

**A CONCEPTUAL STUDY ON MUTRAVIRECHANIYA
MAHAKASHAYA: INSIGHTS FROM DRAVYAGUNA SHASTRA**

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ABSTRACT

Dravyaguna Shastra, the ancient science of Ayurvedic pharmacology, delves deep into the properties and actions of medicinal substances (Dravya). Among the myriad formulations elucidated in Ayurvedic texts, Mahakashayas stand out for their potent therapeutic potential. Mutravirechaniya Mahakashaya, a revered formulation within this category, holds paramount importance in addressing urinary and bowel disorders. This article presents a conceptual study on Mutravirechaniya Mahakashaya, exploring its composition, indications, therapeutic actions, and clinical significance as described in Dravyaguna Shastra.

KEYWORDS: Mutravirechaniya, Madhura, Sheeta, Diuretics.

INTRODUCTION

Ayurveda is an ancient system of medicine that originated in India thousands of years ago. Ayurveda utilizes various therapies, including herbal medicine, diet, lifestyle practices, and body therapies, to prevent and treat diseases. Dravyaguna plays a crucial role in Ayurvedic practice by providing a comprehensive understanding of medicinal herbs and substances and their therapeutic applications in promoting health and treating diseases. Dravyaguna Shastra, a fundamental branch of Ayurveda, deals with the study of medicinal substances (Dravya) and their properties. Mahakashayas, a group of potent formulations, play a significant role in Ayurvedic pharmacology. Among them, Mutravirechaniya Mahakashaya holds a special place due to its unique properties related to urinary and bowel regulation.

MATERIAL AND METHODS

Composition of Mutravirechaniya Mahakashaya: Vriksadani, Goksura, Vasuka, Vasira, Pasaṇabheda, Darbha, Kusa, Kasa, Gunda, Itakatmula.

Drug	Rasa	Guna	Vipaka	Virya	Part used
Vriksadani	Madhura, Tikta, Kashaya	Laghu, Ruksha	Katu	Sheeta	Flower, fruit
Goksura	Madhura	Guru, Snigdha	Madhura	Sheeta	Fruits
Vasuka	Madhura, Katu, Kashaya	Laghu, Ruksha	Katu	Ushna	Root
Vasira	Katu, Tikta	Laghu	Katu	Ushna	Whole plant
Pasaṇabheda	Tikta, Kashaya	Laghu	Katu	Sheeta	Rhizome
Darbha	Madhura	Snigdha	Madhura	Sheeta	Root
Kusa	Madhura, Kashaya	Laghu	Madhura	Sheeta	Root
Kasa	Madhura, Kashaya	Laghu, Snigdha	Madhura	Sheeta	Root
Gunda	Madhura, Kashaya	Guru	Madhura	Sheeta	Root
Itakatmula	Madhura	Guru, Snigdha	Madhura	Sheeta	Root

DISCUSSION

Mutravirechaniya Mahakashaya is a polyherbal formulation composed of specific herbs known for their diuretic and laxative properties. The formulation may vary slightly based on regional practices and individual preferences. However, some common ingredients found in Mutravirechaniya Mahakashaya include

- 1. Vriksadani (*Loranthus longiflorus*):** Typically used for its rejuvenating and immune-boosting properties. It is also believed to have antioxidant and anti-inflammatory effects.
- 2. Goksura (*Tribulus terrestris*):** Known for its aphrodisiac, diuretic, and tonic properties. It's commonly used to improve sexual health, boost libido, and treat urinary tract disorders.
- 3. Vasuka (*Osmanthus fragrans/ Boerhaavia diffusa* Linn):** Vasuka is valued for its diuretic, anti-inflammatory, and hepatoprotective properties. It's often used to treat urinary disorders, liver problems, and inflammatory conditions.
- 4. Vasira (*Trianthemaportula-castrum*):** Used primarily for its diuretic properties in treating urinary disorders, kidney stones, and edema. It's also known for its cooling and anti-inflammatory effects.
- 5. Pasaṇabheda (*Berginia ligulata*):** Known for its lithotriptic properties, helping to break down kidney stones. It's also used as a diuretic and to treat urinary tract infections.

6. **Darbha (*Imperata cylindrica*):** Primarily used for its hemostatic properties, stopping bleeding. It's also known for its cooling and anti-inflammatory effects.
7. **Kusa (*Desmostachya bipinnata*):** Valued for its cooling and diuretic properties. It's used to treat urinary disorders, fevers, and inflammatory conditions.
8. **Kasa (*Saccharum spontaneum*):** Known for its diuretic properties, aiding in the treatment of urinary disorders, kidney stones, and edema.
9. **Gunda (*Typha angustata*):** Used for its diuretic and anti-inflammatory properties, primarily in treating urinary disorders and inflammatory conditions.
10. **Itakatmula (*Saccharum munja Roxb*):** Similar to other grasses in this list, it's used for its diuretic properties and in the treatment of urinary disorders.

Mode of action

The mooltra virechana drugs are madhura kashaya in rasa mainly snighda Guna, Sheeta virya and madhura vipaka which shows that the jala mahabhuta is dominant in these drugs. The jala mahabhuta causes the increase Kapha and dravata in the Shareera also kledatva to eliminate kledatva more mooltra will be formed. The guru guna and snighda guna of some drugs in dasimani helps in Anulomana karma. These plants collectively cover a range of medicinal properties, including diuretic, anti-inflammatory, hepatoprotective, hemostatic, and aphrodisiac effects, making them valuable ingredients in Ayurvedic formulations for various health conditions.

Indications and Therapeutic actions

Mutravirechaniya Mahakashaya is primarily indicated for disorders related to urinary system dysfunction and bowel irregularities. It is commonly prescribed in conditions such as urinary tract infections, kidney stones, urinary retention, and constipation. The therapeutic actions of Mutravirechaniya Mahakashaya include

1. **Mutravirechana (Diuresis):** The formulation promotes the elimination of urine by increasing the filtration and excretion processes in the kidneys. It helps in flushing out toxins and metabolic wastes from the body, thereby improving renal function.
2. **Anulomana (Laxative):** Mutravirechaniya Mahakashaya facilitates smooth bowel movements by promoting intestinal peristalsis and relieving constipation. It softens the stool, eases defecation, and prevents the accumulation of fecal matter in the colon.
3. **Ashmari bhedana (Stone dissolution):** Certain herbs in the formulation possess litholytic properties, which aid in the dissolution and expulsion of urinary stones.

Mutravirechaniya Mahakashaya helps in breaking down calculi and preventing their recurrence.

Clinical Significance and Considerations

Mutravirechaniya Mahakashaya offers a holistic approach to the management of urinary and gastrointestinal disorders. Its gentle yet effective action makes it suitable for individuals of all age groups. However, caution should be exercised while administering the formulation to pregnant women, lactating mothers, and individuals with pre-existing medical conditions. Proper dosage, duration, and adjuvant therapy should be determined based on individual Prakriti (Constitution) and Vikriti (Imbalanced state).

CONCLUSION

Mutravirechaniya Mahakashaya exemplifies the therapeutic potential of traditional Ayurvedic formulations in addressing complex health issues. Its balanced composition of diuretic and laxative herbs makes it a versatile remedy for urinary and bowel disorders. Further research and clinical trials are warranted to validate its efficacy, safety, and potential applications in modern healthcare practices. Mutravirechaniya Mahakashaya stands as a testament to the timeless wisdom of Ayurveda in promoting holistic well-being and restoring equilibrium to the body-mind complex.

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