



## A Comprehensive Review On The Drugs Acting On Mutravaha Srotas

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### Abstract

Ayurveda has given utmost importance to the Mutravaha Srotas (urinary system) and the Mutravaha Srotogata Vikaras (urinary tract disorders). As a system responsible for the homeostasis of fluids in the body, it also detoxifies the body by excreting certain waste products through the urine. When a person is diseased, symptoms such as increased or decreased urine production, painful micturition, stone formation and thus obstructed micturition, increased frequency of micturition and so on occurs. There are many herbs with different actions specifically aimed at relieving urinary system disorders. Drugs like Jambu, Amrasthi are likely to reduce the increased flow of urine and hence are considered as Mutrasangrahaneya, while drugs like Ikshu, Kusha and so on increase the flow of urine and hence are considered as Mutravirechaneya. There are drugs like Padma, Utpala, and so on which gives normal colour to urine and are known as Mutravirajaneeya dravyas. Asmarighna dravyas breaks down the stones and remove them through the urine. These dravyas, when used under proper guidance, help in relieving the pain and discomfort caused by the disease.

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### Introduction: -

There are many solutions for waste management in households and communities. In the human body, too, several systems work together to meet this need. One such system is the urinary system. The concept of the urinary system is explained in Ayurveda under the *mutravaha srotas*. It disposes of waste products while efficiently conserving water and other valuable substances. However, this homeostasis is disturbed in diseases like *prameha*, *somaroga*, *mutrakrichra*, *mutraghata*, *ashmari*, *udavarta* and so on. In such

conditions, many herbs are used, some of which act directly on the urinary system and others indirectly by maintaining the normal functioning of the system. However, in certain physiological conditions, avoidance of the causative factor and dietetics are more important than medication. For a better understanding of the medicines used for *Mutravaha srotas* ailments, they can be grouped as *Mutrasangraheeya dravyas*, *Mutravirajaneeya dravyas*, *Mutravirechaneeya dravyas*, *Ashmarighna dravyas*, *Pramehagna dravyas*, and so on. Some of these *dravyas* have already been discussed here.

### **Mutrasangraheeya dravyas**

“*Ati pravrttam mutram yat sangrhaati tat mutrasangraheeyanam*” is the definition of *Mutrasangraheeya*<sup>i</sup>. These *dravyas* can be used in *kleda pradhana vyadhi* like *prameha* where *mutra atipravritti* takes place because they interrupt excess *mutrapravritti* rather than changing the usual quantity. Medicines such as *kleda shoshaka*, *shleshmedohara*, *pramehaghna*, and *shleshmavatahara* are required for such conditions. The *Mutrasangraheeya dravyas* carry out these tasks with efficiency. The majority of these are *Ruksha guna pradhana*, *Kashaya Rasa*, *Katu*, and *Tikta*. It is said that such *dravyas* cause *baddhamutrata*<sup>ii</sup>. Some of these *dravyas* have been classified by Acharya Charaka under the *Mutrasangraheeya dashemani*<sup>iii</sup>, and Sushruta's *Nyagrodhadi* and *Saalasaradi gana* accomplish the same thing<sup>iv</sup>. Some drugs like *ketaki* (*Pandanus odoratissimus* Linn. F.), *Yashti* (*Glycyrrhiza glabra* Linn.), *Yava* (*Hordeum vulgare* Linn.), and so on, though not belonging to the classical *ganas*, are said to reduce polyuria. *Ketaki moola* is said to be *mootrasangraheeya*. *Yava* grains are *medoghna* and cause *baddhamutrata*. *Yashtimadhu*, when taken in large doses, reduces urine excretion; the reason for this could be the presence of glycyrrhizin acid, which causes sodium retention<sup>v</sup>. Certain laxatives like *senna* (*Cassia senna* Linn.) and *aloe* (*Aloe vera* Tourn.) reduce water reabsorption and thus urine excretion<sup>vi</sup>. The combination of *dravyas* like *nishamlaki* and *triphala* is also *bahumutrashoshaka*<sup>vii</sup>.

**Table 1: Mutrasangraheeya Dashemani By Acharya Charaka**

Sl.No	Dravya	Latin Name	Family
1.	<i>Jambu</i>	<i>Aegle marmelos</i>	<i>Rutaceae</i>
2.	<i>Aamra</i>	<i>Mangifera indica</i>	<i>Anacardiaceae</i>
3.	<i>Plaksha</i>	<i>Ficus lacor</i>	<i>Moraceae</i>
4.	<i>Vata</i>	<i>Ficus bengalensis</i>	<i>Moraceae</i>
5.	<i>Kapitana</i>	<i>Thespesia populnea</i>	<i>Malvaceae</i>
6.	<i>Udumbara</i>	<i>Ficus recemosa</i>	<i>Moraceae</i>
7.	<i>Aswattha</i>	<i>Ficus religiosa</i>	<i>Moraceae</i>
8.	<i>Bhallataka</i>	<i>Semicarpus anacardium</i>	<i>Anacardiaceae</i>
9.	<i>Ashmantaka</i>	<i>Ficus rumphii</i>	<i>Moraceae</i>
10.	<i>Somabalka</i>	<i>Acacia catechu</i>	<i>Mimosoideae</i>

### **Mutravirechaneeya Dravyas**

“*Yat dravyam mutrasya atipravartanam karoti tat mutravirechaneeyam*”<sup>viii</sup>. The *dravyas* which cause increased urination are used to treat *Mutraghata*, *Mutrakrichra*, and similar conditions. The best diuretics are said to be *Trinapanchamoola* and *Mutravirechaneeya dashemani* of Charaka. These *dravyas* stimulate the urinary system's organs, increase urine production, and facilitate easy urination—all of which lead to diuresis. The majority of *Mutravirechaneeya dravyas*, being *sheeta*, promote *Kapha* and *dravata* in the *Shareera*. Examples of these include *Ikshu* (*Saccharum officinarum* Linn.), *Shali* (*Oryza sativa* Linn.), *Ksheera* (Milk), *Navadhanya*, and so on. Among them, *Ikshu* and *Gokshura* (*Tribulus terrestris* Linn.) are regarded as *shreshtha*, while *dravyas* that induce *mutra virechana* are *Ela*, *Gomutra* (cow urine), and *Vana palandu* (*Urginea indica* Roxb), which are *Ushna virya*<sup>ix</sup>.

It has been discovered that several active components obtained from the plants induce diuresis. Sugars like those found in *vidarikanda* have an osmotic action that prevents water from being reabsorption from the glomerular filtrate. These drugs cause diuresis because they cause the body to eliminate more water than salt. Spironolactone is a diuretic steroid found in many plants belonging to the Fabaceae, Liliaceae, Solanaceae, and other families<sup>x</sup>. Triterpenoid saponin termed arjunolic acid, which causes diuresis, is present in medications such as *arjuna* (*Terminalia arjuna* Roxb.)<sup>xi</sup>. Diuresis is also brought on by other saponins termed Bacosides A and B, which are present in *brahmi* (*Bacopa monneiri* Linn.)<sup>xii</sup>. Diuresis is also brought on by some glycosides known as cardiac glycosides, which are present in *Vanapalandu*, *Shatavarin 1* in *Shatavari* (*Asparagus racemosus* Linn.); and flavonol glycoside Psoralen in *Bakuchi* seeds also cause diuresis.<sup>xiii</sup>

Potassium alkali is a component of drugs like *Gokshura*. In both rats and dogs, a watery extract of *gokshura* exhibits diuretic efficacy comparable to that of urea. The extract's potassium content is what causes the diuresis. *Benincasa hispida* [Thunb.] Cong., also known as *Kushmanda*, is considered to be *bastishuddikara*<sup>xiv</sup> and its mannitol content and *srishta mutrakaraka* have been ascribed to these roles<sup>xv</sup>.

**Table 2:** *Mutravirechaneeya Dashemani* By Acharya Charaka

Sl.No	Dravya	Latin Name	Family
1.	<i>Vrikshadani</i>	<i>Loranthus falcatus</i>	<i>Loranthaceae</i>
2.	<i>Gokshura</i>	<i>Tribulus terrestris</i>	<i>Zygophyllaceae</i>
3.	<i>Punarnava</i>	<i>Boerhavia diffusa</i>	<i>Nyctaginaceae</i>
4.	<i>Vashira</i>	<i>Achyranthes aspera</i>	<i>Amaranthaceae</i>
5.	<i>Pashanabheda</i>	<i>Berginia ligulata</i>	<i>Saxifragaceae</i>
6.	<i>Darbha</i>	<i>Imperata cylindrica</i>	<i>Graminae</i>
7.	<i>Kusha</i>	<i>Desmostachya bipinnata</i>	<i>Graminae</i>
8.	<i>Kasa</i>	<i>Saccharum spontaneum</i>	<i>Graminae</i>
9.	<i>Gunda</i>	<i>Cordia dichotoma</i>	<i>Boraginaceae</i>
10.	<i>Sharamoola</i>	<i>Saccharum munja</i>	<i>Graminae</i>

### **Mutravirajaneeya Dravya**

“*Dosha dushtam mutram viranjayitva prakrtauv sthapayati tad mutravirajaneeyam*”<sup>xvi</sup>. *Mutravirajaneeya dravyas* are those who bring about proper *varna* to *mutra* and lower the *dosha dushti*. Urine production might be irregular or discoloured due to incorrect *pachana* of *Ahara* and subsequent *Sara kitta vibhajana* in certain situations such as *Agnimandya* and *Amajeerna*. Urine becomes yellow when *srotavarodha* and *dosha dushti* are present in circumstances such as *Kamala*, *Pandu*, *Haridra meha*, *Manjishta meha*, and so on. *Samyak pachana* and *sroto shodhana* are caused by dravyas like *Vidanga* being *Katu* and *Ushna*, *Haridra* (*Curcuma longa* Linn.), and *Chitraka* (*Plumbago zeylanica* Linn.). Because they are *kashaya* and *sheeta*, drugs like *Padma*, *Utpala*, *Nalina*, and other formulations of *Mutravirajaneeya dashemani* restore *dushita Pitta* to normal, making them helpful in the event of stained urine. Many of the plants listed in Charaka's *Mutravirajaneeya gana* also appear in Sushruta's *Utpaladi gana*, so it is possible that the *Utpaladi gana dravyas* will have comparable qualities.

**Table 3:** *Mutravirajaneeya Dashemani* by Acharya Charaka

Sl.No	Dravya	Latin Name	Family
1.	<i>Padma</i>	<i>Nelumbo nucifera</i>	<i>Nelumbonaceae</i>
2.	<i>Utpala</i>	<i>Nymphaea nouchali</i>	<i>Nymphaeaceae</i>
3.	<i>Nalina</i>	<i>Lilium lancifolium</i>	<i>Liliaceae</i>
4.	<i>Kumuda</i>	<i>Nymphaea alba</i>	<i>Nymphaeaceae</i>
5.	<i>Sougandhika</i>	<i>Hedychium coronarium</i>	<i>Zingebaceae</i>
6.	<i>Pundarika</i>	<i>Nelumbo nucifera</i>	<i>Nelumbonaceae</i>
7.	<i>Shatapatra</i>	<i>Nelumbo nucifera</i>	<i>Nelumbonaceae</i>
8.	<i>Madhuka</i>	<i>Glycerrhiza glabra</i>	<i>Fabaceae</i>
9.	<i>Priyangu</i>	<i>Callicarpa macrophylla</i>	<i>Meliaceae</i>
10.	<i>Dhataki</i>	<i>Woodfordia fruticosa</i>	<i>Lytheraceae</i>

### **Ashmarighna Dravyas**

In Ayurveda, urolithiasis is referred to as “*ashmari*,” and “*Ashmarighna dravyas*” are the herbs that break up and remove stones from the body while also preventing new ones from forming. For this reason, the *Dravyas* of *Laghu panchamoola* and *Veeratarvadi gana* are useful. Apart from these herbs, the greatest *Ashmarighna dravyas* have been found to be *Pashanabheda* (*Bergenia ciliata* Sternb.), *Kulattha* (*Dolichos biflorus* Linn.), *Shigru mula* (*Roots of Moringa olifera* Lam.), *Varuna* (*Crataeva nurvala* Buch-Ham.), and *Gorakshaganjja* (*Aerva lanata* L.).

### **Discussion: -**

Although there is a slight distinction in their interpretation, the phrases “*mutrala*” and “*Mutravirechaneeya*” appear to be identical when discussing the herbs and their effects. *Mutrala dravyas* are ones that produce more pee but might not always pass it out. *Mutravirechaneeya dravyas*, on the other hand, are those that

cause simple evacuation regardless of the amount of pee generated. It is thought that *mutravirajaneeya dravyas* give urine a normal colour. It is unclear how they affect urobilin, which current physiology says is important for colour, thus more study in this area of study is anticipated.

### Conclusion: -

*Mutravaha srotas* covers a wide range of ailments because of its expansive scope. The urinary system is involved in even disorders like general oedema, hypertension, and so forth. In the classics, *dravyas* (which act on the system) are classified into numerous classes according to this factor. Numerous novel medications have been made possible in this area by research and experimental tests. Numerous *dravyas* have diverse functions inside the urinary system. Substances such as *Gokshura* function as an *Ashmarighna* and a *mutrala*. *Punarnava* possesses hepatoprotective and diuretic properties. The wisdom of the doctor is what determines which herb is best for a given ailment.

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