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 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 option are nowavailable for the same. Ayurveda considers patientcounseling, diet control and Prakrititowards the diseasccontrol. Though the ancient texts explain almost nilabout Shayyamutra, the available literatures fromvarious texts when put together, a hypothesis can begenerated which is as follows- the Bastilosures urinholding capacity (Mutradharan Kshamata) during sleepand urine is passed out without the desire of micturition. This diseasemainly involved Apana Vaya, Pachaka Pitta, and Tarpaka Kapha, along with Mansika Dosha 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 ofurine, motion, semen etc. After attaining a level of developmental maturity, there develops accontrol over these activities initiated by Pranaa and Vyana. But in this condition the overallcontrol of the activities of Apana is not developed resulting in vitation which in turn result in loss of control of micturition. The vitation may also be due to encircling (avarana) of Apana by kapha which accelerates the excretion of urine. Mind plays an active role inphysiological as well as pathological process of the body. It functions constantly even during sleep. When it is masked by tama and kaphasleep is caused. According to Ayurveda this mayhappen in daytime also, but in night loss of control of Pranaa and Vyana over Apana andencircling of Apana by kapha and tama happens together and the child unknowingly urinatesin bed. Thus results in shayyamutra.\(^4\)

Management of enuresis or Shayyamutra according to Ayurveda

Satavajaya Chikitsain Enuresis or Shayyamutra

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

Counselling:- Counselling is a form of Satavajaya 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

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 VangansenSamhita. This article provides framework for the study of enuresis or Shayyamutra and its management by Ayurveda.

KEYWORDS: Shayyamutra, Bruhtrayee, enuresis.
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 beforehand going to bed.

Aushadhichikitsa in enuresis or Shayyamutra

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 Shayyamutratoshows that it possesses relief in Shayyamutra, significantly. Study also reveals that Divyadi Yoga works appreciably along with counseling in the management of Shayyamutra.[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. Brahmivati
   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
   Barosmabetulina 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 buchuoil may use for the treatment of enuresis. Traditionally it has been recommended to control involuntary urination in children.[1]

5. Role of herbal combination
   Many researchers work on various herbal combinations for the treatment of Shayyamutra. Herbs like; Centella asiatica, Shankhapushpi, Glycyrrhiza glabra, Tinosporacordifolia, Syzygium cumini, Sesamum.indicum, Kharjoo ra (dried), Strychnosnux-vomica Linn were evaluated to treat Shayyamutra. These drugs showed urine holding properties (Matrasan-grahaniyaaction) and play an important role in the Samprapti-vighatanaof 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 Shayyamutra. Study was conducted on Avartaki Pushpato evaluate the efficacy of Avartaki Pushpa Vati in Shayyamutra, shows that it increases the bladder controland tone of bladder muscles. As AvartakiPushparesistant to with other treatments, it shows that it is Mutrasangrahaneeya, on Mutravaha Srotas. When itadministers, it controls the frequency of micturition thus controls bed wetting. Shayyamutrasometime may bede to worm infection andAvartaki Pushpaes one of the best anti-helminthic drug.[9]

CONCLUSION

Shayyamutrais common problem amongst children and great care along with treatment needto be taken to control disease consequences in early age counseling along with drug therapyproved to be more effective treatment. Also prescribe diet control and patient counseling as great tool for disease control. Various studies reveal that pharmacological treatment help patient more when associated with psychological treatmentof Shayyamutra.

REFERENCES

4. Article by Dr. M S Krishnamurthy and Dr. Heber. easyayurveda.com.