

AYURVEDIC ASPECTS OF SHAYYAMUTRATA – A REVIEW ARTICLE***Dr. Vaishnavi Waje**

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ABSTRACT

Enuresis or Shayyamutrata is defined as the involuntary repeated discharge of urine into clothes or bed after a developmental age when a bladder control should be established. Enuresis i.e. Shayyamutrata though not physically very harmful but negatively affects child psychology and is assign of delayed neurological development. It is one of the Behavioral disorder that has made its way to the modern society due to faulty habits regarding the toilet training. Ayurveda considers this problem as a Kaphaavrita Vata condition along with Tama involvement. The description of Shayyamutrata is found in Sharangadhara and Vangasen Samhita. This article provides framework for the study of enuresis or Shayyamutrata and its management by Ayurveda.

KEYWORDS: Shayyamutrata, Enuresis, Behavioral disorder.

INTRODUCTION

Enuresis or Shayyamutrata is defined as normal, nearly complete evacuation of the bladder at a wrong place and time at least twice a month after 5 years of age.^[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.^[2] Boys suffer more often than girls because girls typically achieve each milestone before boys.^[3] Children can feel guilty and embarrassed about wetting the bed. Parents often feel helpless to stop it. This problem can lead to long lasting effects on children psychological life. Most bedwetting is a developmental delay not an emotional problem or physical illness. Only small percentages i.e. 5%-10% of bedwetting cases are caused by specific medical situations. A brief description regarding Shayyamutrata is found in Sharangadhara Samhita. The process of

urine formation is aided by Prana, Vyana and Apana vata and Avalambaka Kapha with the overall control of mind. Micturition is one of the functions of normal Apana Vata. In this condition the overall control of activities of Apana is not developed resulting in vitiation of which in turn leads to loss of control of micturition. The vitiation may also be due to encircling (Avarana) of Apana by Kapha which accelerates the excretion of urine.^[4] Excessive sleep, stress, anxiety, fear such problems may also causes Shayyamuṭrata.

NIDANA

1. Aharaja Nidan

Sr. No.-	Nidana	Guna Increased	Doshprakopa
1	Atidarva sevana	Drava, Sara, Guru, Snigdha	Kapha, Pitta
2	Madhura Rasa Atisevana	Srushtavinmutrata	Kapha, Pitta
3	Virudhanna sevana	It depends on the type of Viruddhana sevana	Tridosha
4	Ati Katu Rasa sevana	Ruksha, Ushna, Laghu	Vata, Pitta

2. Viharaja Nidan^[5]

Sr. No.	Nidana	Guna Increased	Doshprakopa
1	Ati Nidra	Snigdha	Kapha
2	Diwaswapna	Snigdha	Kapha
3	Vega Vidharana	Inexplicable to decide	Vata

3. Mansik Nidan^[6]

Sr. No.-	Nidana	Guna Increased	Doshprakopa
1	Bhaya	Rajaguna	Vata
2	Shoka	Rajaguna	Vata
3	Chinta	Rajaguna	Vata
4	Krodha	Rajaguna	Pittavata
5	Vishada	Tamoguna	Kapha

Management of Enuresis or Shayyamuṭrata according to Ayurveda

• Principle of Treatment

Being a Kaphaavrit Vata, mainly Kapahahara and Vatanulomaka type of treatments are to be adopted. Also drugs acting on Mutravaha Srotas, Dhatudardhyakara drugs and Medhya drugs are also be used. Most of treatment available is in psychotherapeutically manner though there are three direct references about Dravya Bhoot Chikitsa. Bimbi Mula Swarasa use and mainly Satvavajaya Chikitsa i.e. counselling must improve the confidence and retain the self-esteem of the child.

1. Satvavajaya Chikitsa in Enuresis or Shayyamutrata

It is an Ayurvedic therapy; in which the mental status of patient means Sattva is improved.

Counselling

Beside medical management, counselling and toilet training may play a vital role. Both kids and the parent need assurance. Many kids think that they are the only one who wet the bed. They feel guilty about it and continue to wet the bed more and more due to anxiety. Child must be made habitual to go to urination before going to bed and avoid drinking liquids thereafter. Boosting confidence of child and behaving calmly when child urinates in night makes his psychology positive that helps for proper neurological growth.

2. Nidan Parivartan

Shayyamutra is a disorder having multiplicity of Nidanas such as, Aharaja Nidana, Viharaja Nidana, Mansik Nidana; therefore here this sutra is also applicable.

3. Santarpana Chikitsa

In Ashtanga Hridaya, Sutra sthana, Acharya Vagbhatta gives Santarpana Chikitsa which includes Stambhana and Brihana.

4. Aushadhichikitsa

Avartaki Pushpa – As Avartaki Pushpa is Tikta & Kashayapradhana, as Kashayarasa does the action of Sthambhana, thereby it is Mutrasangrahaneya, on Mutravaha Srotasa. It controls the frequency of micturation, thus it controls bed wetting. Shayyamutrata can also be due to worm infection and Avartaki Pushpa is one of the best anti-helminthic drug.^[7]

Bramhi vati – It has positive effect on nervous system as it decreases stress and helps to increase mental capacity that promotes the co-ordination between nervous system components which increases brain functioning.^[8]

Khadira – Khadira is having Tikta-Kashaya Rasa. These two Rasa having pharmacological properties Shodhana, Vishaghnavatva, Kanduprashamana, Tvakmamsa, Sthirakarana (nourishment and strengthening of skin and muscle), Kledaupashosana helps in improving bladder control and also reduces urine frequency.

Divyadi Yoga – It is an Ayurvedic formulation; Studies were conducted to evaluate the efficacy of Divyadi Yoga in Shayyamutrata which shows the relief in Shayyamutrata.^[9]

Ashwagandha vati – It is natural dietary supplement for maintaining health. It is also used in stress, weakness which is psychological reason of bedwetting.^[10]

CONCLUSION

Shayamutrata is taken as a common behavioral problem. It is the disorder of growing age of childhood and this is the most delicate period for the child. It is a well-known shameful problem especially in India. The growing child is more susceptible to environmental and emotional changes. It needs great care with counseling along with the drug therapy. In the Chikitsa of Shayamutrata drug having action on mental faculties and bladder Mutrasangrahaneeya, Grahi and Stambhana were needed.

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