

## HYDROCELE IN AYURVEDA: UNDERSTANDING, MANAGEMENT, AND HOLISTIC HEALING

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### ABSTRACT

The term "hydrocele" is used in the ancient Indian medical system known as ayurveda to describe this condition under *vriddhi roga*. hydrocele can be compared to *mutravridhi*. The term "*vriddhi*" refers to a pathological fluid buildup (*dosha & dhatu*), although the major cause of *mutravridhi* is an increase in *vata dosha*. *Mutravridhi* is one of the most common types of *Vriddhi roga*. hydrocele as an imbalance primarily in the *Apana Vata*, a subtype of *Vata dosha* governing the lower abdomen and pelvis. The condition is often attributed to factors such as dietary indiscretions, unhealthy lifestyle choices, suppression of natural urges, and activities that aggravate *Vata dosha*. Ayurveda offers a holistic approach to understanding and managing hydrocele. Ayurvedic management of hydrocele aims at restoring *doshas* balance, especially *Vata*, and facilitating the body's innate healing mechanisms. Key components of treatment include dietary adjustments, herbal remedies, lifestyle modifications, yoga, and, in some cases,

*Panchakarma* therapies.

**KEYWORDS:** Hydrocele, *vriddhi roga*, *mutravridhi*.

### INTRODUCTION

In Ayurveda, hydrocele is referred to as "*Jalodara*," where "*Jala*" means water and "*Udara*" means abdomen or stomach. *Jalodara* is considered a disorder of the *Apana Vata*, one of the five types of *Vata dosha* in the body, and it primarily affects the urinary system. Hydrocele is

a condition in which there is an accumulation of fluid in the scrotal sac, causing swelling and discomfort. *Mutravidhi* is one of the most common types of *Vridhi roga*. It is also known as *vrishan vridhi*. Swelling in the scrotum is collection of water like fluid between the two layers of tunica vaginalis membrane of testis causing hydrocele. Painless scrotal swelling is more commonly seen in hydrocele. It may be congenital or acquired or associated with certain severe underlying diseases.

## TYPES

### According to Ayurveda<sup>[1]</sup>

Acc. to *acharaya Susruta* *Vridhi* is of 7 types:

1. ***Vataj vridhi***: *Vata* vitiation is the cause of *vata vridhi*.
2. ***Pittaj vridhi***: vitiation of the *pitta* is the cause of *pittaj vridhi*.
3. ***Kaphaj vridhi***: vitiation of the *kapha* is the cause of *kaphaj vridhi*.
4. ***Raktaj vridhi***: vitiation of *rakta* is the cause of *Rakta vridhi*.
5. ***Medoj vridhi***: caused due to excessive deposition of fatty tissues
6. ***Mutra vridhi***: caused by vitiation of *vata* and by accumulation of excessive *mutra*
7. ***Antra vridhi***: caused by vitiation of *vata* and by displacement of intestine and heading into the groin and scrotum.

### According to modern

There are two main types of hydroceles based on the underlying cause

#### Non communicating or simple hydrocele

This is the more common type of hydrocele. It occurs when there is an imbalance between the production and absorption of fluid within the scrotum. The fluid accumulates in a sac, leading to swelling.

#### Communicating hydrocele

This type occurs when there is a connection between the scrotal sac and the abdominal cavity, allowing the fluid to flow between them. It is often associated with a condition known as a patent processus vaginalis, which is a small channel that connects the abdominal cavity with the scrotum and is normally present during foetal development. In communicating hydrocele, fluid can move back between the scrotum and the abdomen.

### Secondary hydrocele

This type of hydrocele is caused by an underlying medical condition, such as infection or trauma. Inflammation or injury to the scrotum can lead to the accumulation of fluid, resulting in a hydrocele.

### Reactive hydrocele

This type of hydrocele is often a response to inflammation or injury in the scrotum. The body's reaction to the inflammation or injury may include the production of excess fluid, leading to the development of a hydrocele.

### Hydrocele of cord

In some cases, the hydrocele may extend along the spermatic cord. This type of hydrocele is less common and involves the fluid accumulation not only in the scrotum but also along the cord.

## ETIOLOGY

**According to Ayurveda,** The main causes of hydrocele include poor diet, unhealthy lifestyle, suppression of natural urges, and excessive indulgence in activities that aggravate *Vata dosha*. Due to *vata dosha* get aggravated and moves downward, alone or along with other *dosha* and *dhatu* and accumulate in the *Vankshan* (inguinal region) And *Mushka*(testes), specifically the *Apana Vata*, which governs the functions of the lower abdomen and pelvis. Imbalances in this *dosha* can lead to the accumulation of fluid in the scrotum. result in pain or swelling in *vrishana* (scrotal region) leading to *vridhiroga*.<sup>[2]</sup>

**According to modern science** Hydroceles arise from an imbalance of secretion and reabsorption of fluid from the tunica vaginalis. Congenital cause is communication between peritoneal cavity & tunica vaginalis. 4. Interference with drainage of fluid by lymphatic vessels of the cord.<sup>[3]</sup>

**SIGN & SYMPTOMS:** The symptoms of hydrocele include a painless swelling in the scrotum, a feeling of heaviness or discomfort in the scrotal region, and changes in the size of the swelling with changing postures or activities.

**In ayurveda,** *Vrishanavridhi, aadhmana, stambhana, ruksha, mutrakrichh, vedna, vankshanashotha, ambupurnadrutisparsha, sa-ruk, chalayanaphalakosha*.<sup>[4]</sup>

## INVESTIGATIONS

Pain abdominal radiography

Trans illumination test

Ultrasonography

Duplex ultrasonography.

## TREATMENT

### According to ayurveda

Acc. to *acharayas* - 1. *Swedana karma* (sudation) 2. *Vyadhana karma by vrihimukha yantra*.  
3. *Patana* (incision) 4. *Seevana* (stitching).<sup>[5]</sup>

### According to modern

Primary underlying and acquired hydroceles is subsiding. If hydrocele is congenital, becomes complicated, and symptomatically do not resolve spontaneously then surgery is the best treatment of choice.

## OTHER MANAGEMENT OF HYDROCELE

### Herbal Remedies

***Devadarvadi kashayam:*** Decoction of *devdaru* and *daruharidra* is beneficial in *mutravridhi*.

***Haritakyadi yog:*** Paste of *haritaki*, *pipalli* and *saindhav lavana* should be taken.

***Haritaki yog:*** *Haritaki* fruit cook with *erand* oil and mix it with *saindhav lavana*, it should be given empty stomach to cure *mutravridhi*.

***Punarnava:*** *Punarnava* is known for its diuretic properties and can help reduce fluid accumulation in the body. Decoction of *Punarnava* useful. in *mutravridhi*.

***Gokshura:*** *Gokshura* powder may have anti-inflammatory properties and can be beneficial in managing hydrocele.

***Triphala:*** *Triphala churna* improve digestion and detoxify the body.

## DIETRY CHANGES<sup>[6]</sup>

***PATHYA:*** Castor oil, *goumutra*, *shigru* fruit, *punarnava*, *agnimatha*, *haritki*, *rasna*, *shatdhoutghrut*, *ushan jala*.

**APATHYA:** *Anoop mansa, dahi, mash, pist-anna, dushit-anna, guru dravyas, shukra-vega dharan.*

### OTHER BENEFICIAL THINGS

**Ayurveda therapies:** *Sanshodhan karma, basti karma, raktamokshan, swedna, lepa, agnikarma, and sira-vedha.*

**Yoga for hydrocele:** With other treatments for hydrocele, yoga should also be tried. *Vajrasana, garudasana, kapalbhati, gomukhasana, shashakasana* are beneficial for hydrocele.

### CLASSICAL FORMULATIONS

*Vachadi kalka, shigrusarshapa kalka, Narayan taila, daru haridra, adrak swaras.*

### CONCLUSION

In Ayurveda, hydrocele is often referred to as "*Shotha*" or "*Vridhhi*." And compared with *mutravridhhi*. Ayurveda is a traditional system of medicine that originated in ancient India, and its approach to health and healing is holistic, considering the balance of *doshas* (*Vata, Pitta, and Kapha*), *dhatus* (tissues), and *malas* (wastes) in the body. Here's a brief review of how Ayurveda approaches hydrocele: Small size hydroceles may be painless but large size hydrocele causes dull aching pain and swelling in scrotum. *Acharya sushruta* mentioned shastra karma in the management of *Mutravridhhi*. In severe condition surgical drainage is required.

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