



Title- “A critical literature review of *Vataasthila* w.s.r. to Benign Prostatic Hyperplasia.”

*¹Dr. Kishor M. Waghmare, ²Dr. Amit Shedage, ³Dr. Veerendra Meenkire.

¹Associate Professor, Shalya Tantra Dept., SVNHT's Ayurved Mahavidyalaya
Shrshivajinagar, Rahuri Factory, Maharashtra.

¹Ph.D. Scholar, Shalya Tantra Dept., LRP Ayurvedic Medical College, Hospital, PG
Institute & Research Centre, Islampur, Sangali.

²Professor & HOD, Shalya Tantra Dept., LRP Ayurvedic Medical College, Hospital, PG
Institute & Research Centre, Islampur, Sangali.

³Professor & Dean, Shalya Tantra Dept., LRP Ayurvedic Medical College, Hospital, PG
Institute & Research Centre, Islampur, Sangali.

Abstract-

The disease Benign Prostatic Hyperplasia (BPH) is the most frequently occurring disorder of the aging men. The prostate is a specific organ related to the functions of the male urogenital system and in old age, when most of the organs of the body regress in size; the prostate enlarges and causes trouble with the flow of urine. This is the disease of male senior citizens exclusively and it affects the community about over 50 years of age. In Ayurveda literature, its pathophysiology was given as the deranged and aggravated Vayu gets lodged in the space between the bladder and anus and gives rise to a thick lumpy pebble-like structure, which is hard, non-shifting in character, produces suppression of stool, urine and flatus distension in the abdomen and pain in the bladder.

Keywords- *Asthila*, *Basti*, Benign Prostatic Hyperplasia, *Vataasthila*, Urine.

Introduction-

Asthila means a rounded piece of stone. In *Vata-asthila* the muscles become compact and hard like a rounded piece of stone like *Asthila*. Formation of hard, thick cystic (*granthi sadrushya*) structure in the pathway of *vinmutramarga* is the *pratyatma lakshan* of *Vataasthila*.

1. *Vinmutramargavarodh*:- *Asthila* exerts pressure on the *vinmutramarga*, thus causing difficulty in passage of urine and stool.
2. *Basti adhmaan*:- *Basti* is the place of *apan vayu*. The vitiated *apan vayu* residing in *Basti* causes *adhmaan*.
3. *Tivra vedana*:-The vitiated *apan vayu* moving in the upward direction causes severe pain in *Basti*.
4. *Chalgranthi*:- The vitiated *apan vayu* gives rise to *chalgranthi* in the pathway of *vinmutramarga*. *Vata dosha* causes *chal granthi*.
5. *Ghan* and *achal granthi*:- When vitiation of *Vata* along with *kapha* and *pitta* takes place, a hard stony pebble like *granthi* is formed. Due to *kapha* it becomes hard and *achal*. It has been compared with stone and hence it is called as *asthila*.
6. *Vinmutra* and *adho Vatasangha*:- *Asthila granthi* causes obstruction in the passage of faeces and urine, so normal physiology gets altered and there is *vinmutra* and *adho Vatasanga*.
7. *Adhmaan* in *Basti* and *Guda*:- Due to *asthila* there is obstruction the passage of urine, faeces and flatus, causing *adhmaan* in *Basti* and *Guda* thus causing *Bastigraha*.

Under the heading of *mutraghata*, the *asthila* differentiated from the *lakshana* of *Vata asthila* and *pratyasthila*. *Acharya Charaka* while explaining *Vata vyadhi* has not considered *asthila* under the type of *mutraghata*.

Sushruta in *nidan sthana* has explained *Vata-asthila* and *pratyasthila* in the *uttartantra*. It clearly shows the difference between *Vataasthila* and *pratyasthila*. *Acharya Dalhan* explains that there is difference between *Asthila* and *Vata- asthila*, though their *swarupa* is same but still there is difference in their *sthana* and *lakshanas* and this suggests that the *Asthila* included under the topic *Mutraghata* is *Vata- asthila*.^[1]

In types of *mutraghata*, *Mutragranthi* is also one, which obstructs the urine flow but *Acharya Sushruta* says that the *adhishtan* of *Mutragranthi* is *Bastidmukha* and *Acharya Charaka* a also agreed that the *adhishtan* of *Mutragranthi* is *Bastidwara* and this reflects the difference between *Asthila* and *Mutragranthi*.

Adhishtan of Asthila:-

According to *Sushruta- adhishtan* of *Asthila* is *Guda* and *Basti*. *Dalhan* says that meaning of *shakrunmarg* is *Guda* and *Basti*. *Asthila* disease occurs between the *Basti* and *Guda* which obstructs the pathway of *mala*, *mutra* and *flatus*. *Acharya Agnivesh* specifies the above points and states that *Asthila* obstructs the *vinmutra* as well as it produces *adhmaan* in *Basti* and *Guda*.^[2]

Along with the *mutra marg* *Guda marg* is also obstructed and hence *Asthila* also obstructs the pathway of *purish* and *adhoVata*. The *sthana* of *Mutragranthi* is inside the *Bastimukh* and it is clear that *Asthila* is

situated outside the *Basti*, causing obstruction in the pathway of *mutra*. *Pourush granthi* is situated outside the *Basti* surrounding the *mutra* marga and prostate is also associated with the urethra in the same way and so adhesion of *Asthila* and prostate gland can be taken as one and the same. [3]

Relation of *Pourush granthi* and Prostate:

Pourush – Purush Anu

This reflects the relation with man. *Acharya Sushruta* says that *Basti*, *Bastishir*, *pourush*, *vrushan*, *Guda* are related with each other and situated accordingly in the pelvic cavity. *Dalhan* says that ‘*Pourusham medhram*’ where *medhra* stands for penis and external genitalia of male. *Nyay Chandrikakar Acharya Gaydas* says ‘*Pourusham shukravaha nadi*’ *Madhavnidan* states that in severity of *BrushanoVata* there is inflammation of *pourush granthi*. *Gananath Sen* says that *granthi* situated at the *Basti* mula is *Pourush granthi* and also states that *Pourush granthi* is situated in the *Guda-asthi vivar*. [4]

Pourush granthi is correlated with the prostate gland in modern science because:-

1. *Acharya Sushruta* has mentioned the *Pourush granthi* is situated at the end of *Bastishir* and in *Guda asthi vivar* and prostate gland is also situated in the same place. [5]
2. *Acharya Gayadas* has said that *pourush* is *shukravaha nadi* and according to modern science the ejaculatory duct carrying semen and prostate both open the prostatic urethra.
3. According to *Shabdhartha Kaustubh* *Pourush granthi* is also found in man.
4. According to *Madhavnidan* infection is spread to *Pourush granthi* through *mutramarg*.

The above sentences show similarity between *Pourush granthi* and prostate gland. So we consider *Pourush granthi* as the prostate gland.

Discussion and Conclusion-

Relation of Prostatic Enlargement and *Asthila*:-

1. Enlargement of prostate and *Asthila* both occur in *Basti*.
2. One of the causative factor of *Asthila* is *ativyavay* which causes *shukra kshaya* causing *Vataprakop*. Prostatic enlargement is also a senile disease in which there is imbalance of endocrine secretions and *Vata* is dominant in old age which acts as the causative factor. [6]

3. *Mutravega nighraha* causes stagnation of urine in *Basti* which causes infection and inflammation in *Basti* and *Pourush granthi* and causes *Asthila*. In prostatic enlargement there is also retention of urine and cystitis.
4. Due to abnormal urge of urination *Asthila* occurs and according to modern science inflammation and prostate occurs due to irrelevant catheterization.
5. The treatment of *asthila* is *Vatashamak* and similar to the treatment of *gulma* or *Anta vidhradhi*.
6. The treatment of B.P.H is also conservative and surgical. So B.P.H and *Asthila* can be considered as one and the same.
7. Above description shows the similarity between *Asthila* and prostate enlargement especially benign and we can treat the disease according to various *granthas*.

References-

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