CONCEPT OF RENAL DISORDERS ACCORDING TO AYURVEDA

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ABSTRACT
10% of the population worldwide is affected by chronic kidney disease & millions of people die each year due to kidney disease. Number of cases of kidney failure is increasing disproportionately in developing countries like India as number of elderly people is increasing. Kidney disease is one of the common causes of premature death worldwide. Role of other medical sciences like Ayurveda in the management of renal disorders is negligible; hence Use of traditional medicines of Ayurveda in the management of renal disorders is the need of time. According to modern science renal disorders are considered as diseases of urinary system; But according to Ayurveda kidneys or Vrukka are not related with urinary system in the body as they are the part of Medovaha srotas. Charaksamhita, Sushrutsamhita, Ashtangsamgraha & Ashtanghridaya have not mentioned Vrulkaroga anywhere in the texts but concepts about formation of urine & diseases related with urine are well explained in the texts; while Bhaishajyaratnavali includes a separate topic named Vrukka. Current paper includes an innovative approach towards explanation of Hetu, Samprapti, Nidan & Chikitsa of renal disorders as per Ayurveda.

INTRODUCTION

Origin of vrukka (Kidneys)[1]
The vrukkas (Kidneys) are formed by the essence of blood & fat (Rakta & med dhatu)

Vrukka Site
Acharya Charaka & Acharya Vagbhata mentioned site of vrukka as Koshta, but acharya Shusruta has not mentioned Vrukka in the definition of Koshta.[2]
According to Acharya Sushruta, Meda carrying channels are two, their root is both sides of waist & vrukka.[3]
According to Acharya Charaka, Medovaha srotas have their root in Vrukka & Vapavahan.[4]

Concepts of Urine formation according to Ayurveda.
Though situated its mouth downwards, the urinary bladder gets filled from all its sides through the minute channels carrying urine, which are secreting without break continuously throughout day and night.[5]

Urine carrying channels existing in intestines saturate the bladder with urine constantly as rivers do for sea; thousands of opening of these channels are not visible due to minuteness. Bladder is filled up with oozing of urine carried, day & night, by the channels from the region between stomach and intestines. As a new pitcher put in water up to the neck is filled with water from sides, in the same way bladder is filled with urine.[6]

Faeces and urine are (Vit & Mutra) are formed as a biproduct (Kitta) of food.[7]

Samana vayu is located near the Agni(in the stomach) kindles it, moves inside the large intestine, channels of the Doshas, Malas, Shukra, Artava & Ambu; supports them in their functions, attends to function as retaining food, digestion, separation of essence & waste (Sara & Kitta) & moving the waste products downwards and such other functions Apan Vaya is located in the rectum, moves along the urinary bladder, pelvis, penis, scrotum & groin, attends the elimination of faeces, urine, semen, menstrual fluid & foetus & such other functions.[8]

Pitta situated between Pakwashaya & Amashaya by invisible mechanism, digests four types of foods & drinks, separates Doshas, Rasa, Urine & Faece; and seated there itself supports, by its innate power, remaining seats of Pitta & also the body with functions of Agni the name Pachak Pitta is given to this.[9]

Cause of diseases related with urine
Seat of urinary disorders is basti or urinary bladder, it is described as a marma, though having its mouth below, it receives the fluid known as urine (Mutra) from thousand & odd innumerable minute channels known as Mutravaha Nadi constantly, just like a new mud pot kept immersed in water.[10]
If Apan vayu is vitiated it causes severe diseases of urinary bladder.\[11\]

When vayu is favourable in bladder, urine is excreted properly; but when it is in opposite direction various disorders appear. Types of retention of urine, prameha, abnormalities of semen & urine-all these are located in bladder.\[12\]

**Cause of Mutravaha Srotodushti**

Mutravaha srotas are affected due to drinking of water, having food & coitus during urge for micturition, suppression of urge for micturition, suppression of urge for micturition particularly wasted & wounded.\[13\]

**Root of Mutravaha Srotas & effect of injury.**

Urine carrying channels are two, their root being urinary ladder & penis; if injured it causes hardness of urinary bladder, retention of urine & stiffness of penis.\[14\]

**Root of Mutravaha Srotas & Symptoms of Vitiation.**

Mutravaha Srotas having their root in Basti &Vankshana. Symptoms of their morbidity are these such as excessive urination, excessive obstruction or suppression, vitiated, diminished or frequent thick urine with pain.\[15\]

**Cause of Medovaha srotodushti**\[16\]

Medovaha srotas are affected due to lack of physical exercise, day sleep, excessive intake of fatty food & alcoholic drinks.

**Symptoms of Medovaha Srotas Vitiation & Effects of injury to root**

Premonitory symptoms of Prameha.\[17\]

If Meda carrying channels are injured it causes perspiration, unctuousness in body parts, dryness of palate, massive swelling & thirst.\[18\]

**Causes of Renal Disorders (Vrukkaroga) according to Ayurveda**

Over intake of cold food items or over use cold measures causes diseases related with kidney. Kidney diseases are also seen as a complication of Masurika, Visuchika, Aamvat & Paramjwara. Cause of renal disorders is mainly change in constituency of Rakta.\[19\]

**DISCUSSION**

From above references following few conclusions can be made according to Ayurveda literature.

1. Mala & Mutra (Faeces & Urine) are the biproducts of food.
2. Formation of urine occurs in Amashaya & Pakwashaya. Urine is carried from there upto the Basti by minute channels.
3. Digestion of foods produces two parts; first is essence part (Sarabhag) & second is (Kittabhaga). Formation of urine & Faeces is from Kitta part. This process occurs at Amashaya & Pakwashaya & done by Pachak Piita & Saman vayu.
4. Ancient Ayurveda texts has mentioned exactly & correctly about site, appearance & number of kidneys (Vrukka) but explained its relation with Medadhatu & having no relation with formation of urine.
6. Vitiation Medovaha Srotas may cause diseases related with Vrukka or kidney; as it is a root of Medovaha srotas.

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**Samprapti of Vrukkarog (Renal Disorders)**

1. Hetusevan(Etiological Factors)-for vitiation of Mutravaha & Medovaha Srotas

2. Vitiation of Rakta & Meda dhatu during intrauterine life, Absence or decrease in essence factors of (Prasad) Rakta & Medadhatu

Vitiation of Pachak Pitta & Saman Vayu-Production of abnormal urine in Amashaya & Pakwashaya
Ayurvedic Management of Renal Disorders

Treatment of Renal disorders can be done on the following basis.

1) **Nidana Parivarjana** (Avoidance of causative & precipitating factors of disease)- Avoidance of causative & precipitating factors of Mutravaha & Medovaha srotas.

2) The vrukkas (Kidneys) are formed by the essence of blood & fat (Rakta & meda dhatu). Sira plays vital role in transport in urine, Sira are Upadhatu of Rakta; hence treatment of renal disorders should be done with Raktaprasadkara drugs (Dravya).

3) Treatment of vitiated Saman Vayu is Shamar²⁰; formation of urine is from food with the help of Pachak Pitta & Saman Vayu. Saman Vayu is near to Agni; hence treatments like Agnideepan & Aampachan are useful in renal disorders.

4) Apan Vayu should be led downwards²¹; Seat of all the diseases related with urine is Basti & cause of diseases related with urine is movement of Vayu in opposite direction. Hence for both these problems & treatment of Apan Vayu, Basti is the best treatment.

5) Drugs from various groups (Gana) in Charaksamhita can be used according to the condition of the patient:-

**Mutravirechaniya Gana²²**- Vrikshadi, Gokshur, Vasuk, Shira, Pashanbheda, Darbha, Kusha, Kash, Gundra, Itkatmul; these ten are Mutravirechaniya (Diuretics-helps in excretion of urine).

**Mutvirajnyiya Gana²³**- Padma, Upala, Nalina, Kumuda, Saugandhika, Pandarika, Shatapatra, Madhuka, Priyangu & Dhataki; these ten are urinary depigmenters.

**Mutrasangrahaniya Gana²⁴**- Jambu, Amra, Plaksha, Vata, Kapitana, Udumbara, Ashwattha, Bhallataka, Ashmantaka, Somavalka; these ten are antidiuretics.

6) Treatment of Vrukkaroga according to Bhaishajyaratnawali is as follows.²³
   a) **Raktamokshan** (Bloodletting)- After proper examination & considering (Bala) of the patient bloodletting procedure should be done with Shring, Alabu, Jalauka or Sirayadha according to type Dosha vitiated as Vata, Pitta or Kapha. Sira are Upadhatu of Raktdhatu & plays important role in transport of urine hence Raktamokshan (Bloodletting) is important in renal disorders.
   b) Virechan (Therapeutic purgation) & Swedan should be done appropriately.
   c) Drugs increasing formation of urine (Mutrata) should be administered.
   d) Drugs & dietary regimen causing purification of blood, increasing potency of Rasa, Rakta Dhatus, increasing strength of Agni should be taken. (It reduces vitiation of Saman Vayu & Pachak Pitta).
REFERENCES