

Role of Sushrutaokta Veertarvadi gana in Mutravaha Srotas Dusthi- A review

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Introduction

Ayurveda has accepted the human body to be made up of innumerable Srotas (channels) which are responsible for performing all the physiological and functional activities. All dosha, dhathu and mala perform their functional activities with the help of these Srotas. It has been a practice since long, to recognize all the vyadhi laskhana. The body is divided into small units depending upon their chief function or structure. Each unit comprises of many avayavas (Organs) and each organ is made up of innumerable Srotas. Hence these units are generally called Srotas. The body which is constituted by the seven Dhatus and the end products formed in the body due to catabolism of Dhatus i.e. Mutra, Puriṣa and Sveda, which all are 13 in number and so Acaryas have also described thirteen types of Srotas carrying each of themⁱ. Acharya Suahruta has on the other hand, described 11 types of Yogavahi Srotas, in context of Srotovidhalakṣhaṇa. Asthivaha, Majjavaha and Svedavaha Srotas have been left out by him, and the mode of approach in this case is that of the surgeonsⁱⁱ. Our living body has a channel system that comprised of innumerable gross, subtle, biological and energetic channels which are designed as inner transporting system meant for many functions. Acharya Caraka cleared the view of numbers of Srotas present in the body that body, mind, spirit organization are as many as Srotamsi.ⁱⁱⁱ

Aim: To study the role of Sushrutaokta Veertarvadi Gana in Mutravaha srotas dushti.

Material & Method : The description about Mutravaha srotas is carried out from Charaka, Sushruta Samhita. The description about the Veertarvadi gana dravya is carried out from Susruta samhita, Ashtanga hrudaya, Bhavaprakasha nighantu, Dravyaguna vijnana, Pharmacology texts and various research articles related to topic.

The word Srotas is used for as generic term that indicates for all the micro and macro channels and pathways operating in the living organism. The word Srotas is derived from the Sanskrit root “Sru-gatau”(Sru+tasi=Srotas) which means moving, filtering, flowing, leaking, secreting etc^{iv}. Acharya Caraka has explained it as the structures through which Sravanam Karma i.e. flowing, moving, oozing and permeation of different constituents and nutrient of the body takes place^v. After action of Jathragni, Bhutagni, Dhatvagni on food Posya Dhatu is formed which needs Srotas to reach every cell of body. Cakrapani has explained that Sravanat as means Sravanam of Rasadiposya Dhatu^{vi}

Importance of Srotas in manifestation of the disease - If srotas are in healthy state the formation of dosa, dhathu, and mala are good, but when these srotas are vitiated then dosha, dhathu and mala also become vitiated and body becomes diseased. Srotas act as the transportation system of our body. The dhatus transported through srotas are constantly subjected to metabolism. Without srotas no body part can grow and develop or degenerate. Srotovai gunya plays vital role for the sammurchhana of dosha & dusyas at a particular site as a result disease manifest inside the body

Classification of Srotas

Srotamsi of the body comprise of channels of different kinds. They may be classified as:

1. Sukshma (Subtle) - Innumerable - As many as the life factor operating in the life process.
2. Sthula (Gross) - Numerable - Bahirmukha (Aperture or natural opening) - 9 in male and 11 in female.

Acharya Charaka has defined 13 major gross Srotamsi that are important for the normal functioning of the living body^{vii}, while Acharya Sushruta has defined 11 pair of Srotas.^{viii} Mutravaha srotas is one among them.

Mutravaha Srotas

According to Acharya Charaka the Moolstana of Mutravaha srotas – Basti (urinary bladder) and Vankshana (lumbosacral region).^{ix}

According to Acharya Sushruta the Moolstana of Mutravaha srotas -Basti (urinary bladder) and Medra (urethra)^x

Conceptual Study of Mutravaha Srotodusti

Acharya Sushruta has mentioned the numbers of Mutravaha Srotas are two which clearly indicates to that fact that as per Acharya Sushruta, Srotas refer to some anatomical structures. This is also evident from the fact that, the term used by Acharya Sushruta to denote the vitiation of Srotas is 'Srotavidha'. The term 'Viddha' is the adjective form of the noun 'Vedhana' which means puncture. So, the word Srotavidha implies for puncturing wound (form of mechanical injury) to Srotas i.e., channels. But if we consider the term used by Acharya Charaka that is 'Srotadusti' then we can come to a conclusion that this term implies for a gross alteration of normal physiological functions of Srota. The central functions of Srotas are to transport the respective contents. The central functions of Srotas are to transport the respective contents.

Mutravaha srotas dusthi hetu-

मूत्रितोदकभक्ष्यस्त्रीसेवनान्मूत्रनिग्रहात्।
मूत्रवाहीनि दुष्यन्ति क्षीणस्याभिक्षतस्य च॥(Ch. Vi. 5/20)

Mutravahasrotamsi (channels carrying urine) get vitiated by the intake of drinks and food, and sexual intercourse while having the urge for micturation, and suppression of the urge for micturation specially by those suffering from wasting and consumption.^{xi}

Mutravaha Srotas dushti lakshana

अतिसृष्टमतिबद्धं प्रकुपितमल्पाल्पमभीक्षणं वा बहलं सशूलं मूत्रयन्तं दृष्ट्वा मूत्रवहान्यस्य स्रोतांसि प्रदुष्टानीति विद्यात्॥(C h. Vi. 5/8)

The manifestation of vitiation of mutravaha srotas are the voiding of too much of urine or the complete suppression of urine, impairment of the composition of urine and occasionally or frequently passing of thick urine associated with pain.^{xii}

Mutravaha Srotas Viddha lakshana

तत्र विद्धस्यानद्धबस्तिता मूत्रनिरोधः स्तब्धमेढ्रता च॥(Su. Sha. 9/12)

An injury to any of these is marked by constipation or epistaxis in the bladder, retention of urine, and numbness of the genitals.^{xiii}

Mutravaha Srotas Chikitsa

चिकित्सा मौत्रकृच्छ्रिकी॥(Ch. Vi.5/28)

The mutravaha srotas dushti treatment protocol is similar to that of mutrakuchha.^{xiv}

Table: 1-Drugs of Veertarvadi Gana and Pharmacognostical Profile

वीरतरुसहचरद्वयदर्भवृक्षादनीगुन्द्रानलकुशकाशाशमभेदकाग्रिमन्थमोरटावसुकवसिरभल्लूककुरण्टिकेन्दीवरकपोतव
ङ्गाः श्वदंष्ट्रा चेति ||वीरतर्वादिरित्येष गणो वातविकारनुत् |अश्मरीशर्करामूत्रकृच्छ्राघातरुजापहः ||(Su. Su. 38/12-13)

Veertarvadi Gana:

Sl. No.	Sanskrit name	Latin name	Local name	Family	Part used
1	Veertaru	Dichrostachys cineria	Vellantar	Leguminosae	Mula
2	Sahachardavaya	1) Shwet Sahachar- Barleria cristata 2) Nil Sahacahar- Barleria wild strigosa	Sayreyak, Koranti	Acantheaceae	Panchang (Visheshtah Patra)
3	Darbha	Imparata cylindrical	Dabha, Kusha	Gramineae	Mula
4	Vrukshadani	Dendrophthoe falcate	Bandak, Bandgul	Loranthaceae	Panchang
5	Gundra	- Typha elephantina Roxb.	Pater, Godar	Typhaceae	Mula
6	Nala	Arundo donox	Nala, Narasal	Gramineae	Mula
7	Kusha	Desmotachya binnata	Kusha	Gramineae	Mula
8	Kasha	Saccharum spontaneum	Kasaie	Gramineae	Mula
9	Ashmbheda	Bergenia ligulata	Pahanbheda	Saxifragaceae	Mula
10	Agnimanth	Premna intergrifolia		Verbenaceae	Mula, Patra
11	Morata	Marsdenia tenacissima	Murva	Asclpiadaceae	Mula
12	Vasuka	Osmanthns fragrans	Bruhat bakkul	Sapotaceae	Twak, Pushpa, Phala
13	Vasira	Achyranths aspera	Apamarga	Amaranthaceae	Tandul, Panchang
14	Bhalluka	Oroxynum indicum	Shonyak	Bignoniaceae	Mula, Twak
15	Kurantak	Barleria prionitis	Pit Sayreyak	Acanthaceae	Panchang
16	Indivara	Nelumbo nucifera	Nilkamal	Nymphaeaceae	Panchang
17	Kapotvanga	Herpestris moniera	Brahmi	Scrophulariaceae	Panchang
18	Shwadanshra	Tribulus terresteris	Gokshura	Zygophyllaceae	Phal, Mula

Table:2- Rasapanchak and Properties of Veertarvadi Gana dravya

Sl. No.	Dravya	Guna	Rasa	Virya	Vipaka	Karma and doshagnata	Properties
1	Veertaru	Laghu, Ruksha	Tikta, Kashay	Ushna	Katu	Kapha, Vatashamak, Ashmarinashan, Mutral, Vedanasthapan	Useful in retention of urine, Calculi. ^{xv}
2	Sahachardavaya	Laghu	Tikta, Madhur	Ushna	Katu	Kapha, Vataghna, Mutral, Mutrakrucchahar	Diuretic
3	Darbha	Laghu, Snigdha	Madhur, Kashaya	Shit	Madhur	Tridoshaghna, Ashmarinashak, Mutral, Dahaprashaman	Diuretic, Useful in Urinary disorders^{xvi}
4	Vrukshadani	Laghu, Ruksha	Kashay, Tikta, Madhur	Shit	Katu	Ashmarinashak, Mutrajanan, Mutrakrucchahar	Diuretic^{xvii}
5	Gundra	Shit	Kashay, Madhur	Shit	Madhura	Mutral, Dahanashak, Ashmarinashak	Diuretic^{xviii}
6	Nala	Laghu, Snigdha	Madhur, Kashay, Tikta	Shit	Madhura	Mutral, Dahashamak, Bastishothahar, Mutakrucchahar	Diuretic ^{xix} , lithotriptic, used in cystitis and Dysuria ^{xx} .
7	Kusha	Laghu, Snigdha	Madhura, Kashay	Shit	Madhura	Asmarinashak, Mutral, Bastishulnashak	Diuretic, Lithotriptic ^{xxi}
8	Kasha	Laghu, Snigdha	Madhura, Kashay	Shit	Madhura	DoshagnataVatapittashamak, Ashmaribhedan Mutravirechaniya	Diuretic, lithotriptic ^{xxii}
9	Ashmabheda	Laghu, Snigdha	Kashay, Tikta	Shit	Katu	Tridoshshamak, Ashmaribhedan, Mutral	Lithotriptic, Used in dysuria ^{xxiii}
10	Agnimanth	Ruksha, Laghu	Tikta, Kashay, Madhura	Ushna	Katu	Kaphavatashamak, Shothahar, Vedanasthapan	Analgesic ^{xxiv}
11	Morata	Guru, Ruksha	Tikta, Kashay	Ushna	Katu	Tridoshnashak	Antispasmodic, used in colic pain ^{xxv}
12	Vasuka	Guru	Kashay, Katu	Shit	Katu	Pitta- Kaphashamak, Bastishothahar	Used in cystitis ^{xxvi}
13	Vasira	Laghu, Ruksha, Tikshna	Katu, Tikta	Ushna	Katu	Kapha- Vatashamak, Mutral, Ashmarinashan	Analgesic, Diuretic ^{xxvii}
14	Bhalluka	Laghu, Ruksha	Kashay, Madhura, Tikta	Ushna	Katu	Kaphavatshamak, Mutral, Bastishothahar	Diuretic ^{xxviii}
15	Kurantak	Laghu	Tikta, Madhua	Ushna	Katu	Kaphavatshamak, Mutral,	Diuretic ^{xxix}

						Mutrakrucchahar	
16	Indivara	Laghu, Snigdha, Picchil	Kashay, Madhura, Tikta	Shit	Madhura	Kaphapittashamak, Mutrakrucchahar, Mutravirechaniya	Diuretic ^{xxx}
17	Kapotvanga	Laghu	Kashay, Tikta	Shit	Madhura	Tridoshnashak, Mutral	Diuretic ^{xxxii}
18	Shwadanshtra	Guru, Snigdha	Madhura	Shit	Madhura	Vatapittashamak, Ashmarinashan, Mutral	Diuretic, Lithonotriptic ^{xxxiii}

Discussion- Veertaru, Sahachardavaya, Darbha, Vrukshadani, gundra, nala, Kusha, Kasha, Vasira, Bhalluka, Kurantak, Indivara, Kapotvanga and Shwadanshtra have diuretic properties, so they can be used in urine obstruction, retention of urine, oligouria, anuria. Agnimanth and Vasira are having analgesic property, so these can be used in painful micturation. Nala, Kusha, Kasha, Ashmabheda, Shwadanstra are having lithonotriptic property, so can be used in ashmari. Vauka and Nala can be used in cystitis. The dravya of Varunadi gana causing increased urinary output are utilized in the management of mutravaha sroto dusthi like retention of urine, difficulty in micturation. These dravyas cause diuresis by increasing the production of urine, causing easy flow of urine and stimulating the organs of the urinary system.

Conclusion-

Maximum Herbs of Veertarvadi gana are Ashmaribhedak (Lithotriptic), Mutral (Diuretic), Mutrakrucchahar and useful in mutravaha srotas dushti, thus Veertarvadi gana can be helpful in treating mutravaha srotas diseases.

ⁱ Carak Samhitā -Vidyotini Hindi Commentry –Pt. Kashinath Shastri and G.N. Chaturvedi, Part 1st, Page No. 710.

ⁱⁱ Suśruta Samhitā- Kaviraj Ambikadatta Shastri, part 1st Chaukambha Sanskrit series, Varanasi 14th edition2001, Page No. 96.

ⁱⁱⁱ Carak Samhitā -Vidyotini Hindi Commentry –Pt. Kashinath Shastri and G.N. Chaturvedi, Part 1st, Page No. 709.

^{iv} . Śabdakalpadrum- Raja Radha kantdeva, Chaukhambhā Sanskrit Series office, Varanasi Part V-1961, Page No. 467.

^v . Carak Samhitā Vidyotini Hindi Commentary by Pt. Kashinath Shasrti and Dr. Gorakhnath Chaturvedi, published by Chaukambha Bharti Acadamy Varanasi, 2008, part I, Page No. 584.

^{vi} Carak Samhitā –Ayurveda Dipika, Commentary of Chakarapanidatta. Edited by-Vaidya Yadav ji Trikramji Ācārya, Published by Satyabhamabai Pandurang, Bombay, Illrd Edition – 1941, Page No. 249.

^{vii} Carak Samhitā -Vidyotini Hindi Commentry –Pt. Kashinath Shastri and G.N. Chaturvedi, Part 1st, Page No. 710.

^{viii} Suśruta Samhitā- Kaviraj Ambikadatta Shastri, part 1st Chaukambha Sanskrit series, Varanasi 14th edition2001, Page No. 96.

^{ix}Carak Samhitā Vidyotini Hindi Commentary by Pt. Kashinath Shasrti and Dr. Gorakhnath Chaturvedi, published by Chaukambha Bharti Acadamy Varanasi, 2008, part I, Page No. 586

^x Sushruta Samhita Sharir sthana 9/19 vaidhyaraj Yadavji Trikamji Acharya, Chaukhamba Surbharti Prakashana, Varanasi. re-print edition 2010.

^{xi}Carak Samhitā Vidyotini Hindi Commentary by Pt. Kashinath Shasrti and Dr. Gorakhnath Chaturvedi, published by Chaukambha Bharti Acadamy Varanasi, 2008, part I, Page No. 587

^{xii} Carak Samhitā Vidyotini Hindi Commentary by Pt. Kashinath Shasrti and Dr. Gorakhnath Chaturvedi, published by Chaukambha Bharti Acadamy Varanasi, 2008, part I, Page No. 589

^{xiii} Sushruta Samhita Sharir sthana 9/19 vaidhyaraj Yadavji Trikamji Acharya, Chaukhamba Surbharti Prakashana, Varanasi. re-print edition 2010.

^{xiv} Carak Samhitā Vidyotini Hindi Commentary by Pt. Kashinath Shasrti and Dr. Gorakhnath Chaturvedi, published by Chaukambha Bharti Acadamy Varanasi, 2008, part I, Page No. 590

^{xv} Vd. Gogte V.M., Ayurvedic pharmacology & Therapeutic uses of medicinal plants (Dravyagunavigyan), English edition, oct 2000, page no.723.

^{xvi} A.Rama Murthy1 ,Medicinal importance of Darbha-A review, J Ayu Herb med. ,Vol 2,Issue 3,may-june 2016.

^{xvii} Vd. Gogte V.M., Ayurvedic pharmacology & Therapeutic uses of medicinal plants (Dravyagunavigyan), English edition, oct 2000, page no.677.

^{xviii} Rahman et al, Evaluation of analgesic activity of the different fractions of Typha elephantina roxb., IJP (2014), Vol 1, Issue 6: 380-383.

^{xix} Ali Esmail Al-snafi,The constituents and biological effects of Arundo donax-A review, Vol 6, Issue 1, IJPR,2015,34-40.

^{xx} Vd. Gogte V.M., Ayurvedic pharmacology & Therapeutic uses of medicinal plants (Dravyagunavigyan), English edition, oct 2000, page no.644.

- ^{xxi} . Vd. Gogte V.M., Ayurvedic pharmacology & Therapeutic uses of medicinal plants (Dravyagunavigyan), English edition, oct 2000, page no.589.
- ^{xxii} Database on medicinal plants used in Ayurveda,CCRAS, Vol 8,page no.201
- ^{xxiii} Vd. Gogte V.M., Ayurvedic pharmacology & Therapeutic uses of medicinal plants (Dravyagunavigyan), English edition, oct 2000, page no.663.
- ^{xxiv} Vd. Gogte V.M., Ayurvedic pharmacology & Therapeutic uses of medicinal plants (Dravyagunavigyan), English edition, oct 2000, page no.287.
- ^{xxv} Database on medicinal plants used in Ayurveda,CCRAS, Vol 8, page no.272.
- ^{xxvi} Vd. Gogte V.M., Ayurvedic pharmacology & Therapeutic uses of medicinal plants (Dravyagunavigyan), English edition, oct 2000, page no.675.
- ^{xxvii} Vd. Gogte V.M., Ayurvedic pharmacology & Therapeutic uses of medicinal plants (Dravyagunavigyan), English edition, oct 2000, page no.295.
- ^{xxviii} Database on medicinal plants used in Ayurveda,CCRAS, Vol 2, page no.493.
- ^{xxix} . D.Banerjee, Bareleria prionitis Linn:A Reviewvof its traditional uses, Phytochemistry, Pharmacology and toxicity, RJphyto, year 2012, Vol 6, Issue 2, page no.31-41
- ^{xxx} Vd. Gogte V.M., Ayurvedic pharmacology & Therapeutic uses of medicinal plants (Dravyagunavigyan), English edition, oct 2000, page no.583.
- ^{xxxi} Vd. Gogte V.M., Ayurvedic pharmacology & Therapeutic uses of medicinal plants (Dravyagunavigyan), English edition, oct 2000, page no.438.
- ^{xxxii} Database on medicinal plants used in Ayurveda,CCRAS, Vol 3, page no.229.

