

## AYURVEDOKT MUTRANIRMITI-A REVIEW ARTICLE

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### ABSTRACT

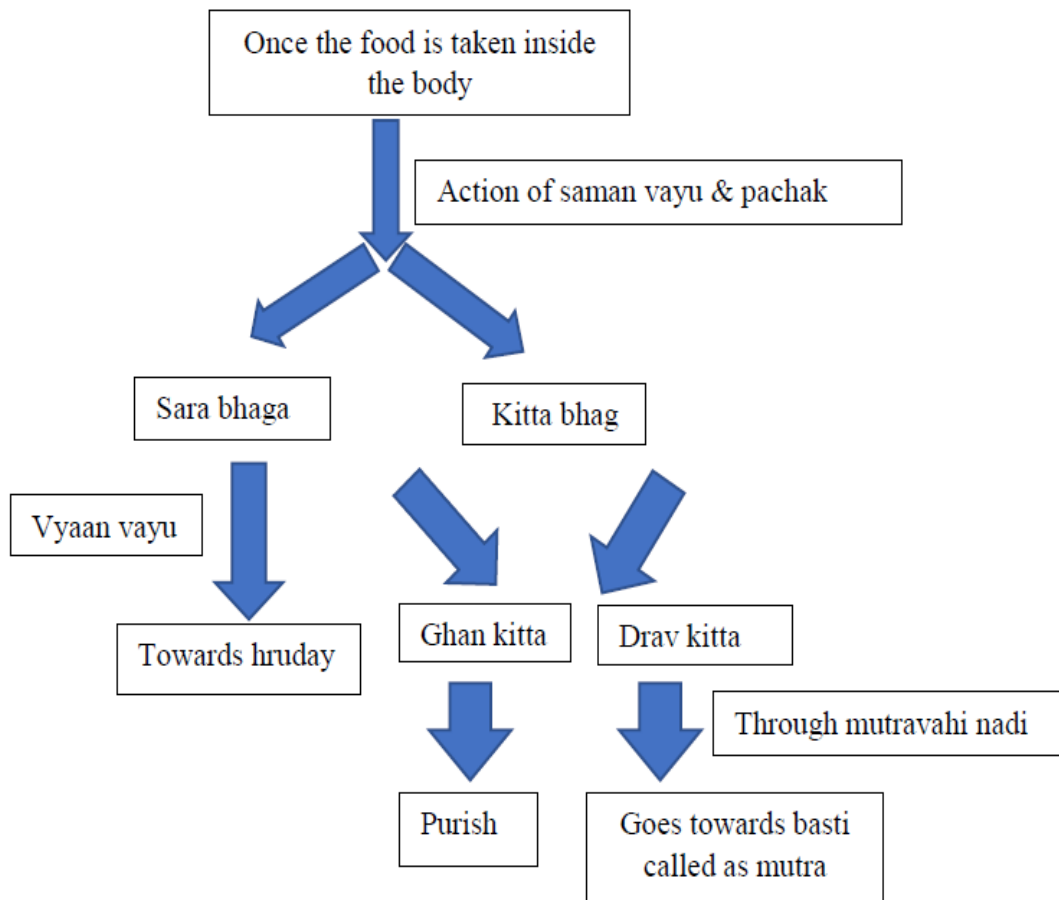
*Ayurvediya kriyasharir* is based on *dosha*, *dhatu* and *mala*. These three entities are root of our body just like tree. *Mala* are formed as waste product of digestion and metabolism. *Purisha*, *mutra* and *sweda* are main *mala* formed in our body. According to *ayurveda*, formation of this *mala* begins in large intestine. *Mutra* is very important entity in maintaining homeostasis of body. This article tries to review formation of urine according to *ayurveda*.

**KEYWORDS:** *dosha*, *dhatu*, *mala*, *mutra*, large intestine.

### INTRODUCTION

*Mala* are waste product formed as a result of digestion and metabolism that are excreted out from the body. *purisha*, *mutra*, *swed* are main *mala* formed inside the body. They are called as *mala* because of their property of *malinikarnani*.<sup>[1]</sup> All of them have particular functions. *Mal* are divided into two categories that are *annamal* and *dhatumal*. *Annamala* are *Purisha*, *Mutra* and *Sweda* described by *Astang Hridayakar*.<sup>[2]</sup> *Dhatumala* are formed by *dhatupaka* (during formation of *dhatu*s by *dhatwagni*). They are eight in number as mentioned *Charaka*.<sup>[3]</sup>

## DISCUSSION



*Ayurveda* is more observed than investigated. References in *Ayurvedic* literature shows that first stage of urine formation starts from *pakvashay*. Organs of *Mutravaha strotas* are *basti* and *vankshan* according to *charaksamhita*<sup>[4]</sup> and according to *sushrutsamhita* *basti* and *medhra*.<sup>[5]</sup>

Once the food is taken inside the body, by the action of *saman vayu*<sup>[6]</sup> and *pachak pitta*<sup>[7]</sup> it gets divided into *sar bhaga* and *kitta bhaga*. This process takes place in *pakvashay*.<sup>[8]</sup> *Sar bhaga* further goes towards *hruday* through small channels called *strotas* and it goes towards all over the body by the help of *vyan vayu*.<sup>[9]</sup> *Kitta bhag* divided into the two parts *ghan kitta* and *drav kitta*. *Ghan kitta* remains here only called as *purisha*. *Drav kitta* is carried out towards *basti* through *mutravahi nadi*. They are divided into ten, hundred, thousand small *mutravahi nadi*. They have mentioned example here, as small rivers meet to the oceans.<sup>[10]</sup> Here in this example, rivers compared with *mutravah nadi* and *basti* is compared with ocean. The process carried out continuously in day and night for lifetime. When *drav mala* arrives in *basti*, it is called as *mutra*. Organ which stores *mutra* is called *basti*.<sup>[11]</sup> It has only one

opening & it has very fine membranous wall. It is upside down as *Alabu* having *sira* and *snayu*. Urinary bladder is one of the *pranayatanam*.<sup>[12]</sup>

In this way *mutranirmiti* takes place. process of formation of *mutra* is explained in *sushrutsamhita nidansthan*.

By the action of *apan vayu*<sup>[13]</sup>, *mutra* is carried out of the body. The function of *mutra* is *kledavahan*.<sup>[14]</sup>

## CONCLUSION

After reviewing literature of *mutranirmiti* we are concluding that *ayurveda* have described formation of urine by their own principles. *Mutra* is the main excretory product of body. In *Ayurveda* urine formation begins in the *pakvashay*. *vrukka* is nowhere considered in *mutranirmiti*. According to ayurvedic literature *vrukka* is mentioned as *medovah strotas mulsthan*.

The aim is to review *mutranirmiti prakriya* is, in the *mutravah strotas vyadhi* like *mutraghat*, *mutrashmari mutrakruchhya*, we should have to consider first *pakvashay sthandushti* by means of *rachanatmak* and *kriyatmak* view. So from the treatment point of view, we have to consider the *vyadhi* is *pakvashaysamuttha* and according to that the drugs has to be given.

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