

REVIEW ARTICLE

# Role of *Uttara Basti* in *Mutra Marga Sankocha* (Stricture Urethra): An Analytical Review

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## ABSTRACT

Narrowing of lumen of urethra is known as Urethral Stricture. 70% of urethral stricture is insidious at bulb. Trauma, Infections like (TB, Gonorrhoea), TURP are the main causes of urethral stricture. Symptoms include varying amount of urethral discharge, morning dew drop, difficulty in micturation, dribbling of urine, increased frequency, incomplete voiding of urine etc. According to modern literature, urethroplasty and dilatation of urethra are the treatment procedures followed for urethral stricture. In Ayurveda urethral stricture can be correlated with *Mutra Marga Samkocha*. According to Sushruta Samhita *uttarbasti* is one of the effective procedure for *mutra marga sankocha*.

**Key Words** *Mutramarga sankocha, Urethral Stricture, Urethroplasty, Uttarbasti*

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## INTRODUCTION

Uttar basti is explained as one of the treatment modality for *mutraghata* explained in Sushruta Samhita. In Sushruta Samhita a separate chapter for *mutraghata rogas* has been explained which evident the importance of urological problems since ancient times. Urethral stricture (*mutramarga sankocha*) is a very common disease of urinary system. Urethral stricture is not explained or mentioned as a separate disease in ayurveda but the symptoms correlate with *Mutrosanga* which is one of the 12 type of *mutraghata* explained by Sushruta in *Uttar tantra*<sup>1</sup>. Acharya Sushruta explains that in *Mutrosanga*, pathology may be in urinary bladder

or urethra anywhere from bladder to tip of penis.

Acharya Sushruta also explained both internal medicine of treatment and panchkarma like *swedana* and *uttarbasti* for treatment of urinary diseases. Acharya Charaka has classified urinary disease like *mutra krichha* into 8 types<sup>2</sup>.

In modern literature it can be correlated with urethral stricture<sup>3</sup>. Urethral stricture is narrowing of lumen of urethra.

The causes of urethral stricture are:

- Congenital
- Trauma
- Inflammatory (post-gonorrheal, tuberculosis, recurrent UTI)
- Instrumental (following passage of large calibre endoscope)

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- Post operative(TURP)etc.

In modern science, the suggested treatment are urethral dilatation, urethrotomy & urethroplasty surgical treatment. It may cause bleeding, false passage and fistula formation. The surgical intervention like urethroplasty<sup>4</sup> also carries high grade risk of recurrences. Though the science has developed in many directions, it is unable to provide satisfactory treatment to patients without any complications and recurrences.

Uttar Basti<sup>5</sup> is an important panchkarma procedure for the genito-urinary disorders of both males and females. It is mentioned in the various Ayurvedic classics. The therapy involves administration of a specific oil, ghruta or decoction into the urinary bladder or uterus. In this procedure medicine is instilled in female per vagina or in the bladder in males and females per urethra. All aseptic precautions are followed. The procedure takes about 15- 20 minutes. It is carried out three consecutive days or as required. Nowadays evidence based male uttarbasti is practiced.

Condition	Clinically practiced medicine
Azoospermia <sup>6</sup>	Pipalyadi taila/Anutaila
Benign Prostatic hyperplasia(Mutraghata) <sup>7</sup>	Daruharidra kashaya/ Bhruhatyadi kasaya
Physiological urethral stricture <sup>8</sup>	Tila taila/ Sahacharadi taila/ Bala taila/ Apamarga kshara taila
Erectile dysfunction <sup>9,10,11</sup>	Ashwagandha taila/ Sahacharadi taila/ Arjuna shalmali sidha taila

## DISCUSSION

Mutra marga samkocha is due to predominance of vata and kapha dosha. Where as dushtas are

rasa, rakta,mamsa. sleshmadhara kala(mucous membrane) . As the act of micturation is under the control of apana vayu, when it gets vitiated urinary defects arise. Due to vitiation of vata dosha chala, ruksha, khara guna increases in mutramarga resulting in mutramarga samkocha. Hence for the treatment of mutramarga samkocha vata and kapha should be passified,which is done by different medicine used in procedure called uttarbasti. Pharmacologically, tailas used in Uttar Basti for Mutramarga Sankocha possesses teekshna, ushna, vyavayi, vikashi, sara etc properties due to which it enters the obstructed channels and causes the shodhana of the same. Furthermore, taila posses the quality of samskarat sarvarogajit i.e it gets the properties of ingredients processed in it. In other aspect we can say that it reduces the fibrosis in stricture part of urethra. Mechanically uttarbasti does the dilatation of the urethral canal and increase the stretching of contracted part.

## CONCLUSION

Uttarbasti is very effective in treatment of urethral stricture. A detailed history with proper indication and skills are required to do uttarbasti. It is mainly due to direct application of drug locally on target organs which has also been proved scientifically.

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