

CONCEPTUAL STUDY OF MUTRAKRICHHRA

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ABSTRACT

Ayurveda is a traditional medical science. Many diseases find their place in the *Vedic* literature. *Mutrakrichhra* is one of them. It has been documented in *Veda*, *Purana* and in a great detail in *Samhita*. The *Apana Vayu* is responsible for the regulation of urinary system. When *Apana Vayu* gets vitiated it results in various *Mutravaha Vikara*. On the basis of similarity in clinical symptomatology, it can be correlated with Urinary Tract Infections in modern medical science. With the introduction of antibiotics in modern medicine it has become easier to treat the urinary tract infections but still chances of reinfection and relapse are major problems. Simultaneously, the development of resistance is also a major issue. Taking these facts into consideration it has been often suggested to explore the usefulness of different plant products and other natural resources. *Ayurveda* possesses its own unique principle to explain the mode of action of drugs **Aim and Objective:** To review the *Nidanpanchaka* and *Ayurvedic* management of *Mutrakrichhra*. To review the *Pathyapathya* mentioned in *Mutrakrichhra*. **Methodology:** Text will be collected from *Ayurvedic Samhitas*, different websites and journals will be referred. **Result:** *Shodhana* and *Shamana Chikitsa* are effective in the management of *Mutrakrichhra*. **Discussion:** In *Ayurveda Nidana Parivarjana, Shamana, Shodhana* are the way to treat any disease hence in *Mutrakrichhra* we should really examine causative factors and then give *Shamana* and *Shodhana Chikitsa*.

KEYWORDS: *Mutrakrichhra, Dosha Shamanam, Srotoshodhna, Mutra-virechniya, Mutra Visodhaniya Ganas, Urinary Tract Infection.*

INTRODUCTION

The word “Ayurveda” means knowledge of life and longevity. Every substance in the universe has been set to be made of five classical elements namely the Panchmahabhutas –Aakash, Vayu, Agni, Jal and Prithvi.^[1] The concept of urinary infection has been dealt in Ayurveda under the heading of *Mutrakrichhra* and it has been described as separate disease in Ayurvedic literature.^[2] *Mutrakrichhra* is a disorder of *Mutravahasrotas*, which includes those forms of urinary disorders where *Mutrakrichhra* (difficulty in micturition) is the cardinal feature. In Ayurveda most of the urinary disorders,^[3] are described in the form of eight types of *Mutrakrichhra*, thirteen types of *Mutraghatas*, four types of *Ashmari* and twenty types of *Pramehas*. Vitiated *Pitta* and *Pratiloma Gati* of *Apana Vayu* are responsible for the pathogenesis of the disease.^[4] Dietary habit of taking spicy, sour and cold food items are also attributed as causative factors. Dehydration, urolithiasis, trauma and atonicity of bladder are the contributory factors.^[5] If we look at symptomatology of *Mutrakrichhra*, it appears that various stages of acute and chronic urinary tract infections come under this heading. Urinary tract

infection is defined as the invasion and multiplication of non-residing pathogenic micro-organisms into the urinary tract, resulting in an inflammatory response in the uro-epithelium which progress to overt disease.^[6] UTI also keep on increasing with repeated indiscriminate use of antibiotics. Urinary tract infections can be safely and effectively treated with herbal treatment with no side effects. Ayurveda has a vast majority of drugs that act as urinary antiseptics, prevent adhesions, bladder protective and also take good care of kidneys.

MATERIALS AND METHODS

- *Charak Samhita* with *Ayurveda Dipika* commentary by *Chakrapani*.
- *Sushruta Samhita* with *Nibandhsangraha* commentary of *Shri Dalhanacharya* and *Nyayachandrika Panjika* of *Shri Gayadasacharya*.
- *Madhava Nidhana, Vijayrakshita's Madhukosha Sanskrita* commentary by *Brahmanand Tripathi*
- *Bhaishajya Ratnavali*, Hindi commentary by *Khemraj Shrikrishanadasa Prakshana*.
- Relevant articles published in various national and international journals.

Nirukti of Mutrakrichhra

“मूत्रे कृच्छ्रमत्रः इति मूत्रकृच्छ्रम् ॥

The term ‘Mutrakrichhra’ means Difficulty and pain during micturition.^[7] Mutrakrichhra is a broad term and is comprised of two words ‘Mutra’ + ‘Krichhra’. The word ‘Mutra’ is derived from the term ‘Prasava’ which means to ooze and ‘Krichhra’ is derived from the word ‘Kastae’ which means pain or discomfort.

Nidana of Mutrakrichhra

Nidana are the factors which manifests the disease. They can be classified as Samanya Nidana and Vishishta Nidana. Basti Marma is the seat of Sthula Guda, Mushka, Shukravaha Srotas and Mutravahasrotas. Indulgence in sex, eating and drinking during the urge of micturition, suppression of urge for micturition results in Vitiating of Mutravaha Srotas. In addition to that, injury

to Mutravahasrotas and individuals who are having Dhaturkshaya also suffer from Mutrakrichhra Roga are the Samanya Nidana,^[8] and Ativyayama (Excessive exertion i.e. in excess of one’s own capacity), Tikshana Aushadha Sevana (Use of strong medications), Ruksha Madhya (Habitual intake of alcohol made of dry Dravyas), Vyavaya (excessive indulge in intercourse), Durtprishhtaaynaat (riding on fast moving animals), Anupa Matsya and Mamsa Sevana (ingestion of flesh of creatures residing on land and under water), Adhyasana (intake of food before the digestion of previous meal), Ajirna (indigestion) are considered as Vishishta Nidana^[9] of Mutrakrichhra.

The main cause in the vitiating of Dosha is Sevana of Aahita Aahara and Vihara. Depending upon this, Nidana can be classified as:

Table 1:

Aharaja Nidana	Viharaja Nidana	Partantra Nidana
Adhyasana	Vyayama	Jwara
Ajirna	Vyavaya	Kamla
Rukshya Madhya	Vegadharana	
Tikshana Aushadha	Abhighata	
Anupa Mamsa and Mastya		

- ‘Katiskandhatidharanat’,^[10] one of the etiological factor of Mutrakrichhra is mentioned in Kashayapa Samhita, that is –Lifting heavy weight on Kati and Skandha.
- It had been mentioned in Sushruta Samhita,^[11] that, Pratiloma Gati of Vayu is responsible for various disorders of Mutravahasrotas such as Mutrakrichhra.

➤ Charaka Samhita^[12]

- 13 Mutraghata + 8 Mutrakricchra + 4 Ashmari = 25

➤ Sushruta Samhita^[13]

- 12 Mutraghata + 8 Mutrakricchra + 4 Ashmari = 24

➤ Astanga Hridaya^[14]

- 12 Mutraghata + 4 Mutrakrichhra + 4 Ashmari = 20

Mutravikara: 1) Atipravrittaja Prameha roga
2) Apravrittaja Mutra Roga

(Mutrakrichhra, Mutraghata, Ashmari)

Classification of Mutravikara

In our classic text, Mutravikara (urinary disorders) are described in detailed as Mutraghata, Ashmari and Mutrakricchra.

Table 2:

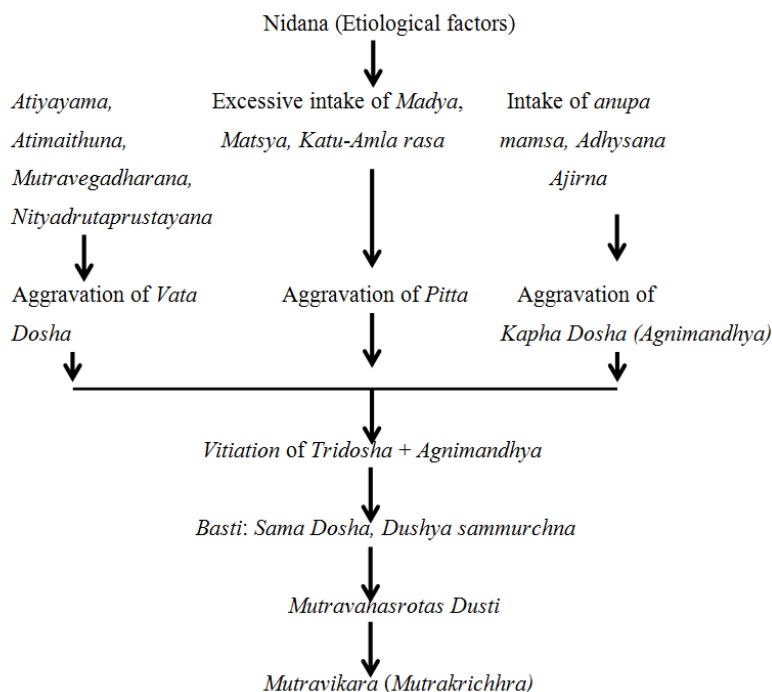
Charaka Samhita	Sushruta Samhita	Vagbhata Samhita	Kashyapa Samhita
Vataja	Vataja	Vataja	Vataja
Pittaja	Pittaja	Pittaja	Pittaja
Kaphaja	Kaphaja	Kaphaja	Kaphaja
Sannipattaja	Sannipattaja	Sannipattaja	Sannipattaja
Ashmarijanya	Ashmarijanya		Vata-Pittaja
Sarkarajanya	Sarkraja		Pitta-Kaphaja
Sukradpshajanita	Sakritjanya		Kapha-Vataja
Raktadoshajanita	Abhighataja		Raktaj

➤ Dwandhaja types of Mutrakrichhra (Vatapittaja, Vatakaphaja and Kaphapittaja Mutrakrichhra) has been mentioned and its symptology is given in Vedna Adhyaya in Kashyapa Samhita.^[15]

Samprapti

Samprapti is an important factor to understand the process of manifestation of a disease. Acharya Charak has described the pathogenesis of Mutrakrichhra. In Mutrakrichhra, Specific etiological factors either individually or jointly results in vitiating of Tridosha. Then these Vitiating Dosha get aggravated in the Basti

and hamper the *Mutravahasrotas* that cause *Mutravikara* namely *Mutrakrichhra*.^[16]



Samprapti Ghataka^[17,18,19]

- *Dosha* : *Pitta* dominant *Tridosha*
- *Dushya* : *Mutra Dhatu, Kleda*
- *Srotas* : *Mutravahasrotas*
- *Agni* : *Agnimandhya, Rasagnimandhya*
- *Adhithana* : *Basti, Mutramarga*
- *Srotodusti* : *Sanga*
- *Rogamarga* : *Madhyama*
- *Vyadhiparkara* : *Nija and Agantuja*
- *Swabhava* : *Aashukari*

Shata Kriyakala in Samprapti of Mutakrichhra^[20,21,22]

Stages of *Kriyakala* through which, one can understand the involvement of concerned *Dosha*, *Dhatu*, *Mala* and *Srotas*. *Basti* is one of the three vital organs in the body and the most important organ maintaining the homeostasis by regulating the excretion of the metabolites and waste products. *Vegavarodha*, i.e., suppression of natural urges is one of important cause of *Mutrakrichhra* (urinary tract infections).

- **First Kriyakala – Sanchya (Stage of accumulation of Dosha):** *Dosha* (*Vata*, *Pitta*, *Kapha*) are provoked by their respective etiological factors either individually or jointly and symptoms of *Vata*, *Pitta* and *Kapha Chaya* occur respectively.
- **Second Kriyakala- Prakopa (Stage of aggravation of Dosha):** It is the second stage of *Kriyakala*. During this stage, *Doshas* go on accumulating further in their own sites, till they reach the *Prakopa* stage.
- **Third Kriyakala – Prasara (Stage of spread of Dosha):** During this stage, *Dosha* are aggravated in their own places and spread to other parts of body

through different *Srotas*. Vitiating *Dosha* predominantly *Vata* spreads to other regions of the body with the help of *Vyana Vayu* or *Rasa*. Thereafter, *Prakupitta Dosh* are propelled from *Koshtha* to *Basti*. It leads to *Dhatavagagnimandhya*. As a result, *Kleda* (*Mala* of *Dhatu*) is formed in excess.

- **Fourth Kriyakala – Sthana Samshraya (Stage of Localization):** During this stage, the aggravated *Dosha* are localised in a particular site and manifest the disease. The *Dosha* circulating throughout the body get obstructed in *Srotas* where there is *Khavaigunya*. This *Srotovaigunya* lead to *Dosha-Dushya Sammurchana*, hence *Srotas Dusti* results. It is the *Purvarupa* stage of the disease and is manifested as prodromal symptoms.
- **Fifth Kriyakala – Vyakti (Stage of Manifestation):** In this stage, the disease (ex. *Mutravikara-Mutrakrichhra*) is fully manifested with symptoms called as *Rupa* stage of the disease.
- **Sixth Kriyakala – Bheda (Stage of Differentiation):** This is the last stage in which disease can be diagnosed correctly. If the disease is not checked in this *Kriyakala*, then the complications of the disease results.

RUPA (Symptomatology)

1. Vataja Mutrakrichhra^[23,24,25,26]

1. *Tivara Ruja Vankshana- Basti –Medhra*^[23] (Severe pain in groin, suprapubic and urethral region).
2. *Swalpan Muhur-Muhur*^[23] (Passing of small quantity urine frequently with urgency).

3. In *Kashaypa Samhita*,^[24] *Saphena Mutrata* (frothy urine), *Aruna Mutrata* (dark yellow urine), *Kala Mutrata* (obstructed micturition) and *Anadha Varchatva* (difficulty in micturition), *Satatshula* (continuous pain in lower abdomen) are described as symptoms of *Vataja Mutrakrichhra*.
4. In *Sushruta Samhita*, the word *Ruja* had been described by the word “फलाद्भिरिव” ‘*Phaladbhiriva Krichhen*’,^[25] (painful micturition).
5. Term used for word *Ruja* is *Artiyukta Mutrata* (Painful micturition) in *Ashtanga Haridya*,^[26]

2. Pittaja Mutrakrichhra^[27,28,29,30,31]

- ✓ **Peeta- Sarakta**^[27] (Passing of yellowish-reddish coloured urine)
- ✓ **Saruja**^[27] (Painful micturition)
- ✓ **Sadaha**^[27] (Burning sensation)
- ✓ **Krichhta**^[27] (Difficulty in micturition)
- ✓ **MuhurMuhur**^[27] (Again and Again urge of micturition).
- *Acharya Kashaypa* mentioned ‘*Swaidhyamanmukha*’ (perspiration on face during act of micturition)^[28] as symptoms of *Pittaja Mutrakrichhra*.
- *Ushna Mutrata* (Burning micturition) as symptom of *Pittaja Mutrakrichhra* is only mentioned in *Sushruta* and *Kashyapa Samhita*.^[28]
- *Acharya Sushruta*²⁹ has used the term “अग्निना दृश्यमानाभै” on which *Dalhana* comments “अत्यन्त्दाहपरीतै.
- In the place of *Sarakta Mutra* *Acharya Sushruta* has used the word “*Raktam*” on which *Dalhana* says ‘*Rakta Varnam*’,^[29]
- In *Vagbhatta Samhita*,^[30] the term ‘*Krishn*’ has been used to describe the colour of urine.
- *Acharya Sushruta* has used the term ‘*Haridra Mutra*’ in *Pittaja Mutrakrichhra*.^[31]

3. Kaphaja Mutrakrichhra^[32,33,34]

- ✓ **Basti- Salingashya Gurutwa Shota**³² (Heaviness and oedema in urethra or supra pubic region)
- ✓ **Mutra-Sapiccha**,^[32] (Passage of urine like liquid of boiled rice).
- Only *Kashaypa Samhita* had mentioned the symptoms of *Kaphaja Mutrakrichhra* as ‘*Bahula Mutrata*’ and ‘*Alpabadha*’,^[33] (passes large amount of urine with less hesitancy).
- ‘*Anushna*’ and ‘*Samhrshtha*’,^[34] symptom of *Kaphaja Mutrakrichhra* are mentioned in *Sushruta Samhita*.
- *Acharya Sushruta* has used the term ‘*Snigdha*’ and *Acharya Kashyapa* used the term ‘*Ghanam*’ to describe characteristic of *Mutra*.
- *Sotha* and *Gurutwa* (heaviness and oedema in urethra) symptom of *Kaphaja Mutrakrichhra* have been mentioned in all classical texts but its mentioned site is different.

According to *Charaka Samhita*, *Ashtanga Samgraha*, *Ashtanga Hridya*, *Madhava Nidhana*, *Bhavaprakasha*

the site is *Basti* and *Linga* whereas for *Sushruta Samhita*, it is *Mushka*, *Mehana* and *Basti*. In *Kashaypa Samhita* mentioned site is *Basti*.

4. Sannipataja Mutrakrichhra^[35,36]

- ✓ **Sarvani Rupani** (All the symptoms of three *Dosha* are present).
- ✓ **Krichhtam** (Pain during micturition is severe in nature).
- ✓ **Krichham** (that type of *Mutrakrichhra* is difficult to treat).
- ‘*Daha* (Burning micturition), *Sheeta*, *Rujayukta*, *Nanavarna*, *Muhur-Muhur*, *Krichhen Mutrata*,^[36] (Difficulty in the act of micturition) symptom of *Sannipataja Mutrakrichhra* has been mentioned in *Sushruta Samhita*.

5. Rakatja Mutrakrichhra^[37]

Due to *Kshata* (Blow or Stroke), *Kshaya* (Due to *Ativyaya* i.e. excessive indulgence in sex), the *Rakta* gets vitiated and enters *Basti* and expels out, *Mutra* like *Ashmari* with *Tivra Arti* (Severe pain). When *Rakta* accumulates in *Basti* in excess, then it causes *Adhmana* (heaviness in *Basti*). If accumulated vitiated *Rakta* is expelled out, then that will causes *Laghuta* in *Basti* (Lightness in bladder).

In *Sushruta Samhita*, *Rakatja Mutrakrichhra* has been mentioned by the name of *Abhigataja Mutrakrichhra* and considers *Mutravahishu Shalyen*, *Kshateshvabhishesu*, *Bhrishavedanam*, *Vatabastetu tulayani lingani* as its description.^[38]

6. Sakritajanya Mutrakrichhra^[39]

- ✓ **Sakritajanya Mutrakrichhra** results due to suppression of urge for defecation. It leads to *Pratiloma gati* of *Vata* that is *vitiation* of *Apana vayu*, further it causes *Adhyamana* (distension of abdomen), *Shoola* (pain) and *Mutra-Shanga* (retention of urine).

7. Ashmarijanya & Sarkaraja Mutrakrichhra^[40]

- ✓ **MarutabhinnaAshmari** (Means by *Vitiated Vata*, *Ashmari* is broken down into small particles).
- ✓ **Mutrapathad Saranti** (Small *Ashmari* particles will come out with urine in the form of gravels).
- ✓ **Sobhath –chhtae** (Inflammation in the *Mutra Marga* due to trauma caused by *Ashmari*).
- ✓ **Mutra-Sasriga** (Haematuria).
- ✓ **Sukhammehati chh vyapayat** (Patient feel relieved when *Ashmari* passed out)

8. Sukarja Mutrakrichhra^[41]

- ✓ Suppression of urge for sexual activity results in *Sukarja Mutrakrichhra*.
- ✓ **Vedana Vankshana –Basti –Medhra** (Pain in inguinal, bladder and pelvic region).
- ✓ **Atishoolam-Vrishana Ativriti** (Swelling and pain in scrotum area).
- ✓ **Mutram-Sakrichhen** (Difficulty in micturition due to obstruction caused by semen).

✓ **Mandayo-Stabdha** (Stiffness in urethra).

Updravas Of Mutrakrichhra^[42]

Updravas are those which develop after the manifestation of the main disease or during the disease process itself. *Acharya Kashyapa* has only explained the Upadrava of Mutrakrichhra as *Karshyata* (Emaciation), *Arti* (Uneasiness), *Aruchi* (Anorexia), *Annavasthiti* (Mind instability), *Trishna* (Thirst), *Shoola* (Pain) and *Vishada* (Nervousness).

Sadhya Asadhyata

Kashyapa has stated that all the Mutrakrichhra are *Daruna*, which literally means difficult to cure.^[43] *Sadhya-Asadhyata* of Mutrakrichhra according to *Ayurveda Sadhya-Asadhyata*,^[44] of the disease in patients depends upon various factors such as *Prakriti*, *Vaya*, *Satva*, *Dosha*, *Dushya*, *Nidana*, *Rupa*, *Upadrava*, *Rogi-bala*, *Rog-bala* etc.

Chikitsa of Mutrakrichhra

According to *Charaka Samhita*, basic principles are the promotion and preservation of health and cure of the disease in the affected individuals. Treatment is any activity or approach which alleviates or destroys a disease and brings about an equilibrium state in *Doshas*, *Dhatu* and *Mala*,^[45] Treatment is nothing but *Samprapti Vightana*. *Ayurveda therapeutics* is divided as *Sodhana chikitsa* (Purification treatment) and *Shamana chikitsa* (alleviating treatment). *Sodhana* therapy has given more importance because it helps to eliminate root cause of disease and prevent reoccurrence. *Shamana* therapy is conservative treatment and aims in restoring the homeostasis of *Dosha*. Urinary tract infection is a disease affecting the *Basti Marma* So, an early restoration of the *Vitiated Dosha* is necessary to maintain the state of equilibrium.

- **Shodhana chikitsa:** It includes *Mutral Aushadhi* & *Uttara vasti* which dilutes and flushes various infective agents along with urine.
- **Shamana chikitsa:** *Mutra-vishodhaniya*, *mutra-virechaniya*, *mutra-virajaniya* and *Ashmarihara dravyas* are advised for *Mutrakrichhra Chikitsa*.
- **Bahirparimarjana chikitsa:** It is a form of treatment in which drugs are used as an external application in the form of douches, fomentation, showers, poultices and ointment etc.

In Sushruta Samhita, the first fundamental principle of management has mentioned as संक्षेपत क्रियायोगनिदान परिवर्जनम् (Su.U.1/25) which means to avoid the etiological factors, responsible for the onset of disease.^[46]

Vataja Mutrakrichhra Chikitsa^[47,48]

➤ Bahirparimarjana chikitsa

- *Abhyanga* (Massage), *Snehana* (oleation), *Upanaha* (application of hot ointment) with *Sthiradi Varga* drugs.

- *Kwatha Parisheka* of *Vatashamaka Dravyas* like *Dashmool*, *Eranda*, and *Nirgundi* etc. on *Kati Pradesh* is advised.
- *Snehana* or Oleation therapy over *Kati Pradesh*, which involves the application of medicated oils, *Ghee* and herbs to the body internally and externally. It loosens the *Ama* (Toxins) and *Dosha*, thereby facilitating their expulsion during *Pradhanakarma* stage.
- **Antahparimarjana chikitsa**
- **Shodhana- Niruha Basti** and **Uttara Basti** (Urethral and vaginal Douche) with *Vata Shamak Kwatha* like *Dashmoola kwath* should be administered.

UttaraBasti is a procedure in which medicated oil or *Ghee* is introduced into *Mutramarga*. It is used to irrigate the bladder which has anti-microbial effect and it avoids multiplication of pathogens.

- **Shamana- Amritadi kwatha**, *Sthiradi aushadha*, *Shwadanshra Taila*, *Traivritta Taila* (*Su.*), *Mishraka Sneha*. Intake of these medicated *Aaushadhies* in appropriate dose, subduces the *Vatika* type of dysuria associated with pain.
- *Acharya Sushruta* advocates *Trivrita* and *Shvadrastra Svarasa* as *Ghrita* and *Taila* for oral and *Basti* purpose in the management of *Vataja Mutrakrichhra*.^[48]

Pittaja Mutrakrichhra chikitsa^[49,50,51]

➤ Bahirparimarjana chikitsa

- *Sheeta Parisheka* (Cold affusion), *Avagahana* in cold water, *Pralepana* with *Chandan* and *Karpur* are advised for *Pittaja Mutrakrichhra*.
- **Antahparimarjana chikitsa Shodhana**
- *Virechana* (Purgation therapy) will be done with prepared juice of *Tikta*, *Madhur* and *Kashaya Dravyas*.
- *Uttara Basti* (Medicated enema).

Shamana

- *Draksha*, *Vidarikand Swarasa*, *Ikshu Rasa Siddha Ghrita* will be used for *Mutrakrichhra*.
- *Pittanashaka Dravyas* can be used.
- Follow *Grishma Ritucharya*.
- The cold decoction prepared from *Satavari*, *Kusha*, *Kasha*, *Savadamstra*, *Vidari*, *Sali*, *Ikshu* and *Kaseruka*, mixed with honey and sugar should be administered to the patient suffering from *Pittaja Mutrakrichhra*.
- *Shatavaryadi Kwatha* (*Ch.*), *Haritakyadi Kwatha*, *Trinapanchmula Kwatha* (*Y.R.*), *Trinapanchamula Churna* (*Su.*), *Ervaru Beeja*, *Yashtimadhu*, *Devdaru* with *Tandul Dhavan*.
- *Acharya Sushruta* advocates drugs of *Panchtrin* group, *Utopladi* group, *Kakolyadi* and *Nyogrodhadhi* group in the form of *Ghrita* and *Taila* for oral and *Basti* purpose in the management of *Pittaja Mutrakrichhra*.^[50]

- Cold sponging, *lepa* and *Avagahana* have been in *Vagbhata Samhita*, to get relief from *Pittaja Mutrakrichhra*.^[51]

Kaphaja Mutrakrichha chikitsa^[52,53]

➤ **Bahirparimarjana chikitsa**

- *Svedana* (Fomentation therapies) has been indicated in *Kaphaja Mutrakrichhra*.
 - *Abhyanga* (Massage) is done with *Taila* i.e. medicated oil prepared by using *Tikta Ushna Dravya*.
- ##### ➤ **Antahparimarjana chikitsa**

Shodhana

- *Vamana* (Emetic therapy) and *Niruha Basti* prepared with *Kshara*, *Tikshna* and *Katu Dravya* are administered.
- **Shamana**-*Vyoshadi Churna Praval Bhasma* (Ch.), *Shwadanshtradi Kwatha*, *Trikankantakadi Ghrita*, *Yava Pana*, *Takra* is advised.
- *Acharya Sushruta* advocates drugs of *Sursaadi* group, *Ushhkadi* group, *Mustaadi* and *Varunaadi* group in the form of *Taila* and *Yavagu* for oral purpose in the management of *Kaphaja Mutrakrichhra*.^[53]

Sannipattaja Mutrakrichha chikitsa^[54]

In *Sannipattaja Mutrakrichra* the treatment is done according to *Vata Sthana* “**The Dosha which is more dominant is treated first**”.

Shodhana- If *Kapha* is predominant then *Vamana Karma* (Emetic therapy) is performed, if *Pitta* is predominant then *Virechana* is performed (Purgation therapy) and if *Vata* is predominant then *Basti Karma* (Medicated enema therapy) is performed.

Shamana

Pashanbhedadi Yoga, *Brihatyadi Kwatha*, *Gudadugdha Yoga* and *Dhatryadi Yoga* are administered in patients suffering from *Sannipattaja Mutrakrichra*.

Raktaj Mutrakrichha Chikitsa^[55]

- *Raktaj Mutrakrichhra* is basically caused by trauma. So, management principle is same as that of *Sadyovrana Chikitsa* mentioned in *Sushruta Samhita Uttar Tantra*.
- The juice prepared by stalk of *Utapala*, *Tala*, *Kasha*, *Ikshu* and *Kaseruka* used along with sugar and honey in the management of *Raktaj Mutrakrichhra*.

Ashmarijanya and Sarkaraja Mutrakrichhra.^[56]

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

Shakritajanya Mutrakrichhra Chikitsa

Vatahara Kriya is suggested in *Shakritajanya Mutrakrichra*.^[57]

➤ **Bahirparimarjana Chikitsa**

Abhyanga, *Svedana* and *Avagahana* are indicated in *Shakritajanya Mutrakrichhra*.

➤ **Antahparimarjana Chikitsa**

- **Shodhana**: *Basti* is advised as *Shodhana Chikitsa* in *Shakritajanya Mutrakrichhra*.
- **Shamana**: *Churna Kriya* is advised in *Shakritajanya Mutrakrichra*.

Pathya- Apathya^[58,59]

Pathya: *Purana Shali*, *Yava*, *Kshara*, *Takra*, *Dugdha*, *Dadhi*, *Jangal Mamsa*, *MudgaYyusha*, *Trapusha*, *Nadeya Jala*, *Sharkara*, *Kushmanda*, *Patola Patra*, *Ardra*, *Gokshura*, *Puga*, *Narikela*, *Laghu Ela*, *Karpura*.

Apathya: *Tambula*, *Matsaya*, *Lavana*, *Pinyaka*, *Hingu*, *Tila*, *Sarshapa*, *Masha*, *Karira*, *Tikshna*, *Vidahi*, *Ruksha*, *Amla Dravya*, *Virudhashana*, *Vishamashana*, *Yana Gamana*, *Vega Dharana*.

DISCUSSION

The discussion is an indispensable part of research manuscript that allows the authors to showcase the study. A detailed description of *Nidana*, *Samprapti*, *Bheda*, *Lakshana*, *Sadhyasadyata* and *Chikitsa* of *Mutrakrichhra Vikara* is mentioned in *Samhitas*. In *Sarangdhara Samhita*, various decoctions are documented for the management of *Mutraroga*. Micturition is under the control of *Apana Vayu*. So, *Apana Vayu*, *Mutra* and *Mutravaha Srotas* are directly involved in the pathogenesis of *Mutrakrichhra*. Various signs and symptoms of *Mutrakrichhra* are *Sadaha Mutrata* (Burning micturition), *Peeta Mutrata* (Yellowish discoloration of urine), *Krichhra Mutrata* (Difficulty in micturition), *Saruja Mutrata* (Dysuria), *Muhur Muhur Mutrata* (Increased Frequency of micturition), *Sarakta Mutrata* (Hematuria) etc. Detailed description of *Mutrakrichhra* and *Mutraghata* with special emphasis on *Pathya* and *Apathya* has been explained in *Yoga Ratnakara* and *Chikitsa* in *Bhaishajya Ratnavali*.^[60] In *Mutrakrichhra*, the main *Dosha* involved is *Pitta* which gets vitiated and needs to be pacified. Hence, the line of treatment adopted comprises of measures used for the pacification of *Pitta Dosha*. The medications used for urinary disorders should possess properties which pacify the *Pitta Dosha* and *Vata Dosha* along with *Vedana Shamaka* and *Mutra-virechaniya* action. Preventive measures are maintaining good personal hygiene, adequate hydration, use of cranberries and regular emptying of bladder, avoiding use of diaphragm, spermicide containing condoms. Also it is best to avoid such foods that irritate the bladder and urinary tract such as spicy foods, acidic fruits, alcohol and caffeine that are commonly make urine more acidic.

CONCLUSION

Mutrakrichha is most common recurring problem in daily clinical practice. All the *Nidana* of *Mutrakrichha* ultimately results in the *Tridosha prokopa* and *Mandagni* (Aam production) which along with *Kha- Vaigunya* initiates further pathogenesis. The fundamentals regarding treatment in *Ayurveda* are mainly based on the *Dosha Chikitsa* and *Mutrakrichhrra* is basically a disease with *Pitta* predominance. *Ayurveda* can treat and avoid recurrence of *Mutrakrichhrra* with medications, diet and lifestyle modifications.

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