

**A CONCEPTUAL STUDY ON IMPACT OF MUTRAVEGA NIGRAHA ON HEALTH  
W.S.R TO LOWER URINARY TRACT INFECTION**Ayushi Prakash<sup>1\*</sup> and Sarla<sup>2</sup><sup>1</sup>MD Scholar P. G. Department of Samhita Evam Siddhant, Rajikya Ayurvedic College and Hospital, Lucknow, Uttar Pradesh, India.<sup>2</sup>Associate Professor P.G. Department of Samhita evam Siddhant, Rajikya Ayurvedic College and Hospital, Lucknow, Uttar Pradesh, India.**\*Corresponding Author: Dr. Ayushi Prakash**

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**ABSTRACT**

*Sharir* is made up of *dosh*, *dhatu* and *mala*. These three are the building blocks of the body. To keep our body healthy one should have equilibrium of *dosha* and *dhatu*, in the same way proper and continuous excretion of *mala* is of equal importance. Acharya *Charak* has described 13 types of natural urges in the body. Out of these, urge of micturition is commonly seen to be suppressed by most of the individuals. The major causes of suppression of urge of urine is bad life style habits, hectic schedule, heavy working hours, travelling, unavailability of proper facilities of urination and toilets etc. Intentional holding of urine leads to increase in intra-vesicular pressure causing stretching pain in penile/urethral area and bladder region which is very common among females and prolonged hours of voluntary controlling the urge cause greater increase in concentration of urine can be correlated to urinary tract infections. **Lower urinary tract infection** refers to inflammation of urethra and bladder which produce symptoms like haematuria, painful urination with burning sensation and frequent micturition. *Ayurveda* focuses on the root cause of this imbalance and recognises the importance of the urinary system. It promotes ongoing care and rejuvenating tonics to ensure strength and vitality in this system over time. The remote control of our health is in our hands. All we need to do is to use it skillfully.

**KEYWORDS:** *Mutra Vega*, urinarytract infection, *Vega*, urges.**INTRODUCTION**

When the body wants to throw out certain things from the body, it produces *Vegas*. It is also called as natural detoxification process by which the body is kept itself clean and healthy. When we get the signal then we have to identify and address it immediately and eliminate the waste from our body.<sup>[1]</sup>

*Vayu* or *Vatadosha* is the main factor responsible for *Vega*. In karma of *vayu* it is described as *pravartan* to *Vega*.<sup>[2]</sup> To avoid urination on experiencing an urge to do so, leads to pain in bladder and one may develop flatus and other symptoms respectively.

These urges are felt by all conscious people. Timely satisfaction of these urges are paramount to good health. Interfering with the natural action of the urges provokes *Vata*, and thereby postponing or ignoring them can lead to various kind of ailments.

Suppression of urge of micturition is one of the causes which is avoided by people many times and it becomes

the root cause of numeral diseases.

*Mutra vega* has been given utmost priority due to its *krama mahatmya*. *Mutra* causes *kleda vahnam*.<sup>[3]</sup> It is the byproduct of *Saar kita vibhajan* of our body which is the product of *pachan kriya*. Any obstruction to this process causes increase in *vaata dosha* especially *apan ayu* thus giving rise to *Mutra veg dharan janya lakshanas* in our body.<sup>[4]</sup>

UTI is a common disorder, accounting for 1% -3% of consultations in general medical practice. The prevalence of UTI in women is about 3% at the age of 20, increasing by about 1% in each subsequent decade. In males, UTI is uncommon, except in the First year of life and in men over 60, when it may complicate bladder outflow obstruction.<sup>[5]</sup>

**Review of literature**

In *Charak Samhita sutrashthan* chapter 7 named as *NAVEGAN DHARNIYA*, a detailed description of diseases caused by *Mutra Vega Nigrah* and its treatment

/ Management has been given.

In *Sushrut uttartastra*, “*Udavart Pratishedham Adhyayam*” description of thirteen types of *udavart* produced from thirteen types of *vega* and one more *udavart* due to non edible food is available.

In *Uttartastra*, “*Mutrakricchra Pratishedham Adhyayam*” description of eight types of *Mutrakricchra* including their *chikitsa* is available.<sup>[6]</sup>

The detailed description of problems caused by *Mutra Vega Nigrah* & its management has been given in chapter 5 of *Ashtang Samgraha*<sup>7</sup> and chapter 4 of *Ashtang Hridaya*<sup>8</sup>.” *Rog anutpadniya Adhyaya*”.

#### MATERIAL AND METHODS

To conduct the present study entitled “A conceptual study on *Mutra Vega Nigrah* and its impact on health. The endeavour will be accomplished with the help of a review of available literatures as well as observational study.

#### RESULT

##### Observance of total individual

Individual with sign and symptoms present & UTI proven -	45	43.26%
Individual with sign and symptom present & UTI absent-	10	9.60%
Individual with sign and symptoms absent & UTI absent-	44	42.30%
Individual with Sign and Symptoms absent but UTI proven-	5	4.80%

❖ After analysis of impact of suppression of urge of micturition is that out of 104 individuals 45 individual found urinary tract infection positive with sign and symptoms and 5 with UTI positive and absence of sign and symptoms i.e. asymptomatic

#### Type of study

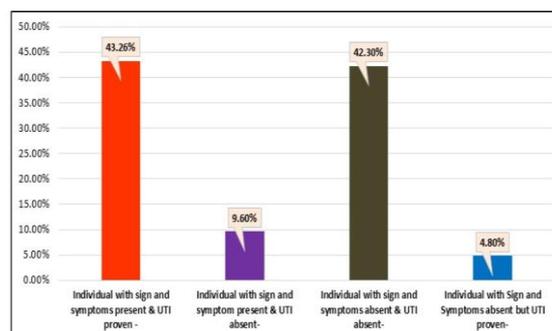
##### Literary and Observational

- Literary study- *Brihatrayi*, *laghutrayi* and other relevant literatures of *Ayurveda*
- along with modern medical literature.
- Observational study- People of middle age group (20 to 50 years) were selected irrespective of their gender, religion or occupation and the data was collected from some public places like parks and residential areas.
- The observational study will be carried out with the help of people residing in the Lucknow city. People were selected randomly and subjected to a specially designed structural questionnaire. Total 114 people were surveyed as per the questionnaire. Scores of observances of *Mutra Vega Nigraha* and Urinary tract Infection were noted and then analysed statistically.

##### Interrogation was done as mentioned in proforma

1. General information about identification.
2. Source of information
3. Observance of rules of related to *Adhamiya Vegas*
4. Finding of symptoms who have a habit of suppressing urge of micturition.
5. Assessment of symptoms of urinary tract infection.

bacteria and 10 with absence of urinary tract infection but with presence of sign and symptom and 44 with absence of both urinary tract infection and sign and symptoms.



#### DISCUSSION

The most common symptom found in observation on suppression of urge is *MUTRAKRICCHA* ( $p < 0.001$ ) is highly significant it may be because on suppression of urge the *vata* dosha get vitiated. Due to *Mutranigraha* The person passes urine with difficulty and quantity of *mutra* is reduced.

*Vata* provoked in *koshth* produces *Nigraha* (retention) of urine and faeces. *Vata* situated in *Guda* produces *graha* of *mutra*, *purisha* and *vata*.

When *mutra* gets *avrita* by *vata*, it causes *mutra apravritti* and *adhman* in *basti*. *Vata* vitiated in *pakwashya*, produces *antrakujan*, *nabhishul*, *mutrakriccha* *anah* etc.

The second most important symptom is *ANGBHANG* ( $p=0.002$ ) is significant it is because the lower urinary tract is innervated by 3 sets of peripheral nerves, which arise at the sacral level of spinal cord, excite the bladder, and relax the urethra, lumbar sympathetic nerves, which inhibit the bladder body and excite the bladder base and urethra and pudendal nerves, which excite the external urethral sphincter.

*Vata* is responsible for all activities of the body. The movement in the body is due to contraction and relaxation of the muscles i.e. motor functions.

Hence it is the *vata* who is responsible in all these types of reflexes. On vitiation caused different neuralgic breaking pains in body.

The other symptoms include *SHIRSHOOL* ( $p=0.018$ ) is significant. It may be due to different neuralgic pains as per *Acharya Charak* due to suppression of urge the *Vata* dosh get vitiated and lead to vitiation of *rakt* of head region responsible for *shiroroga*.

Shushrut defined the term *vata* as “*va gatigandhanyo*”. The meaning of word “*GATI*” are movement, moving, going etc and of “*GANDHAN*” are intimation, information, etc.

Hence the *vata* of groin region i.e. *apan vata* on suppression starts doing *pratilom gati*, so produce pain in head region hence produce *sirshoola*.

One more symptom is significant is *VANKHANANAH* ( $p=0.006$ ) as due to suppression of urge there will be filling of bladder create obstruction in path of *vayu* which create symptom *anah*.

Dysuria, Burning micturition, frequency urgency are highly significant  $p<0.001$  symptoms. These findings suggest that there are significant associations between modern symptoms related to urination and urge score, highlighting the importance of assessing these symptoms in clinical context.

## CONCLUSION

- ❖ In this study, population was taken as they are most likely to suppress the urge of micturition either due to nature of job, due to habit or lack of facilities. After analysis of statistical data the conclusion drawn from above observational study is 48.07% individual found with symptomatic urinary tract infection. Hence it can be concluded that there is a relation between suppression of urge and urinary tract infections as the tendency of suppression of micturition and the significance of symptoms seen in almost half of individuals.
- ❖ The changes in degree of severity of symptoms or absence of certain lakshanas seen in some

individual may be due to habits related to *vega dharan*, individual *prakriti*, the dietary habits of the individual along with *vihar*.

- ❖ One of the prophylactic measures to be adopted with recurrent urinary tract infection is regular complete emptying of bladder (*Davidson's Principles & Practice of Medicine 20<sup>th</sup> Edition*). Urine is normally sterile, and the normal flow of urine usually prevents bacteria from infecting the urinary tract. With urinary retention, the abnormal urine flow gives bacteria at the opening of urethra a chance to infect the urinary tract. If the bladder becomes stretched too far or for long periods, the muscles may be permanently damaged and lost their ability to contract. Urine retention causes urine to flow backward into the kidneys. This backward flow called reflux, may damage or scar the kidneys. Hence it is clear that on withholding of urge of micturition, urine can cause acute and chronic problems.
- ❖ The need of this study is to create awareness among the people as it will be beneficial for the society to maintain their health status and can prevent various diseases. If the people will get educated regarding the topic they will be more aware about their health.

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