

A LITERARY REVIEW ON THE MUTRAKRICCHRA IN AYURVED

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ABSTRACT

Mutrakricchra means painful voiding of urine. According to *Ayurvedic* literature, *Mutrakricchra* has been classified as 8 types by *Charak* as well as *Sushrut*. *Acharyas* has mentioned and elaborately explained the *Mutrakricchra* and its type in comprehensive manner. In *Ayurvedic samhita* wider description of uropathies and their management are mentioned under the heading of *Mutrakricchra*, *Mutraghata*, *Mutrashmari*, *Prameha* etc. The symptoms of *mutraghata* and *mutrakricchra* seems to be overlapping each other, but *Acharya Madhav*, *Chakrapani*, *Dalhana* and *Vijayarakshita* have demarcated the difference between them. मूत्रकृच्छ्रमूत्राघातयोश्चायं विशेष- “मूत्रकृच्छ्रे कृच्छ्रत्वमतिशयितम्, ईषद्विबन्धः, मूत्राघाते तु विबन्धो बलवान्।” The *Apana Vayu* is responsible for the regulation of urinary system. When *Apana Vayu* gets vitiated it results in various *Mutravaha Vikara*. *Mutrakricchra* is one of them. Text will be collected from *Ayurvedic Samhitas*, different websites and journals will be referred.

KEYWORDS: *Mutrakricchra*, *Ayurvedic*, *Mutraghata*, *mutrashmari*, *Prameha* etc.

INTRODUCTION

In *Ayurved* wider description of *mutrakricchra*, *mutraghata*, *mutrashmari*, *prameha* etc. *Mutrakricchra* is a broad term which covers many diseases described in modern medical science as *UTI*, *Prostatitis*, *Cystitis*, *urethritis* etc. The *pratyatma lakshana* of *mutrakricchra* is

“*Dukhena mutra pravritti*” means discomfort during micturition.

Mutrakricchra is a disorder of *Mutravahasrotas*, which includes those forms of urinary disorders where *Mutrakricchra* (difficulty in micturition) is the cardinal feature. In *Ayurveda* most of the urinary disorders, are described in the form of eight types of *Mutrakricchra*, thirteen types of *Mutraghatas*, four types of *Ashmari* and twenty types of *Pramehas*.

In *Mutrakricchra*, *prakupit pitta dosha* along with *vata* (mainly *Apana vayu*) goes into *Vasti* (Urinary bladder) and affect the *Mutravaha Srotas* due to which the patient feels difficulty in urination with the symptoms like *Daha*, *Ruja*, *Bastigurutva*, *Shotha*, *Muhurmutrata*, *Peet mutrata*, *Sarakta mutrata*.

In this literature review of the *mutrakricchra* has been illustrated in accordance with *Ayurvedic* classics, and research papers collected from indexed journals accessed

physically and through the internet.

Mutra is an outcome product digestion of food and metabolism in the body it is passes through urethra. In both *Mutraghata* and *Mutrakricchra*, *Kricchrata* (dysuria) and *Mutra-vibandhta* are simultaneously present but in *Mutrakricchra* there is predominance of *Kricchrata* (dysuria).

NIRUKTI

मूत्रकृच्छ्रमत्रः इति मूत्रकृच्छ्रम्॥

The term “*Mutrakricchra*” means Difficulty and pain during micturition. *Mutrakricchra* is a broad term and is originates from two words- ‘*Mutra*’ and ‘*Kricchra*’. The word ‘*Mutra*’ is derived from the term “*Prasrava*” which means to ooze and word ‘*Kricchra*’ is derived from the ‘*Kashte*’ which means pain or discomfort.

Nidana (Etiology)

It can be concluded that *Vyayama*, *adhyashan*, *ruksha sevana*, *yana gamana* are causative factors for *vata prakopa*. *Tikshna aushadha*, *amla sevana* causes *pitta prakopa* and *Anupa mamsa sevana* causes *kapha prakopa*. So these *Nidanas* cause vitiation of *Doshas* along with *Stroto-dushti* of *Mutravaha srotas*. *Stroto-dusti* will cause *kha-vaigunya* in *Mutravaha srotas*. These factor leads to *Mutrakricchra*. These etiological factors can be

summarized as

Aharaja Nidana- Adhyashana, Ajirna, Ruksha anna sevana, Tikshna aushadha sevana, Ruksha madya sevana Viharaja Nidana- Yana gamana, Ativyayama, Aghata Partantra Nidana- Kaphaja arsha, Ajirna, Vasti vidradhi, Gulma, Udavarta.

Classification of Mutravikara

A- In our classic text, Mutravikara (urinary disorders) are

B- Types of Mutravikara based on Dosh.

Su.samhita	Ch.samhita	As.sangrah	As.hriday	Yog.ratna.	Bh.pr.	Bh.ratna.	Ma.nidan
Vataj	Vataj	Vataj	Vataj	Vataj	Vataj	Vataj	Vataj
Pittaj	Pittaj	Pittaj	Pittaj	Pittaj	Pittaj	Pittaj	Pittaj
Kaphaj	Kaphaj	Kaphaj	Kaphaj	Kaphaj	Kaphaj	Kaphaj	Kaphaj
Sanipataj	Sanipataj	Sanipataj	Sanipataj	Sanipataj	Sanipataj	Sanipataj	Sanipataj
Ashmarij	Ashmarij	Ashmarij	Ashmarij	Ashmarij	Ashmarij	Ashmarij	Ashmarij
Shakrit	-	-	-	Purishaja	Shakrit	Purishaja	Purishaja
-	Raktaja	-	-	-	-	Shonitaj	-
-	Shukraj	Shukraj	Shukraj	Shukraj	Shukraj	Shukraj	Shukraj
Sharkara	Sharkara	Sharkara	Sharkara	-	Sharkara	-	Sharkara
Abhigataj	-	-	-	Shalyaja	Shalyaja	Abhigata	Shalyaja

C- Mutravikara

- 1) Atipravrittaja Prameha roga
- 2) Apravrittaja Mutra Roga (Mutrakricchra, Mutraghata, Ashmari).

SAMPRAPTI

Samprapti is an important factor to understand the

SAMPRAPTI GHATAKA

Dosha	Vata dominant Tridosha
Dushya	Mutra Dhatu, Kleda
Srotasa	Mutravahasrotas
Agni	Agnimandhya, Rasagnimandhya
Adhithana	Basti, Mutramarga
Srotodusti	Sanga
Rogamarga	Madhyama
Vyadhiparkara	Nija and Agantuja
Swabhava	Ashukari
Sadhyasadhyata	Sadhya

LAKSHANA (RUPA)

1. **Vataj Mutrakricchra-** Severe pain in groin, scrotum, penis and bladder. Patient passes scanty urine. Severe pain is main symptom in Vataj mutrakricchra the so it may correlated with UTI.
2. **Pittaj Mutrakricchra-** The patient suffers from Burning Micturition, Difficulty in passing urine, Straining while passing the urine, Urgency for urination and blood-tinged urine. Yellowish Discoloration. Pittaj mutrakricchra may be correlated with acute prostatitis.
3. **Kaphaj Mutrakricchra-** Mild pain, heaviness and swelling in suprapubic and penile region. Elimination of unctuous, white, little warm, slimy

described in detailed as

Mutraghata, Ashmari and Mutrakricchra.

Charaka Samhita- 13 Mutraghata + 8 Mutrakricchra+ 4 Ashmari = 25

Sushruta Samhita- 12 Mutraghata+ 8 Mutrakricchra + 4 Ashmari = 24

Astanga Hridaya- 12 Mutraghata + 4 Mutrakricchra + 4 Ashmari = 20

process of manifestation of a disease. Acharya Charak has described the pathogenesis of Mutrakricchra. In Mutrakricchra, Specific etiological factors either individually or jointly results in vitiation of Tridosha. Then these Vitiated Dosh get aggravated in the Basti and hamper the Mutravaha srotas that cause Mutravikara namely Mutrakricchra.

urine. These symptoms are similar to the symptoms of chronic prostatitis.

4. **Sannipatik Mutrakricchra-** Elimination of multi-coloured urine, associated with burning sensation or cold, pain, loss of consciousness. It is difficult for management.
5. **Abhigataj Mutrakricchra-** Injury to Mutravaha Srotasa produces symptoms as like Mutraghata. Madhav Nidhan and Bhav Prakash says that, injury to Mutravaha Srotas produces symptoms like Vataj Mutrakricchra.
6. **Shakrita Mutrakricchra -** Vata getting aggravated by the retention of stool, causes flatulence, painful

micturition and retention of urine.

7. **Ashmari Janya Mutrakricchra** - Aggravated vata dries up the semen, urine, pitta and kapha located in the urinary bladder leading to development of ashmari. Obstruction to urinary passage takes place due to ashmari and it results in pain in the urinary bladder.
8. **Sarkaraja Mutrakricchra** - When ashmari becomes disintegrated into small particles by vata and these come out from urinary passage is called sharkara. Pain in heart region, shivering, abdominal pain, sluggishness of digestive fire, fainting and severe dysuria. Pain subsides after elimination of urine and appears again when the passage is blocked by stonegravel.

***Shukraja Mutrakricchra** - Pain in the groin, urinary bladder and penis. Testicles become enlarged and painful. Patient passes urine with difficulty due to obstruction to urinary flow by semen.

***Raktaja Mutrakricchra** - Accidental or instrumental injury or ematiation of various tissue with bleeding disorder gives rise to severe pain and blood strained urine, which is passed frequently in small quantities. Formation of blood clots in urinary passages leads to distension and heaviness in the bladder which is relieved after passage of blood clots.

**Acharya kashyapa had also described the sign and symptoms of Mutrakricchra in Vednaadhyaya.

Updrava- Acharya Kashyapa has only explained the Updrava of Mutrakricchra as Karshyata (Emaciation), Arti (Uneasiness), Aruchi (Anorexia), Annavasthiti (Mind instability), Trishna (Thirst), Shoola (Pain) and Vishada (Nervousness).

CHIKITSA (MANAGEMENT)

In Sushruta Samhita, the first fundamental principle of management has mentioned as Nidan parivarjanam (Su.U.1/25) which means to avoid the etiological factors, responsible for the onset of disease.

1- **Vataja Mutrakricchra chikitsa-** The drugs used in this Mutrakricchra are Vidarigandhadi gana. which normalise vata. These drugs can be given in the form of Kwath, kalka, peya and mamsa rasa.

2- **Pittaja Mutrakricchra chikitsa-** – In sanshamana chikitsa, the paste of Chandana, Kamalnal, Karpoor should be applied locally. Kwath of Shatavari, Kusha, Kasha, Gokshura, Ikshu, Shalidhanyu, Vidarikanda is given in Paittik Mutrakricchra.

Along with above measures the medicated ghee prepared with Trinpanchmool, Utpaladi, Kakolyadi and Nyogradi gana Kwath should be given to the patient of Paittik Mutrakricchra.

3- **Kaphaja Mutrakricchra chikitsa-** - The use of Vyoshadi churna described by Charak. The drug of Sursadi, Varunadi, Ushakadi and Mustadi groups are useful in the treatment of Kaphaja mutrakricchra.

4- Sannipattaja Mutrakricchra chikitsa-

In Sannipataja Mutrakricchra the treatment should be done according to vata sthana.

“The dosha which is more dominant is treated first”

5- **Abhigataj Mutrakricchra** - It should be treated according to management of sadyovrana (fresh wound) along with vatashamak chikitsa.

6- **Shakritajanya Mutrakricchra chikitsa-** In this type of Mutrakricchra, purgative drugs should be employed. As vitiated apana vayu should be controlled by snehana, swedan, avagahana, Basti etc., phalvarti having thumb thickness should be applied after lubricating it with ghrita.

7,8-**Ashmari Janya, Sarkaraja Mutrakricchra chikitsa-** In Ashmarijanya and Sarkaraja Mutrakricchra, dysuria is caused by calculus or gravels. So, treatment suggested for Kaphaja and Vatika types of Mutrakricchra chikitsa are Pasanabhedaadi Kwatha and Pasanabhedaadi Ghrita which help in the breaking (dissolution) of calculus in the urinary tract.

***Shukraja Mutrakricchra** - In this condition the treatment is given according to predominance of doshas. The sexual intercourse with female has been advocated and various drugs eg., Vang bhasm, Shilajatu preparations have also been mentioned to relieve the condition when semen passes with urine.

***Raktaj Mutrakricchra chikitsa-** It should be managed as sadyovrana. The juice prepared by stalk of Utapala, Tala, Kasha, Ikshu and Kaseruka used along with sugar and honey in the management of Raktaj Mutrakricchra.

Single Herbal Drugs Are Use In Mutrakricchra Chikitsa- Varuna, Shigru, Punarnava, Shatavari, Trapush, Laghu Ela, Shilajatu, Pashanbheda etc.

CONCLUSION

Mutrakricchra is very common occurring disease in routine clinical practices. In Ayurveda wider description of mutrakricchra available in various samhitas and commentaries. Many patients have ambiguous symptoms of mutrakricchra according to doshas involvement hence make diagnosis is difficult. Then we should rethink about Samprapti of disease doshas involvement and kha-Vaigunya present in mutravaha srotasa. After to make diagnosis we should follow treatment regimen mentioned in Samhitas according to doshas involvement. In recent years many researches going on mutrakricchra and different Ayurvedic preparations e.g Varun-Shigru ghan vati, Gokshuradi guggulu, Chanraprabha vati, Punarnava preparations etc. having wonderful results. Beside a lot

of researches the disease is still challenging for medical fraternity, and need of further researches are still awaiting.

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