

A LITERATURE REVIEW ON MOOTRAKRICCHRA (DYSURIA) BASED ON
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ABSTRACT

The term "*Mootrakrichhra*" refers to ailments of the *Mootravaha Strotas*, which indicates difficult micturition. Almost all classical writings describe this ailment, indicating its widespread occurrence in antiquity. It's a sickness where *bastimarma* is involved. Because it is one of the *trimarma*, or the primary three essential organs, *basti* has significant therapeutic value. A thorough explanation of the *mootrakricchra* and its type has been provided by Acharyas. Ayurvedic classics such as *mootravaha srotodushti* and *mootrakrichhrata* depict a variety of main and secondary causes. Doshas vitiated separately by their respective causes or all together get located in urinary bladder and obstruct the urinary passage causing difficulty in urination. Antibiotics which are the main stay of treatment may also get their actions limited because of the prolonged and frequent use due to resistance development/reinfection/relapses etc. therefore in both Ayurveda and modern medicine primary prevention is prioritized, which is also known as *Nidanprivarjana*. This article aims to clarify the idea of dysuria in Ayurveda, given the similarities between the symptoms of *mootrakricchra* and dysuria.

KEYWORDS: *Mootrakrichhra*, *Mootravahasrotas*, Dysuria, UTI, *Basti*, *Trimarma*.

INTRODUCTION

The science of *Marma* (vital point), i.e., *Marma Vigyaniam* is an extraordinary and dynamic part mentioned in classical texts of Ayurveda that has a tremendous value while performing surgery. According to Ayurveda, knowledge of the position of *Marma* and *Marmabhighata* (injuries to vital points) symptoms is essential before performing any surgical treatment. These are the places where the *Prana* (life force) is said to be situated. *Marma* are described by nearly all Ayurvedic texts, especially in "*Trimarmiya Siddhi*," "*Trimarmiya Chikitsa*," chapters in Charaka Samhita, "*Marma Vibhaga*" chapter in *Ashtanga Sangraha*, and "*Shariravichaya Sharir*" chapter in *Kashyapa Samhita*. It has been said that there are one hundred and seven *marmas* in the body. Among those vital points, the *Basti*, *Hridaya* (heart) and *Sira* (head) are the main places of life force. Therefore, these are called the primary vital points. The general treatment of the diseases of the three *marmas* – *Basti*, *Hridaya* and *Sira* depends on vata pitta and kapha respectively. Therefore, they should be removed from the passage near the place of those *doshas* by *basti*, *virechana* and *vamana*. *Mootravaha strotasa* (channel carrying urine) have their root in *basti* and *vanksana*. Symptoms of their morbidity are these – such

as excessive excretion, excessive absorptions or suppression vitiated, diminished or frequent thick urine with pain indicate the morbidity of *mutravaha*. In Ayurveda, *mootravaha strotodushti* (urinary system disorders) are categorized under two main areas. *Mootrakrichhra* and *Mootraghata* are their names. *Mootrakrichhra* is a *vyadhi* where difficulty in micturition is *pradhan lakshana*, affecting daily activities of life, it is having its impact upon physical, mental, spiritual health of persons causing person very distressed and annoying. As *Mootrakrichhra* involves *basti* which is *pradhan sthana* of vata and also it is one of the *trimarma* which has to be protected. Although the symptom complexes of *mootraghata* and *mootrakricchra* appear to be similar, *Acharya Dalhana*, *Acharya Chakrapani*, and *Acharya Vijayarakhita* have distinguished between this two. This difference is determined by the strength of the obstruction. The former suggests that the condition is characterized by painful micturition, whereas the latter involves more blockage. *Mootra* is a byproduct of food digestion and metabolism that exits the body via the urethra. *Krichhrata* (dysuria) and *mootra-vibandhta* coexist in both *mootraghata* and *mootrakrichhra*, although *Krichhrata* (dysuria) predominates in *Mootrakrichhra*. The name

Mootrakricchra is made up of two words: *mutra* and *kricchra*, and it refers to an illness in which urine is difficult to flow. Given this, it is possible to conclude that *mootrakricchra* is a urogenital system condition characterized by dysuria, which includes UTI. Dysuria described as a burning or tingling sensation in urethra or suprapubic area during or immediately after micturition. Urinary tract infection is the proliferation of germs in the urinary tract. Lower urinary tract infection (LUTI) refers to an illness that only affects the lower urinary system, which includes the urethra, bladder, and prostate. Urinary tract infections are second most common after upper respiratory tract infections. The incidence and severity of morbidity and mortality from infections in the urinary tract are higher than those in the upper respiratory tract. Bacteria are by far the most common invading organisms, but fungi, yeasts, and viruses all cause urinary tract infections. Thus, urinary tract infection is a potentially serious illness, and failing to recognize, it may result in the development of serious chronic pyelonephritis and chronic kidney failure. The introduction of effective antibiotics has helped to tackle the problem to some extent, but their usage has limits such as side effects, the risk of reinfection, and recurrence even after long-term therapy. Simultaneously growing frequency of drug resistance.

METHODS

In present article, literary aspects regarding *Mootrakricchra* and Dysuria are discussed with the help of available Ayurveda and Modern literature.

CONCEPTUAL REVIEW

Aharaja	Viharaja	Abhighataja	Dhatu ksaya	Anyaroga
Tiksna aushadha	Vyayama	Salya abhighata	Ematiation	Hridaya
Ruksa Ahara	Trisna nigraha	Krmis (bacteria)	Ill-nourishment	Rakta vikar
Katu Ahara	Mutra nigraha	Asmari(calculus)	Loss of tissues due to any cause	Jwaras
Amla Ahara	Agni			Kaphaja arsa
Lavana Ahara	Atapa sevan			Vidradhi
Ati-Dravya Ahara	Ati-vyavaya			Gulma
Ati madyapan				Udavarta
Aanupa mamsa				Bastivikara

MOOTRAKRICCHRA SAMANYA LAKSHANA

SYMPTOMS	
1.	Mootrakricchrata (dysuria)
2.	Muhur muhur mootra tyag (frequent micturition)
3.	Mootra maarga peeda (pain)
4.	Vrusana,basti sotha
5.	Haematuria
6.	Burning micturition
7.	Turbid micturition
8.	Crystalluria
9.	Colicky flank pain
10.	Pain in groin, pelvis & penis
11.	Heaviness & swelling in urinary bladder

Mootra (urine) is the *dravamala* of *ahara*(liquid waste of food). At the end of *paka* (digestion) two kind of *mala* (waste products) are formed i.e. the solid portion which become *purisa*(feces) and thrown out through the *gudamarga*(rectum) and the liquid portion, which mixed with *ahara rasa* (nutrient portion), continues to circulate all over the body. Out of this combined fluid, the *dhatu*s derive their *posaka amsa*(nutrients) and leave off their *kitta* (waste) into it. This fluid passes through the *mootrotsikas* (nephron) when much of the water and waste materials of *dhatu*s and other waste product of food get separated. *Mootra* maintain the normal physiological processes of body. *Kledavahanam* is main function of *mootra* which means excretion of waste product which is formed in metabolic process of food. *Jala* (water) and *Agni*(fire) *mahabhoota* is predominantly in *mutra*.

DEFINITION OF MOOTRAKRICCHRA

मूत्रकृच्छ्राणीति, मूत्रस्य कृच्छ्रेण महता दुःखेन प्रवृत्तिः ।
(M.Ni 30 -madhukosha)

The painful voiding of urine is known as *Mootrakricchra*. In this disease patient has urge to micturate, but he/she passes urine with difficulty.

NIDANA

व्यायामतीक्ष्णौषधरूक्षमद्यप्रसङ्गनित्यद्रुतपृष्ठयानात्

आनूपमत्स्याध्यशनादजीर्णात् स्युर्मूत्रकृच्छ्राणि नृणामिहाष्टौ

(Ch.Chi.26/32)

TYPES OF MOOTRAKRICCHRA

S.NO.	CHARAK SAMHITA	SHUSHRUT SAMHITA	ASHTANG HRIDAYA	MADHAV NIDAN	SHADANGDHAR SAMHITA	BHAVA PRAKASH
1.	Vataj	+	+	+	+	+
2.	Pittaj	+	+	+	+	+
3.	Kaphaj	+	+	+	+	+
4.	Sannipataj	+	+	+	+	+
5.	Ashmarijanya	+	-	+	+	+
6.	Raktaj	+	-	Shakrid Abhighataj	-	Purishaj
7.	Sukraj	Shakrid	-	+	+	Viryajanys
8.	Sukravigavrodh janya	Shakara Janya	-	Shalya Abhighataj	Ghataj	Shalya Janya

SYMPTOMS ACCORDING TO DIFFERENT TYPES

TYPES	SYMPTOMS
1. VATAJ	<ul style="list-style-type: none"> Acute pain in Abdomen Frequent urination in small quantity
2. PITTAJ	<ul style="list-style-type: none"> Burning sensation in urethra and vestibule Frequent passing of small amount of yellow, green or blood urine. Urinary tendency with pain Burning sensation with very hot urine
3. KAPHAJA	<ul style="list-style-type: none"> Heaviness in colon, testicle and urethra Inflammation of the penis, testicle and urethra Oily, sticky, white coloured & cold urine Horripilation
4. SANNIPATAJA	<ul style="list-style-type: none"> Burning sensation all over in the body Cold feeling Darkness in front of eye Frequent urination of different colours Painful urination
5. ABHIGHATAJA	<ul style="list-style-type: none"> Acute abdominal pain Distention of urinary bladder Heaviness in the urinary bladder
6. SHAKRITAJA	<ul style="list-style-type: none"> Flatulence Abdominal colic urinary tract obstruction
7. ASHMARIJA	<ul style="list-style-type: none"> pain in cardiac region pain in abdomen and urinary bladder Tremors in hand and feet Agnimandya (indigestion)
8. SHUKRAJA	<ul style="list-style-type: none"> Semen mixed urine Painful micturition Testicle and pelvis get stiffened Inflammation of testicle

Samprapti Ghataka of Mootrakricchra

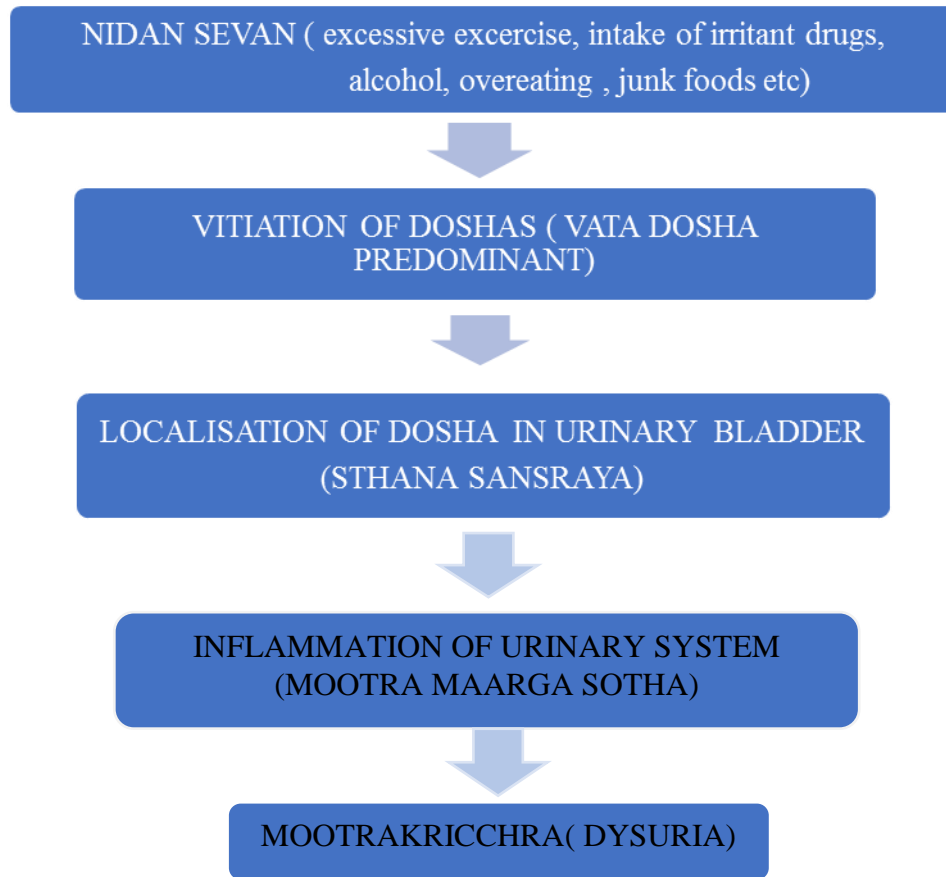
- Dosa: Tridoshaja (Vata pradhana)
- Vata- Apana vayu
- Pitta- Pachaka pitta
- Kapha- Kledaka kapha
- Dushya: Dhatu – Rasa, Rakta, Sukra, Mootra
- Saririka Mala- Mootra, Purisha
- Agni: Jatharagni, Dhatvagni
- Agnidusti: Mandagni
- Strotas: Mootravaha, Purisavaha
- Strotodusti: Sanga, Siragranthi
- Adhithana: Basti

- Udbhavasthana: Pakvasayottha & Amasayottha
- Sancharasthana: Mootravahinyah
- Vyaktasthana: MootravahaStrotas, Basti, Mehana
- Svabhava: chirakari & Ashukari
- Prabhava: Krucchasadhya
- Rogamarga: Madhyama

Samprapti Chakra

पृथङ्गलाः स्वैः कुपिता निदानैः सर्वेऽथवा कोपमुपेत्य बस्तौ

मूत्रस्य मार्गं परिपीडयन्ति यदा तदा मूत्रयतीह कृच्छ्रात् || (Ch.S.Chi 26/32)

**Upasaya/ Pathya**

Ahara- Old red coloured sali rice, ksara products, barely, hot products, buttermilk, milk, curd of cow, water of mugda pulse, sugar, fruit of kusmanda, leaves of patola, wild ginger, goksura, ghrtakumari, betel nut, date fruit, pulp of unripe coconut, cucumber, smaller cardamom, fresh water of river and camphor.

Vihara - Swedana, virechana, basti, atiambu pan etc.

Anupasaya/ Apathya

Ahara - Dry & rough food substance & flour preparation, exposure to wind, kharjura, lotus root kapittha, jambu, lotus stem & substances having astringent taste.

Vihara - Alcohol, excessive exercise, sexual intercourse, suppression of natural urges.

CONCLUSION

Mootrakricchra (Dysuria) and urinary tract infections are a global problem due to their long-term impact on quality of life. All the *nidana* of *mootrakricchra* ultimately results in the *tridosha prakopa* and *mandagni* (Aam production) which along with *kha-vaigunya* initiate further pathogenesis. *Mootrakricchra* can cause renal disease, school absence, and frequent medical visits. *Muttrakricchra* is a *Tridoshaj* and Vata-predominant disease that affects the *Mutravaha Srotas*, as well as the *dushti* of *Mutra* and *Ambu*. Both Ayurveda and modern medicine emphasize primary prevention, referred to as

Nidanprivarjana (medication, diet, lifestyle modifications). Maintaining adequate cleanliness can reduce the incidence of dysuria and UTI caused by microorganisms in the urinary tract. Parents can assist avoid dysuria/UTIs in their children by teaching them basic hygiene, ensuring appropriate hydration, and being mindful of their child's regular bathroom habits.

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