

A Review on Ganas Described for Bahumutrata In Bruhatrai

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Abstract

According to Ayurveda, Meha refers to the act of urinating, and prameha is described as the 'Excessive outflow of urine'. The term Prameha was first mentioned in the Charak Samhita. A key symptom of prameha is excessive urination (Prabhutvik mutrata). In modern medicine, excessive urination is known as Polyuria, which is characterized by the frequent passage of a large volume of urine exceeding 3 liters in a day. The primary goals of Ayurvedic medications are to prevent and treat diseases. The herbal groups mentioned in Ayurveda are used to help regulate blood sugar levels and address polyuria.

In the texts Brahatrayi Mutrasangriniya, the Salsaradi and Nyagrodhadi herbal groups are recommended for treating polyuria (Bahumutrata). These herbs typically have a bitter taste, cooling effect, dryness, light qualities, pungent post-digestive effect, and are known for their ability to reduce excess kapha. Examples of these herbs include Jambu, Amra, and the Panchavalkal group consisting of Vat, Plaksh, Ashwatha, Udumbar, and Parisha.

Introduction :

Bahumutrata is one of the symptoms of undiagnosed prameha. Which is very common and very prevalent disease, affecting about 25% of world population . In prameha increase the sugar level in the blood .your kidneys aren't able to filter it out then it exits in your urine. As that extra sugar and fluids expel through kidney. India has largest diabetic hub in the world. is one of the symptoms of undiagnosed diabetes, . In this condition many herbal medicine are used some of which act urinary system and some help to maintain the blood sugar level.

For better understanding Acharya Charak makes

the ganas of 10 drugs which are antidiuretic means Mutrasangraheeya. Acharya Sushrut and Vagbhat describe these drugs in a group of Saalasaradi, Nyagrodhadi Ganas.

Material And Method:

The Mutrasangraheeya herbs were compiled and organized from the Ganas of Charaka Samhita, Sushruta Samhita, Astanga Sangraha based on their Rasa (taste), Guna (Quality), Veerya (Potency), Vipaka (Drug Metabolism), and their effects on Doshas. The beneficial parts of the herbs were collected from Bhavprakash Nighantu and Dravyaguna textbooks, and then presented in a tabulated format.

Literature of Review :

Charaka included a single Mutrasangraheeya Gana with 10 drugs, while Sushruta and Vagbhata mentioned 2 and 1 Ganas respectively. In total, 38

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different herbs were listed from these different groups, with the Rasa and Anurasa of the drugs also being noted. Kashay Rasa was present in 25 herbs, Katu Rasa in 4, Tikta in 10, and Amla in

one. Additionally, a table was created listing herbs with proven blood sugar-lowering action and acting as anti-diuretics based on various research models.

Ganas According to Bruhatrai

Name of Ganas	C.S.	S.S.	A.S.V.
Mutrasangrahaniya Gana	+	-	-
Shalasaradi Gana	-	+	-
Nyagrodhid Gana	-	+	+

Name Latin Name	Rasa	Guna	Vipak	Veerya	Doshagnata
Vata Ficus Bengalensis Linn	Kashay	Guru, Ruksha	Katu	Sheeta	Kapha, Pitta, Shamak
Udumber Ficus Glomerata Roxb.	Kashay	Guru, Ruksha	Katu	Sheeta	Kapha, Pitta, Shamak
Ashwstha Ficus Religiosa Linn.	Kashay	Guru, Ruksha	Katu	Sheeta	Kapha, Pitta, Shamak
Plaksha Ficus Lacor Buch-Ham.	Kashay	Guru, Ruksha	Katu	Sheeta	Kapha, Pitta, Shamak
Shal Shorea Robusta Gaertn.	Kashay	Ruksha	Katu	Sheeta	Kapha, Pitta, Shamak
Sarja Vateria Indica Linn.	Kashay	Laghu Ruksha	Katu	Sheeta	Kapha, Pitta, Shamak
Tinish Ougenia Oojeinensis (Roxb.)	Kashay	Laghu Ruksha	Katu	Sheeta	Kapha, Pitta, Shamak
Ashmantaka Ficus Rumphii Blume	Kashay	Laghu Ruksha	Katu	Sheeta	Kapha, Pitta, Shamak
Dhav Anogeissus Latifolia, Wall	Kashay	Laghu Ruksha	Katu	Sheeta	Kapha, Pitta, Shamak
Arma Mangifera Indica Linn.	Kashay	Laghu Ruksha	Katu	Sheeta	Kapha, Pitta, Shamak
Jambu Syzygium Cumini Linn.	Kashay	Laghu Ruksha	Katu	Sheeta	Kapha, Pitta, Shamak

Kapeetan Thespesia Populnea Soland Ex correa.	Kashay	Laghu Ruksha	Katu	Sheeta	Kapha, Pitta, Shamak
Chandan Santalum Album Linn.	Tikta Madhur	Laghu Ruksha	Katu	Sheeta	Kapha, Pitta, Shamak
Raktachanda Pterocarpus Santalinus Linn.	Tikta Madhur	Guru Ruksha	Katu	Sheeta	Kapha, Pitta, Shamak
Agaru Aquilaria Agallocha Roxb.	Katu Tikta	Laghu Ruksha	Katu	Ushana	Kapha, Vata, Shamak
Ashwkarna Dipterocarpus Turbinatus Gaertn F.	Katu Tikta	Laghu Ruksha	Katu	Ushana	Kapha, Vata, Shamak
Kramuk (Puga) Areca Catechu Linn.	Kashay Madhur	Guru Ruksha	Katu	Sheeta	Kapha, Pitta, Shamak
Shinshapaa Dalbergia Sissoo Roxb.	Kashay Katu Tikta	Laghu Ruksha	Katu	Ushana	Tridosha Shamak
Madhuk Madhuca Indica J.F. Gmel.	Madhur Kashay	Guru Snigdha	Madhur	Sheeta	Vata, Pitta, Shamak
Tinduk Diospyros Peregrina (Gaertn)	Kashay	Laghu Ruksha	Katu	Sheeta	Kapha, Pitta, Shamak
Priyal Buchanania Lanzas Spreng	Madhur	Guru Snigdha	Madhur	Sheeta	Vata, Pitta, Shamak
Arjun Terminlia Arjuna Roxb.	Kashay	Laghu Ruksha	Katu	Sheeta	Kapha, Pitta, Shamak
Yashtimadhu Glycyrrhiza Glabra linn.	Madhur	Guru Snigdha	Madhur	Sheeta	Vata, Pitta, Shamak
Palash Butea Monosperma (Lam Kuntze)	Kashay Katu Tikta	Laghu Ruksha	Katu	Ushana	Kapha, Vata, Shamak
Lodhra Symplocos Recemosa Roxb.	Kashay	Laghu Ruksha	Katu	Sheeta	Kapha, Vata, Shamak
Naktamaal Pongamia Pinnata Pierre.	Kashay Katu Tikta	Laghu Tikshna	Katu	Ushana	Kapha, Vata, Shamak
Koshamra Schleichera Oleosa (Lour) Oken.	Amla	Guru	Katu	Ushana	Kapha, Pitta, Shamak

Asan Pterocarpus Marsupium Roxb.	Kashay	Laghu Ruksha	Katu	Sheeta	Kapha, Pitta, Shamak
Shak Tectona Grandis Linn.	Kashay	Laghu Ruksha	Katu	Sheeta	Kapha, Pitta, Shamak
Kadamb Anthocephalus Indicus Miq.	Kashay Tikta	Ruksha	Katu	Sheeta	Kapha, Pitta, Shamak
Bhallataka Semiearpus Anacardium Linn.	Kashay Katu Tikta	Laghu Tikshna Snigdha	Madhur	Ushana	Kapha, Vata, Shamak
Vetas Salix Caprea Linn.	Kashay Tikta	Laghu	Katu	Sheeta	Kapha, Pitta, Shamak
Meshashrunji Gymnema Sylvestre R.Br.	Kashay Tikta	Laghu Ruksha	Katu	Ushana	Kapha, Vata, Shamak
Tinish Eugenia Oojeinensis (Roxb.)	Kashay	Laghu Ruksha	Katu	Sheeta	Kapha, Pitta, Shamak
Bhurja Betula Utilis D.Don.	Kashay	Laghu	Katu	Ushana	Kapha, Vata, Shamak

Discussion :

According to Ayurveda, in the development of Prameh, the Kapha becomes imbalanced and resides in the urinary bladder. The fluids like Kleda, Meda, Mansa, and Rasa are affected by this imbalanced Kapha. As per the Brahatray, certain medications aid in managing excessive urine production without altering the normal quantity. These medications are useful in conditions where Kapha is predominant, such as in Prameh. Most of these medications have a bitter taste, pungent aftertaste, and are light, dry, and rough in quality. Bitter, pungent, and astringent tastes help in reducing the liquefied or detoxified Kapha.

In modern science, most of water gets absorbed in the distal tubules and collecting duct. In hyperglycemic conditions, the basement membrane of these ducts thickens due to the accumulation of glycosylation, sorbitol, and fructose, leading to cell damage by interfering with metabolic processes. These medications aid in

controlling blood glucose levels, improving the function of the collecting ducts, and managing urination. The relationship between excessive urination and Prameh is well-established. Many herbs mentioned in the group of diuretic herbs also have anti-diuretic and blood sugar-lowering properties.

Conclusion :

Recent research has shown that the drugs identified in each category have various pharmacological properties. This discovery is useful in the treatment of conditions such as Hyperglycemia and polyuria. Utilizing these drugs can lead to the development of numerous new formulations.

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