

A REVIEW ARTICLE OF MANAGEMENT OF MUTRAKRICCHA (UTI) ACCORDING TO AYURVEDA

Dr. Alok Kumar Sharam^{1*}, Dr. Abhishek Bhushan Sharma² and Dr. Charu Sharma³¹P.G. Scholar, Department of Kaya Chikitsa, Quadra Institute of Ayurveda.²Professor, Department of Kaya Chikitsa, Quadra Institute of Ayurveda.³Associate Professor, Department of Kaya Chikitsa, Quadra Institute of Ayurveda.

*Corresponding Author: Dr. Alok Kumar Sharam

P.G. Scholar, Department of Kaya Chikitsa, Quadra Institute of Ayurveda.

Article Received on 22/12/2024

Article Revised on 12/01/2025

Article Accepted on 02/02/2025

ABSTRACT

Up to 50% of women in their middle and older years have urinary tract infections (UTIs), an illness that is particularly frequent in middle-aged and older women but less common in men. The signs of a urinary tract infection (UTI) are identical to those of a mutrakriccha, and the Ayurvedic cardinal sign of a UTI is "Dukhena Mootra Pravriti," which indicates discomfort during micturition. A UTI can be identified as a condition when bacteria enter the urinary tract, remain there, and grow. Other illnesses including Ashmari, Mutraghata, Mutraja vriddhri, Arsha, and Gulma, among others, also have Mutrakriccha as a Lakshana. Ayurvedic infection management reduces the need for inappropriate combinations of allopathic medications and other therapies while producing favorable results with the least amount of medication.

INTRODUCTION

Although urinary tract infections are common in both males and females, the incidence is higher in women due to their physiology.^[1] It happens greater in women than in men, with an 8:1 ratio.^[2] Put simply, it can be described as a disorder that women will undoubtedly experience throughout their lives, with a higher prevalence among pregnant women.^[3] The upper and lower urinary tracts are among the affected areas, as the name suggests.

The Ayurvedic description of mutrakriccha and the symptoms of a urinary tract infection are comparable.^[4] Basti and mutra are impacted by mutrakricchha illness. Marga (passage of urine). The conditions affecting the mutravaha srotas (channels that convey urine), which include Mutrakricchhara, are Ashmari, Prameha, and Mutraghata. The treatment for mutravaha srota injuries is described as a Mutrakricchhara chikitsa.^[5] Mutrakricchra patients report scorching, painful, hesitating, reddish-yellow urine, and increased frequency and urgency.^[6] Even though modern medical system has many modern drugs but there are cases where patients suffer due to lack of desired results. Currently available antibiotic drugs and other conservative measures are in practice to combat the condition in suppressing the symptoms. Due to the Limitation of antibiotics, drug resistance of micro organisms, side effects of the drug in metabolic systems, immune system make think for alternative modalities of management.

Management of Mutrakricchha through Ayurveda medicines were selected and success was achieved in treating Mutrakricchra (urinary tract infection).

AIM AND OBJECTIVES

To study in detail of Mutrakricchra Nidana and Chikitsa according to Ayurveda.

MATERIAL AND METHODS

Basti and Vankshana are identified as the foundational aspects of Mutravaha Strotas, with their dysfunction leading to symptoms such as excessive urination or oliguria, increased frequency, and painful urination.

In Chikitsa Sthana, eight variants of Mutrakrcchra are outlined, along with their causes and treatments. The term Mutrakrcchra is utilized in place of Mutraghata.^[7]

Additionally, Siddhisthana describes thirteen types of Bastiroga categorized under Mutradosha, which are distinct from the Mutrakrcchra condition.^[8]

The Sushrut Samhita, in the Uttartantra section, provides a description of eight types of Mutrakrcchra, along with their corresponding treatments in the 'Mutrakrcchra Pratishedham Adhyayam'.^[9]

Both Vagbhata have classified disorders of Mutravahasrotas based on their nature, identifying Mutrakrcchra as a Mutra Apravrittijanya Vyadhi,

whereas Prameha is classified as a Mutra Atipravrittjanya Vyadhi.^[10]

In Kashyap Samhita, Chikitsa Sthana includes a dedicated chapter titled "Mutrakrcchra Chikitsa."^[11]

Bhela Samhita contains a chapter in Sutrasthana focused on Mutrakrcchra Chikitsa, although it is noted to be incomplete.^[12]

Madhava Nidana discusses Mutrakrcchra, Mutraghata, and Ashmari in separate chapters.^[13]

NIDANA (ETIOLOGY)

The factors that distress the mutravaha srotas should be considered as part of the Nidana for Mutrakriccha. Acharya Chakrapani notes in the Jwara Nidana chapter that diseases can have two types of etiology: Samanya and Vishishtanidana.^[14]

The Samanya Nidana for Mutrakriccha involves the vitiation of the Mutravaha Srotas due to food, drink, and sexual intercourse during the urge to urinate, particularly in those experiencing wasting and consumption.^[15] Additionally, there are several factors contributing to Vishishtanidana, including excessive physical exertion, frequent consumption of dry wine, strong medications, intercourse, riding fast horses, eating the flesh of wetland animals and fish, consuming pre-digested meals, and indigestion.^[16]

E. coli accounts for about 85% of urinary tract infections.^[17] According to Acharya Kashyapa, Mutrakriccha is a disease dominated by pitta among the three doshas.^[18] Similarly, Acharya Hareeta identifies it as a pitta-centric condition, indicating that pitta prakopa leads to Mutrakricchra.^[19] Acharya Charaka recommends Vata sthananupurvi chikitsa for its treatment.^[20]

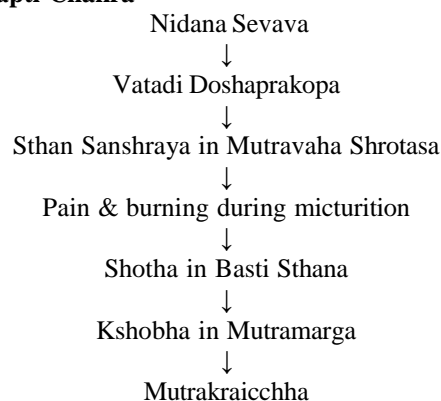
Therefore, the nidanas are classified based on the doshas: Vata prakopaka includes factors like vegadharana, vyavaya, madhya, vyayama, shakrita, resistance to disease, and trauma; Pitta prakopaka comprises factors such as pitta-stimulating substances (like krodha, shoka, and certain tastes) and excessive intake of raw fish, alcohol, dry foods, strong medicines, and physical strain; and Kapha prakopaka involves factors like excessive meat consumption, overeating, and indigestion. Mutrakricchra can also arise from Nidanarthakara Rogas such as Ajirna,^[21] as well as from Abhighataja nidanas

like Indriyapratighata, increased circulation in the mutrendriya, and intense sexual activity.^[22]

PATHOGENESIS(SAMPRAPTI)

Ayurveda Accepting the role of dosha and dushya in the disease's appearance is the foundation of the pathogenesis notion. Atimaithuna, nityadrutaprustayana mutravegadharana, and ativyayama are causative variables that alleviate vata dosha, particularly apana Vayu. Consuming too much madya, matsya, and katu amla lavana rasa aggravates pitta dosha, or pachaka pitta, while consuming too much anupamamsa, adhyashana, and ajirna bhojana aggravates kapha dosha, which in turn lowers agni (digestive force). As a result, all tridoshas become vitiated Tridosha vitiation and agnimandhya, a condition in which the digestive system is impaired, always result in ama, which combines with the doshas to form sama doshas. Peeta mutra (yellow urine), sadaha mutra pravritti (burning micturition), basti and mutrendriya gurutwa (bladder inflammation), shweta, snigdha, and picchila mutra (turbid urine containing leucocytes) are some of the symptoms caused by these sama doshas. Being able to comprehend how the disease manifests itself is crucial. According to Mutrakricchra, pathophysiology has only been described by Acharya Charaka. Mutrakricchra arises when three doshas, either separately or in combination, become inflamed in the basti or affect the urinary passage due to certain etiological circumstances that have vitiated the doshas.^[23]

Samprapti Chakra



Types of Mutrakricchha: Acharya charaka and sushrut has described 8 and acharya vagbhatta described 4 types of mutrakricchha.

Acharya Charaka		Acharya Sushrut		Acharya Vagbhatta
1. Vataja	5. Pittaja	1. Vataja.	5. Abhighataja	1. Vataja.
2. Kaphaja	6. Sannipataja	2.Kaphaja.	6. Ashmarija.	2.Pittaja
3. Raktaja	7. Ashmarija	3.Raktaja.	7. Ashmarija.	3. Kaphaja.
4. Shukraja	8. Sharkarajanya	4.Sannipataja	8. Purishaja	4.Sannipataja

Symptoms

Many symptoms are mentioned in the classics for

various types of Mutrakricchra.

Common Symptom's

1. Krichchhata (uncertainty)
2. Muhurmuhur mutra pravritti (Increased frequency of micturition)
3. Shula (dysuria).

Symptom's According to aggrieved Dosha

1. Due to vata - Shula and Muhurmuhur Mutrata
2. Due to pitta - Peeta Mutrata and Daha
3. Due to Kapha - Picchila Mutra, shweta mutra

Among all these symptoms most agonizing and predominant symptom of Mutrakricchra (UTI) is burning micturition which suggests Pitta Dusti in manifestation of this disease.

CHIKITSA (MANAGEMENT)**1. Shamana chikitsa**

It includes Mutra- Vishodhaniya mutra-virechaniya mutra-viranjaniya ashmarihara dravyas.

2. Shodhana chikitsa

It includes diuretic drugs & utara vasti which dilutes and flushes various infective and agents along with urine.

3. Bahirparimarjana chikitsa

It includes medicines that can be used externally in the form of douches fomentation, showers Poultices and ointment.

Specific treatment of Mutrakricchha**Vataja mutrakricchha cikitsa**

Abhyanga, Svedana, upanaha, with Vata shamak Taila and Vata shamaka dravyas Kwatha like dashmool, Eranda, Nirgundi, Parisheka, on Kati Pradesh with.^[24] Niruha vasti, Utara vasti with vata shamak kwath like dashmoola kwath. Sthiradi Aushadha, Amritadi kwatha, Shwadanshra taila, traivritta taila (Su.) and Mishraka sneha.

Pittaja Mutrakricchra chikitsa

Avagahana in cold water, Sheeta Parisheka, pralepana with chandan and karpur and some shodhana chikitsa

PATHYA, APATHYA

Ahara Vihara	Pathya	Apathya
Ahara	Shali, yava, kshara, takra, dugdha, dadhi, jangal mamsa, mudga yusha, trapusha, nadeya jala, sharkara, kushmanda, patola patra, ardra, gokshura, puga, narikela, laghuela, karpura	lavana, matsaya, tila, sarshapa, masha, vidahi, ruksha, amla dravya, virudhashana, pinyaka, Tambula, hingu, vishamashana, karira, tikshna
Vihara	Abhyanga, Swedana, Avagahana	vega dharana, Yana gamana, Ativyayama, Ativyavaya.

UPADRAVA: Only the Upadras of Mutrakricchra have been cited by Acharya Kashyapa.^[26]

Mutrakricchra's problems include discomfort, pain, melancholy (anxiety), anorexia, thirst, and mental instability.

Virechana with tikta evam Madhur kashaya, Utara vasti.^[25] Shatavaryadi kwatha (Ch.), Haritakyadi kwatha, Trinapanchmula kwatha (Y.R.), Trinapanchmula churna (Su.), ervaru beeja, yashtimadhu, devdaru with tandul dhavan.

Kaphaja Mutrakricchha chikitsa

Svedana, Abhyanga with taila containing tikta ushna dravya. Vamana, Niruha vasti with kshara, tikshna, and katu dravya. And samana chikitsa Vyoshadi churna praval bhasma (Ch.), shwadanshradi kwatha, trikankantakadi ghrita, yava bhaksh, takra

Sannipattaja Mutrakricchha chikitsa

The treatment of Sannipattaja Mutrakricchha should be done according to vata sthana. Gudadugdha yoga, dhatryadi yoga. If kapha is predominant then vama, if pitta is predominant then virechana and if vata is predominant then vasti karma should be performed and some samana aushadhi are Pashanbhedadi yoga, Brihatyadi kwatha.

Raktaj Mutrakricchha chikitsa

It should be managed as Sadyovrana.

Shakritajanya Mutrakricchha chikitsa

Vatahara kriya is done in shakritjanya Mutrakricchra. Abhyanga, Svedana, Avagahana.

Some other important preparations include

1. Varunadi kwatha
2. Varunshigruadi kwatha
3. Chandrakala rasa
4. Trivikrama rasa
5. Gokshuradi kwatha
6. Chandanasava
7. Chandraprabha vati
8. Gokshuradi guggulu

CONCLUSION

Because urinary tract infections can lead to long-term compromises in quality of life, they are a global problem.

Mutrakricchha is comparable to urinary tract infections,

which are discussed in modern medicine.

Mutrakrichchha is a significant contributor to kidney injury. Increasing, missing school, and frequent trips to the doctor, clinic, or hospital. Mutrakrichchha is a Tridoshaj and Vata- predominant disease that involves the Mutravaha Srotas with the dushti of Mutra and Ambu.

Primary prevention, or Nidanprivarjanam, has been prioritized in both modern medicine and Ayurveda. In order to reduce the incidence of urinary tract infections (UTIs), which are caused by microorganisms, patients should practice good hygiene. Parents can avoid UTIs in children by teaching them excellent hygiene, keeping them well hydrated, and being mindful of their daily restroom habits.

REFERENCES

1. Boon A Nicolas, Colledge R Nicki, walker R Brian Davidson's The principles and practices medicine, 20th ed, Churchill Livingstone Elsevier publication; London, 2006; 467.
2. Recurrent urinary tract infection management in women, a review, Ahmed Al-Badr and Ghadeer Al Shaikh, Sultan Qaboos Univ Med J., 2013 Aug; 13(3): 359-367. Published online, 2013 Jan 25.
3. D. Leight Urinary Tract Infections. In; Smith GR, Easma Charles SF, editors. Topley and Wilson's Principles of Bacteriology Virology & Immunity. 8th ed. Frome and London: Butler and Tanler Ltd, 1990; 197-214.
4. {Mahadevan L, Ayurvedic Clinical Practice Volume- I, First Edition, Derisanamscope, Sri Sarada Ayurvedic Hospital, 2010; 207.
5. Charaka, Charaka Samhita, Chakrapanidatta's Ayurvedadipika Sanskrita commentary by Yadavaji Trikamaji, Vimana sthana, Chapter 5/28, Varanasi, Chaukhambha Surbharti Prakashana, 2013; 252.
6. (Yadavji Trikamaji, Commentary of Chakrapani on Charaka samhita of Agnivesh, (Chikitsa Sthana 26/32-35): Varanasi: Chowkhambha Sanskrit Series, 2013; 599.
7. Charaka Samhita, Vol. I, II, Vidyotini Hindi Commentary, Choukhamba Bharti Academy, Varanasi., Vimansthana 5/8.
8. Charaka Samhita, Vol. I, II, Vidyotini Hindi Commentary, Choukhamba Bharti Academy, Varanasi., Cikistanastana 26.
9. Charaka Samhita, Vol. I, II, Vidyotini Hindi Commentary, Choukhamba Bharti Academy, Varanasi., Siddhisthana 9/25.
10. Sushruta Samhita: Vol I & II, Hindi Commentary of Ayurveda Tatva Sandipika by Kaviraja Ambikadutta Shastri, Chaukhamba Sanskrit Sansthana, Varanasi Uttartantra/59.
11. Ashtanga Hrdaya With Commentaries 'Sarvangasundara' of Arundatta and Ayurveda Rasayana of Hemadri, Chaukhamba Surbharti Prakashan, Varanasi, Nidansthana 9/40.
12. Bhela Samhita, Chowkhamba Surbharti Sanskrit Sansthana, Hindi Commentary Varanasi, Sutrastana/6.
13. Madhava Nidana With Madhukosha Sanskrit Commentary by Shri Vijay Rakshita, Chaukhamba Sanskrit Sansthana, Varanasi, Chapter 30/31-32.
14. Charaka, Charaka samhita, Chakrapanidatta's Ayurvedadipika Sanskrita commentary by Yadavaji Trikamaji, Nidana sthana, Chapter 1/3, Varanasi, Chaukhambha Surbharti Prakashana, 2013; 193.
15. Charaka, Charaka samhita, Hindi commentary by Kashinath Shastri, Vimana sthana, Chapter 5/20, Varanasi, Caukhambha Bharti academy, 2011; 595.
16. Charaka, Charaka samhita, Hindi commentary by Kashinath Shastri, Chikitsa sthana, Chapter 26/32, Varanasi, Caukhambha Bharti academy, 2011; 722.
17. Nair T Bhaskaran et al Extended spectrum Beta-Lactamases (ESBL) in uropathogenic Escherichia coli, prevalence and susceptibility pattern in a south Indian city. Int. J. Res. Ayurveda Pharm, 2011; 2(6): 1756-1757.
18. Kashyapa, Kashyapa samhita, Hindi commentary by Hemraj Sharma, Chikitsa sthana, Chapter 10/10, Varanasi, Chaukhambha Sanskrita series office, 1953; 120.
19. Hareeta, Hareeta samhita, Hindi commentary by Harihar Prasad Tripathi, Tiritiya sthana, Chapter 30/6, Varanasi, Caukhambha Krishnadas academy, 2005; 392.
20. Charaka, Charaka samhita, Hindi commentary by Kashinath Shastri, Chikitsa sthana, Chapter 26/58, Varanasi, Caukhambha Bharti academy, 2011; 728.
21. Charaka, Charaka samhita, Hindi commentary by Kashinath Shastri, Chikitsa sthana, Chapter 26/32, Varanasi, Caukhambha Bharti academy, 2011; 722.
22. Hareeta, Hareeta samhita, Hindi commentary by Harihar Prasad Tripathi, Tiritiya sthana, Chapter30/7, Varanasi, Caukhambha Krishnadas academy, 2005; 390.
23. Charaka, Charaka samhita, Hindi commentary by Kashinath Shastri, Chikitsa sthana, Chapter 26/33, Varanasi, Caukhambha Bharti academy, 2011; 723.
24. Charaka Samhita, with "Ayurveda Dipika" commentary by Cakrapanidatta, Ch.Ch.26/45, Chowkhamba Krishnadas Academy, 2nd edition, Varanasi.
25. Charaka Samhita, with "Ayurveda Dipika" commentary by Cakrapanidatta, Ch.Ch.26/59, Chowkhamba Krishnadas Academy, 2nd edition, Varanasi.
26. Kashyapa Samhita, Sanskrit introduction by Nepal Rajaguru Pandit Hemraja Sharma, Vidyotini Hindi Commentary, Hindi translation of Sanskrit introduction by Shri. Satyapal Bhishagacharya, Chikitsa sthana, Mutrakrichchhra Adhyaya, Chaukhambha Sanskrit sansthan, 3rd edition, 120.