

Ayurvedic treatment on disorders of the Urinary Tract

Preface

Basti i.e. kidney is one of the 3 vital organs in the body, the other 2 being heart & the brain. It is the most important organ maintaining homeostatis by regulating the excretion of metabolites and waste products, i.e. dosha, dhatu and mala.

Vegavarodha i.e. suppression of natural urges is an important cause of various diseases. With progressive urbanisation and inadequate toilet facilities, this cause has assumed greater importance. The Ayurvedic classification of diseases of the kidney is strikingly similar to the modern method. Thus, acute nephritis, nephrotic syndrome, chronic nephritis and uraemia can be classified as pittaja, kaphaja, vataja and sannipataka urinary disorders respectively. Surgical diseases have parallel names in Ayurvedic texts.

In this Holy text I have made a sincere effort to acquaint the reader with the wealth of knowledge available in Ayurvedic literature on the important subject of urology. The literal meaning of the text has been adhered to as far as possible and the basic concepts are presented in the original form. The relevant Sanskrit stanzas with references are also given.

It is essential that the reader understands the basic principles to appreciate the underlying scientific meaning. The reader may refer to the standard text books on Ayurveda or my Text 'Diseases in children (Ayurvedic concept)'.

We can easily appreciate the wisdom of Ayurvedic physicians who meticulously described various urological conditions and their treatment. I am sure that this Text will be useful to medical students, practitioners, teachers & research workers in understanding various urological diseases & their management in a better manner.

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