

**MANAGEMENT OF SHAYYAMUTRA – ENURESIS THROUGH AYURVEDA****Dr. Sanjay Khan* and Dr. Dr. Roshni bele**

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Article Received on 22/08/2023

Article Revised on 12/09/2023

Article Accepted on 02/10/2023

ABSTRACT

Ayurveda is Immortal. Years ago, LIFE evolved and at the same time evolved the diseases that caused threat to living organisms. The main aim of Human life is to achieve salvation. For which health is the salient necessity. And that became the demand for a health science, which was cascade on earth in the form of Ayurveda.

INTRODUCTION

The greatness of Sanskrit language lies in its word formation. It is the beauty of the Sanskrit language to pin out any term with its original 'datum' and the suffix used. The word Shyyamutra is formed from two words 'Shayya' and 'Mutra'.

The complete word Shyyamutra significantly indicates the disease with the problem of urination in bed. In the same context the modern counterpart Enuresis means to urinate in night i.e. bed-wetting. In short, the term Shyyamutra gives a broad sense of Enuresis wherein both the day & night Bedwetting is included.

Modern science considers Shyyamutra – Primary Nocturnal Enuresis as a voiding disorder or a behavioural disorder. The central component of voiding and continence of urine are namely – Cortical inhibitory center, Pontine micturition centre and Spinal micturition centre. The names of the centers are self suggesting of their location. Their functions are also highlighted by their respective names. Thus the Cortical inhibitory center lies in the cerebral cortex and functions while for the inhibition of the urge for urination.

Nidan of Shyyamutra (Causes)

Aharaja Nidana – The etiologies concerned with the food and eating habits.

Anasana (fasting) Langhana – Refusal to eat., Atidrava sevana, Madhura rasa atisevana, Ati Katu rasa sevana

- Viharaja Nidana – The etiologies concerned with the working habits.
- Manasika Nidana – The etiologies concerned with the Psychology.
- Miscellaneous -

Causes of Bed Wetting according modern aspect -

Though the exact cause is unknown, bedwetting may be caused by a variety of reasons as-

- Genetic - Enuresis can get inherited through family
- Slow development of control over brain - bladder connection
- Reduced bladder capacity
- Increased production of urine by Kidneys.
- Type 1 Diabetes
- Sleep disorders
- Pressure over bladder y constipation
- Mental stress and anxiety
- Ayurveda says that the reason for bedwetting is the abnormality with the Apana vata that controls the functions of evacuation of feces and urine.
- Also Vata is responsible for controlling the mental functions. So, improper functioning of Vatadosha results in physical and psychological abnormalities.

Chikitsa (Treatment management)

Chikitsa Sutras of any disease are the general treatment doctrines of that disease. Ayurvedic Chikitsa – treatment is not based on Yoga (Prescription) but on the contrary it has been a distinctive tradition of Acharya to provide the general treatment doctrines of any disease.

1) Nidana Parivarjana

In Sushruta Uttara tantra – 1/25, in the context of Netra roga Chikitsa, Sushruta has opined that i.e. avoidance of etiological factors is the best treatment as well as the best prophylaxis for any disorder i.e. prevention is better than cure. Shyyamutra is a disorder having multiplicity of Nidanas [etiological factors], therefore here this sutra is also applicable and it has also an importance for the prophylactic and curative aspects of Shyyamutra.

2) Santarpana Chikitsa

3) Satvavajaya Chikitsa According to Ayurveda, the universal attributes Satva, Rajas and Tama are reflected

in the mind. Mind is the essential instrument for every type of knowledge e.g. awakening, connecting etc. They are also considered as attributes of mind for all practical purposes. Satva is considered as "virtuous" [Guna] while others are considered as "vitiators of mind" (Manasa Doshas), because their predominance affects the mental diseases.

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