



EFFICACY OF AN AYURVEDA – YOGA INTEGRATED MANAGEMENT IN MUTRA VEGARODHA JANYA UDAWARTHAM: A CASE REPORT

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ABSTRACT

This paper reports, the outcomes of an ayurveda – yoga integrated management of Udarwartham originated due to Mutra vega rodham (Suppression of urge to micturate). A 50-year-old female patient presented with weakness in the right side of the body associated with right sided headache and earache for two weeks. On detailed interrogation it was found that patient had difficulty in voiding urine for the past one year which has started since she had to suppress the urge to micturate during a travel. She also reported to be having chronic constipation ever since this urination problem developed. She has consulted a nephrologist for the problem but no significant findings were made. The case was diagnosed as Mutra vegarodha janya Udarwartham based on the clinic picture. The treatment was initiated with Chiruvilwadi Kashaya, Hinguvachadi Churnam, Anuloma DS tab with which patient reported improvement in symptoms after two weeks of administration. Considering the climate, the medicines were modified to Gandharva Hasthadi, Gandharva erandam, Vaiswanara Churnam along with some Yogasanas and dietary modifications. Later she was admitted in IPD and was administered Avapeedaka Snehapaanam with Vastyamayantaka ghrutham followed by Abhyanga with Mahanarayana tailam, Avagaha sweda with Dasamoola kwatham and Yoga vasthi including Erandamooladi Niruham and Dhanwantharam tailam anuvasanam. At the end of IPD treatment patient reported 90% relief in the symptoms. On discharge, she was advised to continue Vastyamayantakam ghrutham in Samana matra for 10 days followed by Veeratharadi Kashayam, Hinguvachadi churnam, Dhanwantharam 101 avarthi, Punarnavasavam with sookshma ela churnam, Paanam (drinking water) with golden cucumber seeds. Diet and yoga as advised previously was recommended to be continued. At the follow up after one-month patient reported almost normal urination. Vegadharanam can cause grave clinical implications by altering the homeostasis. Management of Vata dosha primarily can yield results in such conditions.

KEYWORDS : Udarwartham, Ayurveda, Vega.

INTRODUCTION

The physiological functioning of the body is executed by the various organ systems which are broadly classified into two, viz, Controlling Systems and Working Systems. While the Central Nervous System and Endocrine System are designated as the controlling systems all the other physiological systems are entitled as the working systems. The controlling systems modulate the functioning of the working systems through various feedback mechanism via neuro endocrine pathways. In this way, the Homeostasis is maintained in the body ensuring the state of health. The concept of Vega is unique to Ayurveda. Vega is defined as the manifestation of the natural physiological urges¹. The classical Ayurveda literature has elaborated 14 such vegas and discussed at large the harmful implications of suppressing and willfully initiating them. Vegas are broadly classified into two: Adharaneeya vegas and Dharaneeya vegas. The former non-suppressible urges are basically the physical/ physiological urges which are again categorized into two: Nutritive/ Anabolic vegas like Kshut (Hunger), Trishna (Thirst), Nidra (Sleeo) etc and Eliminative/ catabolic vegas like Mutra (Micturition), Pureesha (Defecation), Adhovatam (Faltus) etc. Dharaneeya or suppressible vegas are primarily the emotional urges like krodham (Anger), dwesham (grudge), bhayam (fear) etc. As stated by Acharya Charaka, Vata among the tridoshas (Three basic humours viz, Vata, Pitta and Kapha) is the controlling factor which regulates all the physiological activities within the body². Thus the controlling systems may be related to the Vata in the body. The violation of the vegas are known to cause vatakopam (aggravation of Vata) which will have as a negative influence on the controlling systems³. Such influences will definitely alter the working physiology and open the doors for clinical ailments as opined in Ayurveda classics that all the diseases have an origin in willful initiation or suppression of the vegas⁴.

Such suppression of natural urges, especially Hunger, Sleep, Micturition and Defecation are quite commonly observed these days which lead to clinical symptoms. An Integrated Ayurveda- Yoga approach can be a safe and effective choice of treatment in such conditions.

Patient Information

A 50-year-old female patient presented in the OPD with weakness in the right side of the body associated with right sided headache and earache for two weeks. She developed right sided headache and earache which progressed to pain and weakness in the right side of the

body. On detailed interrogation it was found that patient had difficulty in voiding urine for the past one year which has started since she had to suppress the urge to micturate during a travel. She can void urine only with great pressure and had recurrent urinary tract infection. She also reported to be having chronic constipation ever since this urination problem developed.

Clinical Findings

On physical examination no significant findings were there other than the symptoms mentioned above.

Diagnostic Assessment

Clinical symptoms indicated complications of Mutra vega rodha⁵ (Suppression of micturition urge). USG and RFT was done to rule out any underlying pathology.

Therapeutic Timeline –

	Treatment Given	Duration	Outcome
OPD Management	Phase 1: Chiruvilwadi Kashaya, Hinguvachadi Churnam, Anuloma DS tab + Padahastasana, Ardhaachakrasanam, Sasankasanam, Paschimotanasanam, Pavanamuktasanam + katu, tikta, Kashaya rasas and rooksha ahaaraas & shimbi dhanya	15 days	Improvement in symptoms – head ache, ear ache & slight reduction in one sided weakness. Bowel was regular. But patient reported burning sensation in abdomen.
	Phase 2: Gandharva Hasthadi, Gandharva erandam, Vaiswanara Churnam+ Padahastasana, Ardhaachakrasanam, Sasankasanam, Paschimotanasanam, Pavanamuktasanam + katu, tikta, Kashaya rasas and rooksha ahaaraas & shimbi dhanya	7 days	Complete relief in head ache, ear ache & marked improvement in one sided weakness. bowel was regular and straining at urination was reduced by about 10%.

IPD Management	1. Avapeedaka Snehapaanam with Vastyamayantaka ghrutham starting with a hriseeyasi matra of 30ml to assess the agnibalam and followed by Uttama matra. 2. Abhyanga with Mahanarayana tailam, 3. Avagaha sweda with Dasamoola kwatham 4. Yoga vasthi with Erandamooladi Niruham and Dhanwantharam tailam anuvasanam.	15 days	90% relief in the straining at micturition
Follow Up Period	Vastyamayantakam ghrutham in Samana matra (10 ml) in the morning Yoga + Diet as previously advised	10 days	
	Veeratharadi Kashayam, Hinguvachadi churnam, Dhanwantharam 101 avarthi, Punarnavasavam with sookshma ela churnam, Paanam (drinking water) with golden cucumber seeds. Yoga + Diet as previously advised	1 month	100 % relief in symptoms including straining at urination and recurrent UTI.

DISCUSSION

The Mutra vega dharana along with Vata aggravating diet⁶ (predominant with pulses) practiced by the patient progressed to vata vaigunya (Dysregulation of Vata) leading to Udawartham. In the context of Vega roddham it has been mentioned that it leads to vata pratiloma (upward movement of Vata) instead of the normal downward flow and the clinical symptoms also indicated Vata vaigunya. Considering this, all the medications, therapies, diet and yoga were designed to attain Vata anulomana (downward movement of Vata) along with a slight Brimhana (Nourishment). Avapeedaka Snehapanam⁷ (a therapeutic modality) is specifically indicated in the management of Mutra vega dharanam. Abhyanga (oil massage), Avagaha sweda (sitz bath) and Vasthi (Enema Therapy) are specially indicated treatment modalities for alleviating Vata, Apana vata (a sub type of Vata mainly associated with uro-genital functioning) in particular, in the present case.

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