

Review article

Review article on *Charkokta mutravirechaneeya mahakashay*

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ABSTRACT:

Mutravirechaneeya mahakashay is one of the important mahakashaya of fifty great extractive of charak samhita. Mutravirechaneeya means to increase urinary output (i.e. diuretics).

Importance of this Mahakashaya increased in day to day practice because mutravaha *Srotogata Vikaras* (urinary disorders). Being a system responsible for homeostasis of fluids in the body it also detoxifies the body by eliminating certain waste products through urine. When diseased, people produce symptoms such as, increased or decreased urine production, painful micturition, formation of stones, and thereby obstructed micturition, increased frequency of micturition, and so on. There are many herbs with varied actions specifically aimed at mitigating urinary system disorders. To deal with such problem acharya charaka mentioned mutravirachaneeya mahakashaya in fourth chapter of sutra sthana. In this article it is an attempt to elaborate the concept of mutravirechan, Rasa, Virya, Vipaka, of mutravirachaneeya dravya that are mentioned in charakokta mutravirachaneeya mahakashaya.

KEY WORDS: Mutravirechaneeya, Mahakashaya, Mutravah strotas, Diuretics

INTRODUCTION:

“Yat dravyam mutrasya atipravartanam karoti tat mutravirechaneeyam

The dravyas causing increased urinary output are utilized in the management of Mutrakrichra, Mutraghata, and the Like. Trinapanchamoola and Mutravirechaneeya dashemani of Charaka are considered to be the best diuretics. These dravyas cause diuresis by increasing the production of urine, causing easyflow of urine and stimulating the organs of the urinary system. Most of the Mutravirechaneeya dravyas like Ikshu (*Saccharum officinarum* Linn), Shali (*Oryza sativa* Linn.), Ksheera (Milk), Navadhanya, and so on, being sheeta, increase Kapha and dravata in the Shareera. Among them Ikshu and Gokshura (*Tribulus terrestris* Linn.) are considered to be shreshta, whereas, dravyas like Ela, Gomutra (Cow's urine), and Vana palandu (*Urginea indica* Roxb), being Ushna veerya, cause virechana of the mutra.

In this article it is an attempt to elaborate the concept of mutravirechan, Rasa, Virya, Vipaka of mutravirechaneeya dravya that are mentioned in charakokta Mutravirachaneeya mahakashaya.

Concept of Mutravirechan

1. Definition of Mutravirechaneeya

Yat dravyam mutrasya atipravartanam karoti tat mutravirechaneeyam

2. Pharmacological properties of Mutravirechaneeya Dravya

Generally Mutravirechaneeya dravyas are Madhura anda kashay Rasa pradhan, sheet virya and snigdha, guru, guna pradhan.

Table No. 1: Dravyas of chrakokta mutravirechaneeya mahakashaya

Sr. No.	Sanskrit Name	Latin Name	Family	Part Used
1	vrikshadani	<i>Dendrophthoe falcate linn</i>	Loranthaceae	Whole plant
2	shvadashttra	<i>Tribulus terrestris linn</i>	Zygophyallaceae	Fruit root
3	vasuka	<i>Indigofera enneaphylaa linn</i>	Oleaceae	Leaves, flowers
4	vashira	<i>Gynandropsis gynandraBriquet</i>	Poaceae	Root
5	Pashanbheda	<i>Bergenia lingulata Engl.</i>	Saxifragaceae	Rhizome
6	Darbha	<i>Imperata cylindrica</i>	Poaceae	Root
7	kusha	<i>Desmostachya bipinnata</i>	Poaceae	Root
8	Kash	<i>Saccharum Spontaneum Linn</i>	Poaceae	Root
9	Gundra	<i>Saccharum sara</i>	Typhaceae	Rhizome, root
10	Itkatmula	<i>Sesbania bispinosa</i>	Fabaceae	Root,stem

Table No. 2: Properties of Mutravirechaneeya Drvaya - According Bhavprakash Nighantu

Dravya Name	Rasa	Vipaka	Virya	Guna
vrikshadani	Tikta, kashayMadhur	Katu	Sheet	Laghu, Rukksha
shvadashttra	Madhur	Madhur	sheet	Guru , snighdha
vasuka	katu, tikta	Katu	Ushna	Laghu, tikshna
vashira	Kashaya	Katu	Ushna	Rukksha
Pashanbheda	Kashaya, tikta	Katu	Sheet	Laghu, snighdha,tikshna
Darbha	Madhura, Kashaya	Madhura	Sheet	Laghu, snighdha
kusha	Madhura, Kashaya	Madhura	Sheet	Laghu, snighdha
Kash	Madhura,Kashaya	Madhura	Sheet	Laghu, snighdha
Gundra	Kasaya, madhura	Madhura	Sheet	Guru
Itkatmula	Madhura	Madhura	Sheet	Snigdha, guru

Table No. 3.: Analysis of pharmacological properties of Mutravirechaneeya dravya mentioned in Mutravirechaneeya Mahakashay**Table No. 3.1: Rasa**

Rasa	Dravya
Madhur Kashya	Shvadrashtra, darbha kush, kash, gundra
Kashay tikta	Pashanbhed
Katu tikta	Vasuka
Kashay	vashira

Table No. 3.2: Vipaka

Vipaka	Dravya
Madhura	Shvadastra, Darbha, ush, Kash, Gundra, Itkatmula
Katu	Vrikshadani, Vasuka, Vashir, Pashanbhed

Table No. 3.3: Virya

Virya	Dravya
Sheet	Vrikshadani, Shvadastra, Darbha, Kush, Kash, Gundra, Itkatmula
Ushna	Vasuka, Vashira

Table No. 3.4: Guna

Guna	Dravya
Laghu, Rukksha	Vrikshadani
Laghu, snighdha	Darbha, Kush, Kash
Snigdha, guru	Shvadastra, itkatmula
Laghu, Rukksha	Vrikshadani

DISCUSSION:

Mutravirechaneeya dashemani dravyas cause diuresis by increasing the production of urine, causing easy flow of urine and stimulating the organs of the urinary system. Most of the *Mutravirechaneeya dravyas* like Vrikshadani, Shvadastra, Darbha, Kush, Kash, Gundra, Itkatmula and so on, being *sheeta*, increase *Kapha* and *dravata* in the *Shareera*. whereas, *dravyas* like Vasuka, Vashira, being *Ushna veerya*, cause *virechana* of the *mutra*.

Renal disorders are growing very rapidly among people all over the world nowadays and the treatment modalities available in modern medicine have undesirable side effects on human health. Plants of *mutravirechaniya mahakashaya*, described as, 35th *mahakashaya* in the 4th chapter of Charaka Samhita, Purvardha are mostly recognised for their urine inducing or urinary flow increasing capacity along with urinary system defending property in the ancient ayurvedic medical science.

CONCLUSION:

1. All *dravyas* mentioned in *charkokta Mutravirechaneeya mahakashaya* possess *Madhur kashay Rasa* except Vasuka it possess *katu* and *tikta Rasa* respectively.
2. All *dravyas* mentioned in *Mutravirechaneeya mahakashaya* having *SHEET Virya* except Vasuka and Vashira they possess *ushna Virya*.
3. All *dravyas* mentioned in *mutravirechaneeya mahakashaya* having *madhur* and *Katuvipaka*

These drugs possess various medicinal properties and hence used in the treatment of various disorders of urinary system. *Mutravirechaniya Mahakashaya* helps re-establish normal physiological function in the affected tissues and organs. Physician can select the best drug among these with the help of *Yukti Pramana*. In *Mutravirechaneeya Mahakashaya* some drugs are controversial like *Pashanbheda* and some are rarely seen like *Gundra* and *Itkatmoola*.

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