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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*.



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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*, *Mutraghata*, *Prameha*, and *Ashmari* are

diseases of the *mutravaha srotas* (urinary channels). When a *mutravaha srotas* is injured, the treatment is explained as a *Mutrakrichchhra chikitsa*.^[5] *Mutrakrichchhra* is a broad term that refers to a variety of illnesses that are classified as urinary tract infections in modern medicine. The infection affects portions of the urinary system in urinary tract infection (UTI).

Ayurvedic Perspective

Mutra is a byproduct of food digestion and metabolism in the body that is passed by the urethra. *Krichhrata* (dysuria) and *Mutra-vibandhta* are both present in *Mutraghata* and *Mutrakrichchhra* at the same time, but *krichhrata* (dysuria) has the upper hand in *Mutrakrichchhra*.^[6]

Nidana (Etiology):

It may be concluded that *vata prakopa*^[7] is caused by *Vyayama*, *adhyashan*, *ruksha sevana*, and *yana gamana*. *Pitta prakopa* is caused by *Tikshna aushadha*, *amla sevana*^[8], and *kapha prakopa* is caused by *Anupa mamsa sevana*, *vyayama*, *adhyashan*^[9]. As a result, these *Nidanas* cause Dosha vitiation as well as *Stroto-dushti of Mutrvaha srotas*. In *Mutravaha srotas*, *stroto-dusti* will cause *kha-vaigunya*. *Mutrakrichchhra* is caused by these factors.

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

<i>Aharaja Nidana</i>	<i>Viharaja Nidana</i>	<i>Partantra Nidana</i>
1. <i>Adhyashana</i> ,	1. <i>Yana gamana</i>	1. <i>Kaphaja arsha</i>
2. <i>Ajirna</i>	2. <i>Ativyayama</i>	2. <i>Ajirna</i>
3. <i>Ruksha anna sevana</i>	3. <i>Aghata</i>	3. <i>Vasti vidradhi</i>
4. <i>Tikshna aushadha sevana</i>		4. <i>Gulma</i>
5. <i>Ruksha madya sevana</i>		5. <i>Udavarta</i>

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 Parisheka, 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 beeja,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, dhatriyadi 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 illness involving the Mutravaha Srotas and the Mutra and Ambu dushti.* In both Ayurveda and modern medicine, the *Nidanprivarjanam* (i.e. primary prevention) strategy has been prioritized. Uncircumcised male infants were shown to have a higher risk of UTI in the first three months of life. A girl with voiding dysfunction is at a higher risk of recurring UTI due to the reflux of bacteria-laden urine from the distal urethra into the bladder. Boys with real phimosis and aberrant voiding, especially in the form of pyelonephritis, were found to have a high rate of urinary tract infection. Because microorganisms cause urinary tract infections, patients should maintain adequate hygiene to reduce the risk of UTI. Parents and caregivers can aid in the prevention

of UTI in children by teaching them about proper cleanliness, hydration, and being mindful of their child's regular bathroom habits.

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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