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Concept of *Pathyapathya* w.s.r. to *Mutravaha Sroto Vikaras*

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ABSTRACT

Mutravaha Sroto Vikaras are the diseases of urinary tract including kidney, ureters, urinary bladder and urethra. Prevalence of the disease is on increasing trend every year. In Ayurveda classical texts *Mutravaha Srotogata Vikaras* are mainly compiled under *Mutraghata*, *Mutrakriksha* and *Mutrashmari*. The risk factors for these *Vikaras* can be broadly categorised under dietary and non dietary factors. Non dietary factors include age, gender, ethnic background, genetic predisposition, climate, economic status etc. Nothing much can be done with the Non dietary factors. Moreover, dietary factors and lifestyle plays a very important role in initiation, progression as well as regression of the disease. This is an attempt to review the *Pathyapathya* (Do's & Don'ts of diet & lifestyle) related to *Mutravaha Srotas*.

Key words: *Mutravaha Sroto Vikara*, *Mutraghata*, *Mutrakriksha*, *Mutrashmari*, *Pathyapathya*.

INTRODUCTION

Mutravaha Srotas^[1] means the system which is responsible for *Utpatti* (formation) and *Visarjana* (excretion) of *Mutra*. In Ayurveda classics, reference regarding the description of urinary system is scattered. Hence, by taking the help of contemporary science, anatomical descriptions of urinary system is co-related with *Mutravaha Srotas*. The structures related to *Mutravaha Srotas* are:

- *Vrikka* (kidney)
- *Gavini* (Ureter)

- *Mutravaha Dhamani*, *Sira* and *Nadi* (Renal vessels)
- *Basti* and *Bastisira* (Bladder)
- *Mutraprasek* (urethra)

Acharya Sushruta describes *Basti* (Urinary bladder) and *Medra* (Urethra)^[2] and *Charaka* describes *Basti* and *Vankshana* (Lumbosacral region)^[3] as *Moolasthanas* (root) of *Mutravahasrotas* respectively.

MUTRAVAHA SROTODUSHTI

In general *Ahara-Vihara* which aggravates the *Doshas* and which is having properties opposite to *Dhatus* does the vitiation of *Srotas*.^[4]

Causes: Consumption of food, water and coitus during the urge of micturition, Suppression of urges specially a person suffering from wasting and trauma.^[5]

Symptoms: increased excretion, excessive obstruction or suppression of urine, vitiated, diminished or frequent, thick urine with pain.^[6]

In general, the principle of management of *Mutravaha Sroto Vikaras* are similar to that of *Mutrakrichhra* (Dysuria).^[7] Throughout the Ayurveda classics, *Mutravaha Srotas Vikaras* are described

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mainly under *Mutrakrichhra*, *Mutraghata* and *Mutrashmari*. Many a times these conditions arise due to intake of unwholesome food and habits described as *Apathyas* of respective diseases in various Ayurveda classics. Just by following the conductive food habits and quitting the *Nidanas* (causes of disease) both prevention and curation of disease by *Samprapti Vighatana* is possible. Keeping these things in mind, the *Pathyapathya* related to *Mutravaha Sroto Vikaras* are compiled from various Ayurvedic references.

Concept of Pathyapathya

The *Ahara Vihara* which is beneficial and nutritional to the body and also gives happiness to mind is known as *Pathya* and opposite to that is *Apathya*.^[8] Ayurveda has given a prime importance to the *Pathya* which can be understood from the fact that *Acharya Charaka* has stated *Pathya* as synonym of treatment^[9] and considered it one among the three pillars of life.^[10] Maintaining health and curing the disease are two objectives in Ayurveda.^[11] A unique concept of *Pathyapathya* in Ayurveda is very much capable of serving both the objectives, either alone or in combination with other treatment. A *Pathya* which is correct for one person may not be suitable for other. The application of *Pathyapathya* described in many contexts in Ayurveda classical texts;

- *Pathyapathya* to healthy individual
- Seasonal *Pathyapathya*
- *Sadapathya* (always conductive food)
- *Pathyapathya* for specific disease condition
- *Pathya* followed in *Panchakarma*
- *Pathya* in *Nidana Parivarjana*

Table 1: Food indicated for healthy individual^[12]

Food indicated for healthy person	Contraindicated to healthy person
<i>Shastika</i>	<i>Vallura</i> (dried meat)
<i>Shali</i>	Dry vegetables
<i>Mudga</i>	Lotus rhizome and lotus stalk

<i>Saindhava</i>	Meat of diseased animal
<i>Amalaka</i>	Yavaka
Rain water	<i>Kurchik, Kilata</i>
<i>Ghuta</i>	Meat of pig, cow and buffalo
<i>Jangala Mamsa</i>	
<i>Madhu</i>	

Table 2: Pathyas explained in Mutravahasroto Vikaras in Ayurveda classics

<i>Mutrakrichhra</i> ^[13,14]		<i>Mutraghata</i> ^[15,16]		<i>Mutrashmari</i> ^[17,18]	
<i>Pathya</i>	<i>Apathya</i>	<i>Pathya</i>	<i>Apathya</i>	<i>Pathya</i>	<i>Apathya</i>
<i>Sita</i>	<i>Madyapana</i>	<i>Purana Rakta Shali</i>	<i>Viruddha Bhojana</i>	<i>Kulaththa</i>	Suppression of <i>Maladi Vegas</i>
<i>Avala</i>	Excessive exercise	<i>Dhanva (Jangala) Mamsa</i>	Excessive exercise	<i>Mudga</i>	<i>Amla-Vidahi Annapana</i>
<i>Ghruta</i>	Sexual indulgence	<i>Madya</i>	<i>Marga Gamana</i>	<i>Godhuma</i>	<i>Ruksha, Guru food</i>
<i>Pratira Neer (river water)</i>	Animal riding	<i>Takra</i>	<i>Ruksha, Vidahi & Vishtambhi Padarth</i>	<i>Jirna Shali</i>	<i>Viruddha Bhojana</i>
<i>Hima Valuka</i>	<i>Viruddha Bhojana</i>	<i>Paya</i>	Sexual indulgence	<i>Yava</i>	
<i>Sheetal Peya</i>	<i>Visham Bhojana</i>	<i>Dadhi</i>	Suppression of <i>Maladi Vegas</i>	<i>Dhanva Mamsa</i>	
<i>Sheet Annapana</i>	<i>Tambula</i>	<i>Masha Yusha</i>	<i>Karira fruit</i>	<i>Tanduliya</i>	
<i>Shukla Peenya ka</i>	Fish	<i>Patola</i>	<i>Vamana</i>	<i>Purana Kushmanda Phala</i>	

Vatahara Kriya	Salt	Urvaru (cucumber)	Varuna Patra Shaka	
Purana Kushmanda Phala	Ardhraka	Kharjura	Shalaparni	
Yavakshara	Hingu	Narikela	Vastikarma	
Mudgayusha	Oily substances	Purana Kushmanda Phala	Virechana	
Godugdha	Hinga	Taladruma Mashtaka	Langhana	
Dadhi	Tila	Tailadi Abhyanga	Ardhraka	
Takra	Mustard	Virechana, Basti		
Taladruma	Mutra Vegadhara	Avagahana		
Patola				
Kumara				

Table 3: Properties of some Pathya contributing in Mutravaha Sroto Vikaras^[19]

Pathya	Properties (Guna Karma)
Purana Raktha Shali	Mutrala, Dahahara
Jangala Mamsa	-
Mudgarasa	Kaphapittahara, Hima
Kulattha	Ashmarihara, Dahashamaka, Sara
Takra	Bastishulahara, Mutrakrichhra Hara
Dadhi	Mutrakrichhra Hara (Manda Dadhi - Dahakara)
Paya	Sheeta, Vata-Pitta Hara, Sara

Sita	Sheeta, Vata-Pitta Hara, Dahashamaka
Jirna Kushmanda	Bastishodhaka, Tridosha Shamaka
Patola	Pittahara (Patra)
Urvaru (snake cucumber)	Sheetal, Pittahara, Mutrajanana (seeds)
Narikela	Jala - Sheetal, Pittashamaka, Basti Shodhaka Mula - Mutrala, Ashmarihara
Karjura Rasa	Sheetal, Mutrajanana
Tanduliya	Sheeta, Pittakapha Hara, Malamutra Vardhaka
Amala	Sheetal, Mriduvirechak, Mutrala
Ghruta	Sheeta Virya, Pitta-Vatahara, Shoolahara
Prateera Neera (river water)	Laghu, Kapha-Pitta Hara, Deepana
Sheetal Valuka	Lekhana, Sheeta
Madhu	Lekhana, Dahashamaka, Srotovishodhana, Yogavahi
Guda	Mutrashodhaka
Madya	Bhedana, Ushna, Tikshna, Vyavayi, Vikashi

DISCUSSION

The Pathyapathyas are described for various diseases in general. However, special considerations like Age, Prakruti, Dosha, Bala, Desha of individual patient should also be taken care of. Nidanas are the disease causing factors like diet, lifestyle, environmental factors etc. which disturbs Doshic balance and eventually lands up to disease through series of events like Dosh-Dushya Sammurchhana and Srotodushti. Along with Nidana Parivarjana if Pathya is followed, the Samprapti Vighatan (regression of pathology) happens and the treatment becomes successful.

Certain foods like Purana Rakta Shali, Mudga, rain water, Saindhava Lavana, ghee etc. are mentioned as Sadapathya (always conductive food) in ayurveda.

These are in generally *Laghu*, easily digestible and *Balya* in nature. *Pathyas* which are described in the *Mutravaha Sroto Vikaras* are having properties like *Mutrala*, *Basti Shodhaka*, *Sheeta*, *Ashmarighna*, *Shoola-Dahashamaka*, *Laghu*, *Lekhana* etc. apart from their nutritional value. Based on these properties, *Pathya* are followed in different conditions like *Mutrakricchra*, *Mutraghata* and *Mutrashmari*. *Pathyas* like *Madhu*, *Godugdha*, *Sita*, *Guda*, *Jala* are also described as *Anupana* which add on the efficacy of medicine prescribed in Urinary problems. *Madhya* is indicated in *Mutraghata* but contraindicated in *Mutrakrichhra* as *Madya* being *Tikshnaguna* and able to filter through kidney causes burning sensation and *Mutrakrichhra*. Further more, *Gadanigraha* explains *Mutrashmari* is caused as a combination of *Mutrakrichhra* and *Mutraghata*.^[20] So *Pathyapathya* followed should also be in a combination.

CONCLUSION

Mutravaha Sroto Vikaras like *Mutrakricchra*, *Mutraghata* and *Mutrashmari* are on increasing trends. *Pathya* for one person maynot be *Pathya* for other. Following proper *Pathya* and *Nidana Parivarjana* stated in above conditions by accessing individual *Prakruti*, *Vikruti*, *Vaya*, *Bala*, *Desha* etc. prevention and treatment of disease is possible. To conclude - "If *Pathya* is followed properly no need of medicine and if not followed no medicine will work."

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