



A Conceptual Study of Types of *Mutra* and Their Uses in Ayurveda: A Review Article

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ABSTRACT-

Urine has a special and important role in Ayurveda as a medicinal agent, diagnostic tool, and general health indicator. Urine is regarded by this traditional Indian medical system as a vital fluid that indicates the equilibrium or disequilibrium of the body's *Dosha* and general state of health, rather than just as a waste product. Urine is utilized in a variety of Ayurvedic medicine formulations, such as *Gomutra* in *Sanjivani Vati*. In Ayurvedic texts, the many kinds of *Mutra* are described in detail. The characteristics of *Mutra* as described in Ayurvedic classics and their application in treating different ailments as described in *Charaka Samhita* are compiled in this article.

KEYWORDS- *Mutrashtaka, Mutra, Nighantu, Naramutra, Gomutra.*

INTRODUCTION-

There are 3 types of *Dravya* in *Charaka Samhita* –*Audbhid Dravya, Jangam Dravya* and *Parthiv Dravya* ^[1]. *Mutra* is considered in 19 types of *Jangam Dravya* ^[1]. In *Charaka Samhita* 's 8 types of *Mutra* are described as *Mutrashtaka* (*Avimutra, Ajamutra, Gomutra, Mahisha, Hastimutra, Ushtramutra, Hayamutra, Kharamutra*) ^[2]. In *Ayurved*, *Mutra* is used in various disease as a medicine like – *Arsh, Udararoga, Gulama* etc. *Mutra* is not only mentioned in various *Samhitas* (*Charaka Samhita, Sushrut Samhita, Yogaratnakar*) but also in various *Nighantus*- *Dhanvantri Nighantu, Kaidev Nighantu, Madanpal Nighantu*. In *Madanpal Nighantu, Kaidev Nighantu* and *Dhanvantri Nighantu* 9th *Mutra* –*Naramutra* is also mentioned. Properties of *Naramutra* is also described in *Bhavprakash Samhita* and *Sushruta Samhita*. According to *Acharya Bhavprakash* urine of female is taken when talk about cow, buffalo, sheep, goat and male if it's about donkey, camel, elephant, human, horse ^[3].

MATERIAL AND METHOD-

Relevant Ayurvedic literatures were used to gather data on the subject. The following data were selected from *Charaka Samhita*, *Sushruta Samhita*, *Yogaratanakar*, *Dhanvantri Nighantu*, *Kaiyadeva Nighantu*, *Madanpal Nighantu*.

Table-1 Description of Mutra in Ayurvedic texts

Sr.No.	Samhita/ Nighantu	Chapter / Varga
1.	Charaka Samhita	Deerghanjiviteeya Adhyaya ^[2]
2.	Sushruta Samhita	Dravadravya Vidhi Adhyaya ^[4]
3.	Yogaratanakar	Paribhashik Dravya Prakran ^[5]
4.	Dhanvantri Nighantu	Suvarnadivarga ^[6]
5.	Kaiyadeva Nighantu	Mutravarga ^[7]
6.	Madanpal Nighantu	Paniyavarga ^[8]
7.	Bhavprakash Nighantu	Mutravarga ^[3]

Normal properties and Rogaghnata of Mutra ^{[9][10][11][12][13]}

Acc. to *Charaka Samhita* ^[14]

Normally all types of Mutra are Ushna (hot), Tikshana, Aruksha, Katu and Lavan in property. They are used in Lape, Asthapan Basti, Virachan, Sawedan, Anaha, Agad/Visha, Udarroga, Arsha, Gulma, Kushtha, Kilas, Upnaha, Parisheka, Agnidipaka, Vishanasha and Krimi. Especially beneficial in Pandu Roga. By drinking Mutra, it deaminase Kapha, carminate Vata and excrete out Pitta from Gudamarga.

Table-2 Properties of Mutra

Sr. No.	Type of Mutra	Charaka Samhita	Sushruta Samhita	Yogaratanakar	Dhanvantri Nighantu	Kaiyadeva Nighantu
1.	Avimutra	Stiktam, Snigdham	Skshar, Tikta, Katukam, Ushnam	Skshar, Katukam, Tiktam, Ushna	Sksharam, Katukam, Tiktam, Ushnam	Ushnam, Sksharam, Katu, Tiktam, Laghu, Susanigdham
2.	Ajamutra	Kshaya, Madhuram	Katu, Tikta	Ruksh, Ushna, Katukam	Katu, Tikta	Katu, Swadu, Tiktam, Ruksham, Kshaykam, Tikshn, Ushnam
3.	Gomutra	Samdhuram	Katu, Kashyakam, Tikshn, Sksharam, Laghu	Katu, Tikta, Ushnam, Sksharam, Lekhanam, Saram, Laghu	Katu, Tikta, Ushnam, Sksharam, Lekhanam, Saram	Katu, Tikta, Kashyakam, Tikshn, Ushnam, Madhuram, Kinchit Saksharam, Laghu

4.	<i>Mahisha</i>	<i>Sksharam, Saram</i>	-	-	-	<i>Sksharam, Katu, Tiktam, Kashyakam</i>
5.	<i>Hastimutra</i>	<i>Lavanam</i>	<i>Stiktam, Lavnam, Tikshanam, Ksharam</i>	<i>Stiktam, Lavnam, Tikshanam, Ksharam</i>	<i>Stiktam, Lavnam, Tikshanam, Ksharam</i>	<i>Katu, Ksharam, Stiktam</i>
6.	<i>Ushtramutra</i>	<i>Stiktam</i>	-	<i>Tikshanam</i>	-	<i>Katu, Tikshna, Ushnam</i>
7.	<i>Hayamutra</i>	<i>Tikta, Katukam</i>	<i>Katu, Tikshna, Ushnam</i>	<i>Katu, Tikshna, Ushnam, Ruksham</i>	<i>Katu, Tikshna, Ushnam</i>	<i>Katu, Ksharam, Tikshn, Ushnam</i>
8.	<i>Kharamutra</i>	-	<i>Tikshanam</i>	<i>Kashaya, Tiktam</i>	<i>Tikshanam</i>	<i>Tikshanam</i>
9.	<i>Naramutra</i>	-	-	<i>Tiktam</i>	<i>Tiktam</i>	<i>Katu, Ksharam</i>

Table-3 Rogaghnata of Mutra

Sr. No.	Type of Mutra	Charaka Samhita	Sushruta Samhita	Yogaratanakar	Dhanvantri Nighantu	Kaiyadeva Nighantu
1.	<i>Avimutra</i>	<i>Pittavrodhi</i>	<i>Kasa, Pliha, Udara, Swasa, Shosha, Vibandha</i>	<i>Pliha, Udara, Kasa, Swasa, Shophavarchograh, Vataghnam</i>	<i>Kasa, Pliha, Udara, Swasa, Shopha, Varchograh, Vataghnam</i>	<i>Vataghnam, Shool, Arsh, Kasa, Swasa</i>
2.	<i>Ajamutra</i>	<i>Patthyam</i>	<i>Kasa, Swasa, Shopha, Kamla, Pandu</i>	<i>Kasa, Swasa, Shopha, Kamla, Pandu</i>	<i>Kasaswasaphsam, Shopha, Kamala, Pandu, Marutkopnam</i>	<i>Pathyam, Kinchit Marutkopnam, Shoola, Gulma, Visha, Swasa, Kasa, Nadivisha, Kamla, Pandu, Shoshaghnam, Purnat Krnshooljita</i>

3.	Gomutra	Kinchit Doshaghna, Krimikushth nut, Kandu, Udararoga	Vatalam, Agnideepanam, Medhyam, Pittalam, Kaphavatajita, Shool, Gulma, Udara, Anaha, Virechana, Aasthapan	Vatalam, Agnideepanam, Medhyam, Pittalam, Kaphavatajita, Shool, Gulma, Udara, Anaha, Aasthapan	Lekhnam, Agnideepnam , Medhyam, Pittalam, Kaphavatajita ,	Pachnam, Deepnam, Bhednam, Medyam, Pittlam, Kaphavatajita , Kushtha, Gulma, Udara, Anaha, Swasa, Arsha Pandu, Shool
4.	Mahisha	Arsha, Shopha, Udarghana m	Durnama, Udara, Shool, Kushtha, Prameha, Anaha, Shopha, Gulma, Pandu	Durnama, Udara, Shool, Kushtha, Prameha, Visuchika, Anaha, Shopha, Gulma, Pandu	Durnamaq, Udara, Shoola, Kushtha, Meha, Anaha, Shopha, Gulma, Pandu	Pittlam, Vatahara, Shoph, Arsha, Gulma, Anaha, Udarroga, Prameha, Pandu, Shool Krimi, Kushtha, Asamyakvam anadi
5.	Hastimutra	Krimikushth inam, Prashast Badhvinmut ram, Visha, Shaleshama , Arsh	Bhedi, Vataghanam, Pittaprakopnam, Kilasa	Bhedi, Vataghanam, Pittaprakopnam , Kilasa	Bhedi, Vataghanam, Pittaprakopn am, Kilasa	Malabhedna m, Pittaprakop, Vataghanam, Darnam, Ksharkarma, Baddhshool, Mandalkushth a, Kilasa, Krimi, Gulma, Visha, Arsha, Kapharoga

6.	Ushtramutra	Shvaskasaghnam, Arshoghnam,	Shoppha, Kushtha, Udara, Unmada, Krimi, Arsha	Kushtha, Udara, Unmada, Shoppha, Arsha, Krimivatanutaghnam, Jatharrogaajita	Shoppha, Kushtha, Udara, Unmada, Maruta, Krimi, Arsha	Deepenam, Vatajushtha, Udara, Unmada, Shosha, Arsha, Krimi, Kushtha
7.	Hayamutra	Kushtha, Vran, Vishapaham	Deepanam, Vatachetovikarnuta, Kaphaharam, Krimi, Dadru	Deepanam, Vataroga, Kaphaharam, Krimi, Dadru	Deepanam, Vatachetovikarnuta, Kaphaharam, Krimi, Dadru	Deepenam Unmada Kushtha Dadru Krimi, Meha, Kaphavatashamka, Darunshool Kilasa Ksharkarma
8.	Kharamutra	Apasmara, Unmada, Grahvinashnam	Garchetovikarghn am, Grahaniroganuta, Deepanam, Krimi, VataKaphapaham	Deepanam, Krimivatakaphapaham, Hikka, Swasa	Garchetovikarghn am, Grahaniroganuta, Deepanam, Krimi, VataKaphapaham	Deepenam, VataKaphaham, Krimi, Chetovikaraghn am, Grahini, Gara, Mehanuta
9.	Naramutra	-	Vishapaham	Pittaraktakrimiharam, Rechnam, Kaphavataajita, Mohaharam, Vishapaham	Pittaraktakrimiharam, Rechnam, Kaphavataajita, Mohaharam, Vishapaham	Vishaghnam, Rasaynam

DISCUSSION-

Several ayurvedic literature mention the use of *mutra*. Below is a discussion of the various medical conditions that Acharya Charaka detailed using urine -

Kushtha- Drinking Gomutra with Daruhaldi Kalka/ Rasanjan cure Kushtha. ^[15]

Shweta Kushtha- Nilotpal, Kushtha and Sandhava Lavana mix with Hastimutra or Mulaka Bija and Bakuchi Bija mix with Gomutra use as Lepa in Shweta Kushtha. Kakodumbara bark, Bakuchi Bija and Chitraka with Gomutra use as Lepa. ^[16]

Unmada- Chaturguna Gomutra is used in Hingvadya Ghrita in Unmada. A paste of Shirisha, Mulethi, Hingu, Lashuna, Tagara, Vacha and Kushtha along with Bastmutra is used in Unmada as Anjana and Nasya. ^[17]

Apasmara- A paste of various drugs like- *Pippli, Lavana, Hingu, Kakoli* etc. mix with *Ajamutra* in *Pushya Nakshatra* used as *Pradeha* and *Dhupa* in *Apasmara*. *Apetrakshasi, Kushtha, Putna(Harada), Keshi(Jatamansi), Chorpushpi* along with *Gomutra* used as *Utsadan* followed by bathing with *Gomutra* in *Apasmara*.^[18]

Shotha- Decoction of *Kulthi* and *Shunthi* mix with *Gomutra* used for *Parisheka Sanana* in *Kaphaja Shotha*.^[19]

Udararoga- In *Kaphaja Udararoga* *Gomutra* is used for treatment. *Gomutra* mix with various *Tikshana Kshara* is used in *Jalodra*. *Devdaru, Palasha, Araka, Hastipippli, Shigru, Ashvghandha* and *Gomutra* hot paste used as *Pradeha*. *Gomutra* with *Haritaki Churna* used in *Kaphaja Udararoga*. Normaly *Mahisha Mutra* is given for one week in all types of *Udararoga*.^[20]

Arsha- If there is *Shoola* in *Arsha* first do *Snehana* then *Avgahana* in hot *Gomutra*. *Arkakshiradya Lepa* a mixture of *Arka Kshira, Sudha Kanda, Katualabu Pallava, Karanja* and *Bastamutra* is used in *Arsha*.^[21]

Grahani- *Gomutra* is used in *Duralbhadya Kshara*.^[22]

Agnimandya- *Mahishamutra* is used in prepration of *Bhunimbadi Kshara* and *Bastamutra* is used in prepration of *Haridradya Kshara*, both *Bhunimbadi Kshara* and *Haridradya Kshara* are used for *Jathragni Deepana*.^[23]

Pandu- A *Ghrita* made of 1 *Prasth Mahishaghrita*, 2 *Prasth Gomutra* and 2 *Karsha* of *Daruhaldi Kalka* is used in treatment of *Pandu*. Paste of *Gomutra* soaked *Hritaki* taken with *Gomutra* in *Kaphaja Pandu*. *Godugdha* with *Gomutra* / *Mahishadugdha* with *Mahishmutra* for fifteen days or *Triphla* with *Gomutra* for seven days is given in *Pandu*. *Gomutraharitaki* is used in *Pandu*. 2 *Aadhaka Gomutra* is used in *Punarnava Mandoora*.^[24]

Visarpa- Warm *Gomutra* is used for *Parishechana* in *Granthija Visarpa*.^[25]

Visha- If there is obstruction to the eyes (vision), then *Anjana* prepared od *Devadaru, Shunthi, Pippali, Maricha, Haridra, Karvira, Karanja, Nimba* and *Sursa* mixed with *Bastamutra* should be applied over the eyes. *Ajamutra* is used in formation of *Gandhahastinamaka Agada*. 1 *Aadhaka Gomutra* is used in formation of *Nagdantyadi Ghrita*. 3 *Aadhaka Gomutra* is used in formation of *Amrita Ghrita*.^[26]

CONCLUSION-

Mutra possess hot potency (*Virya*). Mainly it is *Pitavardhaka* and *VataKaphashamka*. There is *Gomutra* in *Gomutraharitaki, Sanjivnivati, Punarnava Mandoora* and so on. *Mutra* can be used as medicine in diseases when the blood becomes acidic since it has alkaline (*Kshariya*) potency. Both modern medicine and Ayurveda (*Tail Bindu Parikshana*) use *Naramutra* for disease diagnosis. There is still a lot of preclinical and clinical research being done to determine the efficacy and safety of using urine as medicine.

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