



## A COMPREHENSIVE REVIEW ARTICLE ON SHAYYAMUTRA IN CHILDREN W.S.R TO NOCTURNAL ENURESIS

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### ABSTRACT

Child health has assumed great significance in all over the world. Its importance is being realized more and more by Pediatricians and general public in developing as well as developed countries. Children in the modern age suffer at large due to physical problems. In addition to that they suffer from psychological problems too. The event leaves a lasting impression on the tender mind of children and later become the cause of behavioural or psychosomatic disease. Shayyamutra or Enuresis is a disease which is very much prevalent in childhood period. The word Shayyamutra is itself indicating to the urine passed in the bed especially during sleeping in both day and night. Ancient scholars have also described Shayyamutra as psychosomatic origin. Enuresis is defined as the voluntary or involuntary repeated discharge of urine into clothes or bed after a developmental age when bladder control should be established.

**KEYWORDS:** Shayyamutra, Enuresis, Nocturnal, Ayurveda, Counseling.

### INTRODUCTION

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). 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. Nocturnal enuresis i.e Shayyamutra though not physically very harmful but negatively affects child psychology and is assign of delayed neurological development. Ayurveda considers this problem as a Kaphaavrit Vata condition along with Tama involvement. The description regarding Shayyamutra is found in Sharangadhara and Vangasen Samhita. Review of the literature and reported studies in Ayurvedic parlance states importance of certain Kaphaghna/Pramehaghna drugs (like Marich, Bimbi, Vangabhasma, Khadira, Shilajit, ChandraprabhaVati), Nervine tonics (like Brahmi, Giloy, Yashtimadhu, Shankhpushpi), Panchakarma therapies (especially

Nasya and Shirodhara) and most important Sattvavajaya Chikitsa.

### ETYMOLOGY OF THE WORD SHAYYAMUTRA

The word Shayyamutra is formed from two words „Shayya“ and „Mutra“. The idiom Shayyamutra is self explanatory. Bed - wetting during sleep is only symptom, which itself indicates its meaning. Thus, the complete word Shayyamutra significantly indicates the disease with the problem of urination in bed.

### NIDANA

Shayyamutra finds no specific as well as general attributes regarding its Nidana in any of the classical texts. Thus, it depends on the physician to make out which of the factors are playing role for the evolvement of the disease.

### The Nidana can be divided into 4 as under

- **Aharaja Nidana** – The etiologies concerned with the food and eating habits.

- **Viharaja Nidana** – The etiologies concerned with the working habits.
- **Manasika Nidana** – The etiologies concerned with the Psychology.
- **Miscellaneous** – Like Rogatikarshanata, Krimi janya, Mrityika Janya.

Rogatikarshanata means general body weakness after any systemic disease, may be the most common Nidana for the vitiation of Vata, where as Krimis are Kaphaja nidana.

### RUPA

Thus, the disease with the symptom of Bed wetting or in other words the disorder in which the child urinates in bed is known as Shyayamutra. Here, it would be good to clarify the word Shyayamutra, as it means not only means Bed-wetting in night but also Bed-wetting done in the daytime. However, as shown in the quotation of Acharya Adhamalla it certainly indicates the Nocturnal Enuresis.

### SAMPRAPTI

The Apana Vayu facilitates active secretion 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 activities of Apana is not developed resulting in vitiation of which in turn loss of control of micturition. The vitiation may also be due to encircling (avarana) of Apana by Kapha which accelerates the excretion of urine. Brain plays an important role in both physiological as well as pathological process of body. It functions constantly even during sleep. According to Ayurveda, when it is mask by Tama and Kapha, sleep is caused. This may happen in day time 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 urine in the bed.

### BED WETTING IN TEENAGERS

Some children continue having this problem in their teenage. The most probable causes are problems in urinary tract or psychological. In such conditions, first general physician, then urologist and then a psychiatrist. Counsellor should be consulted. This problem should be rightly identified, the child should be given full confidence and the issue should be addressed as quickly as possible with right and quick approach.

### Precautions and Management

Parents should take care of the following things to avoid enuresis.

- Child should make a habit to urinate before going to bed.
- Make sure that child should not be very tired before going to bed.
- When child has slept for 2-3hrs, parents should wake him up once again and make him pass urine.

- Child should not make hurry in passing urine let him to do it complete.
- Food items which increase bed wetting should be least provided viz. tea, coffee, chocolates, cold drinks, oranges, grapes, tomatoes, citrus products and fermented items.
- Never get furious with child for bed wetting and never punish also as it is not under his control. Infect blaming the child or giving punishment demoralizes him.
- Make the child feel that you are affection towards him and understand what he feels.
- Child should be realized again and again that bed wetting is not his fault.
- After bed wetting change the bed immediately so that should not come to know that he did it again.
- Except doctor don't discuss this problem with anybody in front of child.
- It is important to tell the child that bed wetting is a temporary complaint and will be resolved slow.

### TIPS TO STOP BED WETTING

#### • COUNSELLING

- It forms the main basis for treatment. Both the kid and the parent need assurance. Many kids think that they are the only ones 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.

#### • REWARD DRY NIGHTS

- In order to encourage the kid, whenever she does not wet the bed, encourage her saying she is improving, she is growing up and she is very good. This will boost her confidence.
- Encourage her to empty the bladder before going to bed.

### AYURVEDIC TREATMENT

Chikitsa Sutras of any disease are the general treatment doctrines of that disease. Ayurvedic Chikitsa – treatment is not based on Yoga (Prescription) but on the contrary it has been a distinctive tradition of Acharya to provide the general treatment doctrines of any disease.

#### 1. Nidana Parivarjana

In Sushruta Uttara tantra – 1/25, in the context of Netra roga Chikitsa, Sushruta has opined that i.e. avoidance of etiological factors is the best treatment as well as the best prophylaxis for any disorder i.e. prevention is better than cure. Shyayamutra is a disorder having multiplicity of Nidanas [etiological factors], therefore here this sutra is also applicable and it has also an importance for the prophylactic and curative aspects of Shyayamutra.

**2. Santarpana Chikitsa****3. Satvavajaya Chikitsa**

According to Ayurveda, the universal attributes Satva, Rajas and Tama are reflected in the mind. Mind is the essential instrument for every type of knowledge e.g. awakening, connecting etc. They are also considered as attributes of mind for all practical purposes. Satva is considered as “virtuous” [Guna] while others are considered as “vitiators of mind” (Manasa Doshas), because their predominance affects the mental diseases.

**CONCLUSION**

Shayyamutra is a most common behavioural problem among others for physician visit worldwide. It does not lead to any acute condition for children. It is thought as normal up to age of five, beyond five it becomes a cause of anxiety as well as embarrassment for parents. 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.

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