



UNDERSTANDING OF *MOOTRAVIKARAS* AND ANALYSIS OF FORMULATIONS USED IN *MOOTRAVIKARAS*

Dr. Niranjan S¹., Dr. Harish Chandra Giri², Dr. Swapna Swayamprava³, Dr. Subrat Kumar Ojha⁴

1. Professor, Department of Kayachikitsa, Major S.D. Singh P.G. Ayurvedic Medical College, Farrukhabad, U.P.
2. Asst Professor, Department of Roganidan, Sri Sri College of Ayurvedic Science and Research Hospital, Cuttack
3. Reader and H.O.D., Department of Agadatantra, K.A.T.S. Ayurvedic College, Ankushpur, Ganjam, Odisha
4. Lecturer, Department of Samhita and Siddhanta, K.A.T.S. Ayurvedic College, Ankushpur, Ganjam, Odisha

ABSTRACT:

Mootravaha srotas can be correlated with Uro-genital system of modern science. Our classical literatures describe various conditions related to urinary tract which are clubbed together under the heading of *Mootravikaras*. These diseases are broadly classified into *Mootra apravrittijanya vikaras* and *Mootra atipravrittijanya vikaras*. Based on the clinical manifestations of these diseases they can be understood in modern parlance. Many formulations and single drug preparations are discussed in our classics while describing the treatment principles. The present article discusses various conditions which mimic the symptomatologies of various *mootravikaras* described in Ayurveda and also different formulations based on their treatment principles. Disease specific formulations are also discussed based on the clinical experience.

Keywords: *Mootrakricchra, Mootraghata, Prameha, Ashmari, mootravaha srotogata vikaras*

1. INTRODUCTION:

Our body is a conglomeration of several systems like that of nervous system, respiratory system, cardiovascular system, genito-urinary system, musculoskeletal system, etc. Even we get similar descriptions in Ayurvedic texts. The body is a collection of several *srotases*. Among these *srotases* some are principally present in the body doing vital functions viz., *Pranavaha srotas, Annavaha srotas, Udakavaha srotas, Rasavaha srotas*, etc. Charaka mentions such 13 vital *srotases* in our body whereas they are of 11 pairs as per Sushruta. Among these vital *srotases*, *Mootravaha srotas* is one which can be correlated with Uro-genital system as per modern science. According to Charaka, the origins (*moola*) of *mootravaha srotas* are *Basti* (urinary bladder) and two *Vankshanas* (inguinal region or kidneys)¹. Sushruta opines that the *moola* of *mootravaha srotas* are *Basti* and *Medhra* (External genital organ)². When we scrutinize the classical books of

Ayurveda, we get plenty of descriptions regarding diseases affecting the *mootravaha srotas* (renal disorders) like that of *Mootrakrichhra* (dysuria), *Mootraghata* (retention and suppression of urine), *Ashmari* (renal calculus), *Prameha* etc. along with their management. According to Acharya Charaka, 13 types of *Mootraghata*³, 8 types of *Mootrakricchra*⁴ and 4 types of *Ashmari*⁵ have been described elaborately, whereas, Vagbhata classifies *mootravikaras* into two different headings as *Mootra apravrittijanya* and *Mootra atipravrittijanya vikaras*. Vagbhata includes 12 types of *Mootrakricchra*, 8 types of *Mootraghata* and 4 types of *Ashmari* diseases in *Mootra apravrittijanya vikaras*⁶ and in *Mootra atipravrittijanya vikaras*⁷ he mentions 20 types of *Prameha*. These can be understood in modern parlance based on the clinical presentations.

2. DISCUSSION ON MOOTRAVIKARAS AND THEIR MODERN PARLANCE:

All the renal disorders described in Ayurveda can be classified and understood based on the clinical manifestation as follows:

2.1 Mootra Apravrittijanya Vikaras

These are the conditions wherein the difficulty in passing the urine or pain during micturition or mechanical obstruction in passing the urine which results in pain are seen as the predominant features. These disorders are further classified as follows: .

2.1.1 Mootrakricchra – 8 types

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| 1. <i>Vataja</i> | – Neurogenic in Traumatic disease |
| 2. <i>Pittaja</i> | – Acute Urinary Tract Infection |
| 3. <i>Kaphaja</i> | – Subacute Urinary Tract Infection |
| 4. <i>Sannipataja</i> | – Acute or Chronic Urinary Tract Infection |
| 5. <i>Shalyabhighataja</i> | – Due to trauma |
| 6. <i>Shakritvighataja</i> | – Constipational dysuria |
| 7. <i>Ashmarija</i> | – Urinary calculosis |
| 8. <i>Shukraja Mootrakricchra</i> | – Stagnation of semen |

2.1.2 Mootraghata– 13 types

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|--------------------------|---|
| 1. <i>Vastikundalika</i> | – Spasmodic stricture |
| 2. <i>Vatabasti</i> | – Retention of urine |
| 3. <i>Mootrotsanga</i> | – Stricture of urethra |
| 4. <i>Mootrajathara</i> | – Distended bladder |
| 5. <i>Mootrateeta</i> | – Incontinence of urine |
| 6. <i>Bastikundala</i> | – Bladder atony |
| 7. <i>Mootragranthi</i> | – Stone obstructing the bladder neck / renal calculus |
| 8. <i>Ashtheela</i> | – Benign Prostatic Hypertrophy / Enlarged prostate |
| 9. <i>Mootrashukra</i> | – Stagnation of semen |
| 10. <i>Ushnavata</i> | – Pyogenic urinary infection |
| 11. <i>Vidvighata</i> | – Rectovesical fistula |
| 12. <i>Mootrasada</i> | – Scanty micturition / Oliguria |
| 13. <i>Mootrakshaya</i> | – Anuria |

2.1.3 Ashmari– 4 types

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|--------------------|---|
| 1. <i>Vataja</i> | – Uric acid stone |
| 2. <i>Pittaja</i> | – Calcium oxalate, Uric acid and Cysteine stone |
| 3. <i>Kaphaja</i> | – Calcium phosphate stone |
| 4. <i>Shukraja</i> | – Calcium phosphate stone |

2.2 Mootra Atipravrittijanya Vikaras

These are the conditions wherein the cardinal feature itself is passing of excess urine with other related symptoms. Vagbhata considers 20 types of Prameha under this heading which are as follows:

2.2.1 Prameha

2.2.1.1 Kaphaja – 10 types

1. *Udakameha* – Diabetes insipidus
2. *Ikshumeha* – Glycosuria
3. *Sandra meha* – Phosphaturia
4. *Surameha* - Acetonuria
5. *Pishtameha* – Heavy Phosphaturia
6. *Shukrameha* – Spermaturia
7. *Sikatameha* – Crystalluria / Lithuria
8. *Sheetameha* – Polyuria with glycosuria
9. *Shanaimaha* – Frequency
10. *Lalameha* – Albuminuria

2.2.1.2 Pittaja– 6 types

1. *Ksharameha* – Alkaline urine
2. *Neelameha* – Indicanuria
3. *Kala meha* – Black ink like urine / Haematuria
4. *Haridrameha* – Biluria
5. *Manjishtamaha* – Haemoglobinuria
6. *Raktameha* - Haematuria

2.2.1.3 Vataja– 4 types

1. *Vasa meha* – Chyluria
2. *Majjameha* – Pyuria
3. *Hastimeha* – Polyuria with incontinence
4. *Kshoudrameha* – Diabetic glycosuria

3. DISCUSSION ON FORMULATIONS USED IN MOOTRAVIKARAS

When we go through the Ayurvedic classics we get vivid explanations regarding the *Mootravaha srotas* viz., its *moola*, *dushti karanas*, *dushti lakshanas*, *mootra pareeksha* (examination of urine), *mootra vegadharanajanya vikaras* etc. Thus, we can interpret that the description available in the classics about *mootravaha srotas* is scientific and applicable. Apart from these there is description of drugs and formulations, which are used in *mootragata rogas*. A compilation of the drugs and formulations along with the data of clinical experience in this respect has been dealt here.

3.1 Classification of drugs as per the mode of action:

The most common combination and individual drugs used in Ayurvedic for renal disorders can be classified as having following actions:

- 1) *Mootrala* : *Gokshura*
Punarnava
Trina panchamoola
- 2) *Mootravirechaniya drugs* : *Ikshuswarasa*
Narikelajala

- 3) Nephroprotective drugs : *Punarnava*
- 4) *Ashmarighna* : *Pashanabheda*
Varuna
Gorakshaganja
Kulattha
Shweta parpati
- 5) *Rasayana* : *Chandraprabha vati*
- 6) Urinary antiseptic drugs : *Chandana*
Sariva
Ushira
- 7) Usages in UTI : *Gandhaka Rasayana*
Chandanasava
Sarivadyasava
- 8) Useful in obstructive urinary pathologies: *Chandraprabha vati*
Gokshuradi Guggulu
Varunadi Kadha
Kokilaksha kwatha
- 9) Drugs useful for regeneration of kidney: *Punarnava*
- 10) Useful in proteinuria : *Guduchi*
Saptaparna
Chandana
Khadira

3.2 Ayurvedic formulations as per the disease specific:

3.2.1 Drugs and classical formulations commonly used in *Mootrakricchra*:

- *Chandraprabha vati*
- *Trina panchamoola kashaya*
- *Gandhaka rasayana*
- *Shiva gutika*
- *Punarnavasava*
- *Mala vatanulomaka* drugs like – *Triphala, Haritaki, Trivrit churna*
- *Chandanadi loha*
- *Sarivadyasava*

3.2.2 Drugs and classical formulations commonly used in *Mootraghata*:

- *Varuna Shigru Kashaya*
- *Trina panchamoola kashaya*
- *Gokshuradi Guggulu*
- *Ushirasava*
- *Chandraprabha vati*
- *Chandanasava* etc

3.2.3 Drugs and classical formulations commonly used in *Mootrashmari*:

- *Varunasava*
- *Chandraprabha vati*
- *Surakshara kaseesa* etc.
- *Gorakshaganja churna*
- *Pashanabhedi churna*
- *Shweta parpati*
- *Kulattha kwatha*

3.2.4 Drugs and classical formulations commonly used in *Prameha*:

- *Chandraprabha vati*
- *Vijayasara Ghana vati*
- *Jambvasava*
- *Karavellaka swarasa*
- *Vasantakusumakara rasa*
- *Nishamalaki churna*
- *Panchatikta kashaya*
- *Methika churna* etc
- *Lodhrasava,*
- *Katakakhadiradi kashaya*
- *Jambubeeja*

4. CONCLUSION:

- The descriptions about *mootra vikaras* available in classical texts of Ayurveda are scientific.
- The diseases can be understood in modern parlance based on the clinical manifestations
- However there is a need for further scientific evaluation and uniform standardization about the terminology and clinical explanation regarding *mootravaha srotogata vikaras*.

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