



## A CONCEPTUAL STUDY OF MUTRA VARGA AND ITS MEDICINAL IMPORTANCE

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### ABSTRACT

*Ayurveda* not only explains about herbo-mineral drugs but also drugs. The animal origin *Dravyas* include; *Ksheera* (Milk), *Mamsa* (Flesh/Meat), *Mutra* (Urine), and *Mala* (Excreta) *Dravyas*. Among which *Gomutra* is extensively used as a medicine to prepare some oils, decoctions, as well as purification of mineral drugs. The aims and objective of the present study is to screen out the *Mutra Vargas* and their different opinions according to different *Ayurvedic* lexicons. All the materials related to *Mutra Vargas* from the original text has been searched with the qualities of *Ushna*, *Teekshna*, *Ruksha*, *Katu*, *Tikta*, and *Lavana Rasas*, along with their therapeutic applications, were analysed systematically. The properties of the urine of various animals, such as the *Go*, *Mahisha*, *Avi*, *Aja*, *Ashwa*, *Gaja*, *Gardabha*, and *Ushtra* are minutely described. The discussion reveals that *Mutra* are having *Katu Rasa*, *Ushna Virya*, *Katu Vipaka*, *Kshara Guna* especially indicated in the *Kustha*, *Krimi*, *Dadru* etc *Rogas*. In most of the *Asadhya Rogas*, *Mutra* is indicated. Apart from these the *Gardabha* and *Ashwa Mutra*, *Manusha Mutra* have specific quality like *Medhya*, *Unmada Hara* and *Apasmara Hara*, and *Rasayana* property. So, further scope of study is to evaluate their physico-chemical analysis, anti-epileptic /anti-convulsion activity as well as clinical study.

**KEYWORDS:** *Mutra*, *Kustha*, *Gomutra*, *Manusha*, *Rasayana* etc.

### INTRODUCTION

*Ayurveda* commonly known as science of life.<sup>[1]</sup> Life is a divine gift and a disease-free sound- health is a great blessing. *Ayurveda* provides the first approach that can be helpful in creation and maintenance of perfect health and alleviate the symptoms of illness.<sup>[2]</sup> For the fulfillment of second purpose i.e. to cure disease, we need *Aushadha-Dravya*. These *Dravyas* are described by different *Acharyas*. According to *Acharya Charak* as per their origin these *Dravyas* are of three types *Audhabhida* (Plant Origin), *Parthiva* (Animal Origin) and *Jangama* (Mineral Origin)<sup>[3]</sup> *Jangama Dravya*, which are derived from animal sources including *Madhu*, *Gaurasa*, *Pitta*, *Vasa*, *Majja*, *Rakta*, *Mansa*, *Mala*, *Mutra*, *Charma*, *Shukra*, *Asthi*, *Sanayu*, *Shringa*, *Nakha*, *Khura*, *Kesha*, *Roma*, *Gorochana*.<sup>[4]</sup> *Mutra* is one of them. *Acharya Charak* has explained *Mutra Varga* in eight type of *Mutras*<sup>[5]</sup> i.e. “अविमूत्रमजामूत्रं गोमूत्रं माहिषं चयत् हस्तिमूत्रममथोष्टस्य हयस्य च खरस्य च”<sup>[6]</sup>

*Mutra* of *Aavika* (Sheep), *Aja* (Goat), *Gavya* (Cow), *Mahisha* (Buffalo), *Gaja* (Elephant), *Ushtra* (Camel),

*Haya* (Horse), *Khara* (Donkey). *Acharya Charak* has explained the properties of *Mutra*. *Guna* of *Mutra* is *Ushana*, *Tikshana*, *Araksha*. Though the *Rasa* of *Mutra* of different animals are mentioned, the common *Rasa* is *Katu* and *Lavana*. They are used as *Agnideepaka*, *Vishanashaka*, *Krimighana*, *Vatanulomaka*, and *Kaphashamaka*.<sup>[7]</sup>

Among these eight types of *Mutras*, every *Mutra* is described with specific *Guna* and therapeutic indications. These can be used internally and externally in body by different methods like *Ubtana Lepa*, *Aasthapanabasti*, *Verachana*, *Swedana*, *Upnaha* and *Parisheka*.<sup>[8]</sup>

During the description of *Drava-Dravyas*, *Acharya Sushrut* and *Acharya Vagbhatta* has also mentioned *Mutra Varga*. It includes

“मूत्राणि गोमहिष्यजाविगजहयखरोष्ट्राणां.....”<sup>[9]</sup>

“मूत्रं गोजविमाहिषीगजाश्वोष्ट्रखरो भवम्.....”<sup>[10]</sup>

*Mutra* describes in above *Vargas* serve the purpose of

-Anupana e.g. Gavya Mutra is used as Anupana in Vatvyadhi,<sup>[11]</sup> Kushtha Chikitsa,<sup>[2]</sup> and Svayathu Chikitsa,<sup>[13]</sup> as describe in Ashtanga Hridayam Chikitsa Sathana.

-Bhavana Dravya e.g. Aja Mutra is used in Karniniyoniharvarti<sup>[14]</sup> Gavya Mutra and Aja Mutra is used in Haridradivarti.<sup>[15]</sup>

-Shodhana Dravya e.g. Khara Mutra and Ashava Mutra is used in Shodhana of Vajra (Diamond)<sup>[16]</sup> Aja Mutra is used in Shodhana of Mana Shila.<sup>[17]</sup>

-As Pathya e.g. Khara and Ashava Mutra is used in Pathya for Unmada Roga,<sup>[18]</sup> and Gavya Mutra and Ushtra Mutra is Pathya in Krimi Roga.<sup>[19]</sup>

Mutra is used for Karnapurana,<sup>[20]</sup> also.

-Avaghana in Arsha Roga.<sup>[21]</sup>

Inspite of these Ashtha Mutra, Acharya Bhava Prakash,<sup>[22]</sup> and Yogratnakar,<sup>[23]</sup> has mentioned about Nara Mutra and called it as Rasayana and Vishanashaka respectively.

Several studies are being conducted on Gavya Mutra. This study is being planned to one on the particular work in detail and its utility and importance in Chikitsa.

#### AIMS AND OBJECTIVES

The study is planned with following aims and objectives

- To study the Mutra Varga in detail.
- To Collect the referances of formulations used in various context where Mutra is used.

**Table 1: Mutraguna as per Acharya Charaka.**

Sl. No	Type of Mutra	Rasa	Virya	Vipak	Guna	Dosha	Roga
1	Avi Mutra	Katu, Tikta	Ushna	–	Kshara	–	Kasa Shwasa, Shotha, Udara, Vibandha
2	Aja Mutra	Kashaya, Madhura	–	–	Pathya	Tridosha Nashaka	–
3	Gavya Mutra	Su-Madhur	–	–	Kinchit Ushna	Trodosha Shamaka	Krimi, Kustha
4	Mahishi Mutra	–	–	–	Kshara	–	Arsha, Udara, Shopha
5	Hasthi Mutra	Lavan	–	–	–	–	Krimi Kustha Vibandha, Visha, Arsha, Shleshma Rogas
6	Ushtra Mutra	Tikta	–	–	–	–	Shwasa Kasa, Arsha
7	Ashwa Mutra	Tikta-katu	–	–	–	–	Kustha, Vrana, Vishahara
8	Khara Mutra	–	–	–	–	–	Apasmara, Unmada, Graha

**Table 2: Mutraguna as per Acharya Sushruta.**

Sl. No	Type of Mutra	Rasa	Virya	Vipak	Guna	Dosha	Rogagnata
1	Avi Mutra	Katu, Tikta	Ushna	–	Kshara	Vatmashaka	Kasa Shwasa, Shotha, Udara, Vibandha
2	Aja Mutra	Katu Tikta	–	–	–	Vata Vardhaka	Kasa, Shwasa, Shotha Kamala, Pandu
3	Gavya Mutra	Katu	–	–	Tikshna, Laghu, Kshara, Medhya	Agni Dipana, Pitaajana Kaphavata Shamaka,	Shoola, Gulma, Udara, Anaha, Virechana Karma, Basti
4	Mahishi Mutra	–	–	–	–	–	Arsha, Udara Shool, Kushtha, Prmeha, Anaha, Shopha, Gulma, Panduroga
5	Hasthi Mutra	Tikta-Lavana	–	–	Tikshna, Kshara, Malabhedak	Vata-Pitta Prakopaka	Kilasa Kustha
6	Ushtra Mutra	–	–	–	–	Vatahara	Shotha, Kustha, Udara Roga, Unmada, vata Vikara, Krimi Roga, Arsha Rogas.
7	Ashwa Mutra	Katu	–	–	Tikshana Ushana, Agni Dipana	Kapha Vata hara	Chitta Vikara Hara, Krimi Dadru.
8	Khara Mutra	–	–	–	Tikshna	Kapha-vata Shamaka	Unmadaadi chitta Vikaras, sangrahani, Krimi, Agnimandya
9	Nara Mutra	–	–	–	–	–	Visha Nashaka

Table 3: Mutraguna as per Astanga Sangraha.

Sl. No	Type of Mutra	Rasa	Virya	Vipak	Guna	Doshagnat	Rogagnata
1	Avi Mutra	–	–	–	–	–	Shwasa Kasa, Karna Shoola
2	Aja Mutra	–	–	–	–	–	Shawash Kash Nashaka, Karna Shoola Nashaka
3	Gavya Mutra	Lavana Anu Rasa	Ushna	–	Ruksha, Laghu, Tikshna,	Pitta Vardhaka	Krimi Roga, Shopha, Udara, Anaha, Shoola, Pandu Visha Vikara, Gulma Aruchi, Shwitra, Kustha, Arsha Agni Dipana, Pachaka, Purisha Bhedaka
4	Mahishi Mutra	Katu, Lavana	–	–	Laghu, Ruksha, Tikshna	Kaphagna	Shoola, Kustha, Krimi, Prameha, Anaha, Shopha, Gulma, Pandu
5	Hasthi Mutra	–	–	–	–	–	Kilasa Roga
6	Ushtra Mutra	Tikta	Ushna	–	–	–	Shwasa, Kasa, Unmada, Krimi Arsha, Kustha, Udara
7	Ashwa Mutra	–	–	–	Kshara	–	Kilasa Kustha
8	Khara Mutra	–	–	–	–	–	Unmada, Apasmar Krimi, Prameha

Table 4: Mutraguna as per Bhavaparkasha Nighantu.

Sl. No	Type of Mutra	Rasa	Virya	Vipak	Guna	Doshagnat	Rogagnata
1	Gavya Mutra	Katu-Tikta-Kashya	–	–	–	Pittakara, Kaphavata Shamaka	Gulma, Udara Roga, Anaha, Kandu, Netra and Mukha Sambandhi Rogas, Kilasa, Bastigata Roga, Kustha, Kasa, Shwasa, Shotha, Kamala, Pandu, Mutra Rodha, Atisara, Krimi. Karna Shoola Nashaka
2	Nara Mutra	Lavana	–	–	Tikshna, Kshar-Rasayana	–	Gara Visha, Rakta Vikara Paama Roga,

Table 5: Mutraguna as per Dhanvantri Nighantu.

Sl. No	Type of Mutra	Rasa	Virya	Vipak	Guna	Doshagnat	Rogagnata
1	Avi Mutra	Tikta, Katu	Ushna	–	Kshara	Vata Shamaka	Pleehodara, Shwasa, Shosha, and Vibandha.
2	Aja Mutra	Katu Tikta	–	–	–	Vata Prakopa	Shwasa, Kasa, Shotha, Kamala, Pandu Roga
3	Gavya Mutra	Katu, Tikta	Ushna	–	Kshariya Lekhana, Saraka, Laghu, Agnidipaka, Medhya	Pittakara, Kapha-Vata Hara	Sadhya Rogas
4	Mahishi Mutra	–	–	–	–	–	Arsha, Udara, Shoola, Kustha, Prameha, Anaha, Shotha, Pandu
5	Hasthi Mutra	Tikta Lavana	–	–	Tikshna, Kshariya,	Vatashamk Pita Vardhaka	Kilasa Roga
6	Ushtra Mutra	–	–	–	–	–	Shotha, Kustha, Udara, Unmada Krimi Vata, Arsha
7	Ashwa Mutra	Katu-Tikta	–	–	–	Kapha –Vata Shamaka,	Krimigna, Dadrugna
8	Khara	–	–	–	Tikshna	Kapha	Vishagna, Manasa Doshahara,

	Mutra					Shamaka	Teekshna Guna, Grahani Roga Hara, Krimighna, Agnideepana,
9	Nara Mutra	Tikta	-	-	-	Kapha-Vata – Pitta Hara	Murcha, Rakta Vikara,

Table 6: Mutraguna As Per Raj Nighantu.

Sl. No	Type of Mutra	Rasa	Virya	Vipak	Guna	Doshagnat	Rogagnata
1	Avi Mutra	Katu, Tikta	Ushna	-	-	-	Kustha, Shotha, Arsha, Udara Shoola, Rakta, Prameha, Visha Vikara
2	Aja Mutra	Katu	Ushna		Ruksha	-	Nadi Vikara, Visha Janya Vikaras, Pleeha Roga, Uadara Roga, Shwasa Roga, Gulma and Shotha Roga.
3	Gavya Mutra	Katu, Tikta	Ushna		Laghu, Medhya,	Kaphavata Shamaka, Pitaakara	Twag Doshanashaka
4	Mahishi Mutra	Katu	Ushna	-	-	-	Anaha, Shotha, Gulma, Netra Vikarasa, Kustha, Shoola, Udara.
5	Hashti Mutra	Tikta Kashya Lavana	Ushna	-	-	Vatashamk	Bhuta Dosha Hara, Shoola, Hikka, Shwasa
6	Ushtra Mutra	Katu-Tikta-Lavana	Ushna	-	Balakar	Pitta Prakopaka	Vata Vikara Nashana
7	Ashwa Mutra	-	Ushna	Tikshna	Dipana,	VataHara, Pittakara	Vata Vikara Rogas
8	Khara Mutra	Katu	-	Ushna	Tikshna, Kshara	-	Mahavata Rogas, Bhuta Vikaras, Kampavata, and Unmada Roga.
9	Nara Mutra	Lavana	-	-	Ruksha	-	Krimi, Vrana, Visha Vikara, Bhuta-Twak Dosha, Vatarog

Table 7: Mutraguna As Per Kaiyadeva Nighantu.<sup>[31]</sup>

Sl. No	Type of Mutra	Rasa	Virya	Vipak	Guna	Doshagnat	Rogagnata
1	Avi Mutra	Katu	Ushna	-	Kshara, Laghu Snigdha	Vata Shamaka	Shoola, Arsha, Shwasa, Kasa, Kusta, Udara, Pleeha, Prameha, Vibandha.
2	Aja Mutra	Katu, Madhura, Tikta, Kashya	Ushna	-	Ruksha Tikshna	TriDoshagna Kinchit Vata Prakopaka	Gulma, Shwasa, Kasa, Nadi Varina, Visha, Kamala, Pandu, Shosha. Karna
3	Gavya Mutra	Katu, Tikta, Kashya, Kinchit Madhur	Ushna	-	Tikshna, Kshara, Laghu, Pacahak Bhedak Medhya	Pittakara Kapha Vata Shamaka	Kustha, Gulma, Udara Roga, Anaha, Shwasa, Arsha, Pandu Shoola.
4	Mahishi Mutra	Katu-Tikta-Kashay	-	-	-	Vata Shamaka	Shophya, Arsha, Gulma, Anaha, Udara Roga, Prameha, Pandu, Shoola, Krimi, Kustha, Panchakarma Vyapad Vikaras
5	Hashti Mutra	Katu Tikta	-	-	Kshara, Bhedaka	Pitta Karaka, Vata Shamaka	Kustha, Kilasa, Krimi, Gulma, Visha, Arsha, Kaphaja Vikaras, Jirna Shoola
6	Ushtra Mutra	Katu-Tikta	Ushna	-	-	-	Udara Roga, Unmada, Shophya, Arsha, Krimi, Kustha. Especially used in Vatika Kustha
7	Ashwa Mutra	Katu	-	-	Agni Dipana, Tikshna, Kshara	Kapha-Vatahara	Kilasa, Krimi, Dadru, Kustha, Unmada,
8	Khara	-	-	-	Tikshna, Agni	Kapha-vata	Krimi, Chitta Vikara, Grahani,

	Mutra				Dipaka	Shamaka	Visha, Prameha
9	Nara Mutra	Katu	-	-	Rasayana, Kshara,	-	Visha Nashaka

Table 8: Mutraguna As Per Madanapala Nighantu.<sup>[32]</sup>

Sl. No.	Type of Mutra	Rasa	Virya	Vipak	Guna	Doshagnat	Rogagnata
1	Avi Mutra	-	-	-	-	-	Shopha, Kustha, Arsha, Meha, Varcha Roga
2	Aja Mutra	-	-	-	-	Tridoshagna	Shoola Gulma, Visha, Shwasa, Kamala, and Pandu Rogas
3	Gavya Mutra	Lavana-Amla- Tikta	-	-	Dipana-pachana, Stotovishodhgana, Hridya, Bhedana	Pittakara, Vatanuloman a	Kusthaghna, Kandughna, Arshoghna, Shopha-Udara, Gulma Krimighna, Pandu, Shool
4	Mahishi Mutra	Lavan-aml- Tikta	-	-	Ruksha, Dipana, Pachan Stotovishodhan Bhedan	Pittala, Vatanuloman a	Hridyam, Kustha, Kandu, Arsh, Shophadara, Gulma, Krimi, Pandu, Shoolahar
5	Hashti Mutra	-	-	-	-	-	Visha, Arsha, Kustha, Gulma, Krimi.
6	Ushtra Mutra	-	-	-	-	-	Unmada, Shopha, Krimi, Shoola, Udara
7	Ashwa Mutra	-	-	-	Bhedana	Kapha Shamak	Krimi, Dadru
8	Khara Mutra	-	-	-	-	-	Unmada, Meha, Krimi, Kustha
9	Nara Mutra	-	-	-	Rasayana	-	Gara Visha Nashaka

Table 9: Mutraguna As Per Shaligrama Nighantu.<sup>[33]</sup>

Sl. No	Type of Mutra	Rasa	Virya	Vipak	Guna	Doshagnat	Rogagnata
1	Avi Mutra	Kashaya, Tikta, Lavana	Ushna		Tikshna, Laghu	Pittakar	Bhedaka, Ruksha, Hridya, Ruchikaraka, Krimi, Kustha, Medo Roga, Gulma, Anaha, Arsha, Shoola, Visha, Shotha, Pandu, Udara Roga.
2	Aja Mutra	Kashaya	Ushna	-	Tikshna	-	Shoola, Gulma, Shwasa, Kasa, Kamala, Pandu, and Arsha.
3	Gavya Mutra	Katu, Tikta	Ushna	-	Laghu, Medhya,	Kaphavata Shamaka, Pitaakara	Twag Doshanashaka
4	Mahishi Mutra	Kashay Tikta Lavana	Ushna	-	Tikshna Laghu, Bhedak Ruksha,	Pittakarak	Kustha, MedoRoga, Gulma, Anaha, Arsha, Shoolavata, Vishanashaka, Shotha, Pandu, Udara Roga
5	Hashti Mutra	Tikta-Katu-Kashya	-----	-----	Bhedaka	Vatashamak Pittavardhak	Kustha, Arsha, Pandu, Udara, Shoola
6	Ushtra Mutra	-----	-----	-----	-----	Kapha Vata Shamaka	Krimi, Dadru Nivaraka, Kustha, Unmada, Shosha, Arsha, Krimi,
7	Khara Mutra	Lavan	Ushna	-	Tikshna Khara	Kapha Shamaka,	Bhuta, Kampa, Unmade Hara
8	Nara Mutra	Katu-Madhur	-	-	Laghu, Drava, Kshara, Ghana,	-	Visha Nashaka, Rasayana



Table 10: Mutraguna As Per Shodhala Nighantu.<sup>[34]</sup>

Sl. No	Type of Mutra	Rasa	Virya	Vipak	Guna	Doshagnat	Rogagnata
1	Avi Mutra	Tikta, Katu	Ushna	–	Kshara	Vata Shamaka	Pleehodara, Shwasa, Kasa, Shopha, Vibandha.
2	Aja Mutra	–	–	–	–	–	Kamala, Pandu, Kasa, Shwasa, Shosha, Nadi Varina, Gara Visha.
3	Gavya Mutra	Katu	–	–	Teekshna, SaKshara, Pachana Laghu, Bhedana AgnisanDipana, Medhya,	Kaphakara, Vatahara	Udara, Anaha, Shoola, Gulma Nashaka, Panchakaram Procedures.
4	Nara Mutra	–	–	–	–	–	Visuchika, Vishahara

## MATERIAL AND METHODS

In this study various *Samhita* and *Sanghrah* along with articles and journals are reviewed for the *Mutra Vargas* having the basic quality like *Katu*, *Tikta*, *Kashya*, *Kshara* and *Lavana Rasas* along with their therapeutic application, properties were analysed.

- *Charaka Samhita*
- *Sushruta Samhita*
- *Ashtanga Sangraha and Ashtanga Hridayam*
- *Bhava Prakasha*
- *Dhanwantri Nighantu*
- *Raj Nighantu*
- *Kaiyadeva Nighantu*
- *Madanapala Nighantu*
- *Shaligrama Nighantu*
- *Shodhala Nighantu*
- *Sharangdhara Samhita*
- Review Articles
- Journals etc

After obtaining the list of the various *Mutras*, the *Rasa Panchaka* and properties, their therapeutic application were analysed systematically.

## CONCLUSION

Without finding some conclusion on any study, it would not become successful in its aims and a scientific discussion on any conceptual study definitely gives rise to some fruitful conclusions. Here also in this particular study, observations have been discussed in the previous pages and from that following conclusions are drawn:

- *Acharya Charaka* described eight type of *Mutra* along with their properties.
- *Acharya Sushruta* described *Mutra* along with *Nara Mutra* with their properties.
- Although *Mutra* falls under category of *Mala*, it is used as medicine.
- Among eight types of *Mutras*, *Gomutra* is *Shreshtha* and widely used.

- *Mutra* is used externally as *Snana*, *Prakshalana*, *Parishechana*, *Ayghana*, *Swedana*, *Lepana*, *Udvaratana* in various diseases and *Pandukarma*, *Pratisaran*, *Krimighana Karma* in *Vrana Chikitsa*.
- *Mutra* is used internally as *Pathya*, for *Pana*, for *Anupana*, as *Bhavnadravya*, in *Kshara Nirmana*, for *Tailapaka*, for *Ghratapaka*, in *Avleh Nirmana* and in *Aasava Nirmana*.
- *Mutra* is used in various treatment procedures like *Swedana*, *Abhyanga*, *Anjana*, *Nasya*, *Vasti*, *Virechana* etc.
- *Mutra* is used in various forms like *Taila*, *Ghrta*, *Avleha*, *Varti*, *Kshara* etc. depending upon the need of the medicine i.e. *mridu*(avaleha or *ghrita*) or *tikshna* (*kshara*, *vati* or *churna*).
- Conceptual study is made as per different *Samhitas*, *Sangraha* and articles to compile the contents on *Mutra* as per their property and medicinal use.

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