

A CRITICAL REVIEW OF MUTRAKRICHCHRA IN AYURVEDA**Dr. Sanjay Chandravanshi^{1*} and Dr. Nikhila Ranjana Nayak²**¹M.D Scholar ²H.O.D.P.G.Department of Roga Nidan Evum Vikriti Vigyan, Shri NPA Govt. Ayurved College, Raipur (CG).***Corresponding Author: Dr. Sanjay Chandravanshi**

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ABSTRACT

Mutrakricchra is a broad term which covers the conditions described in modern medical science as dysuria. The Pratyatma lakshana of mutrakricchra is "dukhenamutra pravritti" means discomfort during micturition. Mutrakricchra is also found as a lakshana in many diseases such as Ashmari, Mutraghata, Mutraja vridhi, Arsha and Gulma etc. The term mutrakricchra comes under the disorders of mutravaha srotas, and mainly deals with shool(pain) and kricchrata (dysuria). Description of this diseases in almost all important classical texts reflects its prevalence in ancient period. Acharya Charak has described eight types of mutrakricchra. Nidan of mutrakricchra are divided into samanya and vishesh nidan. Samanya-vishesh siddhant is applied in all field of Ayurveda. The avoidance of nidan that aggravates the mutrakricchra and indulgence of those that relieves is advisable. Treatment includes nidanparivarjanam, shamshamanam, shanshodhan, and pathya-apathya.

KEYWORDS: Mutrakricchra, etiopathogenesis, dysuria.**INTRODUCTION**

Difficulty in micturition or dysuria is known as "Mutrakricchra". There is pain, while passing urine and also obstruction to the passage of urine. Mutrakricchra is also found in many diseases as one of the important symptom. (Madhu Kosha). The description of it under eight sub types throws light on different and chronic pathogenesis afflicts the urinary system like infection, Structural impairment and blockades etc. 'kricchra' (dysuria) is the principal symptom in mutrakricchra, even though "Mutra vibandhata" i.e. obstruction to urinary flow also occurs. "Dysuria" is the painful passage of urine. The term mutrakricchra has its origin from the combination of two words mootra + kriccha. Mootra is derived from the root "Mu-Mine srave" dhatu and kr suffix which means urine or one type of fluid stored in basti and kriccha has been derived from "Kri-karane" dhatu and ruk suffix means dukha means trouble or painful, altered with difficulty, with great exertion. Mutrakricchra is dukhen mutrapraviti the disease in which urine is passed with difficulty.

AIMS AND OBJECTIVE

The article is aimed to draw role of etiological factors for etiopathogenesis of mutrakricchra.

RESEARCH METHODOLOGY

Material has been collected from Ancient ayurvedic texts, research journals, and electronic database.

NIDAN (ETIOLOGY) OF MUTRAKRICHCHRA SAMANYA NIDAN

1. Mutritodakbhakshyastrisevinam (intake of drink, food, and sexual intercourse while having the urge for micturition)
2. Mootrveganigrah (suppression of urge to micturate),
3. Kshinata (emaciation),
4. Abhikshata (injury).^[1]

VISHESHA NIDAN: -

1. Ati Vyayam (excessive exercise),
2. Teekshana aushadha (irritant medication),
3. Rukshya madya (intake of excessive amount of dry wine or alcohol),
4. Nityadrut-prishtayanat (mounting fast horse or other animals),
5. Anoopamaansa (ingestion of the flesh of tropical and subtropical animal),
6. Adhyashan (taking repeated meal),
7. Ajeerna (indigestion).^[2]

TYPES

Almost all the acharya except Vagbhata have described 8 types of mootrakriccha.

S.N	Charak Samhita	Sushrut Samhita	Vagbhata	Madhav nidan
1	Vataj	Vataj	Vataj	Vataj
2	Pittaj	Pittaj	Pittaj	Pittaj
3	Kaphaja	Kaphaja	Kaphaja	Kaphaja
4	Sannipataj	Sannipataj	Sannipataj	Sannipataj
5	Ashmarijanya	Ashmarijanya	-	Ashmarijanya
6	Sharkarajanya	Sharkarajanya	-	Shakritaj
7	Shukraja	Shakritaj	-	Shukraja
8	Kshataj	kshataj	-	kshataj

SAMPRAPTI

Because of stated causative factors or nidana sevana, all the tridoshas combinedly or individually are provoked and the aggravated doshas (vata dominant) lodges in basti region and begins to paripidana (compression), constriction, and irritation in mootramarga. When this occurs patient urinates with pain, that is called Mootrakriccha (dysuria).^[3]

Acharya Sushrut states samyak apana vata is factor responsible for the proper formation and excretion of urine, and if vata gets pratiloma, it produces many Bastirogas.^[4]

As per Kashyap samhita pitta is dominant dosha in mutrakriccha. Pitta provoked by its respective nidana, along with vata and kapha reaches the Basti and produces dushti on it, which results in mutrakriccha.⁵ Hence mutrakriccha is vata and pitta pradhan vyadhi.

SAMPRAPTIGHATAK

Dosha	Tridosha vata dominant (Su), Apana vata, Pachak pitta, Kledak kapha
Dushya	Dhatu- rasa, rakta, shukra Mala- mutra, purisha
Agnidushti	Mandagni
Udbhava	Pakvashaya
Adhishthana	Basti
Srotus	Mutravaha Srotas
Srotodushti	Sanga, Vimargagaman
Prabhava	Kricchasadhya
Rogamarga	Madhyam

PURVARUPA

None of the acharya has described the purvaroop of mutrakriccha. When the specific purvaroop are not mentioned, in that case the mild symptoms present before the complete manifestation of disease may be taken as its purvaroop.

RUPA/SYMPTOMS

The pratyatm lakshan of mutrakriccha is 'mootrasya kricchen mahta dukhen pravritti'.^[6] means discomfort during micturition. The symptom like swalp, kricchata (discomfort), muhurmuh mootra pravritti (increased frequency of micturition), shoola(dysuria), are present in all type of mutrakriccha explained in classical texts. The

cardinal feature shoola and muhurmuh are due to vata dosha, sadaha is caused by pitta and sapiccha due to kapha. Depending upon the clinical manifestation, the disease has been classified into following 8 types.

1. Vataj mutrakriccha :- It is characterized by excretion of little quantity of urine with difficulty associated with throbbing pain in the Vankhan, Vasti and medhra (scrotum, hypogastric region and genitals) and frequently flow of urine.^[7]

2. Pittaj mutrakriccha :- It is characterized by excretion of yellowish, saraktam (haematuria), rujam, sadahum (burning and painful micturition) and muhurmuh (frequent micturition).^[8]

3. Kaphaj mutrakriccha :- It is characterized by feeling of heaviness and swelling in Vasti (bladder) and linga (scrotum and penis), excretion of sapiccham (slimy) urine.^[9]

4. Sannipataj mutrakriccha :- It is characterized by passing of multi-coloured urine associated with burning sensation or cold urine. Symptoms of vata, pitta and kaphaja mootrakriccha may appear together. This is the most difficult type to cure. According to Kashyap symptoms like murcha, bhram, and vilapa may also occur in sannipataj mootrakriccha.^[10]

5. Abhigataj mutrakriccha :- Blood present in the Vasti gets vitiated due to trauma, sukrakshaya. It causes obstruction and excruciating pain in the urinary bladder. Excessive accumulated vitiated blood forms calculus in associated with urine, which causes adhmaana (distension) and heaviness in the Vasti which is relieved after calculus passed out.^[11]

6. Sharkaraj mutrakriccha :- It is characterized by pain in the region of heart, shivering, abdominal pain, sluggishness of agni, fainting and severe dysuria, pain subsides after elimination of urine and appears again when the passage is blocked by sharkara (stone gravels).^[12]

7. Shakritaj mutrakriccha :- The accumulation of faecal material in the rectum aggravates vata dosha and produce distension of abdomen and thus suppression of urine and accompanied by cramps in bladder.^[13]

8. Shukraj mutrakriccha :- Obstruction of urinary passage by semen produces mootrakriccha in male which is characterized by semen mixed urine, painful micturition, ejaculation of semen associated with stiffness, swelling and excessive pricking pain in the region of Vasti and vrishan (bladder and testicles).^[14]

UPASHAY/PATHYA

The following products are very much beneficial for patient suffering from mutrakricchra.

Aahar- Red shaali rice, kshara, yava, cow's milk products, mudga, sharkara, kushmanda, patola, adrak, gokshur, narikela, trapush, ela.

Vihar- Abhyang, Swedana, Avagahan.^[15]

ANUPASHAYA/APTHYA

Mutrakricchra patients should avoid exercise, suppression of natural urges, dry rough food substances,

and exposer to wind, sexual intercourse, kharjura, lotus root, kapittha, and substances having astringent nature.^[16]

UPADRAVA/COMPLICATIONS

Upadrava occurs as a sequale following and resulting from the main disease. Only Acharya Kashyap has mentioned the upadras of mutrakricchra i.e. karshay (emaciation), arati (uneasiness), aruchi (anorexia), anavasthiti (unstabliity of mind), trishna (thirst), shoola (pain), vishad (nervousness) etc.^[17]

DIFFRENTIAL DIAGNOSIS OF MUTRAKRICCHRA, MOOTRAGHAT, ASHMARI AND PRAMEHA

S.N	FEATURES	MUTAKRICCHRA	MOOTRAGHAT	ASHMARI	PRAMEHA
1.	Presentation of urination	Urination with burning sensation and pain	Burning sensation and pain	Mootradharasanga and vishirnadhara	No burning sensation
2.	Nature of urination	White, yellow and red colour	Anuria	Haematuria	Depends upon urine
3.	Prominent feature	Difficulty in urination is more prominent	Obstruction is more prominent	Mootradharasanga and vishirnadhara	No obstruction

CONCLUSION

Mutrakricchra can occur as a result of mootrakshaya. Increasing prevalence of UTI is a global issue of concern due to associated long term compromise in the quality of life. The disease mutrakricchra is described in all leading Ayurvedic classics under the disorders of mutravaha strotas. The common sign and symptoms of this disease are scanty micturition with pain, sometimes micturition mixed with blood and hotness of urine etc.

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