AYURVEDIC ASPECTS OF SHAYYAMUTRA- A REVIEW ARTICLE

*1Dr. Mahesh Patel 2Dr. Sunil P. Changle 3Dr. Swapnil C. R.

1PG Scholar, Kaumarbhritiya Department, Parul Institute of Ayurved, Vadodara.
2Associate Professor and Head Department, Parul Institute of Ayurved, Vadodara.
3Assistant Professor, Department, Parul Institute of Ayurved, Vadodara.

*Corresponding Author: Dr. Mahesh Patel
PG Scholar, Kaumarbhritiya Department, Parul Institute of Ayurved, Vadodara.

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 Sharangadharma 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 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 diseasecontrol. Though the ancient texts explain almost nil about Shayyamutra, the available literatures fromvarious texts when put together, a hypothesis can be generated which is as follows- the Bastiloses urineholding 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 PranaandVyana 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 acontrol over these activities initiated by Pranaand Vyana. But in this condition the overallcontrol of the activities of Apana is not developed resulting in vitiating which in turn result inloss of control of micturition. The vitiating 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 Pranaand Vyana over Apana andencircling of Apana by kapha and tama happens together and the child unknowingly urinatesin bed. Thus results in shayyamutrata.[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
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 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 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.[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**
   Barosma betulinalia 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 Shayyamutra. Herbs like; Centella asiatica, Shankhpushpi, Glycyrrhiza glabra, Tinospora cordifolia, Syzygium cumini, Sesamum indicum, Kharjooora (dried), Strychnos nux-vomica Lian were evaluated to treat Shayyamutra. These drugs showed urine holding properties (Mutrasan-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 Vatiin Shayyamutra, shows that it increases the bladder control and tone of bladder muscles. As Avartaki Pushpaitkha and Kashayaprathana, hence by means of Kashaya Rasa it does the action of Stambhana, thereby it is Mutrasangrahaneya, on Mutravaha Srotas. When itadministers, it controls the frequency of micturition thus controls bed wetting. Shayyamutras sometime may bedue to worm infection and Avartaki Pushpait one of the best anti-helminthic drug.[9]

**CONCLUSION**

Shayyamutra is 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 treatments of Shayyamutra.

**REFERENCES**

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