



DISCUSSION AND POSSIBLE INTERPRETATIONS OF THERAPEUTIC INDICATION WITH ROUTE OF ADMINISTRATION OF *ASHTA MUTRA* (URINES), MENTIONED IN *AYURVEDA* *WITH THE SPECIAL REFERENCES OF* *ASHTANGA HRIDAY.*

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ABSTRACT

Ayurveda deals with holistic approach for well-being of mankind. It advocates that according to origin, different *Jangama*, *Audbhid* & *Parthiva dravyas* (substances) are to be utilized for maintenance of health and getting cure when diseased.ⁱ During the classification of *dravyas*, according to their *yonis* (source of origin), *Jangama dravya* has been mentioned first and then other two. These points create newer thoughts for human being in the chronological development of human races.

Mutra is one of the important *Jangama dravya* which is not only used for purification of various drugs but also used in treatment of various diseases. In *Samhita granthas*, among many liquid substances (*Drava dravyas*), *Mutra varga* has been discussed with great importance and significance in purification, preparation & application as medicament.ⁱⁱ

More Specifically eight types of *mutras* (urine) have been enumerated with their specific qualities and application. Among these 8 types of *mutras*, every *mutra* is described with specific therapeutic indications. These animals are commonly domestic in nature and continued to be used by human being as part of their socio-economic and religious life down the ages in the society. Here in this article an attempt has been made to establish possible co-relation and interpretations of properties of different animal's urine and their therapeutic indications.

Keywords: *Ayurveda Ashtang Hriday, Ashta mutra, Go mutra, Aja mutra, Avi mutra, Mahisha mutra, Gaja mutra, Ashwa mutra, Ustra mutra, Khara mutra.*

INTRODUCTION

Ayurveda is an Indian science, in which the human body is kept healthy, free from disease or mitigation & age-enhancing. The *Ayurveda* texts have defined the therapeutic effects of certain animal products eg :- Honey, Milk, Pitta, Vasa, Majja, Blood, Meal, Stool, Urine, Semen, Bones, Muscles, Horn, Nail, Hair, *Gorochana*.ⁱⁱⁱ

According to *Ayurveda* Mutra can be obtained from eight different types of animals. In *Samhita granthas*, among many liquid substances (*Drava drvyas*), *Mutra varga* has been discussed with great importance and significance in purification, preparation & application as medicament.^{iv} More specifically eight types of *mutras*^v (urine) have been enumerated with their specific qualities and application. These animals are commonly domestic in nature and continued to be used by human being as part of their socio-economic and religious life down the ages in the society. In *Samhita*, where Specific Mutra is not describe then Go Mutra is used instead of other Mutra.^{vi} Here in this article an attempt has been made to establish possible co-relation and interpretations of properties of different animal's urine and their therapeutic indications through various route of administration, that is –Pana, Abhyanga, Lepa, Nasya, Basti, Vamana, Virechana, Anjan, Gandush etc.

Discussion about Asta mutra in various diseases:^{vii}

GO-MUTRA	Jwara	Krimi	Kaphaja Vruddhi	Pandu	Sukra-Udavarta	Unmada	Putika Mukharoga
	Vataja-Kaphaja kasa	Sthoulya	Medoja Vruddhi	Kumbha Kamala	Vata-Udavarta	Apasmar	Krimija Shiroroga
	Kaphaja Hridroga	Granthi	Vataja-Kaphaja Gulma	Kaphaja Sotha	Vibandha	Atisara	Arunshika
	Arsha with Atisara	Arbuda	Raktaja Gulma	Switra	Bastigata Adhmana	Akshi roga Timir	Vataja Slipada
	Kushtha	Apachi	Udara roga:	Urusthambha	Vibandh Vyapada	Sandhi-Asita-Sita roga	Kaphaja Yoni roga
	Swayathu	Pandu	Pittodar Kaphodar Jalodar	Kaphaja Vikara	Urdhvaruta Vyapada	Vataja Karna Shool	Visha
	Gulma	Adhyavata	Badhha gudodar	Vardhma roga	Vataavruta Sneha Vyapada	Kantha Roga	
	Meha	Udavarta		Grahani	Bhoot graha	Vataja –	
	Udara	Kaphaja Mutraghata		Visuchika	Yaksha graha	Medoja Galganda	

AJA MUTRA	Arsha	Prameha pidika	Grahavesh	Bhoot pratishedh
	Kaphaja Grahani	Baalshosha	Timir	Nisha-andhya roga
	Kaphaja Ashmari	Kaphaja Karna shool	Putinasa	Apinasa
	Pilla roga	Krimija Shiroroga	Kaphaja Yoni Vyapada	Visha

MAHISH MUTRA	Kaphaja Grahani
	Sotha(Nirama)

AVI MUTRA	Kaphaja Karna shool
	Parilehi(Karna roga)

ASHWA MUTRA	Karnpaligata roga

HASTI MUTRA	Karnpaligata roga

USTRA MUTRA	-----
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KHARA MUTRA	-----
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Discussion about Asta mutra in various route of administration:

1. Pana: Go-Mutra is used as orally in Kaphaja- Hridroga^{viii}, Arsha with the Atisara, Pandu, Udara roga, Sotha, Switra-Kushtha. Mahisha-Mutra is used as orally in Sotha. Aja- Mutra is used in Akhuvisha Nashaka Chikitsa^{ix}, Kaphaja Yonivyapad, Aja- Mutra is used orally in Arsha, Prameha Pidika, Ashuvisha Nashaka, Baalashosa, Bhoota pratishedha Chikitsa. Mahisha Mutra is used in Kaphaja Grahani.^x Avi-Mutra is used in Kaphaja Ashmari. Mutra are Katu-Ushna-Tikshana-Laghu gunas as well as Deepana-Pachana & Doshaghna.
2. Parisheka: Go-Mutra is used in Jwara,^{xi} Udara roga, Aja- Mutra and Avi-Mutra is used in Unmada. Parisheka is one of the Swedana, so it is used as Swedana purpose. Mutra are Kapha-Vataghna, Sophaghna.
3. Lepa: Aja- Mutra is used in Arsha, Unmada, Akhuvisha Nashaka Chikitsa, Go-Mutra is used in Udara roga,^{xii} Arunshika, Vrushchika dansha Chikitsa,^{xiii} Hasti Matra is used in Unmada, Avi-Mutra in Unmada, Parilehi chikitsa. Mutra are Kapha-Vataghna, Sophaghna, Bhedana.
4. Basti: Go-Mutra is used in Arsha, Raktaja Gulma, udara roga(Baddha gudodara), Kaphaja Yoniroga.^{xiv} Basti is considere as "Ardhachikitsa" in Panchakarma. Its ability to pacify and eliminate Dosha from the anal route (intestinal route) which is the igniting factor for many disease process.
5. Vamana: Go mutra is used as Vamana yoga in Mushaka Visha.^{xv} Through Tikshana, Ushna, Vyavaya, Vikasi, sukshama, Urdhwabhagahara Prabhava it expelled out Kapha Dosha, Pitta dosha.
6. Shirovirechana: Mutra is used as Shirovirechana dravya in Medoja Vruddhi.
7. Nasya: Go-Mutra is used in Krimija Shiroroga, Atisara, Aja- Mutra is used in Atisara, Krimija Shiroroga, Yakshagraha nashaka Chikitsa, Hasti Matra is used in Unmada. Avi-Mutra is used in Putinasa and Apinasa roga.^{xvi} Nasya is highly effective therapy in curing a number of disease pertaining to the Urdhawabhaga Vikara as well as systemic disease.
8. Anjana: Go-Mutra is used in Yakshagraha nashaka Chikitsa, Timira roga, Aja-Mutra is used in Yakshagraha nashaka Chikitsa, Timira roga, Avi-Mutra in Unmada, Hasti Matra is used in Unmada. It is used in Dosha Pakva Avstha.it has fast action on target tissue.
9. Abhyanga: Go-Mutra is used in Yakshagraha nashaka Chikitsa, Aja- Mutra and Avi-Mutra in Unmada, Hasti Mutra and Ashwa Mutra is used in Karnapali Vardhaka Chikitsa.^{xvii}
10. Virechana: Go mutra is used as Sarvakalina Virechana Yoga^{xviii} and also specially indicate in Kaphaja Gulma, Udara roga, Pandu. Through Tikshana, Ushna, Vyavaya, Vikasi, sukshama, Adhobhagahara Prabhava it expelled out Pitta and Vata dosha.
11. Dhoopana: Aja- Mutra is used in Grahavesha chikitsa^{xix}, In Unmada. Avi-Mutra is used in Unmada Hasti Matra is used in Unmada. It is used as a fastest therapy which is safe, natural, cost effective
12. Kavala: Go-Mutra is used in Kantha roga.^{xx} It is used for good and hygiene Environment into mouth. It eliminates exogenous as well endogeneous toxins.

13. Gandoosha: Go-Mutra is used. It is used for good and hygiene Environment into mouth. It eliminates exogenous as well endogeneous toxins.
14. Avagaha: Go-Mutra is used in Jwara.^{xxi}
15. Varti: Go mutra is used in Udavarta, Kshataja Shukrahara Chikitsa^{xxii} Hasti Matra is used in Unmada.
16. Karna-poorana: Aja- Mutra and Avi-Mutra is used in Kaphaja Shoola^{xxiii} It is use in Tridoshaja Vyadhi Specially Vataja-Kaphaja Vyadhi.it makes dhrada-indriyas.

ⁱ Charak Samhita, Sutra Sthana, 1/68, Satyanarayana Sastri, Chaukhambha Bharati Academy, Varanasi, 2016.

ⁱⁱ Charak Samhita, Sutra Sthana, 1/96, Satyanarayana Sastri, Chaukhambha Bharati Academy, Varanasi, 2016.

ⁱⁱⁱ Charak Samhita, Sutra Sthana, 1/69, Satyanarayana Sastri, Chaukhambha Bharati Academy, Varanasi, 2016

^{iv} Charak Samhita, Sutra Sthana, 1/98, Satyanarayana Sastri, Chaukhambha Bharati Academy, Varanasi, 2016

^v Sushruta Samhita, Sutra Sthana, 45/218, "Sushrutvimarsini" Commentary by Dr. Anant Ram Sharma, Chaukhambha Bharati Academy, Varanasi, 2015.

^{vi} Sarangadhara Samhita, Prathamaadhyaya, 1/50, "dipika" Hindi Commentary by Dr. Bramhananad Tripathi Chaukhambha Surbharati Prakashana, Varanasi, 2016

^{vii} Asthanag Hridayam of Srimadavagbhata Edited with "Nirmala" Hindi Commentary by Dr. Bramhananad Tripathi, Chaukhambha Surbharati Prakashana, Varanasi, 2016

^{viii} Asthanag Hridayam of Srimadavagbhata Edited with "Nirmala" Hindi Commentary by Dr. Bramhananad Tripathi, Chikitsa Sthana, 6/51, Chaukhambha Surbharati Prakashana, Varanasi, 2016

^{ix} Asthanag Hridayam of Srimadavagbhata Edited with "Nirmala" Hindi Commentary by Dr. Bramhananad Tripathi, Uttara Sthana, 38/29, Chaukhambha Surbharati Prakashana, Varanasi, 2016

^x Asthanag Hridayam of Srimadavagbhata Edited with "Nirmala" Hindi Commentary by Dr. Bramhananad Tripathi, Chikitsa Sthana, 10/56, Chaukhambha Surbharati Prakashana, Varanasi, 2016

^{xi} Asthanag Hridayam of Srimadavagbhata Edited with "Nirmala" Hindi Commentary by Dr. Bramhananad Tripathi, Chikitsa Sthana, 1/142, Chaukhambha Surbharati Prakashana, Varanasi, 2016

^{xii} Asthanag Hridayam of Srimadavagbhata Edited with "Nirmala" Hindi Commentary by Dr. Bramhananad Tripathi, Chikitsa Sthana, 15/48, Chaukhambha Surbharati Prakashana, Varanasi, 2016

^{xiii} Asthanag Hridayam of Srimadavagbhata Edited with "Nirmala" Hindi Commentary by Dr. Bramhananad Tripathi, Uttara Sthana Sthana, 37/32, Chaukhambha Surbharati Prakashana, Varanasi, 2016

^{xiv} Asthanag Hridayam of Srimadavagbhata Edited with "Nirmala" Hindi Commentary by Dr. Bramhananad Tripathi, Uttara Sthana Sthana, 34/60, Chaukhambha Surbharati Prakashana, Varanasi, 2016

^{xv} Asthanag Hridayam of Srimadavagbhata Edited with "Nirmala" Hindi Commentary by Dr. Bramhananad Tripathi, Uttara Sthana Sthana, 38/22, Chaukhambha Surbharati Prakashana, Varanasi, 2016

^{xvi} Asthanag Hridayam of Srimadavagbhata Edited with "Nirmala" Hindi Commentary by Dr. Bramhananad Tripathi, Uttara Sthana Sthana, 20/22, Chaukhambha Surbharati Prakashana, Varanasi, 2016

^{xvii} Asthanag Hridayam of Srimadavagbhata Edited with "Nirmala" Hindi Commentary by Dr. Bramhananad Tripathi, Uttara Sthana Sthana, 18/58, Chaukhambha Surbharati Prakashana, Varanasi, 2016

^{xviii} Asthanag Hridayam of Srimadavagbhata Edited with "Nirmala" Hindi Commentary by Dr. Bramhananad Tripathi, Kalpa Sthana 2/27, Chaukhambha Surbharati Prakashana, Varanasi, 2016

^{xix} Asthanag Hridayam of Srimadavagbhata Edited with "Nirmala" Hindi Commentary by Dr. Bramhananad Tripathi, Uttara Sthana 3/54, Chaukhambha Surbharati Prakashana, Varanasi, 2016

^{xx} Asthanag Hridayam of Srimadavagbhata Edited with "Nirmala" Hindi Commentary by Dr. Bramhananad Tripathi, Uttara Sthana 22/56, Chaukhambha Surbharati Prakashana, Varanasi, 2016

^{xxi} Asthanag Hridayam of Srimadavagbhata Edited with "Nirmala" Hindi Commentary by Dr. Bramhananad Tripathi, Chikitsa Sthana, 1/142, Chaukhambha Surbharati Prakashana, Varanasi, 2016

^{xxii} Asthanag Hridayam of Srimadavagbhata Edited with "Nirmala" Hindi Commentary by Dr. Bramhananad Tripathi, Uttara Sthana, 13/33, Chaukhambha Surbharati Prakashana, Varanasi, 2016

^{xxiii} Asthanag Hridayam of Srimadavagbhata Edited with "Nirmala" Hindi Commentary by Dr. Bramhananad Tripathi, Uttara Sthana, 18/15, Chaukhambha Surbharati Prakashana, Varanasi, 2016.