

Analyzing Manushya mutra (Human urine) through the lens of Ayurveda: Traditional insights

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Abstract

Manushya Mutra, or human urine, holds a unique and multifaceted role in Ayurvedic Samhitas, the foundational texts of traditional Indian medicine. Embedded in the ancient wisdom of Charaka Samhita, Sushruta Samhita, and other revered scriptures, Manushya Mutra is intricately linked to Ayurvedic principles of holistic health. This abstract explores the references to Manushya Mutra within the Samhitas and Nighantu's emphasizing its Vishaghna properties—its potential to counteract toxins in the body. Ayurvedic teachings present this substance as a vital component in therapeutic practices, particularly those aimed at restoring Doshic equilibrium and detoxifying the human system. The aim and objective of the present study is to screen out Manushya Mutra and their different opinion about the Ayurvedic texts. The discussion reveals that the Manushya Mutra having the Lavana, Katu, Tikta Rasa Laghu, Ruksha, Tikshna, Kshara guna especially indicated in vishahara. Apart from these the Manushya Mutra have specific quality like Rasayana. The abstract underscores the need for on-going research to bridge the gap between traditional knowledge encapsulated in the Samhitas and the evolving standards of modern healthcare.

Key words : Manushya mutra, Samhita, Nighantu, Vishaghna, Rasayana.

In Ayurveda, the ancient Indian system of medicine, the holistic approach encompasses both the physical and spiritual aspects of well-being. It considers not only the

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body but also the mind and spirit in achieving balance and harmony for overall health. This is the only science which talks about Purusharthas¹ like Dharma (Religious, or Moral merits, virtue), Artha (Attainment of riches, acquisition of wealth), Kama (An object of desire) and Moksha (The final and eternal happiness, the liberation, or freedom). “Mutra” refers to urine in the context of Ayurveda, the traditional system of medicine in India. In Ayurvedic practices, urine is sometimes analysed as part of diagnostic methods to assess an individual's health and imbalances in the body. It plays a role in understanding the doshas (Vata, Pitta, and Kapha) and helps practitioners determine personalized recommendations for maintaining or restoring balance. In Ayurveda, “Trimala” typically refers to three impurities or waste products that are considered undesirable substances in the body. These three impurities are known as “Trimala” and include:

1. Sweat (Sveda): The waste product expelled through sweat glands.
2. Faeces (Pureesha): The waste material eliminated through bowel movements.
3. Urine (Mutra): The waste expelled through the urinary system.

Ayurveda emphasizes the regular elimination of these impurities to maintain balance in the body and promote overall health. Proper elimination is believed to be crucial for preventing the accumulation of toxins and maintaining the equilibrium of the doshas (Vata, Pitta, and Kapha).

Acharya Charaka mentioned 8 types of mutras i.e. Avi mutra, Aja mutra, Gomutra, Mahisha mutra, Hasthi mutra, Ushtra mutra, Haya mutra, Khara mutra². But Acharya

Susruta and Astang Sangrah excluded Haya Mutra and added Manushya Mutra & mentioned 8 types of mutras i.e. Avi mutra, Aja mutra, Gomutra, Mahisha mutra, Hasthi mutra, Ushtra mutra, Khara mutra & Manushya mutra. Among mutras the first four mutras are taken from female origin whereas the last four from male origin. In Susruta samhita sutra sthana 46 chapter mentioned that “Mutram Manusham Cha Vishapaham”³ means the naramutra having the vishanashaka (anti-poisonous) properties and not only the Susruta many other Acharyas mentioned that same property we discuss bellow. In general, all types of Mutras having Ushna, Teekshna, Ruksha, Katu, and Lavana rasa and also acts as Deepana, Krimighna, Vishaghna, Mutrajanana, and Raktavardhaka, Bhutaghna, Unmadahara in properties. In Ayurveda, Manushya Mutra (human urine) is sometimes mentioned for its potential therapeutic properties, including Vishaghna, which refers to its ability to counteract toxins or poisons. The idea is rooted in Ayurvedic principles and has been mentioned in some classical texts.

Aim and Objectives :

Collected the information regarding the Manushya/nara mutra mentioned in different Ayurvedic texts and minutely analysed their properties mentioned.

Materials :

All the original Ayurveda texts has been searched for the Mutra vargas, having the qualities of teekshna, ruksha, katu, tikta, and lavana rasas, along with their therapeutic applications, properties were analysed.

Methods :

After obtaining the list from various Ayurveda texts, the rasa panchaka and properties, their therapeutic applications were analysed systematically.

Manushya mutra/ nara mutra from various ayurvedic texts:

*Susruta samhita*³: Acharya Susruta mentioned that “Mutram Manusham Cha Vishapaham” means Manushya Mutra (human urine) having the Visha nashaka (anti-poisonous) properties. The term visha refer to toxin or poison and nasaka means destroyer

or neutralizer. Therefore, “Vishanasaka” translates to a substance or property that destroys or neutralizes toxins.

*Astanga sangraha*⁴: In this samhita also mentioned that “Mutram Manushyam Tu Vishapaham” means the Manushya Mutra having the property that destroy or neutralizes toxins.

The use of Manushya Mutra, or human urine, in Ayurveda sparks discussions around its potential therapeutic properties and its role in traditional medicine. While this practice is rooted in historical Ayurvedic texts, its application is not without controversy.

Among these Samhitas many other Nighantu's mentioned their Rasa, Guna, Doshaghnata, Rogaghnata.

S.No	Nighantu's	Rasa	Virya	Vipaka	Guna	Dosha	Rogaghnata
1.	Kaiyadeva nighantu ⁵	Katu	---	---	Rasayana, Kshara	---	Vishanashaka
2.	Bhavaprakash Nighantu ⁶	Lavana	---	---	Tikshna, Kshara, Rasayana	---	Garavisha, Raktavikara, Pamaroga
3.	Shaligrama nighantu ⁷	Katu Madhur	---	---	Laghu, Drava, KsharaGhana	---	Visha nashaka, Rasayana
4.	Madanapala nighantu ⁸	---	---	---	Rasayana	---	Gara visha nashaka
5.	Raj Nighantu ⁹	Lavana	---	---	Ruksha	---	Krimi, Vrana, Visha Vikara, Bhuta-Twak Dosha, Vatarog
6.	Dhanvantari Nighantu ¹⁰	Tikta	---	---	---	Pitta, Kaphava ta hara	Rakta vikara, Kriminasaka, Rochana, Mohahara, Vishanasaka
7.	Shodhala nighantu ¹¹	---	---	---	---	---	Visuchika, Visha hara

Proponents argue that Manushya Mutra possesses Vishaghna properties, meaning it has the ability to counteract toxins. Ayurvedic practitioners may consider it as part of detoxification therapies, believing it can help cleanse the body of impurities.

In conclusion, according to Ayurveda, Manushya Mutra (human urine) is considered to have therapeutic properties, particularly in the context of detoxification and Doshic balance. Rooted in historical Ayurvedic texts, it is described as possessing Vishaghna properties, indicating its potential to counteract toxins in the body. Ayurvedic practitioners may recommend its use in detoxification therapies, aiming to purify the body and restore Doshic equilibrium. However, the utilization of Manushya Mutra remains a subject of controversy, with sceptics emphasizing the need for scientific validation and concerns about safety. While Ayurveda respects traditional wisdom, modern healthcare standards demand rigorous evidence-based practices. Navigating this intricate balance requires a nuanced approach, acknowledging cultural contexts and respecting traditional beliefs. As research continues to bridge the gap between ancient wisdom and contemporary demands, the discussion around Manushya Mutra in Ayurveda remains a dynamic exploration of traditional healing practices. Individuals considering such therapies are advised to consult qualified Ayurvedic practitioners for personalized guidance and a holistic understanding of their health journey.

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