

A REVIEW ARTICLE OF MANAGEMENT OF MUTRAKRICCHA (UTI) ACCORDING
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ABSTRACT

Urinary Tract Infection (UTI) is very common condition seen in middle aged and elderly females, up to 50% of women suffer from Urinary tract infection but in males Urinary Tract Infection are not so common. The symptoms of Urinary tract infection are quite similar to *Mutrakriccha* as described in *Ayurveda* and the cardinal sign of *Mutrakriccha* (UTIs) according to *Aayurveda* is “*Dukhena Mootra Pravriti*” that means discomfort during micturition. UTI may be definite as a condition in which bacteria enter, persist and multiply within the urinary tract. *Mutrakriccha* is also found as a *Lakshana* in other diseases like *Ashmari*, *Mutraghata*, *Mutraja vriddhri*, *Arsha*, and *Gulma* etc. Management of infections through Ayurveda helps in achieving positive result with minimum medication without irrational combination of allopathic medicines and other therapies.

KEYWORDS: *Mutrakriccha* (UTIs), Urinary tract Infection.**INTRODUCTION**

Urinary tract infection is a common contamination among females and males but due to physiology of females the incidence is quite high in women.^[1] It occurs more in female than male, at a ratio of 8:1.^[2] In simple terms, it can be referred as a condition which women will certainly encounter during the span of their life time and the prevalence is higher among women during pregnancy.^[3] As the name indicates, the infected parts involve the urinary tract comprising of the upper and lower urinary tract.

The symptoms of Urinary tract infection are similar to *Mutrakriccha* as described in *Ayurveda*.^[4] *Mutrakricchha* disease is affecting of *basti* and *mutra marga* (urinary passage). Including *Mutrakricchhra* the diseases of *mutravaha srotas* (channels carrying the urine) are, *Mutraghata*, *Prameha* and *Ashmari*. In case the injuries of *mutravaha srotas*, the treatment is explained as a *Mutrakricchhra chikitsa*.^[5] Patients have complaints of increased frequency, urgency, hesitancy, burning micturition, painful micturition and red-yellow-orange urine in *Mutrakricchhra*.^[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).

Etiology (Nidana)

Etiological factors those are distress the *mutravaha srotas* also can be taken in to consideration as the *Nidana* of *Mutrakricchra*. *Acharya Chakrapani* has described in the context of *Jwara Nidana* chapter that all the diseases having two types of Etiology *Samanya* and *Vishishta* *nidana*.^[7]

Samanya Nidana of *Mutrakricchra* is *Vitiation* of *Mutravaha Srotas* by the food, drinks intake and sexual intercourse while having the urge for micturition especially by those suffering from wasting and consumption are included.^[8] and Excessive physical exertion, continual use of dry wine, strong medications, intercourse, mounting fast horses, ingestion of the flesh of wet- land creatures & fishes, taking pre-digestion

meals and owing to indigestion are included in vishishta nidana.^[9]

E. coli is responsible for approximately 85% of urinary tract infections.^[10] according to *Acharya Kashyapa Mutrakriccha* Is pitta pradhana tridoshaja vyadhi.^[11] while Acharya Hareeta as a pitta pradhana vyadhi.^[12] Hence pitta prakopa leads to Mutrakricchra Acharya charaka has recommended Vata sthananupurvi chikitsa in the treatment of Mutrakricchra.^[13]

So the nidanas can be classified according to the doshas. Vata prakopaka nidana i.e. vyavaya, Vyayama, vegadharana, ruksha Madhya, shakrita, vyadhikshamatva, abhigata, Pitta prakopaka nidana i.e. Pitta prakopaka dravya (krodha, shoka, sarshapa etc.), Katu, amla, lavana rasa ati sevana, anupa matsya mamsa, madya, ruksha ahara, tikshana aushadha, katiskandha dharana and Kapha prakopaka nidana i.e. Anupa mamsa, adhyasana, ajirna. Mutrakricchra is also happened due to *Nidanarthakara Roga* i.e. Ajirna,^[14] and due to Abhigataja nidana i.e. Indriyapratighata, Rakta pravritti in mutrendriya and uttana ratibhanga.^[15]

Pathogenesis (Samprapti)

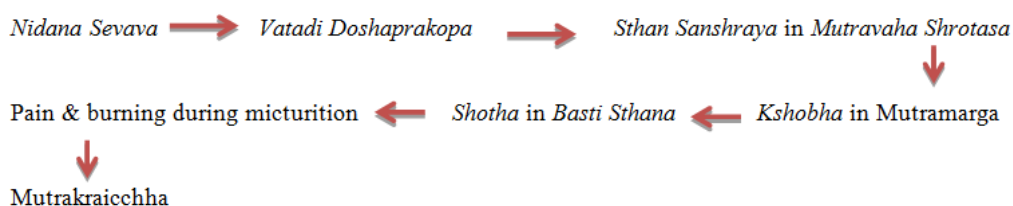
Ayurvedic Ayurveda the concept of pathogenesis lies in accepting the involvement of dosha and dushya in the

manifestation of the disease. Causative factors like atimaithuna, nityadrutaprustayana mutravegadarana, and ativyayama leads to alleviation of vata dosha specially apana Vayu. Intake of madya, matsya and katu amla lavana rasa in excessive amount causes aggravation of pitta dosha i.e pachaka pitta and Intake of anupamamsa, adhyashana and ajirna bhojana aggravates kapha dosha which in turn leads to reduced state of agni (digestive power). Hence all the tridoshas get vitiated.

Vitiation of tridoshas along with the state of reduced digestive capacity (agnimandhya) invariably produce ama, Ama mixes with the doshas forming sama doshas. These sama dosha produces symptoms like peeta mutra (yellowish urine), sadaha mutra pravritti (burning micturition), basti and mutrendriya gurutwa (inflammation of bladder), shweta, snigdha and picchila mutra (turbid urine with the presence of leucocytes).

It is an important factor to understand the process of appearance of the disease. In the perspective of Mutrakricchra, only Acharya Charaka has described the pathogenesis, When the doshas have been vitiated by the specific etiological factors, then three doshas either individually or jointly get aggravated in the basti or afflict the urinary passage, then give rise to Mutrakricchra.^[16]

Samprapti Chakra



Types of Mutrakricchha

Acharya charaka and sushrut has described 8 and acharya vagbhata described 4 types of mutrakricchha

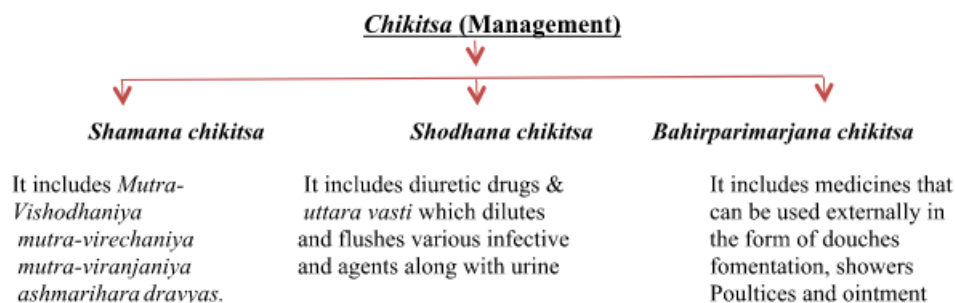
Acharya Charaka		Acharya Sushrut		Acharya Vagbhata
1. Vataja.	5. Pittaja	1. Vataja.	5. Abhigataja	1. Vataja
2. Kaphaja.	6. Sannipataja	2. Kaphaja.	6. Ashmarija	2. Pittaja
3. Raktaja.	7. Ashmarija	3. Raktaja.	7. Ashmarija	3. Kaphaja
4. Shukraja.	8. Sharkarajanya	4. Sannipataja	8. Purishaja	4. Sannipataja

Symptoms

Many symptoms are mentioned in the classics for various types of *Mutrakricchra*.

Common Symptom's	Symptom's According to aggrieved Dosha
1. <i>Krichchhata</i> (uncertainty)	1. Due to vata - <i>Shula</i> and <i>Muhurmuhur Mutrata</i>
2. <i>Muhurmuhur</i> mutra pravritti (Increased frequency of micturition)	2. Due to pitta - <i>Peeta Mutrata</i> and <i>Daha</i>
3. <i>Shula</i> (dysuria)	3. Due to Kapha - <i>Picchila Mutra</i> , <i>shweta mutra</i>

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



Specific treatment of *Mutrakricchha*

❖ *Vataja mutrakricchha cikitsa*

➤ Abhyanga, Svedana, upanaha, with Vatasamak Taila and Vatasamaka dravyas Kwatha like dashmool, Eranda, Nirgundi, Parisheka, on Kati Pradesh with.^[17] Niruha vasti, Uttara vasti with vata shamak kwath like dashmoola kwath. Sthiradi Aushadha, Amritadi kwatha, Shwadanshtra taila, traivritta taila (Su.) and Mishraka sneha.

❖ *Pittaja Mutrakrichra chikitsa*

➤ Avagahana in cold water, Sheeta Parisheka, pralepana with chandan and karpur and some shodhana chikitsa Virechana with tikta evam Madhur kashaya, Uttara vasti.^[18] Shatavaryadi kwatha (Ch.), Haritakyadi kwatha, Trinapanchmula kwatha (Y.R.), Trinapanchamula churna (Su.), ervaru beeja, yashtimadhu, devdaru with tandul dhavan

❖ *Kaphaja Mutrakrichha 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.), shwadanshtradi kwatha, trikankantakadi ghritha, yava bhaksh, takra

❖ *Sannipattaja Mutrakrichha chikitsa*

➤ The treatment of *Sannipattaja Mutrakricchha* should be done according to *vata sthana*. *Gudadugdha yoga, dhatriyadi yoga*. If *kapha* is predominant then *vamana*, 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 Mutrakrichha chikitsa*

➤ It should be managed as *Sadyovrana*.

❖ *Shakritajanya Mutrakrichha chikitsa*

➤ *Vatahara kriya* is done in *shakritjanya Mutrakrichra*. 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*

Pathya, Apathya

Ahara Vihara	Pathya	Apathya
Ahara	<i>Purana shali, yava, kshara, takra, dugdha, dadhi, jangal mamsa, mudga yusha, trapusha, nadeya jala, sharkara, kushmanda, patola patra, ardraka, gokshura, puga, narikela, laghu ela, karpura.</i>	<i>lavana, matsaya, tila, sarshapa, masha, vidahi, ruksha, amla dravya, virudhashana, pinyaka, Tambula, hingu, vishamashana, karira, tikshna</i>
Vihar	<i>Abhyanga, Swedana, Avagahana.</i>	<i>vega dharana, Yana gamana, Ativyayama, Ativyavaya.</i>

Upadrava

Acharya Kashyapa has only mentioned the *Upadravas* of *Mutrakrichchhra*.^[19]

The complications of *Mutrakrichchhra* are uneasiness, thirst, Emaciation, anorexia, un-stability (of mind), pain, melancholy (nervousness), and discomfort.

CONCLUSION

- Urinary tract infection is a global issue of concern due to associated long term compromise in the quality of life.
- Urinary Tract Infections which is mentioned in Modern Medicine, having similarity with

Mutrakrichchha.

- *Mutrakrichchha* is an important cause of renal damage Increment, school absentees and frequent visit of the paediatricians, clinics or hospital.
- *Mutrakrichchha* is a *Tridoshaj* and *Vata* Predominant, disease and it is involving the *Mutravaha Srotas* with the *dushti of Mutra* and *Ambu*.
- Primary prevention (i.e. *Nidanprivarjanam*) strategy has been given priority, in both *Ayurveda* as well as in modern medicine.
- Patient should maintain their proper hygiene to decrease the risk of UTI because of Urinary Tract Infection causes by micro-organism. Teaching about good hygiene by Parents, can help to prevention of

UTI in children, and maintaining healthy hydration and by being aware your child's daily bathroom habits.

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