



ETIOPATHOGENESIS & SHATKRIYAKALA OF MUTRAKRUCCHA (DYSURIA): A REVIEW STUDY

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ABSTRACT

Now a days, it is seems that several patients are suffering from different types of disorders of Mutravaha Srotas. So, each physician should know the details like nidana (etiological factor), samprapti (pathogenesis), lakshanas(symptoms), sadhyaa-sadhyata (prognosis), updrava(complication), chikitsa (management) of disorders.

Mutrakrucha is one of the important disease of mutravaha srotas. The word " MUTRAKRUCHA " means dysuria is a symptom of pain , discomfort ,or burning when urinating. Cause due to infection can occur in any part of urinary tract including kidney ,ureter , bladder, urethra. burning micturation is an cardinal features.

Exercises, strong potential drugs, excessive indulgence of row alcohol, Ingestion of flesh of wet landed animals & fishes, Eating again before digestion of previous food & indigestion. This factors causes dushti of mutravaha srotas are also may be considered as nidana of Mutrakrucha. Due to this causative factors the doshas get aggravated. Mutrakrichha, the vitiated Pitta Dosha along with Vata (mainly Apana Vayu) on reaching Vasti (bladder) afflicts the Mutravaha Srotas due to which the patient feels difficulty in micturition along with symptoms like Peeta mutrata, Sarakta mutrata, Sadaha mutrata, Saruja mutrata and Muhur-muhur mutrata. The above mentioned symptomatology has close resemblance with urinary tract infections. up with urine & hence painful urination is accompanied by changes in urine flow such as dribbling , difficulty initiating flow , increased frequency or need to urinate . Here due to influence over apana vata cited at Basti pradeha(Bladder)the pathology continues & painful urination is caused. here. Shatkriyakala explains the pathogenesis of a disease in stages right from the incubation period to complete manifestation & later consequences of disease. Hence, I am review this , mentioned Shatkriyakala of Mutrakrucha which should be important to managed in early stage (sanchay avastha) and to prevent further complication.

KEYWORDS: Mutrakrucha, dysuria , Shatkriyakal.

INTRODUCTION

The term Mutrakrichha comes under the disorders of Mutravaha Srotas, and mainly deals with shool (pain) and kricchrata (dysuria). Description of this disease in almost all-important classical texts reflects its prevalence in ancient period. Acharya Charaka has described eight types of Mutrakrichha. Charaka has also mentioned eight type of Mutragatha. Mutraghata and Mutrakrichha separately described by Acharya Sushruta in Uttar-tantra. In Mutrakrichha, the vitiated Pitta Dosha along with Vata (mainly Apana Vayu) on reaching Vasti (bladder) afflicts the Mutravaha Srotas due to which the patient feels difficulty in micturition along with symptoms like Peeta mutrata, Sarakta mutrata, Sadaha mutrata, Saruja mutrata and Muhur-muhur mutrata. The above mentioned symptomatology has close resemblance with urinary tract infections, as described in modern texts specifically lower urinary tract infections (urethritis and cystitis). In our classical text the urinary disorders are

described in the form of 8 types of Mutrakrichha.¹ Acharya kashyapa had also described the sign and symptoms of Mutrakriccha in Vedna adhyaya². A healthy urinary tract is generally resistant to infections. However, for anatomical reasons female lower urinary tract is more susceptible. Predisposing factors for recurrent Urinary tract infection include obstructive uropathy, severe vesicoureteric reflux, constipation and repeated catheterization poor hygienic conditions and environment, poverty and illiteracy also contribute to the increasing percentage of urinary tract infections. Urinary tract infections are the leading cause of gram-negative sepsis in hospitalized patients. They are important cause of morbidity and might result in renal damage, often in association with vesicoureteric reflux (VUR). Urinary tract infections are second in frequency after upper respiratory tract infections.³

AIM AND OBJECTIVES

1. To study Mutravaha Srotas Dushti Hetu & Lakshanas
2. To study Hetu of Mutrakrucha .
3. To Study Shatkriyakla (Pathogenesis) of Mutrakrucha.

MATERIAL AND METHOD

This is a review Article. It is based on references about mutravaha srotasa, Mutrakrucha , & Shatkriyakala of Mutrakrucha from Ayurvedic Samhitas.

The primary aim of ayurveda is to maintain physical, mental, social & spiritual well being of humanity. To fulfil this aim, ayurveda advised to follow the rules of Dincharya, Ratricharya, Ritucharya, Sadvritta and Ahara Vidhi Vidhan etc. However, when the humans are falling in sick, at that time, complete treatment also advised for them.

According to Ayurveda, the entire human body is made by various types of srotas. In this regard Maharshi Charaka has described that;

यावन्तः पुरुषः मुर्तिमन्तो...

धातूनामभिवाहिनी भवन्त्ययनार्थेन ॥ (च.वि. ५/३)

All the nutrients which are responsible for growth of body, are canalized through these srotases along with Doshas, Dhatus, & Malas. So, when these srotases got vitiated by different causes, then diseases are developed. According to maharshi charaka, the srotas are counted as 13 numbers.[1] where as Sushruta has considered 11 pairs of srotas are present in human body.[2] Both of them recognised that, Mutravaha srotas is an important srotas for excretion of waste products from body as urine. According to them the root of mutravaha srotas are Basti (kidney, ureter & urinary bladder), vankshyana & medhra.

The learned ayurvedic acharyas have described in details about Anatomy, physiology, pathology & treatment of disorders of mutravaha srotas. In this regards, maharshi sushrut has described that, any kind of trauma to mutravaha srotas leads to acute retention of urine, distension of urinary bladder & painful micturition. This may also caused death to patient.

Now a days is is seam that, number of patients are regularly reporting to hospitals with suffering from different disorders of mutravaha srotas.

मुत्रवह स्त्रोतस दुष्टि हेतु :

मुत्रिस्तोदकभक्ष्य स्त्री सेवनान्मुत्रनिग्रहात्।

मुत्रवाहिनी दुष्यन्ति क्षीणस्याभिक्षतस्य च ॥ (च.चि. ५/२०)

1. **Mutritodaka Bhakshya Stree Sevnat** – Indulging of sex, drinking of water or eating food under the urge of micturition.
2. **Mutranigrahat** – Suppression of urge of micturition.
3. **Ksheena** – Emaciated person
4. **Abhikshata** – Trauma to urinary passage

मुत्रवह स्त्रोतस दुष्टिलक्षण :

‘अतिसृष्टमतिबद्धं प्रकुपितमल्पाल्पमभीक्षणं वा बहलं सशूलं मूत्रयन्तं दुष्टवा मूत्रवहान्यस्य स्त्रोतांसि प्रदुष्टानीति विद्यात् ।’

च.वि.५/१४

व्याख्या-

‘मूत्रस्य कृच्छेण महता दुःखेन प्रवृत्तिः - मूत्रकृच्छः ।’

मा. नि./ मूत्रकृच्छ/१टिका

Mutra is an outcome product digestion of food and metabolism in the body it is passes through urethra.⁴ In both Mutraghata and Mutrakrichha, Krichhrata (dysuria) and Mutra-vibandhta are simultaneously present but in Mutrakrichha there is predominance of Krichhrata (dysuria).

The painful voiding of urine is known as Mutrakrichha. In this disease patient has urge to micturate, but he passes urine with pain.

मुत्रवह स्त्रोतस हेतु

‘व्यायामतीक्ष्णौषधरुक्षमद्यप्रसंगनित्यद्रुतपृष्ठ्यानात् ।

आनूपमांसध्यशनाद्जीर्णात्स्युमूत्रकृच्छाणिनृणां तथाष्टौ ॥

मा.नि./मुत्रकृच्छ/१

1. Ativyayama –Excessive Exercises
2. Teekshna Aushadh –Strong potential drugs
3. Rukshya Madya Prasanga –Excessive indulgence of row alcohol.
4. Nityadrut Prusthayanat-Riding on the back of fast moving vehicles & animals.
5. Anupamatsya-Ingestion of flesh of wet landed animals & fishes.
6. Adhyashana –Eating again before digestion of previous food.
7. Ajeernat –Indigestion.

Nidana (Etiology) It can be concluded that Vyayama, adhyashan, ruksha sevana, yana gamana are causative factors for vata prakopa.⁵ Tikshna aushadha, amla sevana causes pitta prakopa⁶ and Anupa mamsa sevana, vyayama, adhyashan causes kapha prakopa⁷ So these Nidanas cause vitiation of Doshas along with Stroto-dushti of Mutrvaha strotas. Stroto-dusti will cause kha-vaigunya in

Mutravaha srotas. These factor leads to Mutrakriccha. These etiological factors can be summarized as:

Aharaja Nidana

- Adhyashana,
- Ajirna
- Ruksha anna sevana
- Tikshna aushadha sevana
- Ruksha madya sevana

Viharaja Nidana

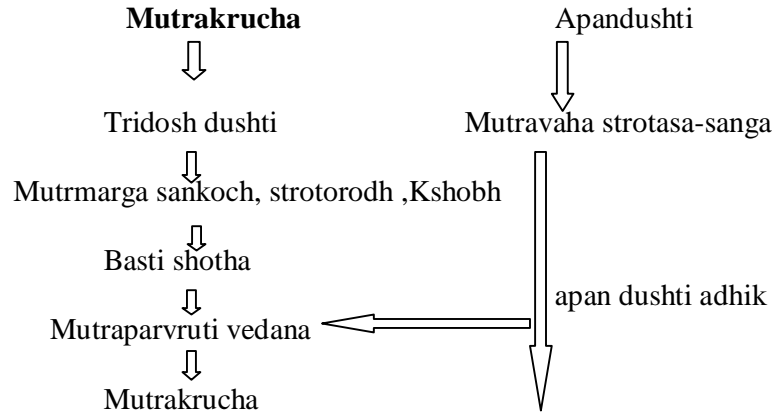
- Yana gamana
- Ativyayama
- Aghata

Partantra Nidana

- Kaphaja arsha⁸
- Ajirna⁹
- Vasti vidradhi¹⁰
- Gulma¹¹
- Udavarta¹²

Samprapti

In Mutrakrichha, the vitiated Pitta/Tridosha Dosha along with Vata (mainly Apana Vayu) on reaching Vasti (bladder) afflicts the Mutravaha Srotas due to which the patient feels difficulty in micturition along with symptoms like Peeta mutrata, Sarakta mutrata, Sadaha mutrata, Saruja mutrata and Muhur-muhur mutrata.



“Marute pragune bastau.....vikara vivdanschapi pratiloma bhavantihi” (Su.Ni.3/27-28).

Acharya Dalhana quotes that Vata is the main factor in the pathogenesis of Mutragh

“Sarvesham Mutraghatanam Vayureva prayashah karanam” (Da.on Su.Utt. 58/6).

Acharya Charaka states that when Amavisha gets localized in the urine leads to Mutra Rogas. (ch.chi.15/49).

SHATKRIYA-KALA OF MUTRAKRUCHA Shatkriyakala explains the pathogenesis of disease in stages right from the incubation period to the complete manifestation and later consequences of a disease.

1] संचय [Sanchaya]

This is the initial accumulation of Dosha due to individual vitiating factors. mutrakrucha has been mentioned as one of the prime nidana in almost all types of Mutrakrucha. The apana vayu being vitiated by indulging in mentioned Nidanas, starts accumulating in it's own places – Kati, Basti, Pakwashaya & Medhra. Along with this the vayu is vitiated by Vatakara Ahara & Vihara. In this stage, the individual experiences occasional discomfort in act of micturition, which seems to be tolerable & he neglects it. There may be feeling of Basti pradeshi Gaurav in vata pradesha along with a very mild discomfort in passage of urine.

In this stage, the person presents with vague symptomatology & the physician has to be clear enough to elicit, the history & symptoms to prevent further vitiation. If not, the symptoms will not seem to be those of Mutravaha srotas & treatment can be missed altogether.

2] प्रकोप[Prakopa]

The early pathogenesis of disease starts if the provocative factors are allowed to act upon where there will be further vitiation of vata. This vitiation occurs in all vata places & leads to hampering of functioning of both pitta & kapha in terms of “vishamagni” which lays the foundations for the production of Ama. Here, again the symptomatology experienced may not be directly related to Mutravaha Srotas but rather to those of initial Ama formation i.e. pain at basti ,kushi , uadar. Here shodan and shaman treatment applied.

3] प्रसर [prasara]

In this stage, there will be spread of vitiated Doshas from their locations to other sites & therefore a mixed symptomatology may be found. The process of Ama formation which was already set in further carried on. As it is already known that the mutra is result of Sara-Kitta vibhajana of Ahara, which is combined effort of Tridoshas with Agni. The mutranirmanprakriya (formation of urine) has been nicely presented in sushrut samhita. The Dhamanis are classified into Urdhwa, Adhah & Tiryak traversing. It has been explained that there are two Adhogami Dhamanis, which carry Mutra from the Antras to be expelled out. (सु.शा. ९/७).

Thus, this process of sara-kitta vivechana is hampered & the doshas gain the access to Mutravaha Dhamani & start spreading which is substained by fact that presence of Ama causing sroto Avarodha, leading to Vimarga Gamana & Atopa due to blockage in its course through the channels. The manifestation of Lakshanas due to Ama such as Avipaka, Paridaha, Arochaka, Agnisada etc.

In this stage, the Lakshanas related to Mutra may be more pronounced than the previous stages, with increased difficulty in micturition. But, again there is no existing evidence to pinpoint a diagnosis.

4] स्थानसंश्रय [Sthansanshraya]

In this stage, the premonitory features of a disease are manifested & it is this stage in which only vitiation of Dhatus starts. The vitiated Doshas along with Ama traversing through the sukshma siras, Dhamanis get lodged in Basti & forms a base for the complete manifestation of Mutrakruha. The terminologies like Chidravaigunya & Mutra Srotonirodha used in the types of mutrakruha further substantiate the lodging of Ama in Basti to manifest Mutrakruha. Acharya charaka states that Ama after attaining its seat in Basti causes Basti Rogas. (च.१५) It is through Sukshama siras pouring into Basti from the sides & thus entered

Doshas produce various Basti Rogas. Further, Acharya Dalhana clarifies the fact that all the varieties are not purely of Mutrakruha but the conditions like Mutrouksada, Ushna vata & Mutra shukra are mutradoshas as there is no Aghata in these conditions. Thus Basti is the Sthana for the Sthana Samshrya of Doshas.

In this stage, the premonitory symptoms are manifestd. As there are the eight varieties of Mutrakruha, with no sate of purvarupa described. But it can be evaluated that the Aghata, Bastiadhama, Bastishula and Mutravivarta(obstruction to flow of urine) are more pronounced in this stage and occurs more often than the previous stages. The symptoms of Basti Adhamana and Basti Shula are also experienced in greater degree.. It is who recognizes the seat of disease as Basti and labels a person suffering from mentioned symptoms to be proceeding towards either of the variety of Mutrakruha. This can be further supported if a careful analysis and proper investigations are carried out.

5] व्यक्ति आणि भेद

This is a stage, where complete manifestation of a disease in each & every symptom of Individual variety of Mutrakruha is identified in this stage. In other words, it is the stage of differentiation. If the disease is Miss-diagnosed & Missmanaged in various stages, they proceed towards Complication & involvement of other bodily systems there by complicating the management, probably due to extensive damage sustained or irreversible structural changes having taken place. On account of the negligence of early diagnosis & prompt treatment.

Depending on the cause of dysuria, short term complications can include acute renal failure, development of systemic infection and sepsis, acute anemia from hematuria, emergent hospitalization while long term complications can consist of the development of end-stage renal disease, infertility, long term disability from recurrent infections or urinary tract cancers and even death from severe systemic infections or advanced urinary tract cancers. Patients who have complicated urinary tract infections can end up having recurrent infections and higher antibiotic resistance, which may lead to higher rates of hospitalizations, and higher morbidity and mortality¹³

DISCUSSION AND CONCLUSION :

In few words, it can be summarized that urinary disease, which are considered as a morbid condition, are treatable with ayurveda. Our predecessors not only had a good knowledge about these diseases, but also they were aware of its clinical manifestations, Etiology, Pathogenesis and management modalities. The detailed Etiology and pathology as a Shatkriyakala of Mutrakruha in ayurveda in this regard is important, without which the better understanding about the treatment part can't be develop. The Mutrakruha (dysuria) is a major disease of Mutravaha srotas.

Etiopathogenesis of this disease suggest that Vata dosha plays a major role. The vitiated dosha mix up with urine & hence obstruct the flow of urine. Here due to influence over apana vayu cited at Basti pradeha (Bladder) the pathology continues & urinary retention is occurred. Shatkriyakala explains the pathogenesis of a disease in stages right from incubation period to complete manifestation & later consequence of disease. Hence, in this review, mentioned Shatkriyakala of Mutrakrucha which should be important to managed in early stage and to prevent further complication

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