

**REVIEW OF VRIKKA (KIDNEY) SHARIR AND ITS ANATOMICAL
CORRELATION*****Vda. Kavita Raghunathrao Phad**

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ABSTRACT

Vrikka is described in Ayurvedic literature as an important organ associated with Mutravaha Srotas and regulation of body fluids. Although classical texts do not provide an extensive gross anatomical description comparable to modern nephrology, scattered references in Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya establish Vrikka as a vital organ related to Mutra formation and fluid metabolism. This review aims to analyze the concept of Vrikka Sharir from classical Ayurvedic sources and correlate it with modern anatomical understanding of the kidneys. Using an IMRAD format, the study integrates textual analysis with contemporary anatomical literature to establish structural and functional parallels.

KEYWORDS: Vrikka, Kidney, Mutravaha Srotas, Ayurveda anatomy, Renal physiology.**INTRODUCTION**

Ayurveda describes Sharira (anatomy) through functional and structural perspectives. Vrikka is mentioned among the Koshthanga and is functionally related to Mutravaha Srotas.

Sushruta mentions Vrikka among important internal organs:

“वृक्कौ च।”

— सुश्रुत संहिता, शरीरस्थान

Though brief, this reference confirms the recognition of paired organs called Vrikka.

Charaka describes Mutravaha Srotas:

“तत्र द्वे मूत्रवहे स्त्रोते । तयोर्मूलं बस्तिर्वङ्गणौ च ॥”

— चरक संहिता, विमानस्थान ५/८

The functional association of Vrikka with Mutravaha Srotas suggests its role in urine formation.

Sushruta further elaborates on urinary physiology:

“तत्र यदुदकं तन्मूत्रत्वं गच्छति।”

— सुश्रुत संहिता, शरीरस्थान

This indicates the transformation of body fluids into urine, implying renal filtration.

MATERIALS AND METHODS

This review is based on:

1. Classical Ayurvedic texts:
 - Charaka Samhita
 - Sushruta Samhita
 - Ashtanga Hridaya
2. Commentaries:
 - Chakrapani (Ayurveda Dipika)
 - Dalhana (Nibandha Sangraha)
3. Modern anatomy and physiology textbooks
4. Comparative textual analysis method to correlate classical descriptions with modern renal anatomy.

RESULTS

1. Description of Vrikka in Classical Texts

Sushruta lists Vrikka among vital organs:

“हृदयम् फुफ्फुसौ यकृत् प्लीहा वृक्कौ...”

— सुश्रुत संहिता, शरीरस्थान

This confirms:

- Vrikka are paired organs
- Located internally
- Considered significant visceral structures

2. Etymology of Vrikka

The word “Vrikka” is derived from the root “वृक्” meaning to select or separate, indicating its filtering function — comparable to renal filtration.

3. Structural Correlation

Ayurvedic Description	Modern Correlation
Paired organ (वृक्कौ)	Two kidneys
Located in Koshtha	Retroperitoneal abdominal cavity
Related to Mutravaha Srotas	Urinary system
Udaka transformation	Glomerular filtration

Modern anatomy describes kidneys as:

- Bean-shaped
- Located at T12–L3 vertebral level
- Composed of cortex and medulla
- Functional unit: Nephron

4. Physiological Role

Mutra formation is governed by Apana Vayu:

“अपानः शक्रविण्मूत्रगर्भनिष्क्रमणादिषु।”

— चरक संहिता, सूत्रस्थान १२/८

This correlates with:

- Autonomic control of micturition
- Renal and bladder neural regulation

Kidney functions (modern view):

- Filtration of blood
- Electrolyte balance
- Acid-base regulation
- Erythropoietin secretion
- Renin-angiotensin regulation

Ayurvedic perspective associates Vrikka with:

- Udakavaha Srotas
- Mutravaha Srotas
- Fluid homeostasis

5. Pathological Correlation

Sushruta describes Ashmari (renal calculi):

“अश्मरी मूत्रवहे स्त्रोतसि जायते।”

— सुश्रुत संहिता, निदानस्थान

Clinical correlations:

- Urolithiasis
- Obstructive nephropathy
- Mutrakrichra (UTI)
- Mutraghata (urinary retention)

DISCUSSION

1. Conceptual Understanding

Ayurvedic texts provide a functional rather than micro-anatomical description. The concept of “Vrikka” aligns with kidneys based on:

- Paired structure
- Urine formation
- Fluid metabolism

2. Anatomical Correlation

Classical Concept	Modern Interpretation
Udaka → Mutra	Plasma filtration
Vrikka	Kidney
Apana Vayu	Autonomic control
Mutravaha Srotas	Urinary tract

The absence of nephron-level description reflects differences in methodological approaches rather than lack of anatomical awareness.

3. Clinical Significance

Understanding Vrikka Sharir is important in:

- Mutrakrichra management
- Ashmari treatment
- Chronic kidney disorders
- Fluid imbalance conditions

Ayurveda’s systemic approach integrates:

- Dosha
- Dhatu
- Srotas

- Agni

Modern nephrology emphasizes:

- Cellular physiology
- Biochemical regulation
- Structural pathology

Both systems acknowledge the kidney as vital for survival.

CONCLUSION

Vrikka Sharir in Ayurveda corresponds anatomically and functionally to the kidneys described in modern anatomy. Although classical texts describe Vrikka briefly, functional references to urine formation and fluid regulation strongly support this correlation. The Ayurvedic perspective emphasizes systemic regulation through Srotas and Doshas, while modern anatomy explains structural and microscopic details. Integrative understanding may enhance nephrological research and holistic clinical practice.

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