

AYURVEDIC ASPECTS OF SHAYYAMUTRA- A REVIEW ARTICLE

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ABSTRACT

Enuresis or *Shayyamutra* is a condition usually seen in children. Enuresis is defined as the involuntary repeated discharge of urine into clothes or bed after a developmental age when bladder control should be established. In Ayurveda direct reference about *Shayyamutra* is not available in *Bruhtrayee*. The description regarding *Shayyamutra* is found in *Sharangadhara* and *VangasenSamhita*. This article provides framework for the study of enuresis or *Shayyamutra* and its management by *Ayurveda*.

KEYWORDS: *Shayyamutra*, *Bruhtrayee*, *enuresis*.**INTRODUCTION**

Child health has assumed great significance in all over world. Enuresis or *Shayyamutra* is a repeated inability to control urination.^[1] The prevalence of enuresis is about 15-25% of children at 5 years of age, 8% of 12 years of age in male child and 4% of 12 years old female child. Boys suffer more often than girls because girls typically achieve each milestone before boys.^[3] Children can feel embarrassed and guilty about wetting the bed. Children may be afraid to sleep over at friends home for fear of having enuresis. Parents often feel helpless to stop it. This problem can lead to long lasting effects on children psychological life. Currently it is believed that the condition is multifactorial. The cause of enuresis or *Shayyamutra* is genetic, physiological, functional and psychological. Very limited references about this disease are available in various *Ayurvedic* texts. There are many treatment options now available for the same. *Ayurveda* considers patient counseling, diet control and *Prakriti* towards the disease control. Though the ancient texts explain almost nil about *Shayyamutra*, the available literatures from various texts when put together, a hypothesis can be generated which is as follows- the *Bastilos* urine holding capacity (*Mutradhara Kshamata*) during sleep and urine is passed out without the desire of *micturition*. This disease mainly involved *Apana Vayu*, *Pachaka Pitta*, and *Tarpaka Kapha*, along with *Mansika Dosh Tama*.

Concept of Enuresis or *Shayyamutra* According to *Ayurveda*

Micturition is one of the functions of normal *Apanavata*. The activities of *Apana* are regulated by *Prana* and *Vyana*

vata. *Pranahasan* overall control over the organs 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 the activities of *Apana* is not developed resulting in vitiation which in turn results in loss of control of micturition. The vitiation may also be due to encircling (*avarana*) of *Apana* by *kapha* which accelerates 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 urinates in bed. Thus results in *shayyamutrata*.^[4]

Management of enuresis or *Shayyamutra* according to *Ayurveda****Satvavajaya Chikitsa* in Enuresis or *Shayyamutra***

It is an *Ayurvedic* therapy; in which the *Sattva* (mental status) of patient is improved.

Counselling:- Counselling is a form of *Satvavajaya Chikitsa*. It forms the main basis for treatment. Both kids and the parent need assurance. Many kids think that they are the only one who wet the bed. This anxiety makes the problem worse. They feel guilty about it and continue to wet in the bed more and more. They need to be assured that it is quite common and natural and most of the kids

do wet the bed. There is nothing bad about it. It is just a temporary problem. It will go away with medicine.

Rewards Dry Nights:- In order to encourage the kid whenever he/she does not wet the bed, encourage him/her saying he/she is improving. He/she is growing up and he/she is very good, this will boost him/her confidence. Encourage him/her to empty the bladder before going to bed.

Aushadhichikitsa in enuresis or Shyayamutra

1. Divyadi yoga

Divyadi Yoga is an Ayurvedic formulation traditionally prescribed for many diseases including urinary disorders. Studies were conducted to evaluate the efficacy of *Divyadi Yoga* in Shyayamutra shows that it possesses relief in Shyayamutra, significantly. Study also reveals that *Divyadi Yoga* works appreciably along with counseling in the management of Shyayamutra.^[5]

2. Ashwagandhavati

It is natural dietary supplement for maintaining health and well-being. It is also used in stress, weakness, fatigue which is psychological reasons of bedwetting.^[6]

3. Brahmiavati

It decrease stress and helps to increase mental capacity. It has also antioxidant properties. It has positive effect on nervous system that promotes the co-ordination between nervous system components that increase brain functioning.^[6]

4. Buchu Oil

Barosmbetulin have clinical importance for the treatment of the bladder disorder, irritable conditions of the urethra, urinary discharges and prostate disease. It contains the chemical like monoterpene, diosphenol. Research reveals that due to the presence of biological active phytoconstituents of *buchu* oil may use for the treatment of enuresis. Traditionally it has been recommended to control involuntary urination in children.^[7]

5. Role of herbal combination

Many researchers work on various herbal combinations for the treatment of Shyayamutra. Herbs like; *Centella asiatica*, *Shankhapushpi*, *Glycyrrhizaglabra*, *Tinosporacordifolia*, *Syzygiumcumini*, *Sesamumindicum*, *Kharjoora (dried)*, *Strychnosnux-vomica Linn* were evaluated to treat Shyayamutra. These drugs showed urine holding properties (*Mutrasan-grahaniya* action) and play an important role in the *Samprapti-vighatana* of the disease. These herbs also help in improving the mental faculties as well as weak musculature of bladder especially sphincteric tone and provides better flow of urine during micturition. The effect of these herbal drugs in enuresis was found to be more when assisted by psychological treatment.^[8]

6. Avartaki Pushpa (Cassia Auriculata Linn.)

Avartaki Pushpa was found to have significant role in Shyayamutra. Study was conducted on *Avartaki Pushpa* to evaluate the efficacy of *Avartaki Pushpa* in Shyayamutra, 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 administers, it controls the frequency of micturition thus it controls bed wetting. *Shyayamutra* sometime may be due to worm infection and *Avartaki Pushpa* is one of the best anti-helminthic drug.^[9]

CONCLUSION

Shyayamutra is a common problem amongst children and great care along with treatment needs to be taken to control disease consequences in early age counseling along with drug therapy proved to be more effective treatment. Also prescribe diet control and patient counseling as a great tool for disease control. Various studies reveal that pharmacological treatment helps patient more when associated with psychological treatment of Shyayamutra.

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