



ISSN 2456-3110

Vol 4 · Issue 6

Nov-Dec 2019

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Charaka
Publications

Indexed

Mode of action of *Uttarabasti* in *Mutraghata* (Benign Prostatic Hyperplasia)

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ABSTRACT

Ayurveda based on Vedas but with the main aim of eradication of the diseases and maintenance of health of healthy individuals, describes in detail about the diseases of urinary tract. Acharya Vagbhata has classically divided the Rogas of Mutra in to two categories viz. Mutra Atipravrittija and Mutra Apravrittija Rogas. The disease Prameha comes under the first group where as Asmari, Mutrakriccha and Mutraghata fall under the second. Mutraghata is a condition in consequence with some kind of Obstructive Uropathy either mechanical or functional; related either to upper or lower urinary tract resulting in to either partial or complete retention of urine as well as Oliguria or Anuria. It can be correlated with Benign Prostatic Hyperplasia. (B.P.H) it is a frequent finding in older men. According to Sushruta and Charaka, it is clear that, the use of Uttara Basti is advocated in all the varieties of Mutraghata. This is because of 'the Basti is the Sthana for Samshraya of the Doshas and Uttara Basti is having direct access to the site and hence is more powerful in alleviating the Doshas and it has been advocated that the Uttara Basti is to be administered repeatedly.

Key words: Benign Prostatic Hyperplasia, B.P.H, Mutraghata, Mutrakriccha, Uttarabasti.

INTRODUCTION

The word Mutraghata includes two different words i.e. "Mutra"& "Aghata", which stands for low urine output due to obstruction in the urinary passage.^[1] The symptom complex of both the Mutrakriccha and Mutraghata seems to be overlapping each other, but, Acharya Dalhana, Chakrapani, and Vijayarakshita have demarkated the difference between them. This difference is based on the intensity of "Vibhanda" or "Avarodha" (obstruction) which is more pronounced

in Mutraghata. Mutraghata have been elaborately described in Mutraghata Nidana.^[2] The twelve types of Mutraghata reveal the symptoms of retention, incomplete voiding, dribbling, hesitancy, incontinence of urine etc.^[3] These are chiefly presented the features related to the Lower Urinary Tract Symptoms (LUTS) and can be co-related with Benign Prostatic Hyperplasia (BPH) in modern medicine. As the nature of the pathology in both the condition is similar; obstruction to the out flow of urine is Vatastheela is due to an Astheelvat granthi (stony nodule), and in BPH due to an enlarged firm prostate gland. Ayurvedic pathophysiology describes that vitiated apana vata, which localizes in between basti (urinary bladder) and sakruta marga (guda-anorectum), produces a firm stone like growth, which produces obstruction to the passage of Vida, Mutra and Anila, causing aadhmana of basti and pain in the basti region. The close relationship between the anatomy of the prostate with the uro-genital system, the enlarged prostate produces some degree of urine outflow obstruction and can potentially lead to significant bladder and kidney pathology, finally resulting in renal dysfunction

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Submission Date: 08/11/2019

Accepted Date: 19/12/2019

Access this article online

Quick Response Code



Website: www.jaims.in

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Ayurveda Organization, Vijayapur,
Karnataka (Regd) under the license CC-
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which could be life threatening. The men who seek medical advice for BPH should be educated in all aspects of the natural progression of the disease; the medical management should aim at providing relief from symptoms of obstruction as well as prevention of associated impairments which may occur. BPH is characterized by both obstructive and irritative symptoms. The severity of the symptoms is not correlated with the Prostate size. Many patients with greater enlargement of prostate are without any clinical symptoms. Whereas those have lesser enlargement, they have severe symptoms. The severity of clinical symptoms experienced by an individual may also fluctuate unpredictably may be due to stress, cold and use of sympathomimetic. BPH, the actual hyperplasia of the prostate gland, develops as an age-related phenomenon in nearly all men, starting at approximately 40 years of age.^[4] The main culprit to produce the BPH/ Mutraghata is the Vata Dosha, According to Sushruta drugs in the form of Kashaya, Kalka, Sarpi, Bhakshya, Avaleha, Payas, Kshara, Madya, Asava, Svedana, Basti, Uttara Basti and the formulations told in context of Ashmari, and Mutrodavarta diseases are useful.^[5] According to Charaka treatment of Mutrakricchra like Abhyanga, Sneha, Niruha Basti, Snehapana, Uttara Basti, Seka, Pradeha, Virechana, Kshara, Ushna - Tikshna Aushadha and Annapana, Takra, Tikta Aushadhasiddha Taila are advised for the individual Doshas respectively are to be followed and Uttara Basti is to be administered in all the varieties of Mutraghata.^[6] Many studies Dashmool Siddha Taila Uttarabasti is used in Mutraghata. properties of Dashmoola Siddha Taila, leads to thorough cleansing of Basti by 'Lekhana' property of 'Tila Taila', thereby alleviates the Vimargagami Vata.

AIMS AND OBJECTIVES

1. To review the Mutraghata in Ayurvedic classics
2. To study the role of Uttarabasti in Mutraghata

MATERIALS AND METHODS

A detailed review of the available literature on the drug, Uttarabasti and disease, such as classical text of

Ayurveda was done. Data was collected from various books, papers published in the e-journal etc.

UTTARABASTI

Definition: The Basti which is given through Uttaramarga (given through 'Mutra or Yonimarga) or Utkrishta Avayava or therapeutic procedure having Shreshta properties, is termed as Uttarabasti. Acharya Vagbhata says that the one which is administered after (Uttara) the Niruhabasti procedure is known as Uttarabasti.^[7] Uttarabasti comes under Snehabasti Anuvasana Basti.

Procedure of Uttara Basti

The method of administration is different in both males and females but mainly the whole procedure can be divided into three parts;

- a. Purva Karma
- b. Pradhana Karma
- c. Pashchat Karma.

a. Purvakarma: Prior to Uttarabasti, Acharya Vagbhata has indicated that 2-3 Asthanpana Bastis should be given in order to purify the Malamarga.^[8] The dose should be decided according to the condition of the patient. Prior to administration of Uttarabasti, the patient should have bathed; taken food mixed with meat juice or milk and should have voided his faeces and urine. Acharya Sushruta says that Snehana, Swedana should be performed and Yavagu and Ghrita with Kshira should be given.^[9]

b. Pradhana Karma: The patient should then be seated on a knee high and soft seat in a straight and comfortable position. Then his phallus should be made erect (Nalamasya praharshitam) and Shalaka (probe), smeared with ghee should be inserted in to the urethra. If it can be passed without any obstruction, then the Bastineta should be introduced according to the size of the phallus (in the line of perineal raphae). If it penetrates too far, it may injure the bladder and if insufficiently inserted the Sneha may not reach its destination. Then, compressing the Bastiputaka without shaking it and without causing discomfort that Bastineta should be withdrawn.^[10]

c. Paschat Karma: If the given Sneha doesn't return, then observation should be done for one night. If it fails to return, then Shodhanavarti should be inserted.^[11]

Duration: Two, three or four Snehabasti should be injected in the course of day and night. Such treatment should be done for three days with a gradual increase in the dosage. In the same manner, the procedure should be repeated after an interval of three days.^[12]

Dose: Matra is 1 Shukti which equals 2 Karshas and this is to be adjusted accordingly as the case.^[13]

DISEASE REVIEW - MUTRAGHATA

Definition: Dalhan defines a clinical entity of Mootravaha Srotas where obstruction in flow of urine is the path-gnomic sign, but further stated that some experts describe the term 'Dushti' to 'Aghata' as Mootrashukra, Mootrasada, Ushna Vata types are not characterized by Mootravarodha.^[14] According to Chakrapanidutta, a condition characterized by drying up or retained of urine is Mutraghata.^[15] According to Vijayrakshita a condition with violent obstruction but with little difficulty in micturition is Mutraghata.^[16]

Nidana: Acharyas have not mentioned any specific causative factors for Mutraghata, but those factors which are responsible for Mootrakricchra can be taken into account.^[17]

1. Ativyayama - Excessive exercise
2. Teekshna aushadha - Drugs of strong potency
3. Rukshamadya prasanga - Excessive indulgence in dry alcohol
4. Nityadrutaprishtayaanat - Riding on the back of fast moving animals regularly
5. Anupamatsya - Ingestion of flesh of wet land creatures
6. Adhyashana - Eating before digestion of previous meal
7. Ajeerna - Indigestion.
8. Abhikshat - Trauma to urinary passage.

Samprapti^[18]: Acharya Sushruta states the importance of Pratiloma Vata in the Basti-Rogas such as Mutraghata, Prameha, Shukra Dosha and Mootradosha i.e. Acharya Dalhana quotes that Vata is the main factor in the pathogenesis of Mutraghata. Acharya Charaka states that when Amavisha gets localized in the urine, it leads to Mootra Rogas.^[19]

Samprapti Ghataka

- Dosha: Vata (apana) predominant tridoshas.
- Dushya: Rasa, Rakta. Kleda, Sveda, Mutra (Depends on different clinical entities)
- Agni: Jatharagni mandhya
- Udbhava sthana: Kostha Adhithana:
- Basti Srotas: Mutravaha
- Srotodusti prakara: Sanga, Vimarga-gamana. Sira, Granthi
- Roga Marga: Madhyma
- Vyakthi: During the act of micturition.

Classification of Mutra roga based on pathology

The Mutravaha srotas moola is basti and medra. The diseases related to these are mentioned under mutra roga. In Sushruta samhitha, injury to these organs will lead to retention of urine and stiffness of medra is mentioned.^[20] Basti is considered as main seat of mutra roga and diseases like Mutraghata, Prameha, Shukra dosha and Mutra dosha are mainly manifested in the basti itself. In the classics 13 types of Mutraghata have been recognized.

Table 1: Dosha Types of Mutraghata

Dosha	Types of Mutraghata
Vataja	Vatakundalika, Vatasthila, Vatabasti, Mootratita, Mootrjathara, Mootrasanga, Mootrashukra, Vidvighata, Bastikundala
Pittaja	Pittaj Mootroukasada
Kaphaj	Kaphaj Mootroukasada
Vatakaphaja	Raktagranti, Mootroukasada
Vatapittaja	Ushnavata

DISCUSSION

In Ayurveda, Mutraghata is a broad term and it can be considered as a syndrome, because it covers most of the pathological entity of the urinary system. Total 12 types of Mutraghata are mentioned by Acharya Sushruta and thirteen 13 types by Acharya Charaka. Mutraghata (BPH) is a troublesome obstructive urological condition for elderly men. While selecting the formulations, a hypothesis was made that as per etiopathogenesis of Mutraghata described in Ayurvedic classics and equivalent pathology described in modern texts for BPH. There is deranged function of Vata, particularly Apana Vata which is the prime causative factor and it also perturbed with Kapha Dosha. Consequently vitiated Vata and Kapha Dosha affect to Mootravaha Srotasa and Kha Vaigunya takes place by hampering Dhatvagni. The natural action of Vata moving from one bodily organ to another are the manifestation of looseness, dislocation, expansion, obstruction, circular movement, piercing pain etc. These are the actions which help the physician to diagnose a disease as predominated by Vata.

Probable mode of Action

The main principle of management should be 'Margashodhana' and 'Vatanulomana in order to restore the normal functioning of Apana Vata. The ingredients of Dashamoola are well known for their Kapha-vatahara, Vatanulomana, Shothahara, Bastishodhana, Balya and Rasayana effects. As these ingredients are processed in "Tila -Taila" which has got dual qualities of 'Karshananam brimhanayalam sthoolanam karshanayacha.^[21] Uttara Basti, gaining the direct access to 'Basti' the seat of Mutraghata with afore mentioned properties of Dashmoola Siddha Taila, leads to thorough cleansing of Basti by 'Lekhana' property of 'Tila Taila', thereby alleviates the Vimargagami Vata. As these ingredients are Balya and Rasayana, they provide 'strength' to the structures of 'Basti' leading to the proper functioning of Apana Vata and therefore the act of micturition is restored to normalcy as before. The channels of a 'Ruksha' and 'Klanta' persons are emaciated as the words suggest and therefore there will be natural

obstruction to the movement of Vata to bring about normal functions. As explained earlier, the Taila brings about Srotoshodhana and Brimhana actions thereby cleansing the channels for proper movement of Vata. Thus, by virtue of all the properties of Dashamoola Siddha Taila and due to its direct access to the seat of Dosha, Dushya Sammurchana, the Uttara Basti will definitely disintegrate the Samprapti of the disease Mutraghata.

CONCLUSION

Acharyas have mentioned various types of diseases of different Srotasas including Mootravaha Srotasa and many of these diseases are having much resemblance with description of modern diseases like Mutraghata with BPH, which stands for low urine output due to obstruction in the urinary passage. Uttara Basti is advocated in all the varieties of Mutraghata. This is because of 'the Basti is the Sthana for Samshraya of the Doshas and Uttara Basti is having direct access to the site and hence is more powerful in alleviating the Doshas and it has been advocated that the Uttara Basti is to be administered repeatedly.

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How to cite this article: Dr. Pooja Ghasiram Rathod, Dr. Dilip Farande, Dr. Shilpa Duddhalwar. Mode of action of Uttarabasti in Mutraghata (Benign Prostatic Hyperplasia). J Ayurveda Integr Med Sci 2019;6:232-236.

Source of Support: Nil, **Conflict of Interest:** None declared.
