

INTERPRETATION OF MUTRAKRICCHRA AS A LAKSHANA AND AS A SWATANTRA VYADHI.

Dr. Mayur S. Patil^{1*} Dr. Ujwala V. Pawar² and Dr. Subhash. R. Saley³

¹PG Scholar ²Professor and Guide ³Professor & HOD

Department of Rognidan Avum Vikritivigyan, Govt. Ayurved College, Nanded, Maharashtra, India.

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*Corresponding Author

Dr. Mayur S. Patil

PG Scholar, Department
of Rognidan Avum
Vikritivigyan, Govt.
Ayurved College, Nanded,
Maharashtra, India.

ABSTRACT

Mutrakricchra is disease of *mutravaha srotasa* mentioned in *Ayurveda*. It is a broad term which covers the conditions described in modern medical science. '*Dukhen mutra pravritti*' is cardinal symptom of *Mutrakricchra vyadhi*. Now a days, we see that several patients approach to hospital regularly affected with different disorders of *mutravaha srotas*. *Mutrakricchra* is one of the most frequent disease among all of this. Formation of urine, excretion of urine is controlled by *apana vayu*. When *apana vayu* gets vitiated, it causes *mutravaha srotas dushti* and *lakshanas* like (Burning Micturition), *sashul mutra* (Painful Micturition) etc appears during micturition. *Basti* is the *moolasthan* of *mutravaha srotasa* and is one of *tri-marmas* mentioned

in *Ayurveda*. In classical texts, it is mentioned that treatment of *mootravaha srotodushiti* should be done according to treatment of *mutrakricchra vyadhi*. It shows *mutrakricchra* vyi have great importance in *Ayurveda*. In present era, *mutrakricchra* is found in many patients presenting as disease itself and as a *poorvaroop*, *roopa*, *updrava*, *arishta* etc in various systemic disease. This study is a classical review of *mutrakricchra vyadhi* mentioned in various *samhitas* as separate disease and as *lakshanas* of other disease.

KEYWORDS: *Mutaravaha srotas*, *mutrakricchra*, *Basti*, *vyadhi*, *lakshanas*, *trimarmas*, *apana vayu*.

INTRODUCTION

Srotasa are the channels spread to entire body, they carry the transformed *dhatus* to different destinations. There are 13 *antarmukha srotasa* explained by *charaka Acharya*.^[1] *Mutravaha*

srotasa is one of the *antarmukh srotasa*. This is an important *srotasa* for excretion of waste products from the body as urine. *Basti*, *vankshana* and *medhra* are root of *mutravaha srotasa*.^[2] *Mutrakricchra* is the disease explained in *Ayurveda* which means painful micturition or difficulty in micturition. It can be compared with dysuria. *Charaka Acharya* explained eight types of *mutrakricchra*. Urine formation and excretion is controlled by *apana vayu*.^[3] Mainly *apana vayudushti* is found in this disease. Now-a- days, it is seen that, number of patients are regularly reporting to the hospitals with symptoms of *mutravaha srotodushti*.

AIM

To study *Mutrakricchra vyadhi* from various *samhita* as a separate *vyadhi* as well as symptom in other *vyadhis*.

MATERIAL AND METHODS

This is review paper. It is based on various references of *mutravaha Srotasa* and *mutrakricchra vyadhi* from ayurvedic *samhitas*. Urinary disorders are widely described in classical texts of *Ayurveda*. The detailed classification of urinary dysfunctions in the *Ayurveda* includes 20 diseases namely, eight *mutrakricchras* & thirteen types of *mutraghatas*.^[4] Eight different types of *mutakricchra* are mentioned in *charak samhita*. *Sushruta samhita* also mentioned eight types of *mutrakriccha* but with a slight deviation from that of *charak samhita*. *Raktaja mutrakricchra* is mentioned in *charak samhita* which is caused due to injury is similar to *Shalyaabhighataj mutrakricchra* mentioned in *sushruta samhita*. *Mutrakricchra*.^[5] The etiological factors of *mutrakriccha* have been dealt in detail in *trimarmiya chikitsa* of *charak samhita*.^[6] Twenty types of *Premeha vyadhi* occurs due to *mutravaha srotodushti*.

Etiological factors which causes *mutravaha srotodushti* can also taken in to consideration as *nidana* of *mutrakricchra vyadhi*. *Nidana* can be classified into two types i.e, *samanya nidana* and *vishesha nidana*. *Acharya kashyapa* has described *mutrakricchra* as *pitta pradhana tridoshja vyadhi*, while *Acharya Hareeta* as a *pitta pradhana vyadhi*, hence *pitta prokopa* leads to *mutrakricchra*. *Acharya charaka* has recommended *vata sthananupurvi chikitsa* in *mutrakricchra*.^[7] so *nidana* can be classified according to *dosha*. *Vata prakopaka nidana* i.e, *vyayam, vyavaya, ruksha madya, vegdharana*. *Pitta prakokapa nidana* i.e, *katu, amla, lavan rasa, krodha, shoka*. *Kapha prakopaka nidana* i.e, *anupa mamsa, adhyasana, ajirna*.

Eight types of mutrakricchra^[8]

1. *Vataja*
2. *Pittaja*
3. *Kaphaja*
4. *Sannipataja*
5. *Abhighataja*
6. *Shakritaja*
7. *Ashmarija*
8. *Shukraja*

1. *Vataja*

Severe pain in groin, scrotum, penis and bladder. Elimination of little quantity of urine with difficulty.

2. *Pittaja*

Elimination of yellowish, hot and red urine. Burning sensation in scrotum, penis and bladder, urine is passed very frequently.

3. *Kaphaja*

Heaviness and swelling in the bladder. Elimination of unctuous, white, little warm, slimy urine.

4. *Sannipatika*

Elimination of multi-coloured urine, associated with burning sensation or cold, pain, loss of consciousness. It is difficult for management.

5. *Ashmarija*

Aggravated *vata* dries up the semen, *urine*, *pitta* and *kapha* located in the urinary bladder leading to development of *ashmari*. Obstruction to urinary passage takes place due to *ashmari* and it results in pain in the urinary bladder.

6. *Sharkaras*

When *ashmari* becomes disintegrated into small particles by *vata* and these come out from urinary passage is called *sharkara*.

Pain in heart region, shivering, abdominal pain, sluggishness of digestive fire, fainting and severe dysuria. Pain subsides after elimination of urine and appears again when the passage is blocked by stone gravel.

7.Shukraja

Pain in the groin, urinary bladder and penis. Testicles become enlarged and painful. Patient passes urine with difficulty due to obstruction to urinary flow by semen.

8.Shakritaja

Vata getting aggravated by the retention of stool, causes flatulence, painful micturition and retention of urine.

The above are the eight types of *mutrakricchra* as a separate disease. Now, *Mutrakricchra* as a *lakshana* found in following disease.

1)Mutrakshaya^[9]

Due to *mutrakshaya*, quantity of urine decreases. This may cause oligouria or anuria. Decrease quantity causes decrease in pH of urine this, Acidic urine causes *paka* in bladder mucosa that ultimately cause Burning Micturation.

2)Mutranigraha^[10]

vegddharana i.e. holding the urge for micturition leads to dysfunctioning of natural *anuloma gati* of *Apana vayu*, leads to *pratiloma gati* of *apana vayu*. It causes obstruction and pain in flow of urine.

3)Pakvashayagat vata^[11]

Pakwashaya, *kati*, *sakthi*, *shrotra*, *asthi*, *sparshanendriya* are the seat of *vata dosha*. *Pakwashaya* and the organs of *mutravaha srotasa* like *basti* are situated below umbilicus i.e. in place of *apana vayu*. *Vata* in the *pakvashaya* gets vitiated because of different *hetus*. vitiated *vata* in *pakvashaya* causes dysfunctioning in normal excretory function of *basti*, ultimately cause *sadhamutra* and *sashula mutramutra pravritti*.

4) Bastigat vidradhi^[12]

vidradhi can be correlated with abscess, it is painful condition. Abscess in bladder or *basti* itself is painful condition and may cause obstruction to flow of urine.hence, the *lakshana mutrakrichra* appears.

5) Shukrashmri^[13]

There is only one pathway in male for urine excretion as well as semen (*Shukra*) excretion. Due to *vegddharana* shukrashmari is formed, *shukrashmari* causes obstruction to urine flow, resulting in painful micturition.

6) Ashmari purvarupa^[14]

Purvarupa are the prodromal symptoms of *vyadhi*, pain in micturition can appear in prodromal state of *ashmari*.

7) Vataj ashmari^[15]

Shula is cardinal *lakshna* of *vata prakopa*, *vataj ashmari* can be correlated with oxalate stone. Though *vataj ashmari* is small in size but due to *kantakavata* appearance (spikes) of *ashmari* irritation of bladder or urethra appears, that causes painful micturition may be associated with haematuria.

8) Vataj mutrakriccha^[16]

As said by *sushrutacharya*, '*vata drute nasti ruja*', *shula* is not possible without *pitta dosha*.

9) Pittaj mutrakriccha^[17]

Burning pain during micturition, due to *vata* and *pitta dosha*.

10) Shukraj mutrakriccha^[18]

Mutra is passed with the difficulty due to obstruction to urinary flow by semen.

11) Ushnavata^[19]

Mutra shosha occurs due to the *ushma* in the body, and changes the urine into red - yellow colour. It causes painful micturition.

12) Sharkrashmri^[20]

Obstruction to urine flow is due to disintegrated small particles of *ashmari*.

13) Vidvighata^[21]

Due to *avritta vata*, obstruction to urine and faeces, leading to difficulty in passing them.

14) Mutraj vridhhi^[22]

'Mutrasandharanashilasya mutravridhhi bhavati', because of habitual *mutrasandharana* or *mutravega dharana*, causes *mutravridhhi*. i.e. hydrocele. Urinating may be uncomfortable in it.

15) Udavarta^[23]

The *pratiloma gati* of *vayu* causes *mutra* and *purisha avarodha*, because of *avarodhita mutra* due to vitiated *vayu*, leads to obstructed urine.

16) Bhraman atiyoga^[24]

Ati bhramana is a *vata prakopaka hetu*. Aggravated *vata*, below umbilicus, may causes pain in micturition. Or excess *bhramana* in sun leads to heavy sweating. It causes dehydration leading to *mutrakshaya*, concentration of urine.

It alters the pH of urine, leading to painful or burning micturition.

17) Kaphaj Arsha^[25]

Kaphaja arsha are big in size. *Abhyantara kaphaja arsha* may cause pressure symptoms leading to painful urination. *Arsha* and *mutrakricchra* are *vyadhis* of *apana vayu dushti*. Vitiated *apana* which causes *arsha* can also cause pain in urination.

18) Rakta granthi^[26]

Causes due to *rakta dushti* by *vata* and *kapha dosha*. There is *granthi* formation in *basti*. Its a condition leading to painful like *ashmari* and there is *krichren mutra pravritti*. i.e. dysuria.

19) Shanairmeha^[27]

It's a type of *kaphaja prameha*. Due to *manda* property of *kapha dosha*, it causes slow dribbling micturition with difficulty.

DISCUSSION

There are thirteen *abhyantara srotasa* described in *Ayurveda* by *Charaka*.viz. *Rasavaha*, *raktavaha*, *mansavaha*, *medovaha*, *asthivaha*, *majjavaha*, *shukravaha*, *mutravaha*, *purishavaha* and *swedavaha*, *pranavaha* and *annavaha* and *udakavaha*.

Mutra, *purish* and *sweda* are the three malas of the body. *Kledavahan* i.e.excess of *kleda* is eliminated from the body by *mutra*.

The seat for *vata dosha* is below umbilicus. Among the five types of *vata*, i.e. *prana*, *udana*, *samana*, *vyana* and *apana*. *Shroni*, *basti*, *medhra* *uru* are the seats for *apana* *vayu*. *Apana* is responsible for *shukra*, *artava*, *purisha* excretion, *garbha* (foetus) expulsion from the body. *Sushrutacharya* says *vayu* in its proper place and *gati* is responsible for proper formation and excretion of urine, but the *pratiloma* *vayu* causes many diseases related to *mutravaha* *srotasa* like *mutraghata*, *prameha*, *shukradosha* etc.

Vitiated *vayu* causes the disease *mutrakricchra* or *mutrakricchra* is presents as a symptom in many other systemic diseases. When patients come to us with symptoms of *mutravaha* *srotasa* like burning or painful micturition, one should think about *mutrakricchra* as *swatantra* *vyadhi* as well as a *lakshana* presenting any other disease.

CONCLUSION

From this review of literature, it is observed that *mutrakriccha* is not only a disease of *mutravaha* *srotas* but also commonly found symptom in many other systemic disease. when patient come to us with complaining of difficulty in micturition, we should think not only about disease *mutrakriccha* but also we have to look towards it as a symptom in other disease and treat it accordingly.

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