Mutrakrichchhra (UTI)-An Ayurvedic Perspective

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ABSTRACT:

Mutrakrichchhra is one of the most prevalent health concerns in community practice, and it is a wide word that encompasses almost all urinary tract infection (UTI) diseases reported in modern medicine, Mutrakrichchhra's pratyatma lakshana is "Dukhena mutra pravritti," which means "discomfort during micturition." A urinary tract infection (UTI) is a disorder in which bacteria enter the urinary tract, stay there, and multiply. Other diseases with Mutrakrichchhra as a lakshana include Ashmari, Mutraghata, Mutraja vridhhi, Arsha, and Gulma. This sickness is described in practically all key sources that discuss its prevalence in the ancient world. In Mutrakrichchhra, the prakupit Pitta dosha, combined with vata (mostly Apana vayu), enters the Vasti (urinary bladder) and affects the Mutravaha Srotas, causing symptoms such as Daha, Ruja, Basti-gurutva, Shotha, Muhurmutrata, Peet mutrata, and Sarakta mutrata. The aforementioned symptomatology is more similar to LUTI symptoms (i.e. Urethritis and Cystitis). The purpose of this study was to evaluate the mutrakrichchhra literature review according to Ayurveda.

Keywords: Mutrakrichchhra, Urinary tract infection (UTI), Mutraghata, Ruja, Apan-vayu.

INTRODUCTION

A healthy lifestyle necessitates good urinary habits. People with a healthy urinary tract are more resistant to infections. UTI is more common in women than in males, with 40 percent to 50 percent of women experiencing at least one clinical episode over their lives.\[^1\] A urinary tract infection (UTI) is a frequent annoyance that can be life-threatening. It affects females more than males, with an 8:1.2 ratio. Predisposing variables for recurrent urinary tract infection include female sex, obstructive uropathy, severe vesico-ureteric reflux, constipation, and repeated catheterization, poor sanitary conditions and environment, poverty, and illiteracy. The finest prana *ayatana* is Basti, which is the seat of pee and faeces (where life resides).\[^2\] Because Hridaya (Heart), Shira (Head), and Basti (Urinary Bladder) represent the living essence of a person, we should endeavor to save them by treating ailments and adhering to *swastha vritta* (Daily Healthy Routines).\[^3\] *Mutraghata, Prameha, Shukra doshas, and Mutra doshas* were all present in Basti.\[^4\] *Mutrakrichchhra* is a condition that affects the *mutra marga and basti* (urinary passage). *Mutrakrichchhra* is caused by *kha-vaigunya*. *Mutrakrichchhra* is caused by these factors.

Table no 1. These etiological factors can be summarized as:

<table>
<thead>
<tr>
<th>Aharaja Nidana</th>
<th>Viharaja Nidana</th>
<th>Partantra Nidana</th>
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<tbody>
<tr>
<td>1. Adhyashana,</td>
<td>1. Yana gamana</td>
<td>1. Kaphaja arsha</td>
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<tr>
<td>4. Tikshna aushadha sevana</td>
<td>4. Gulma</td>
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<td>5. Ruksha madya sevana</td>
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<td>5. Udavarta</td>
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Types of Mutrakrichchhra:
All the Acharyas except Acharya Vagbhatta have described eight types of Mutrakrichchhra. Acharya Vagbhatta has mentioned only Doshaja Mutrakrichchhra.

Management through Ayurveda

1. **Shamana chikitsa**: Mutra-vishodhaniya, mutra-virechaniya, mutra-viranjaniya, and ashmarihara dravyas are among the dravyas.

2. **Shodhana Chikitsa**: It contains diuretic medications as well as uttara vasti, which dilutes and flushes numerous infectious agents with urine.

3. **Bahirparimarjana chikitsa**: Externally applied remedies, such as douches, fomentation, showers, poultices, and ointment, are included.

Specific Management

1. **Vataja Mutrakrichra chikitsa**
**Bahirparimarjana chikitsa**: Abhyanga, Svedana, upanaha, Vatashamaka dravyas like dashmool, Eranda, Nirgundi, Parisheka on Kati Pradesh with Vatashamak Taila and Kwatha.\(^{10}\)

   **Antahparimarjana chikitsa**

   Shodhana- Niruha vasti, Uttara vasti with vata shamak kwath like dashmoola kwath.

   Shamana- Amritadi kwatha, Sthiradi aushadha, Shwadanshtra taila, traivritta taila(Su.), Mishraka sneha.

2. **Pittaja Mutrakrichra chikitsa**

   **Bahirparimarjana chikitsa**– Sheeta Parishka, Avagahana in cold water, pralepana with chandan and karpur.\(^{11}\)

   **Antahparimarjana chikitsa**

   Shodhana- Virechana with tikta evam Madhur kashaya, Uttara vasti.\(^{12}\)

   Shamana- Shatavaryadi kwatha (Ch.)\(^{13}\), Haritakyadi kwatha, Trinapanchmula kwatha (Y.R.), Trinapanchamula churna (Su.), ervaru beea, yashtimadhu, devdaru with tandul dhavan.\(^{14}\)

3. **Kaphaja Mutrakrichha chikitsa**

   **Bahirparimarjana Chikitsa**- Svedana, Abhyanga with taila containing tikta ushna dravya.\(^{15}\)

   **Antahparimarjana chikitsa**

   Shodhana- Vamana, Niruha vasti with kshara, tikshna, and katu dravya.\(^{16}\)

   Shamana- Vyoshadi churna praval bhasma (Ch.), shwadanshtradi kwatha, trikankantakadi ghrita, yava bhaksh, takra\(^{17}\).

4. **Sannipattaja Mutrakrichha chikitsa**

   In Sannipataja Mutrakrichra the treatment should be done according to vata sthana. Gudadugdha yoga, dhatyadi yoga.\(^{18}\)

   **Antahparimarjana chikitsa**

   Shodhana- If kapha is predominant then vamana, if pitta is predominant then virechana and if vata is predominant then vasti karma should be performed.\(^{19}\)

   Shamana- Pashanbhedadi yoga, Brihatyadi kwatha,

5. **Raktaj Mutrakrichha Chikitsa**- It should be managed as sadyovrana.

6. **Shakritajanya Mutrakrichha Chikitsa**- Vatahara kriya is done in shakritjanya Mutrakrichra.
Bahirparimarjana chikitsa Abhyanga, Svedana, Avagahana. Antahparimarjana chikitsa

Shodhana: vasti

Shamana: Churna kriya

Some other important formulations include Chandrakala rasa, Varunadi kwatha, Gokshuradi guggulu, Gokshuradi kwatha, Chandanasava, Chandraprabha vati, Trivikrama rasa etc.

DISCUSSION

The “increasing frequency of UTI” is currently a global topic of concern because to the related long-term impairment in quality of life. Mutrakrichchhra has a resemblance to Urinary Tract Infections, as described in Modern Medicine. Mutrakrichchhra is a major source of kidney impairment, school absences, and frequent visits to pediatricians, clinics, and hospitals. Mutrakrichchhra is a Vata-dominant Tridoshaj sickness involving the Mutravaha Srotas and Mutra and Ambu's dushti. In both Ayurveda and modern medicine, the Nidanprivarjanam (i.e. primary prevention) strategy has been prioritized.

CONCLUSION

The “increasing frequency of UTI” is currently a global topic of concern because to the related long-term impairment in quality of life. Urinary Tract Infections, which is stated in Modern Medicine, are comparable to Mutrakrichchhra. Mutrakrichchhra is a major source of kidney impairment, school absences, and frequent visits to pediatricians, clinics, and hospitals. Mutrakrichchhra is a Vata-dominant Tridoshaj sickness involving the Mutravaha Srotas and Mutra and Ambu's dushti. In both Ayurveda and modern medicine, the Nidanprivarjanam (i.e. primary prevention) strategy has been prioritized.

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