

SHAMANA CHIKITSA OF MUTRAKRICHRA – WITH HERBAL RESOURCE**¹*Dr. Bishnupriya Mohanty, ²Sayeel Rajesh Kamat**

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ABSTRACT

Mutrakruchra is described in Ayurvedic literature as difficulty or pain during urination, often correlating clinically with dysuria or lower urinary tract conditions in modern medicine. It arises from Doshik imbalance affecting the urinary system (Mutravaha Srotas) and is frequently associated with urinary tract infections (UTIs). This paper explores the pathogenesis, clinical features, diagnostic methods, treatment modalities from both Ayurvedic and modern perspectives, and evidence from recent studies to support best practices.

INTRODUCTION

Mutrakruchra is clinically analogous to difficult or painful urination observed in conditions such as UTIs, urethritis, cystitis, and other lower tract disorders. The burden of these symptoms affects quality of life and may lead to complications

if untreated. Ayurvedic texts outline specific causative factors and management protocols, highlighting the need for integrative care.

PATHOPHYSIOLOGY**1 Ayurvedic Understanding**

In Ayurveda, Mutrakruchra results from the vitiation of Vata and Kapha Doshas in the urinary channels (Mutravaha Srotas), leading to obstruction and painful urination. Classical texts describe eight types of Mutrakruchra depending on features and Dosha predominance.

2 Modern Biomedical Context

Modern medicine defines painful urination as dysuria, which may result from:

- Urinary tract infection (UTI).
- Inflammation of the bladder/urethra.
- Obstruction such as stones or strictures.
- Systemic conditions like diabetes.

Symptoms include burning, urgency, hesitancy, and discomfort.

3. Clinical Features

Common presentations include:

- Pain or burning during urination.
- Frequent urge with small volumes.
- Hesitancy or weak urinary stream.
- Lower abdominal discomfort.
- Fever or chills in infective cases.

These features align with classical descriptions of Mutrakruchra and modern dysuria.

4. Diagnostic Evaluation

1 Ayurvedic Assessment

- Pulse examination (Nadi Pareeksha).
- Urine observation (Mutra Pareeksha) for color, sediments.
- Dosha profiling and symptom correlation.

2 Modern Investigations

- Urinalysis: To detect infection or blood.
- Urine Cultures: To identify causative organisms.
- Ultrasound: To assess obstruction.
- Urodynamics: For functional evaluation.

5. Management Strategies

1 Ayurvedic Management Ayurvedic care focuses on balancing doshas, improving urine flow, and reducing inflammation. Studies have documented various treatments:

- Punarnava (*Boerhavia diffusa*) and Gokshura (*Tribulus terrestris*) are commonly used herbs with diuretic and urinary system benefits.
- Chandraprabha Vati, Gokshuradi Guggulu, Musta – herbal combinations used based on

symptom severity.

- Kushmanda Paneeya Kshara has shown improvement in UTIs presenting as Mutrakruchra in clinical case reports.

Herbal therapies are often supported by diet and lifestyle modifications.

2 Modern Medical Management

- Antibiotics: Based on culture sensitivity.
- Analgesics & Antispasmodics: For symptomatic relief.
- Fluid Intake: Adequate hydration.
- Address Underlying Causes: Such as removing stones or managing metabolic disorders.

3 Integrative Approach

Combining herbs with conventional care under supervision may enhance symptom relief and reduce recurrence.

Prevention

Preventive measures include:

- Drinking sufficient water daily
- Timely voiding habits
- Avoiding irritants (caffeine, spicy foods)
- Maintaining personal hygiene
- Managing chronic conditions like diabetes

CONCLUSION

Mutrakruchra represents a significant urinary complaint with both ancient (Ayurvedic) and modern clinical relevance. Accurate diagnosis and personalized treatment yield better outcomes. Integrating traditional herbal protocols with evidence-based modern medicine suggests promise but warrants further research.

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