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Study of mutrakrichchra in ayurveda

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ABSTRACT:From the study of ancient surgical text Sushruta samhita, it becomes evident that the urological problems form an important part of medical sciences. This article reviews the various concept of Mutrakrichchra in *Brihatrayi* regarding its classification, symptomatology, etiological factors, pathology, and its complications. In present an attempt to made a sincere effort to acquaint the reader with the wealth of knowledge available in Ayurvedic literature on the important subject of Mutrakrichchra. Mutrakrichchra is one of the most common and distressing disease among the group of urinary disorder. Regarding the disease Mutrakrichchra, Acharya Charaka has mentioned eight types in but he has not mentioned Shakrita & Abhighataja varieties. Sushruta Samhita Sushruta has explained eight types of Mutrakrichchra in Uttaratantra in but he has not mentioned Raktaja & Shukraja varieties. Ashtanga Sangraha & Ashtanga Hridaya: Mutrakrichchra has been described in “Mutraghata Nidana”. He has explained seven type of Mutrakrichchra but he has not mentioned Raktaja & Shakrita & Abhighataja varieties.

KEYWORDS: Charak ,sushruta,Astanga Hridaya,Astanga sanghra, commentators

I.INTRODUCTION

According to Ayurveda: Basti is one of the three vital organs in the body, the other two being Hridaya and Nabhi. It is the most important organ maintaining the homoeostatis by regulating the excretion of the metabolites and waste products, i.e. Dosh, Dhatu and Mala. Vegavarodha, i.e. suppression of natural urges is an important cause of various diseases. Ayurveda states that suppression of micturition is one of the most important causes of the disease of urinary tract. With progressive urbanization and inadequate toilet facilities, this cause has assumed greater importance. The Mutrarogas are prevalent since the Vedic period. Our ancient physicians had detail knowledge about their management and etiopathogenesis. In Ayurvedic Classics, Basti has been considered as main seat of urinary disorder (Mutrarogas). Charaka has described that the basic pathology of Mutraroga is vitiation of Doshas and accumulation of Malas which results in smell change, colour change, suppression or excessive elimination of Malas. In another context Charaka has mentioned that due to excessive intercourse, retention of urge and injury of Mutravaha Srotas, Mutravaha Srotas gets vitiated and results in excessive voiding, dribbling and painful micturition. In present an attempt to made a sincere effort to acquaint the reader with the wealth of knowledge available in Ayurvedic literature on the important subject of Mutrakrichchra . The literal meaning of the texts has been adhered to as far as possible and the basic concepts are presented in the original form. According to Ayurveda body physiology is maintained by Tridosha Theory i.e. Vata, Pitta and Kapha. Likewise the functions of Mutravahasrotas (urinary system) is also regulated by Apanavayu one among the five types of Vayu. Obviously any derangement of Apana Vayu leads to the pathology of the urinary system. So, the treatment principle is to correct the vitiated Apana Vayu, thereby attaining the normal physiology of the urinary system. This controls the symptoms of the Mutravaha Shrotas (urinary system). Basti therapy is one of modality of Pancharma which is specially used for pacification of Vayu. Still the time these no work is done to compile Mutrakrichchra disorders, so its need to compile them to remain update. By considering and analysis above discussion the study is an attempt to compile the scattered Mutrakrichchra disorder in Brihatrayee i.e. Charaka Samhita, Sushruta Samhita, Astanghridaya, Astangsamgraha and correlate them with modern urinary disorders.

II. AIM AND OBJECTIVES

1. To provide details about the Mutrakrichchra.
2. To explain the Ayurvedic approach in Mutrakrichchra .
3. To correlate and discuss Mutrakrichchra.

III. MATERIALS AND METHODS

1. References of Mutrakrichchra have been collected from the classical books of Ayurveda.
2. All the data is compiled, analyzed and discussed through and in depth understanding about Mutrakrichchra from books and other authentic sources.
3. Ayurvedic and modern approach in Mutrakrichchra have also been compiled in this review.

IV. LITERATURE SURVEY

Mutrakrichchra: Difficulty in passing urine, usually associated with pain is termed as mutrakrichchra.

A) etiology (nidana)[1]

1. Dietary factors

- Tikshna Aushada Sevana (Taking strong medicine)
- Ruksha Anna (Dry meal)
- Atimadyapana (Excessive intake of alcohol)
- Anupa Mansa Sevana (Meat of marshy place animals)
- Atimastyas Sevana (Excess fish intake)
- Adhyashana (Over indulgence of food)

2. Physical factor

- Ativyayama (Excess Exercise)
- Ati Maithuna (Over indulgence of coitus)
- Ati Nriya Karma (Over dancing)
- Prishtayana (Riding vehicles, animals etc.)
- Vitiating of Vata Dosha due to Nidana Sevana leads to Mutrakrichchra.

B. Etio-pathogenesis (samprapti): Vitiating of Mala (Doshas) of the body occurs due to Nidana Sevana. This vitiating Dosha single or in combination vitiates Basti, there by functional derangement of Mutramarga occurs leading to difficulty in micturition [2]. Due to Nidana Sevana, Doshas gets vitiating and situated in Basti and thereafter they produce diseases like Mutraghata, Prameha etc which are broadly termed as Mutravikara [3]

Table 1 : Classification

| Ch.s | Su.s | A.Sa | A.Hr |
|------------|------------|------------|------------|
| Vataja | Vataja | Vataja | Vataja |
| Pittaja | Pittaja | Pittaja | Pittaja |
| Kaphaja | Kaphaja | Kaphaja | Kaphaja |
| Sanipataja | Sanipataja | Sanipataja | Sanipataja |
| Ashmarija | Ashmarija | Ashmarija | Ashmarija |
| - | Shakrita | - | - |
| Raktaja | - | - | - |
| Shukraja | - | Shukraja | Shukraja |
| Sharkara | Sharkara | Sharkara | Sharkara |
| - | Abhigataja | - | - |

V. CLINICAL FEATURES ACCORDING TO TYPES

A. Vataja mutrakrichchra[4]

- Less quantity of urine
- Pain in scrotum, penis & supra pubic region
- Dysuria

- All type of Vata Vedena
- Frequency
- Pain in supra pubic, penile and inguinal regions
- Dysuria

All Ayurvedic scholars mentioned severe pain in suprapubic region as predominant symptom of Vataja Mutrakrichchra and increased frequency of urine.

As the severe pain is predominant symptom in Vataja Mutrakrichchra the Vataja Mutrakrichchra may be corelated with acute condition of urinary tract like renal colic, prostatic abscess, acute urinary tract infections.

B. Pittaja mutrakrichchra[4]

- Blood in urine (hematuria)
- Severe burning sensation in scrotum, penis and supra pubic region.
- Burning micturition
- Frequency
- Passage of hot urine
- Pain during micturition
- Yellowish urine
- Red coloured urine

Considering all above symptoms of Pittaja Mutrakrichchra it can be said that burning micturition, haematuria are predominant symptoms. Pittaja Mutrakrichchra may be considered as severe degree of cystitis, urethritis, acute prostatitis.

C.Kaphaja mutrakrichchra[4]

- Whitish urine
- Heaviness in scrotum, penis and suprapubic regions
- Heaviness in bladder region
- Unctuous micturition
- Swelling in bladder and penile regions
- Unctuous micturition
- Obstructive voiding

In Kaphaja Mutrakrichchra pain and burning micturition or haematuria are not predominant symptom but they are present in some terms. Main symptoms according to all the Ayurvedic scholars are sticky urine or sticky discharge and mild discomfort. In chronic prostatitis or chronic pelvic pain syndrome one of the diagnostic symptom is sticky discharge and mild discomfort. So Kaphaja Mutrakrichchra may be correlated with chronic prostatitis.

D.Tridoshaja mutrakrichchr[4]

- Burning micturition
- Cold feeling
- Pain during micturition
- Mixed coloured urine
- Difficulty in micturition
- Mixed symptoms of all three Doshas with severe dysuria are present.

In Tridoshaj variety of Mutrakrichchra all varieties of manifestations like various kind of pain, burning sensation, different coloured urine are present. This condition can be compared with urinary tract infection i.e. cystitis, urethritis, prostatitis.

E.Shalyaja mutrakrichchra[4]

- 1) According to Sushruta, injury to Mutravaha Srotasa produces symptoms like Mutraghata. Where as Madhava Nidana and Bhava Prakash says that, injury to Mutravaha Srotas produces symptoms similar to Vataja Mutrakrichchra.
- 2) Genitourinary trauma can be correlated with Shalyaja Mutrakrichchra.



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F.Purishaja mutrakrichchra[4]

(i) Due to Purishaja Vega Dharana the Vayu gets vitiated, leading to distension, pain, retention of urine and dysuria. This condition is called Purishaja Mutrakrichchra.

Same symptoms are also described by Madhava Nidana and Bhava Prakash. In Purishaja Mutrakrichchra main feature is retention of urine and pain.

This condition can be correlated with acute retention of urine due to various factors like prostatic abscess, vesicle calculi obstructing outflow etc.

G.Ashmarija mutrakrichchra[4]

Difficulty in micturition due to Ashmari is called Ashmarija Mutrakrichchra.

- Pain in umbilicus, raphe and in supra pubic region.
- Passage of urine in multiple streams.
- When stone dislodges or comes out, then patient get relief.
- Passing of clear urine.
- Passing of blood mixed urine.

- Difficulty in voiding.
- Presses penis during micturition
- Increased frequency of micturition
- Increased frequency of defecation

The classical symptoms of Ashmarija Mutrakrichchra i.e. suprapubic pain, bifurcated stream, frequency closely resembles ureteric colic. All scholars described that pain is colicky in nature.

H.Sharkaraja mutrakrichchra[4]

1)

- Pain in cardiac region
- Tremors
- Pain in abdomen
- Reduced digestive power
- Fainting
- Anuria
- If Sharkara gets flushed out then subsidence of symptoms occurs.
- During passing of Sharkara severe pain is produced.

2) When Ashmari breaks and expels out through urethra, due to influence of Vata, it is called Sharkara.

3) The disintegrated particles of Ashmari i.e. Sharkara may produce difficulty in micturition, if Vayu goes in opposite direction.

Symptoms mentioned under Sharkarajanya Mutrakrichchra are fainting, tremors, anuria, and severe pain in abdomen. This type of pain occurs when stone travels downwards in urinary tract.

I.Shukraja mutrakrichchra[5]

1) Obstruction of Shukra due to Doshas produces following symptoms

- Pain in bladder and penile region
- Less quantity of urine
- Semen mixed urine
- Stiffness and swelling
- Severe pain
- Intense pain in bladder and scrotum
- Obstructive voiding

2) Obstruction due to drying *Shukra* produces following symptoms –

- Bladder pain
- Swelling in scrotum
- Dysuria
-

J.Raktaja mutrakrichchra[6]

Injury to urinary system produces following symptoms.

- Distension
- Heaviness in bladder regions
- Feels light if content of the bladder is evacuated
- Severe pain

Raktaja Mutrakrichchra is described only by Charaka. The symptoms of Shalyaja Mutrakrichchra and Raktaja Mutrakrichchra are same.

These symptoms are present in urinary system trauma.

VI.DISCUSSION

Vataja mutrakrichchra All Ayurvedic scholars mentioned severe pain in suprapubic region as predominant symptom of Vataja Mutrakrichchra and increased frequency of urine. As the severe pain is predominant symptom in Vataja Mutrakrichchra the Vataja Mutrakrichchra may be correlated with acute condition of urinary tract like renal colic, prostatic abscess, acute urinary tract infections.

Pittaja mutrakrichchra Considering all symptoms of Pittaja Mutrakrichchra it can be said that burning micturition, haematuria are predominant symptoms. Pittaja Mutrakrichchra may be considered as severe degree of cystitis, urethritis, acute prostatitis.

Kaphaja mutrakrichchra In Kaphaja Mutrakrichchra pain and burning micturition or haematuria are not predominant symptom but they are present in some terms. Main symptoms according to all the Ayurvedic scholars are sticky urine or sticky discharge and mild discomfort. In chronic prostatitis or chronic pelvic pain syndrome one of the diagnostic symptom is sticky discharge and mild discomfort. So Kaphaja Mutrakrichchra may be correlated with chronic prostatitis.

Tridoshaja mutrakrichchra In Tridoshaj variety of Mutrakrichchra all varieties of manifestations like various kind of pain, burning sensation, different coloured urine are present. This condition can be compared with urinary tract infection i.e. cystitis, urethritis, prostatitis.

Shalyaja mutrakrichchra According to Sushruta, injury to Mutravaha Srotasa produces symptoms like Mutraghata. Where as Madhava Nidana and Bhava Prakash says that, injury to Mutravaha Srotas produces symptoms similar to Vataja Mutrakrichchra.

Genitourinary trauma can be correlated with Shalyaja Mutrakrichchra.

Purishaja mutrakrichchra Due to Purishaja Vega Dharana the Vayu gets vitiated, leading to distension, pain, retention of urine and dysuria. This condition is called Purishaja Mutrakrichchra. In Purishaja Mutrakrichchra main feature is retention of urine and pain.

This condition can be correlated with acute retention of urine due to various factors like prostatic abscess, vesicle calculi obstructing outflow etc.

Ashmarija mutrakrichchra The classical symptoms of Ashmarija Mutrakrichchra i.e. suprapubic pain, bifurcated stream, frequency closely resembles ureteric colic. All scholars described that pain is colicky in nature.

Shakaraja mutrakrichchra Symptoms mentioned under Sharakarajanya Mutrakrichchra are fainting, tremors, anuria, and severe pain in abdomen.

This type of pain occurs when stone travels downwards in urinary tract.

Raktaja mutrakrichchra Raktaja Mutrakrichchra is described only by Charaka. The symptoms of Shalyaja Mutrakrichchra and Raktaja Mutrakrichchra are same.

These symptoms are present in urinary system trauma.



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VII.CONCLUSION

- Ancient *Ayurvedic* scholars had knowledge about anatomy, physiology and pathological aspects of urinary system.
- Pathological conditions mentioned under *Mutravaha Vikara* in *Ayurvedic* texts much simulates various diseases of conventional system of medicine.
- Rich literary source are available regarding the management of urinary disorders in *Ayurvedic* texts. These have wide scope for further research in medical sciences.
- This is just a preliminary attempt to interpret the hidden meanings in our texts.. It is just an effort to re-organize the scattered references in proper order with logical reasoning for better understanding of the subject to aid in the planning of management of disease.
- Urology in modern India has made emphatic strides and has established itself as a significant force in the global urology arena.. Still the time these no work is done to compile all these urinary disorders, so its need to compile them to remain update.
- By considering and analysis above discussion the study is an attempt to compile the scattered urological disorder in Brihatrayee i.e. Charaka Samhita, Sushruta Samhita, Astanghridaya, Astangsamgraha and correlate them with modern urinary disorders.

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