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Review on physiological functions of Apan vayu W.S.R.to Neurophysiology of micturation

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ABSTRACT

According to Ayurveda, Tridoshas i. e. Vata, Pitta and Kapha are body's bioenergies which performs all body functions and their regulation. Among Tridosha, Vata is the most important dosha as, it is responsible for the movement i.e. Gati. Among five type of vata, Apan vata is responsible for the Nishkraman (removal of subs. which are not useful for body)

Micturation is a excretion of urine which is very much needed for cleaning of body, is regulated by Aapan vayu.

In this article, an effort has been made to review physiological functions of Apan vayu with special reference to neurophysiology involved in micturation for better understanding of Ayurvedic Concept in modern era.

Key words- Aapan Vayu,mutranishkraman, micturation process.

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