



“OBSERVATIONAL STUDY OF *MUTRAVEGA DHARAN LAKSHANAS* IN OCCUPATION RELATED WITH BUS DRIVERS AND CONDUCTOR.”

Dr. R. S. Dhimdhome¹, Dr. Shoeb Ahmed², Dr. M. C. Kirte³, Dr. Vaibhav S. Ugale⁴

¹Prof. And HOD, Department of Kriya Sharir, G.A.C. Osmanabad

^{2,4}P.G. Scholar, Department of Kriya Sharir, G.A.C. Osmanabad

³Asso. Prof., Department of Kriya Sharir, G.A.C. Osmanabad

ABSTRACT-

The present study aimed to observe the *lakshanas* of *Mutravegadharan* in bus drivers and conductors showing suppression of *Adharniya Mutravega*. It was undertaken on bus drivers and conductors who suppress their urge of micturation to assess the tendency of suppression of urge of micturation done by them. A peer reviewed questionnaire was used to assess the tendency of *Mutraveg dharana* by the individuals by Simple Random Sampling by face-to-face interview.

This study helped to understand *Mutraveg dharan* in deeper sense after which an effective questionnaire was prepared to correlate the symptoms of *Mutra Veg vidharn* in bus drivers and conductors in town. Immersion interview technique was used because of its easy applicability in data collection. Use of a structured questionnaire was adopted to collect the 102 information of each participant. This form helped to assess the tendency of *Mutra Veg dharan* of each individual. The survey study was done among people from various sectors of city by direct face to face interview.

Concluded that out of total 100 study population 3 participants (3%) showed mild symptoms of *Mutraveg dharan*, 59 participants (59%) showed moderate symptoms of *Mutraveg dharan* and 38 participants (38%) showed severe symptoms of *Mutra Veg dharan*. *Mutrakrichha* is the most common symptom arising due to *Mutra Veg dharan* and *alpa Mutrata, basti shoola, medhra shoola, vankshan shola, mushk shola, shira shula, nabhi Pradesh shula, vinama, guda shula* are the next common symptoms respectively.

Keywords- *Mutra, Mutraveg dharan, Urine, Bus Conductors.*

INTRODUCTION-

Ayurveda has always taken a holistic approach. One of the important factors of the *dinacharya* is having regular bowel habits and never suppressing ones urge of micturation, hunger, sleep, thirst etc. The suppression of natural urges is called *veg dharan*. *Veg dharan* has been considered to be one of the main causes of ill health and hence causes diseases.^[1] *Acharya Vagbhat* has reiterated that suppression of natural urges is the cause of many or even most diseases.^[2] *Acharya Sushrut* too stresses upon the fact that one who desires to live a healthy life should never suppress ones natural urges.^[3]

In today's life style there are numerous causes of *veg dharan* one among them is shortage of time. In today's day and age, lack of time has become one the main causes of deteriorating health. Long working hours, deadlines, targets, assignments leave very little time to care for our health. In this constant rush and rat race we many times ignore our body's basic requirements like hunger, thirst sleep etc. One another factor which every one of us knowingly or unknowingly ignore or most of the times suppress is the urge to micturate.

Another cause of suppression of micturation is unavailability of proper facilities for urination. India today has entered the 21st century. While on one side we boast about advancement in technologies like the *Mangalayan* and strive towards a digital India. We still lack basic infrastructure like public urinals and toilets. Today only after 69 years of

independence *Swachh Bharat Abhiyan* has now become a national issue with building toilets mandatory for every household.

Another cause of *veg dharan* is nature of job. Some professions are highly demanding, requiring continuous working hours and very few or limited breaks e.g. drivers, shopkeepers, doctors etc. such job patterns lead to continuous ignorance of natural urges of micturition over long periods of time .^[3]

Acharya Charak states that just as a soldier who strives to protect his country, a charioteer protects his chariot similarly a person should strive to protect his or her health and for this purpose not suppressing ones natural urge is a must.^[4]

Acharya Charak in *sutrasthan 7* has stressed on the significance of *veg dharan* by giving us 13 *adharniya Vegas* and its illeffects on the body. And the first *adharniya veg* mentioned by *Charak* is *mutra*.^[5]

Mutraveg has been given utmost priority due to its *krama mahatmya*. *Mutra* causes *kled vahn*. It is the byproduct of *Saar kita vibhajan* of our body which is the product of *pachan kriya*.^[6] Any obstruction to this process causes increase in *vaata dosha* especially *apan vayu* thus giving rise to *Mutra veg dharan janya lakshanas* in our body.^[7,8]

In this study Bus drivers and conductors who control their urge of micturation have been screened for their tendency of suppression of micturation and their lakshanas have been observed.^[9] This study will help us to evaluate the causes and symptoms of *Mutraveg dharan* and hence patients can be counselled accordingly in order to ensure a healthy lifestyle. This study will also help us to understand the individuals who have to control the urge of micturation and thus are affected by the associated symptoms.^[10]

As controlling natural urges has been considered to be one of the main reasons of health problems this study will help us further evaluate this fact which has still not been recognized as a cause of diseases by modern science. This study will also help us understand the work culture of various professions and the need for amenities and infrastructure to facilitate better working environment.

Aim-

To observe the *lakshanas* of *Mutravegadharan* in bus drivers and conductors showing suppression of *AdharniyaMutravega*.

HYPOTHESIS

- **Null hypothesis H0-**

There is no precipitation of any symptoms of *Mutravegadharan* in bus drivers and conductors if *Mutravegadharan* is done by them.

- **Alternate hypothesis H1-**

There are precipitation of symptoms of *Mutravegadharan* in bus drivers and conductors if *Mutravegadharan* is done by them.

MATERIAL AND METHODS

- **STUDY POPULATION:**

Volunteers from Bus stand around the study centre.

- **SAMPLE SIZE:**

There is no prevalence rate in observational study of *Mutravega Dharana Lakshanas*. (n=100)

- **SAMPLING TECHNIQUE:** Simple Random Sampling (SRS)

- **CRITERIA OF SELECTION -**

A) INCLUSIVE CRITERIA:

1. Healthy volunteers will be induced for study irrespective of Age and Gender.
2. Drivers and conductors willing for participation in the project.
3. Drivers and conductors suppressing their urge of micturition.

B) EXCLUSIVE CRITERIA:

1. Not willing Drivers and conductors
2. Drivers and conductors having any major disease or chronic illness or have undergone any major surgery or having any complications.
3. Drivers and conductors who do not suppress the urge of Micturition.

A) SUBJECTIVE CRITERIA: Questionnaire

B) OBJECTIVE CRITERIA: Urine samples of study population were collected and subjected to urine routine test.



FIGURE 1- COLLECTED URINE SAMPLES

- **Place of Survey**

Survey was conducted on BUS DRIVERS AND CONDUCTORS AT BUS DEPOT.

- **Description of Method of study**

A peer reviewed questionnaire was used to assess the tendency of *Mutraveg dharana* by the individuals. Questions were asked to bus drivers and conductors who show frequent suppression of *Mutraveg* by face-to-face interview. The present systems are categorized as mild, moderate and severe.

OBSERVATIONS

Table 1- Symptom wise percent distribution of participant according to frequency

Symptom	No	At day of suppressing the urge of urination	Occasionally	Always
<i>Mutrakruchha</i>	10	39	41	10
<i>Alpa Mutrata</i>	25	47	24	04
<i>Medra Shula</i>	32	53	11	04
<i>Guda Shula</i>	49	37	09	05
<i>Vankshan Shula</i>	38	47	15	00
<i>Basti Shula</i>	25	52	16	07
<i>Mushk Shula</i>	41	50	09	00
<i>Nabhi Pradesh Shula</i>	47	40	13	00
<i>Aanadhha Basti</i>	38	53	08	01
<i>Shira shula</i>	45	46	09	00
<i>Vinama</i>	48	44	08	00
<i>Angabhanga</i>	59	37	04	00

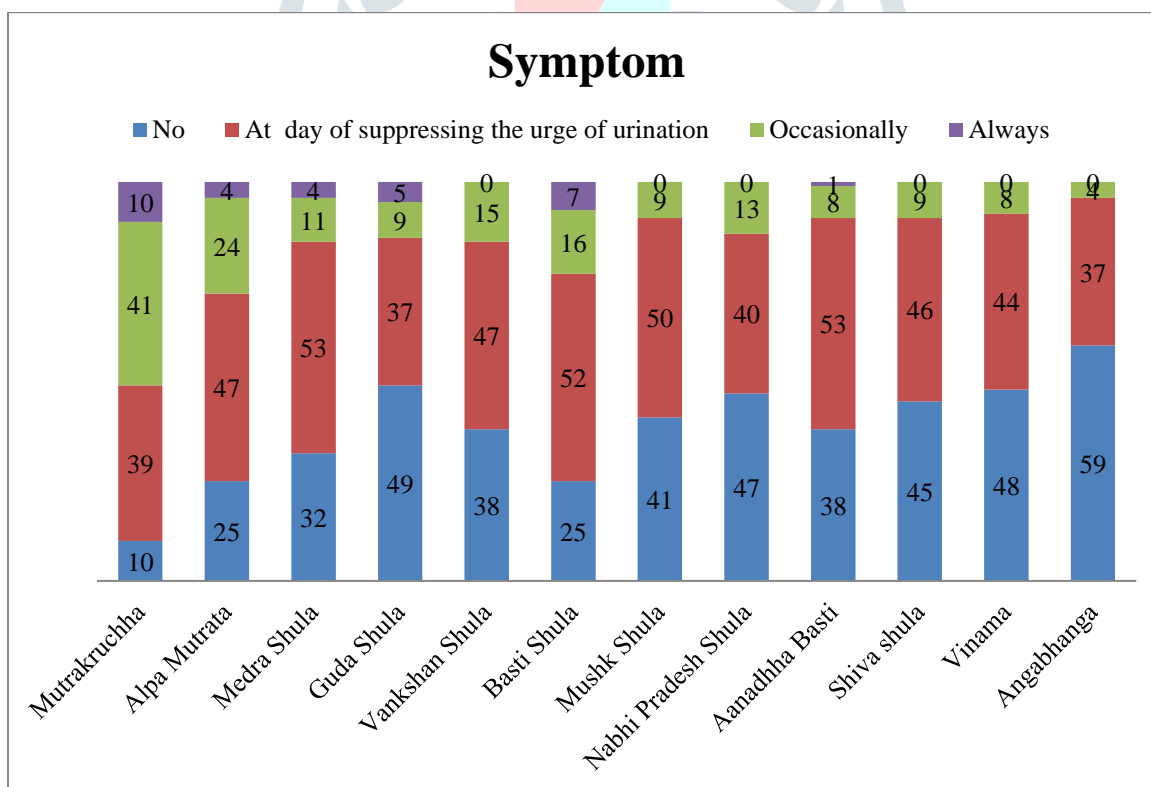


Table 3. Symptom wise no. of participants classified according to severity

Score of symptom	Criteria	No. of participants	Percentage
1-5	Mild	3	3
6-10	Moderate	59	59
11-15	Severe	38	38
Total		100	100

Out of total study population, 3% participants has mild symptoms, 59% had moderate while 38% had severe symptoms. Large number of study population lies in moderate to severe range, thus indicating that there is a need to avoid tendency of *Veg dharana* otherwise it may lead to further worsening of symptoms or diseases belonging to related system.

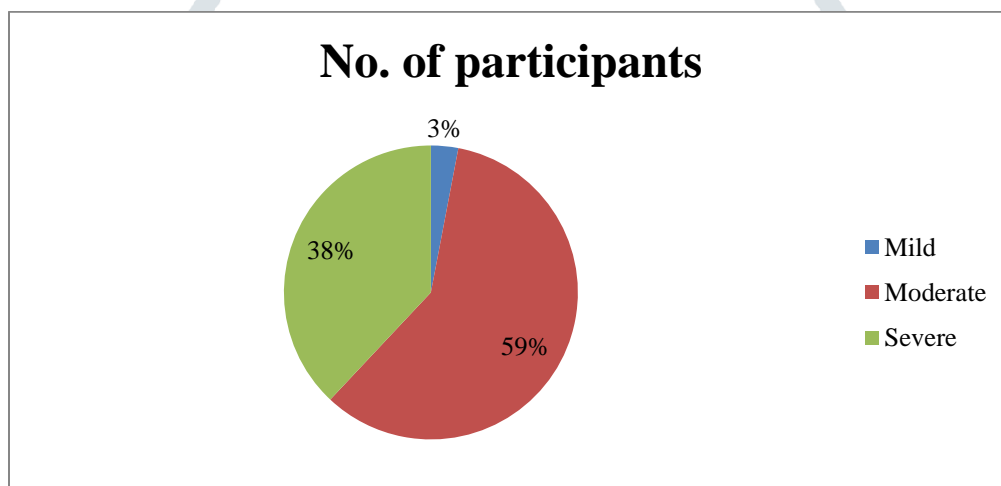
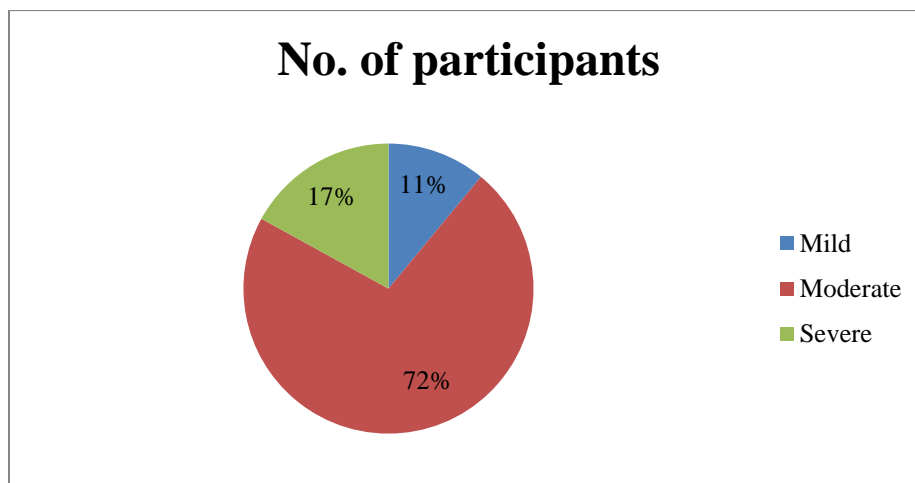


Table 4. Question total score wise no. of participants classified according to severity

Question 1-7 total score	Criteria	No. of participants	Percentage
1-3	Mild	11	11
4-5	Moderate	72	72
6-7	Severe	17	17
Total		100	100

Out of total study population, according to total questionnaire 11% belonged to mild, 72% belonged to moderate, and 17% belonged to severe criteria. These shows due to one or other reason like inavailability, busy schedule, travel, habits people tend to postpone their urge for micturition leading to above mentioned *Mutraveg dharan lakshanas*.



• DISCUSSION-

In *AyurVedic* literature we find *Veg dharan* as a cause in many diseases. *Veg dharan* is cause of all major diseases mentioned in the texts. *Acharyas* have mentioned that even if proper diet and life style is followed, the failing to respond to natural urges immediately can lead to occurrence of many diseases. In today's hectic lifestyle suppression of natural urges like that of hunger, sleep has become common. Another commonly suppressed natural urge is that of micturition which each and every person knowingly or unknowingly does without realizing its ill effects on our body. Through this study we aim to understand the importance of *Mutraveg dharan* by studying its effects on the body.

A structured and peer reviewed questionnaire was used to assess the tendency of suppression of micturition in the individuals who suppress their natural urge of micturition.

Case record form was also duly filled along with the questionnaire in face to face interview done bus drivers and conductors.

Along with basic information of name, age, gender, address Questions were also asked regarding the occupation and nature of job and shift duties and their timings in order to study the role of these factors in assessing the individuals who suppress the natural urge of micturition as some of these factors were found to play a role in one's suppression of the urge of micturition.

The questions were asked to find the tendency of postponing the natural urge of micturition. The questions were asked based upon the common causes which can cause postponing of the urge of micturition like easy access to urinals, avoidance of urge of micturition while sleeping at night, avoidance of urge of micturition while travelling and compulsion to be at the place work continuously as may be seem requisite in bus drivers and conductors.

Their answers for the tendency of suppression of micturition were assessed and were then subjected to questionnaire to assess the *Mutraveg dharan janya* symptoms based

on the symptoms given in *brihatrayee*. The grades of severity such as mild, moderate and severe were also taken into consideration for further evaluation.

• CONCLUSION

Out of 100 study population 3 participants (3%) showed mild symptoms of *Mutraveg dharan*, 59 participants (59%) showed moderate symptoms of *Mutraveg dharan* and 38 participants (38%) showed severe symptoms of *Mutra Veg dharan*. *Mutrakrichha* is the most common symptom arising due to *Mutra Veg dharan* and *alpa Mutrata*, *basti shoola*, *medhra shoola*, *vankshan shola*, *mushk shola*, *shira shula*, *nabhi Pradesh shula*, *vinama*, *guda shula* are the next common symptoms respectively.

• REFERENCES

1. Vijay Shankar Kale, *Charak Samhita, Sutra Sthan, Adhyay 25, Shlok 40, Chaukhamba Sanskrit Pritishthan, Delhi; 2013:344*
2. Ganesh Krushna Garde, *Sarth Vagbhat, Sutra Sthan, Adhyay 4, Shlok 23, Chaukhamba Subharti Prakashan, Varanasi; 2018:16*
3. Ambikadatta Shastri, *Sushrut Samhita Vol (2), UttarTantra, Adhyay 55, Shlok 3, Chaukhamba Sanskrit Sansthan, Varanasi; 2016:515*
4. Vijay Shankar Kale, *Charak Samhita, Sutra Sthan, Adhyay 5, Shlok 103, Chaukhamba Sanskrit Pritishthan, Delhi; 2013:108*
5. Vijay Shankar Kale, *Charak Samhita, Chikitsa Sthan, Adhyay 3, Shlok 7, Chaukhamba Sanskrit Pritishthan, Delhi; 2013:69*
6. Ambikadatta Shastri, *Sushrut Samhita Vol (1), Sutra Sthan, Adhyay 15, Shlok 3, Chaukhamba Sanskrit Sansthan, Varanasi; 2016:73*
7. Ganesh Krushna Garde, *Sarth Vagbhat, Sutra Sthan, Adhyay 11, Shlok 1, Chaukhamba Subharti Prakashan, Varanasi; 2018:51*
8. Ambikadatta Shastri, *Sushrut Samhita Vol (1), Sharir Sthan, Adhyay 9, Shlok 12, Chaukhamba Sanskrit Sansthan, Varanasi; 2016:96*
9. Brahmananda Tripathi, *Sarangdhar Samhita, Adhyay 5, Shlok 84, Chaukhamba Subharti Prakashan, Varanasi 2010*
10. Acharya Priyawat Sharma, *Sushrut Samhita Vol (2), Sharir Sthan, Adhyay 4, Shlok 31, Chaukhamba Subharti Prakashan, Varanasi 2017:54*