



## AYURVEDIC CONSIDERATIONS ON SHAYYAMUTRATA [ENURESIS]: A REVIEW

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### ABSTRACT

*Shayyamutrata* (Nocturnal enuresis) refers to condition where child passes urine unknowingly during sleep at night. This is also called night wetting or bed wetting. The word meaning of *shayyamutra* is urination (*mutra*)-during night, while lying in the bed (*shayya* means sleep or lying down). Causes of enuresis are excessive fluid intake

during evening hours and night, delayed bladder maturation, sweet foods at night, excessive sleep, constipation, winter and rainy season, stress, anxiety, underlying fear, emotional problems, urinary tract infections, diabetes. 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*, Ayurvedic treatment modalities, Behavioural problems, Psychotherapy, ayurvedic psychotherapies, Kaumarbhritya.

### INTRODUCTION

*Shayyamutra* (Bed wetting) is an embarrassing health complaint of the children. Children health needs great care as their physical, mental and emotional status helps them to build their future.<sup>[1]</sup> Enuresis is the problem greatly affects psychosocial and developmental life of child. It affects small to middle age group of children mainly. It is one of the type of behavioural

disorders. In *ayurvedic* classics, the brief descriptions regarding *shayyamutra* is found in *Sharangadhara* and *Vangasena Samhita*.<sup>[2]</sup> This disease mainly involved *vata* (*apana vayu*), *pitta* (*pachaka*), *kapha* (*turpaka*) along with *Mansika dosha* (*tama*). *Ayurvedic* treatment is not only medicinal but also consists of *prakruti parikshan* followed by patient counselling and diet control of disease. This article describes role of counselling and utilization of *ayurvedic* treatment for the treatment of disease.<sup>[1]</sup>

### AYURVEDIC ANALYSIS OF NOCTURNAL ENURESIS (SHAYYAMUTRATA)

The process of urine formation is aided by *prana*, *vyana* and *apana vata* and *avalambaka kapha* with the overall control of mind. Micturation is one of the functions of normal *apana vata*. The activities of *apana* are regulated by *prana* and *vyana vata*. *Prana* has an overall control over the organs of sense and mind. The *apana* facilitates active excretion of urine, motion, semen etc. After attaining a level of developmental maturity, there develops a control over these activities initiated by *prana* and *vyana*. But in this condition the overall control of the activities of *apana* is not developed resulting in vitiation which in turn result in loss of control of micturation. The vitiation may also be due to encircling (*avarana*) of *apana* by *kapha* which accelerates the excretion of urine. Mind plays an active role in physiological as well as pathological process of the body. It functions constantly even during sleep. When it is musked by *tama* and *kapha* sleep is caused, According to *ayurveda*, this may happen in daytime also, but in night loss of control of *prana* and *vyana* over *apana* and encircling of *apana* by *kapha* and *tama* happens together and the child unknowingly urinates in bed. Thus results in *shayyamutrata* (nocturnal bed wetting).<sup>[10]</sup>

### MANAGEMENT OF SHAYYAMUTRATA

**1. COUNSELLING:-** It forms the main basis for treatment. Both kids and the parent need assurance. Many kids think that they are the only one who wet the bed. This anxiety makes the problem worse. They feel guilty about it and continue to wet in the bed more and more. They need to be assured that it is quite common and natural and most of the kids do wet the bed. There is nothing bad about it. It is just a temporary problem. It will go away with medicine.<sup>[10]</sup>

**2. REWARDS DRY NIGHTS:-** In order to encourage the kid whenever he/she does not wet the bed, encourage him/her saying he/she is improving. He/she is growing up and she is very good, this will boost him/her confidence. Encourage him/her to empty the bladder before going to bed.<sup>[10]</sup>

**3. DELAY URINATION DURING DAY :-** During day time, when the kid tells that he/she wants to go to bathroom, just delay the bathroom visit just by a couple of minutes by distracting him. Eventually the kid learns to control his/her bladder better.

**4. WAKE THE KID UP:-** Early in the morning allow him to visit bathroom and then to go to bed again. Restrict excessive fluid intake during evening hours. Doctors encourage to wake up the child after 3-4 hours of sleep at night so that he/she can visit bathroom. Avoid any liquid foods after 7pm.

**5. DE-WORMING:-** In many cases, treatment for intestinal worm infestation gives relief.

### MEDICINAL HERBS USED IN THE TREATMENT

*Bimbi* - *Coccinia indica*

*Kataka* – *Strychnos potatorum*

*Khadira* – *Acacia catechu*

*Amalaki*- *Embllica officinalis*

*Hareetaki*-*Terminalia chebula*

*Shilajatu*- *Asphaltum punjabianum*

*Guggulu*-*Commiphora mukul*

*Shati*—*Heydichium spicatum*

*Haridra*-*Curcuma longa*<sup>[13]</sup>

### AYURVEDIC MEDICINES FOR SHAYYAMUTRATA

Medicines are targeted to treat urinary tract infections, to improve nerve response.

*Chandraprabhavati*, *Divyadi yoga*<sup>[2-7]</sup>, *Kathaka khadiradi kashaya*, *Kalyanaka ghrita*<sup>[8]</sup>

*Mahakalyanaka ghrita*<sup>[8]</sup> *Triphalachoorna* (relief constipation), *Tarakeshwara rasa*,

*Nishakhadiradi kashaya*, *Triphala guggulu*, *Chandrakala rasa*, *Vishamusthivati*, *Shilajatu*

*vati*.

□ **ASHWAGANGHA VATI:-** It is natural dietary supplement for maintaining health and well being. It is also used in stress, weakness, fatigue which is psychological reasons of bed wetting. <sup>[11]</sup>

□ **BRAMHI VATI:-** It decrease stress and helps to increase mental capacity. It has also anti-oxidant properties. It removes toxins from body and purifies blood. It also improves

metabolism. It has positive effect on nervous system that promotes the co-ordination between nervous system components that increase brain functioning.<sup>[11]</sup>

### HOME REMEDIES

1 pinch(100 mg) of turmeric and 2 pinch of (200mg) of *amla*(gooseberry) powder are taken together and administered along with honey twice a day.<sup>[11]</sup>

*Bimbi*- fresh root is obtained and the fresh juice is collected, 2-3 ml of this is mixed with 3-4 ml of honey and administered to the children. But care should be taken so that excess administration may cause vomiting in the children.<sup>[11]</sup>

### CONCLUSION

*Shayyamutra* 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 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 *Shayyamutra*.<sup>[11]</sup>

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