

AYURVEDIC AND HOME REMEDIES FOR URINARY PROBLEMS

Vaidya Lal Bahadur Singh
Patanjali Yogpeeth, Hardwar

. This problem is observed more in children and youth. Constipation, loss of appetite, thirst, yellow color urine, and excess quantity of urine, sleeplessness may be observed. The patient becomes week day by day. If this problem occurs to a patient who is suffering from tuberculosis then it is dangerous. The muscles degenerate and the patient dies.

FREQUENT URINATION

Frequent urination is initially said to be hereditary, but there are various reasons. Hysteria, too much of thinking, head injury, liver or stomach related problems, cold, consumption of alcohol, constipation or lack of nutritional food.

Symptoms

The patient urinates often. This problem is observed more in children and youth. Constipation, loss of appetite, thirst, yellow color urine, and excess quantity of urine, sleeplessness may be observed. The patient becomes week day by day. If this problem occurs to a patient who is suffering from tuberculosis then it is dangerous. The muscles degenerate and the patient dies.

Home remedies

- Take 40 gm of Black sesame and 20 gm of Ajowan and grind them. Add 60 gm of jaggery in it and take 6 gm twice daily.
- Consume fenugreek every day to avoid excess urination, it also cures dysentery; continue this for a week or two.
- People who have complaint of frequent urination or excess urination or burning sensation while urination should take two bananas after lunch for few days.
- Eating grapes controls frequent urination.
- Spinach is suggested for a person who complains of frequent urination during nighttime.
- Chew 25 to 50 gm of black gram with the skin thoroughly and take a piece of jaggery over it.

- Take 20 gm sweet ball made of sesame twice daily to control urination. This medication is more effective during winter season.
- Take the powder of ritha with fresh water twice daily.
- Take 20 gm of poppy seeds and 20 gm of jaggery, take 2 gm once daily.
- Take 30 gm of Moolhati, 30 gm of black pepper and 40 gm of sugar candy, grind it fine. Add clarified butter and take 4 gm twice daily.
- Take small pieces of ripe pineapple, sprinkle banyan powder over it. Consume it with cumin seeds or jaiphal powder. This helps in excess urination.
- To get rid of excess urination, consume four apples with black salt.
- Add four chauras in milk during nighttime.
- Add two grams of Javitri and two grams of sugar candy and take it with milk.
- Toast two bananas on low flame. Add two pinches of black sesame and one spoon of honey and eat it.
- Take three grams of grinded fenugreek and jaggery.
- Mix turnip and radish juice, add black salt and consume.
- Black sesame with two dry figs is suggested.
- To control excess urination take cucumber seeds and sesame.
- To control urination add sugar candy in shatavar and consume.
- 10 gm of finely grinded cucumber

seeds, mix fermented mustard water and rock salt and consume.

- Take 6 gm of myrobalan powder and 15 gm of jaggery.
- Add 10 gm of dry myrobalan and 3 gm of turmeric, grind them fine and add in 250 gm of water, filter them in the morning and consume.
- To control urination sweets made of ash of gourd can be consumed.
- Take 250 gm of black sesame, 100 gm of turmeric powder, 100 gm of coriander and 100 gm of old jaggery. Roast turmeric in clarified butter made with cow milk. Grind jaggery and add into it, make small balls. Consume two sweet balls every day and drink water after an hour over it.
- Make a powder of 200 gm of myrobalan leaves, 100 gm of turmeric, 10 gm of grated tamarind seeds. Consume six grams of this powder everyday.
- Make a powder from 30 gm black pepper, 35 gm of Moolhati, 20 gm of sesame, 60 gm of sugar candy. Take 6 gm of the powder daily.

Daily routine

- The patient should work hard and keep his mind peaceful.
- Take easily digested food, like-bottle gourd, Turai, tinda and carrot.
- Avoid eating clarified butter, oil, alcohol, spices and tobacco.

Medication through yoga

- Practice Vajrasana, Suptavajrasana, Shashakasana, Gomukhasana, Dhanurasana.
- Practice Ashvini Mudra and Agnisar kriya.
- For permanent cure of urination practice Kapalhati, Anulom-Vilom, Nadi shodhan pranayam.

BURNING SENSATION IN URINARY BLADDER

There is severe pain in the urinary bladder and the patient wants to go for urinating frequently.

Causes

There are many reasons- inflammation of prostate gland, contraction of urine passage, vata, paralysis,

weakness of reproductive organ, cold, injury, gonorrhea, discharge, stone formation, contagious diseases in urinary bladder, kidneys, intestines, stomach, uterus. If proper medication is not given the patient may even die.

Symptoms

Pain is felt in urinary bladder and frequent urination occurs. Pain in uterus, burning sensation, stiffness and heaviness is felt while urination. Shivering is felt in the body and urine comes out with pain, sometimes blood and pus comes with urine. Pain subsides if the disease is old. Pus formation is thickened while urination.

Home remedies

- Cut small pieces of cucumber and consume it with sugar.
- Add black salt in two spoons of radish juice and consume.
- Grind cardamom and consume it with milk.
- Add 100 gm of Adoosa in 100 gm of water in the night. In the morning filter it and consume.
- Take 25 gm of jaggery with 20 gm of poppy seeds and eat 3 gm twice daily.
- Grind 40 gm of sesame and 20 gm of Ajowan finely. Add 60 gm of jaggery and take 6 gm twice daily.
- 5 gm each of poppy seeds, dry myrobalan and turmeric. Soak it in 250 gm of water and consume it twice daily.
- Mix big cardamom and kalami in equal quantities and consume 4 gm daily.
- Carrot juice is suggested.
- Soak cholai leaves in hot water, crush them and drink it.
- Take small pieces of ash gourd on empty stomach for 15 days.
- Add sugar in half glass of starch and consume.
- Boil 50 gm of onions in one cup of water. When the water remains half, remove it from flame, filter and consume it.
- Take 50 gm of green gooseberries juice with little honey and drink. Take Triphala quath add milk and jaggery.
- Make a quath of 250 gm of chitrak and swallow-wort and consume.

Natural medication

- Apply black mud on the patient's abdomen and tie a cloth over it.
- Give bath to the reproductive organ of the patient and let water fall on genital parts continuously for 10 minutes.

Daily routine

- Boil bottle gourd and torai and give to the patient with chapattis made with barley continuously for a week.
- Patient should take complete rest.
- Patient should take wheat flour chapattis, cereals, green vegetables and seasonal fruits.
- Avoid giving him meat, fish, egg, alcohol, spices and gas forming food products.

Yoga medication

- Practice Vajrasana for 5 to 10 minutes every day for indigestion, acidity, gas, constipation and urine related problems.
- Practice Suptavajrasana for burning sensation in urination. When the large intestines become active, it controls constipation. The kidneys also become active.
- Practice of **Gomukhasana** gives relief from burning sensation in urination.
- Practice of **Dhanurasana** makes the kidneys strong, it gives relief from problems related to urination and urination due to fear is also controlled.
- Practice of Kapalbhati, Anulom-Vilom pranayam gives relief from burning sensation while urination.
- Practice of Ashvini Mudra and Agnisar kriya give relief from burning sensation, pain and problems.

DIFFICULTY IN URINATION

This is also known as painful discharge of urine. Difficulty is felt while urination. The reason may be because of poisonous particles, consuming spicy food items, blockage in urinary bladder.

Symptoms

Pain while urinating. Drop by drop urine. Pain in abdomen and stiffness. Fever with shivering.

Home remedies

- Add old jaggery in milk and drink it.
- If painful discharge is due to injury then take myrobalan juice with honey.
- Take 20 grams of Triphala and skin of plum, soak it in water in the morning filter it and take it with rock salt.
- Take 10 gm of ash gourd juice and add 5 gm of sugar candy and consume.
- Add 5 gm of sugar candy, drum sticks and five raisins in buttermilk and consume.
- Add lemon juice in raw cow milk and consume.
- Take 2 gm of jaggery and half a spoon of cumin seeds with cold water.
- Take quath of gokharu, add jawakhaar and consume.
- Take 6 grams of jawakhaar and 6 grams of sugar candy and consume with cold water.
- Take 9 grams with buttermilk made of cow milk.

Natural medication

Let water flow on the surface of both the feet and massage gently. Dip the feet in water for 10 minutes.

Yogic medication

- Practice Vajrasana, Dhanurasana, Gomukhasana.
- Practice Kapalbhati, Anulom-Vilom, and Nadi shodhan pranayam.
- Practice Ashvini Mudra and Agnisar kriya.

OBITUARY TO GYANDEV JI

Sri Gyandevji, in charge of the Patanjali Yog committee, Himachal Pradesh, expired while delivering a speech on 'Education for all.'

Sri Gyandevi was a very active member and Patanjali Yogpeeth, Hardwar is giving its condolences. The organization is organising a sacrificial fire and Shantipath. The Patanjali family pays its homage to the active worker.