

## A REVIEW ARTICLE ON ENURESIS AND IT'S HERBAL MANAGEMENT

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**ABSTRACT**

The behavioral problem like bedwetting, stammering, sleepwalking etc. in young children are quite common. Among these, bedwetting (*Shayyamutra*) is one of the obstinate problems. Enuresis can be defined as normal, nearly complete evacuation of the bladder at a wrong place and time at least twice a month after 5 year of age. '*Shayyamutra*' having psychosomatic origin. Enuresis should be differentiated from continuous or intermittent incontinence or dribbling. The bed is usually soaking wet in enuresis, compared to incontinence in which there is loss of urine without normal emptying of the bladder. In most of case the chief cause of enuresis is behavioral and emotional factors. It can also due to urinary tract infection, food allergies, obstructive sleep, apnea, chronic constipation, etc. *Ayurveda* suggest importance of pharmacological as well as psychological treatment for the disease. A drug which is nervine tonic (psychotherapy) and able to increase bladder control and tone of bladder muscles with *Grahi*, *Stambhana* and *Mutrasangahnia* properties can be able to reverse the pathology of *Shayyamutra*.

**KEYWORDS:** *Shayyamutra*, bedwetting, behavioral problem, *Ayurveda*.

**INTRODUCTION**

Child health need great care to be taken since their physical and mental status help them to built the future of them and nation as well as. Bedwetting is the most common childhood urological complaint and one of the most common pediatric health issues.<sup>[1-2]</sup> Enuresis / bedwetting (*Shayyamutra*) is involuntary passage of urine while sleep after the age which bladder control would normally be anticipated.<sup>[3]</sup> The prevalence of enuresis is about 15-25% of children at 5 years of age, 8% of 12 years old boys and 4% of 12 years old girls. only 1-3% of adolescent are still wetting their bed.<sup>[4]</sup> Boys suffer more often than girls because girls typically achieve each milestone before boys.<sup>[5]</sup> This problem greatly affects psychological life of child as well as family members. *Acharya Vangasena* is the first to describe *Shayyamutra* and its management in *Ayurvedic* classics. A brief description regarding *Shayyamutra* is also found in *Sharangadhra Samhita*.<sup>[6]</sup> This disease mainly involved *Vata* (*Apan Vayu*), *Pitta* (*Pachak Pitta*), *Kapha* (*Tarpaka Kapha*), along with *Mansika Dosha*

*Tama*. There are many treatment option are now available for the same. *Ayurveda* considers patient counseling, diet control and *Prakruti* towards the disease control.<sup>[7]</sup> Though the ancient texts explain almost nil about *Shayyamutrata*, the available literatures from various texts when put together, a hypothesis can be generated which is as follows- the *Basti* loses urine holding capacity (*Mutra Dharan Kshamata*) during sleep and urine is passed out without the desire of micturation. This is due to the vitiated *Chala Guna* of *Vata* and *Mridu Guna* of *Kapha*. The involvement of vitiated *Sara Guna* of *Pitta* may also be seen in this pathology.<sup>[8]</sup>

The process of urine formation is aided by *Prana*, *Vyana* and *Apana Vata* and *Avaambaka Kapha* with the overall control of mind. Micturation is one of the function of Normal *Apana Vata*. The activities of *Apana* are regulated by *Prana* and *Vyana Vata*. *Prana* has an overall control over the organ of sense and mind. The *Apana* facilitates active excretion of urine, motion, semen etc. After attaining a level of developmental maturity, there

develops a control over these activities initiated by *Prana* and *Vyana*. But in this condition the overall control of activities of *Apana* is not developed resulting in vitiation, which in turn results in loss of control of micturation. The vitiation may also be due to *Avarana* (encircle) of *Apana* by *Kapha* which accelerate the excretion of urine. Mind plays an active role in physiological as well as pathological process of the body. It functions constantly even during sleep. When it is masked by *Tama* and *Kapha* sleep is caused; according to *Ayurveda*, this may happen in daytime also, but in night loss of control of *Prana* and *Vyana* over *Apana* and encircling of *Apana* by *Kapha* and *Tama* happens together and the child unknowingly urinate in bed. This results in *Shayyamutrata* (nocturnal bedwetting).<sup>[9]</sup>

### Management

Various studies proves that pharmacological treatment as well as psychological support must require to treat a patient of *Shayyamutra*. These two therapies works synergistically.

### Sattvavajaya Chikitsa in Shayyamutra

It is an Ayurvedic therapy; in which the *Sattva* (mental status) of patient is improved. Counselling is a form of *Sattvavajaya Chikitsa*. It is the main basis of treatment, as above described that *Manovaha Srota* is also vitiated along with different *Dosha*. Both kids and the parents need assurance. Many kids think that they are only one who wet the bed. This anxiety makes the problem worse. They feel guilty about it and continue to wet bed more and more. They need to assure that it is quite common and natural and most of kids do wet the bed. There is nothing bad about it. It is just a temporary problem. It will go away with medicine. Along with this some other methods should use, as they are – Rewards on dry nights, Delay urination during day, Wake up the kid early in the morning, De-worming treatment.

### Divyadi Yoga

*Divyadi Yoga* is an Ayurvedic formulation traditionally prescribed for many disease including urinary disorders. Studies were conducted to evaluate the efficacy of *Divyadi Yoga* in *Shayyamutra* shows that it possesses relief in *Shayyamutra*, significantly. Study also reveals that *Divyadi Yoga* works appreciably along with counseling in the management of *Shayyamutra*.<sup>[10]</sup>

### Avartaki Pushpa (Cassia Auriculata Linn.)

*Avartaki Pushpa* was found to have significant role in *Shayyamutra*. Study was conducted on *Avartaki Pushpa* to evaluate the efficacy of *Avartaki Pushpa Vati* in *Shayyamutra*, shows that it increases the bladder control and tone of bladder muscles. As *Avartaki Pushpa* is *Tikta* and *Kashaya Pradhana*, hence by means of *Kashaya Rasa* it does the action of *Stambhana*, thereby it is *Mutrasangrahaneeya*, on *Mutravaha Srotas*. When it administer, it controls the frequency of micturation thus it control bed wetting. *Shayyamutra* sometime may be due to worm infection and *Avartaki Pushpa* is one of the

best anti-helminthic drug. *Avartaki Pushpa* may be having tonic action on the sphincters and also it might be increase the strength of the muscle by which bladder can hold urine for a longer time and prevent bed wetting at night. *Avartaki Pushpa* is widely used in headaches due to its analgesic property and due to the same analgesic property the reverse reflux of bladder distention is suppressed and there will be not any bladder contraction up to certain limits, thus there will not micturation at night. *Vata* is the main responsible factor in this disease which causes free frequent and involuntary micturation, *Avartaki Pushpa* having *Katu Vipaka* and acts as *Tridoshshghna* especially *Vata Shamaka* thus breaks the *Samprapti* of disease on *Doshik* aspect.<sup>[11]</sup>

### Crataeva Nurvula

It is a deciduous tree found in most of part of India along river banks. The stem bark is mostly used and contains saponins (eg. Diosgenin), flavonoids and plant sterols (lupeol). Anciently it has been establish as remedy for urinary disorder like *Shayyamutra*.<sup>[12]</sup>

### Herbal combination

Many researches work on various herbal combination for the treatment of *Shayyamutra* is present. Herbs<sup>8</sup> like: *Shankha Pushpi* (*Convolvulus pluricaulis*), *Brahmi* (*Centella asiatica*), *Yasti Madhu* (*Glycyrrhiza glabra*) *Guduchi* (*Tinospora cardifolia*), *Jambu* (*Syzygium cumini*), *Kala Tila* (*Sesamum indicum*), *Dried Kharjoora* (*phoenix sylvestris*).

### CONCLUSION

Out of “*Shadvidha Chikitsa Upkrarma*” only “*Brimhana*” and “*Stambhana*” have *Sthira Guna*, which compensates the *Chala Guna* of vitiated *Vayu*, which is mainly responsible for the *Shayyamutra* and these two therapeutic modes play an important role in the *Samprapti Vighatana* of the disease. Counseling along with therapy proved to be more effective treatment. The patient counseling and let able him to feel normal are the best way of psychological treatment with medicine. *Ayurveda* also prescribe diet control and counseling as great tool for disease control. Various studies reveal that pharmacological treatment helps patient more when associated with psychological treatment of *Shayyamutra*.

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