



# Integrated Ayurveda-Yoga Approach Shows Encouraging Results in Management of Bedwetting Among Children: ITRA Study

**Combination of Ayurvedic medicine and yoga asanas reported up to 70% improvement in nocturnal enuresis**

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A clinical study conducted at the Institute of Teaching and Research in Ayurveda (ITRA), Jamnagar, an Institution of National Importance under the Ministry of Ayush, Government of India, has reported encouraging results from an integrated approach combining Ayurvedic medicine with yoga asanas in the management of nocturnal enuresis, commonly known as bedwetting, among children.

The eight-week study involving approximately 38 children in the age group of 6–14 years found that children receiving Ayurvedic medicine along with regular practice of selected yoga asanas showed greater improvement compared to those receiving Ayurvedic medicine alone. The findings have been published in the internationally recognised AYU Journal.

## Study Conducted in Two Groups

The study was conducted by the Department of Kaumarbhritya (Paediatrics), ITRA, Jamnagar. The participating children were divided into two groups.

### Group 1 – Ayurvedic Medicine Alone:

Children received Medhya Rasayana Churna, a formulation comprising Brahmi, Shankhpushpi, Yashtimadhu (licorice) and Guduchi, administered twice daily with milk.

### Group 2 – Ayurvedic Medicine with Yoga:

Children received the same Ayurvedic formulation along with four yoga asanas — Utkatasana, Ardha-Shalabhasana, Bhujangasana and Shavasana — practised regularly in the morning and evening.

## Significant Improvement Reported

The study reported encouraging outcomes across several parameters:

Reduction in bedwetting: Children receiving the Ayurvedic formulation alone showed approximately 38% improvement in the frequency of bedwetting, while those receiving the combined intervention of Ayurveda and yoga showed approximately 70% improvement.

Improvement in memory: An approximately 61% improvement in memory was reported among children receiving the combined intervention, compared to around 31% among those receiving the Ayurvedic medicine alone.

Reduction in irritability: Children in the combined intervention group showed approximately 66% reduction in irritability, along with improvements in behavioural parameters.

Reduction in hyperactivity: Regular yoga practice was associated with approximately 71% reduction in hyperactivity, with encouraging improvements also observed in concentration and morale.

The research paper was conducted and presented by Prof. Vaidya Virendra Kori, Vaidya Sagar Bhinde and Vaidya Amisha Bavarva. The researchers undertook a detailed analysis of the data generated during the study, following which the research paper was accepted for publication in the AYU Journal.

According to Prof. Dr. Tanuja Nesari, Director, ITRA, Jamnagar, nocturnal enuresis may, in some cases, be associated with difficulties in bladder control as well as psychological and behavioural factors.

The study indicates that selected yoga practices, including Utkatasana and Bhujangasana, may support strengthening of the pelvic region and better bladder control. Ayurvedic ingredients such as Brahmi and Shankhpushpi have traditionally been used for their calming properties and their role in supporting mental well-being.

The findings highlight the potential of an integrated approach combining Ayurveda and yoga in the management of nocturnal enuresis among children. The study also underlines the importance of integrating appropriate lifestyle practices with traditional systems of medicine for promoting overall health and well-being.

It may be noted that bedwetting is a common condition among children and should be addressed with sensitivity and appropriate medical guidance.





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