

Ayurvedic Management of *Shayyamutrata* (Enuresis): A Literature Review

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Abstract

Shayyamutrata (Enuresis) is an involuntary discharge of urine. In most of the cases the chief cause of enuresis is behavioral and emotional factors. It can also occur due to the urinary tract infection, food allergies, obstructive sleep, apnea, chronic constipation etc. The prevalence of enuresis is about 15-25% of children at 5 years of age, 8% of 12 years old boys and 4% of 12 years old girls. *Srotovarodha* and vitiation of *Sadhaka*, *Tarpaka Kapha*, *Pachaka Pitta*, *Manovaha Srotas* and *Atinidra* are the factors responsible for development of *Shayyamutra*. Ayurveda suggest importance of pharmacological as well as psychological treatment for the disease. This article describes some ancient view on *Shayyamutrata*.

Keywords

Shayyamutrata, Behavioral problem, Psychotherapy, Kaumarbhritya



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INTRODUCTION

Children health needs great care as their physical and mental status helps them to build their future. The behavioural problem like enuresis in young children is common. Enuresis is defined as the involuntary repeated discharge of urine into clothes or bed. This problem greatly affects psychosocial life of child as well as family members. It affects small to middle age group of children mainly. It is considered as multifactorial behavioral disorder. In Ayurvedic classics, the brief description regarding *Shayyamutra* is found in *Sharangadhara* and *Vangasena Samhita*. This disease mainly involved *Vata* (*Apan Vayu*), *Pitta* (*Pachaka*), *Kapha* (*Tarpaka*), along with *Manasika Dosha Tama*. Many treatment options available for these disease but traditionally very less information is available. Ayurvedic treatment is not only medicinal but also consist of *prakruti parikshan* followed by patient counselling and diet control according to *Prakruti* for the control of disease. This article describes role of counselling and utilization of herbal therapy for the treatment of disease

SHAYYAMUTRATA

1. Role of Ayurveda Avartaki Pushpa (*Cassia auriculata* Linn.)

Aavartaki Pushpa was found to have significant role in *Shaiyyamutra*. Study was conducted on *Avartaki Pushpa* (*Cassia auriculata* Linn.) to evaluate the efficacy of *Avartaki Pushpa Vati* in *Shaiyyamutra*. It increases the bladder control and tone of bladder muscles. The effect of *Avartaki Pushpa* on bladder control is attributed to its properties like; *Grahi*, *Stambhana* and *Mutrasangrahaniya*

2. Divyadi Yoga

Divyadi Yoga is an ayurvedic formulation traditionally prescribed for many diseases including urinary disorders. Studies conducted to evaluate the efficacy of *Divyadi Yoga* in *Shayyamutra* shows that it possesses relief in *Shayyamutra* significantly. Study also reveals that *Divyadi Yoga* works appreciably along with counseling in the management of *Shayyamutra*.

3. *Crataeva*

Crataeva nurvala is a deciduous tree found in most parts of India along river banks. The stem bark is mostly used and contains saponins (eg diosgenin), flavonoids and plant sterols (lupeol). Anciently it has been



established as remedy for urinary disorders like *Shaiyyamutra*.

4. Buchu Oil

Barosma betulina have clinical importance for the treatment of the bladder disorder, irritable conditions of the urethra, urinary discharges and prostate disease. It contains the chemical like monoterpene, diosphenol. Research reveals that due to the presence of biological active phytoconstituents of *buchu* oil may used for the treatment of enuresis. Traditionally it has been recommended to control involuntary urination in children.

5. Role of herbal combination

Many researchers work on various herbal combinations for the treatment of *Shaiyyamutra*. Herbs like; *Centella asiatica*, *Shankha pushpi*, *Glycyrrhiza glabra*, *Tinospora cordifolia*, *Syzygium cumini*, *Sesamum indicum*, *Kharjoora (dried)*, *Strychnos nux-vomica Linn* were evaluated to treat *Shaiyyamutra*. These drugs showed urine holding properties (*Mutrasangrahaniya* action) and play an important role in the *Samprapti Vighatana* of the disease. These herbs also help in improving the mental faculties as well as weak musculature of bladder especially sphinctric tone and provides better flow of urine during

micturation. The effect of these herbal drugs in enuresis were found to be more when assisted by psychological treatment. Studies confirmed that the psychological treatments are generally more effective than pharmacological treatments when performed individually. The patient counselling is the best way of psychological treatment with medicine since the ultimate aim of treatment involve stress reduction and controlling involuntary bladder movement and these two can be best achieved when pharmacological treatment associated with psychological treatment

7. COUNSELING IN SHAIYYAMUTRA

- Complaints not to be discussed in front of the people.
- Appreciate the child if bedwetting frequency decreased, for e.g. from 3 to 2 etc.
- Mental and physical stress shouldn't be given to child on bedwetting.

CONCLUSION

Shaiyyamutra is common problem amongst children and great care along with treatment need to be taken to control disease consequences in early age. Counselling along with drug therapy proved to be more

effective treatment. However, more children improve from psychological than from pharmacological interventions. The various studies establish significant therapeutic role of traditional herbal therapy for the treatment of disease. Ayurveda also prescribe diet control and patient counselling as great tool for disease control. Various studies reveal that pharmacological treatment help patient more when associated with psychological treatment of *Shaiyyamutra*.

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