prepared with drugs of brhatyadi gana with double the quantity of gokura, cure all kinds of urinary disease. For sukrasmari 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. According to susrutha the cikitsa 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. 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. Ksaudrardha sarpi/ ghrta, baladi ghrta, maha baladi ghrta, were mentioned in susrutha samhita.

**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.
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**

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