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Role of *Mutra* in the maintenance of homeostasis: An Ayurvedic review

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Abstract

Background: Ayurveda recognizes *Mutra* as one of the important *Mala* of the body, playing a crucial role in maintaining internal balance and physiological stability. Proper formation and excretion of *Mutra* are essential for regulating fluid balance, removal of metabolic waste, and sustaining normal functions of *Dosha* and *Dhatu*. Disturbance in *Mutra* formation or excretion leads to various systemic and urinary disorders, affecting overall homeostasis.

Aim: To review the role of *Mutra* in the maintenance of homeostasis according to Ayurvedic principles.

Objectives: To explain the Ayurvedic concept and formation of *Mutra*. To understand the role of *Mutravaha Srotas* in maintaining internal balance. To study the significance of *Mutra* in health, disease, and homeostatic regulation.

Materials and Methods: This review is based on a comprehensive study of classical Ayurvedic texts including *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, and their authoritative commentaries. Relevant modern literature related to renal physiology and fluid-electrolyte balance was also referred for conceptual correlation.

Observations: Ayurveda describes *Mutra* as a vital excretory product formed during the process of *Ahara Paka* and *Dhatu Poshana*. Normal *Mutra Pravritti* reflects proper functioning of *Mutravaha Srotas*, balanced *Dosha*, and efficient *Agni*. Alteration in quantity, color, frequency, or consistency of *Mutra* is considered an important diagnostic indicator of systemic imbalance and disease.

Discussion: The concept of *Mutra* in Ayurveda highlights its role in regulating body fluids, eliminating *Kleda*, and maintaining internal equilibrium. Disorders of *Mutra* not only produce urinary diseases but also influence systemic conditions by disturbing *Dosha* balance and metabolism. Therapeutic measures such as regulation of *Ahara* and *Vihara*, use of *Mutrala Dravya*, and correction of *Agni* emphasize the preventive and curative importance of *Mutra* in maintaining homeostasis.

Conclusion: *Mutra* plays a fundamental role in maintaining homeostasis by regulating fluid balance, waste elimination, and internal stability of the body. Proper formation and excretion of *Mutra* are essential for health, while its disturbance contributes to disease development. Understanding the Ayurvedic perspective of *Mutra* provides valuable insight into holistic health maintenance and disease prevention.

Keywords: *Mutra*, *Mutravaha Srotas*, *Mala*, Homeostasis, *Mutra Pravritti*, Ayurvedic Physiology

Introduction

Ayurveda explains the human body as a self-regulating system in which equilibrium of *Dosha*, *Dhatu*, and *Mala* is essential for the maintenance of health. Among the three *Mala*, *Mutra* holds a special physiological importance as it reflects the internal status of fluid balance and metabolic activity. Proper formation and timely excretion of *Mutra* help in maintaining internal stability, which is comparable to the modern concept of homeostasis^[1]. According to classical Ayurvedic texts, *Mutra* is formed during the process of *Ahara Paka* and *Dhatu Poshana*, where unnecessary fluid and waste products are separated and eliminated from the body. *Mutravaha Srotas* are responsible for the transportation and excretion of *Mutra*, and their normal functioning indicates balanced *Agni* and unobstructed *Srotas*. Any alteration in the quantity, color, or frequency of *Mutra* is considered an early sign of internal imbalance^[2].

Ayurveda places great diagnostic importance on the examination of *Mutra*. Observation of *Mutra* provides valuable information regarding *Dosha* predominance, metabolic status, and disease progression. Classical descriptions of *Mutra Pariksha* highlight that disturbances in

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Mutra often precede the manifestation of overt disease, making it an important tool for early diagnosis and preventive care^[3].

Disturbance in *Mutra* formation or excretion leads to accumulation of *Kleda* and improper elimination of waste, resulting in disorders of *Mutravaha Srotas* as well as systemic diseases. Conditions such as *Mutrakricchra*, *Mutraghata*, and *Prameha* clearly demonstrate the role of *Mutra* in the maintenance of internal balance. Thus, understanding the Ayurvedic concept of *Mutra* is essential for preserving health, preventing disease, and achieving holistic homeostasis^[4].

Aim and Objectives

Aim

To review the role of *Mutra* in the maintenance of homeostasis according to Ayurvedic principles.

Objectives

1. To explain the Ayurvedic concept and formation of *Mutra*.
2. To understand the role of *Mutravaha Srotas* in maintaining internal balance.
3. To study the significance of *Mutra* in health, disease, and homeostatic regulation.

Materials and Methods

This review study was conducted through an extensive analysis of classical Ayurvedic texts including *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, and their standard commentaries to collect references related to the concept, formation, and physiological role of *Mutra*. Relevant modern literature on renal physiology, fluid balance, and homeostasis was also reviewed to establish conceptual correlations. The collected data were systematically analyzed and interpreted to understand the role of *Mutra* in health, disease, and maintenance of homeostasis from an Ayurvedic perspective.

Review of Literature

Mutra

In Ayurveda, *Mutra* is described as one of the three important *Mala* of the body and plays a vital role in maintaining internal balance. It is formed during the process of *Ahara Paka* and *Dhatu Poshana*, where excess fluid and waste products are separated from the nutritive portion and eliminated through *Mutravaha Srotas*. Proper formation and excretion of *Mutra* indicate normal functioning of *Agni*, unobstructed *Srotas*, and equilibrium of *Dosha*^[5].

Classical texts explain that *Mutra* is closely related to the regulation of body fluids and removal of *Kleda*. Normal *Mutra Pravritti* reflects physiological stability, while

changes in its quantity, color, frequency, smell, or consistency are considered important diagnostic signs. Ayurveda gives special emphasis to *Mutra Pariksha* as a simple yet effective method to assess systemic imbalance and disease status^[6].

Disturbance of *Mutra* leads to accumulation of waste and derangement of internal equilibrium, resulting in disorders such as *Mutrakricchra*, *Mutraghata*, and *Prameha*. These conditions highlight the systemic impact of impaired *Mutra* formation and excretion. Thus, *Mutra* is not merely a waste product but an essential physiological entity contributing significantly to the maintenance of homeostasis and overall health^[7].

Homeostasis

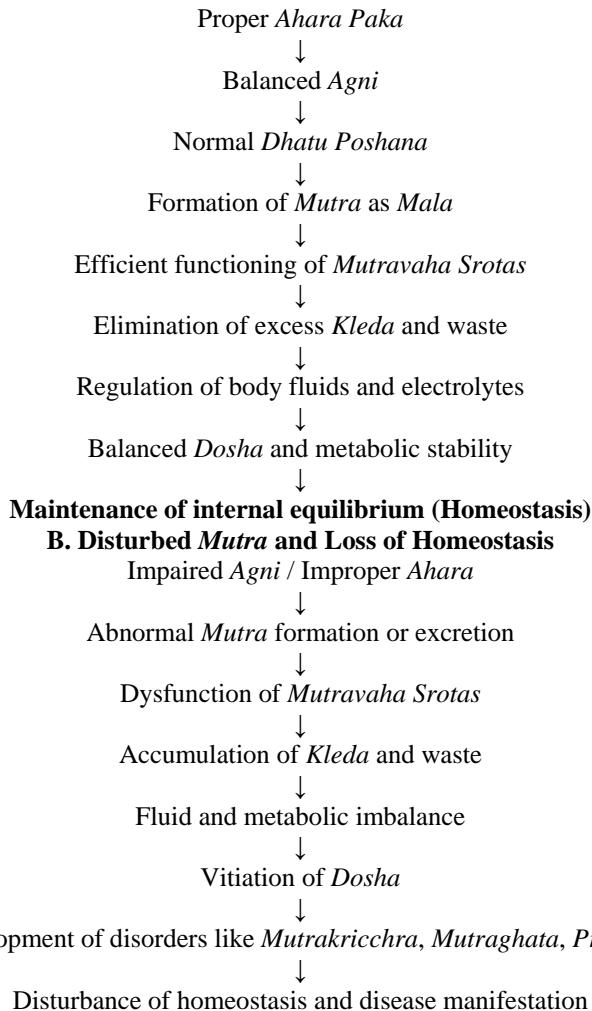
Homeostasis refers to the ability of the body to maintain a stable internal environment despite continuous external and internal changes. In Ayurveda, this concept is beautifully explained through the state of balance among *Dosha*, *Dhatu*, *Mala*, and *Agni*. Health is achieved when these components remain in equilibrium, allowing the body to regulate temperature, fluids, metabolism, and waste elimination naturally and efficiently^[8].

Ayurveda emphasizes that *Mala* play an essential role in maintaining internal balance, and among them *Mutra* is directly involved in regulation of body fluids and removal of excess *Kleda*. Proper elimination of *Mutra* prevents accumulation of waste and maintains stability of internal tissues. Thus, normal *Mutra Pravritti* reflects a well-maintained homeostatic state^[9].

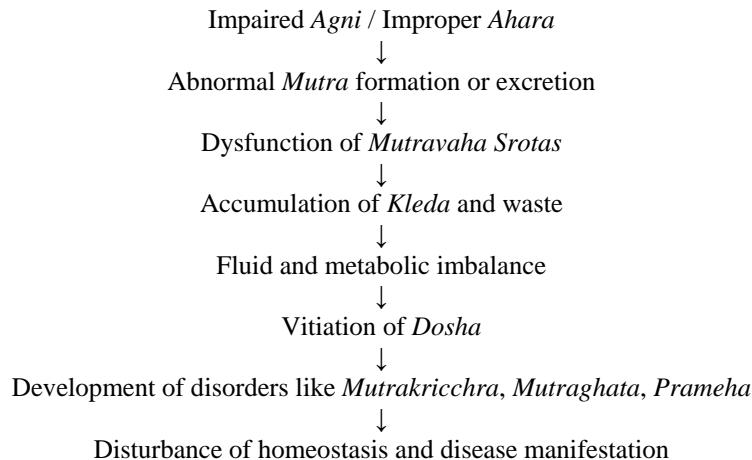
The role of *Agni* is central in homeostasis, as it governs digestion, metabolism, and transformation at various levels. When *Agni* functions normally, formation of *Dhatu* and separation of waste products such as *Mutra* occur appropriately. Impaired *Agni* leads to improper metabolism, fluid imbalance, and disturbance of internal regulation, ultimately affecting homeostasis^[10].

Mutravaha Srotas are responsible for the transport and excretion of *Mutra*, and their integrity is essential for internal stability. Obstruction, weakness, or dysfunction of these *Srotas* results in improper elimination of fluids and waste, leading to systemic imbalance. Conditions like *Mutraghata* and *Prameha* clearly demonstrate failure of homeostatic mechanisms due to deranged *Mutra* physiology^[11]. Thus, homeostasis in Ayurveda is a dynamic and continuous process maintained by coordinated functioning of *Agni*, *Dosha*, *Dhatu*, *Mala*, and *Srotas*. *Mutra* plays a key role in this process by regulating fluid balance and eliminating metabolic waste. Understanding homeostasis through the Ayurvedic perspective highlights the holistic and preventive approach of Ayurveda in maintaining health and preventing disease^[12].

A. Flow Chart - Role of *Mutra* in Homeostasis



B. Disturbed *Mutra* and Loss of Homeostasis



Results and findings

- Normal formation and excretion of *Mutra* were associated with effective regulation of body fluids and internal equilibrium.
- Proper *Mutra Pravritti* reflected balanced functioning of *Agni* and unobstructed *Mutravaha Srotas*.
- Balanced *Mutra* helped in elimination of excess *Kleda* and metabolic waste, supporting homeostasis.
- Alterations in quantity, color, or frequency of *Mutra* indicated early disturbance in internal balance.
- Disturbed *Mutra* formation or excretion led to accumulation of waste and fluid imbalance.
- Dysfunction of *Mutravaha Srotas* was found to contribute to disorders such as *Mutrakricchra*, *Mutraghata*, and *Prameha*.
- Regulation of *Mutra* through appropriate *Ahara*, *Vihara*, and maintenance of *Agni* was essential for preservation of homeostasis and prevention of disease.

Discussion

The present review emphasizes that *Mutra* plays a fundamental role in the maintenance of homeostasis as described in Ayurvedic physiology. Proper formation and timely excretion of *Mutra* reflect normal functioning of *Agni*, balanced *Dosha*, and integrity of *Mutravaha Srotas*. When these mechanisms function in harmony, excess fluids and metabolic waste are efficiently eliminated, thereby maintaining internal stability and supporting normal physiological activities^[13].

The discussion further highlights that disturbance in *Mutra Pravritti* acts as an early indicator of systemic imbalance. Alterations in the quantity, frequency, or character of *Mutra* suggest derangement of *Agni* and accumulation of *Kleda*, which gradually affects *Dhatu* formation and *Dosha* equilibrium. Disorders such as *Mutrakricchra*, *Mutraghata*, and *Prameha* demonstrate how impaired *Mutra* physiology contributes not only to urinary pathology but also to broader metabolic and systemic disturbances^[14]. From a preventive and therapeutic perspective, Ayurveda places great importance on maintaining normal *Mutra* function through regulation of *Ahara* and *Vihara* and preservation of *Agni*. Use of *Mutrala Dravya* and correction of *Srotodushti* are emphasized to restore homeostasis. Thus, understanding the role of *Mutra* offers a holistic framework for early diagnosis, prevention, and management of diseases by maintaining internal balance and physiological stability^[15].

Conclusion

The present review concludes that *Mutra* plays a vital and indispensable role in the maintenance of homeostasis as per Ayurvedic principles. Proper formation and excretion of *Mutra* ensure effective elimination of excess fluids and metabolic waste, maintain balance of *Dosha*, and support normal functioning of *Agni* and *Mutravaha Srotas*. Disturbance in *Mutra Pravritti* leads to accumulation of *Kleda*, metabolic imbalance, and development of urinary as well as systemic disorders. Therefore, preservation of normal *Mutra* function through appropriate regulation of

Ahara, Vihara, and Agni is essential for maintaining internal equilibrium, preventing disease, and achieving holistic health.

Conflict of Interest: Nil

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