

A REVIEW ON GARBHINI MUTRAKRICHRA ITS TREATMENT IN AYURVEDA

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Abstract : Pregnancy can be complicated by maternal illnesses among which urinary tract infection (UTI) is most common. Lower UTI is characterized by frequency, dysuria, haematuria, urgency and strangury which may be correlated with *Mutrakricchra*. Among *Garbhini Vyadhi*, *Mutrakricchra* is not described. *Acharya Kashyapa* has opined that the etio-pathology of the physical and psychological disorders that occurs in pregnant women is same as in normal individuals i.e. *doshas*, *dushyas* are same in both. If left untreated UTI enhances the incidence of low birth weight infants, premature delivery and new born mortality. So this study was carried out to highlight for understanding *Garbhini Mutakricchra*.

Key words: Garbhini Mutrakrichra, Lower urinary tract infection, Pregnant women.

I. INTRODUCTION

Achievement of motherhood is the cherished desire of every pregnant woman. A series of physiological and psychological changes happen in different stages of women, some of which may cause discomfort to her. Pregnancy can be complicated by maternal illnesses among which urinary tract infection (UTI) is most common. Lower UTI is characterized by frequency, dysuria, haematuria, urgency & strangury.¹ The symptoms of Lower UTI can be correlated with *Mutrakricchra*. In the explanation of *Garbhini Vyadhi*, *Mutrakricchra* has not been described. *Acharya Kashyapa* has opined that the etio-pathology of the physical & psychological disorders that occur in pregnant women is same as in normal individuals i.e. *doshas*, *dushyas* etc are identical in both².

NIRUKTI

The following *Nirukti* of *Mutrakricchra* has been postulated by our *Acharyas*.

- मूत्रकृच्छ्रमिति मूत्रस्य कृच्छ्रेण महतादूःखेन प्रवृत्तिः ॥³
- The disease in which *Mutra* is voided with much *Dukha* (discomfort) is called *Mutrakricchra*.
- मूत्रकृच्छ्रमदूःखेन मूत्रप्रवृत्तिः /⁴

The act of urination with *Dukhaha* (discomfort) is called *Mutrakicchra*.

- यन्मूत्रकृच्छ्रे मूत्रमकृच्छ्रेन वहति ॥⁵

The disease in which urine is passed with difficulty is called *Mutrakricchra*. All the above *niruktis* indicate the meaning of *Mutrakricchra* is passing of urine with difficulty.

Nidana of Mutrakrichchra:

Acharya Charaka

has described causative factors of *Mutrakrichchra* in detail. *Sushruta* and *Vagbhata* have not mentioned etiology of this disease. *Madhavakara* and *Bhavaprakasha* have stated the etiological factors but they are identical to those mentioned in *Charaka Samhita*.

TABLE NO: 1 NIDANA OF MUTRAKRICCHRA ACCORDING TO DIFFERENT ACHARYAS

<i>Nidana</i>	<i>Charak</i> ⁶	<i>Madhavidana</i> ⁸ , <i>Bhavaprakash</i> ⁹	<i>Kashyap</i> ¹⁰	<i>Harita</i> ¹¹
<i>Vyayam</i>	+	+	-	+
<i>Tikshnaushadha</i>	+	+	-	-
<i>Ruksha aahar</i>	+	+	-	-
<i>Madya prasanga</i>	+	+	-	+
<i>Nitya druta prasthayana</i>	+	+	-	-
<i>Anup mamsa sevan</i>	+	+	-	-
<i>Adhyasana</i>	+	+	-	-
<i>Ajirna</i>	+	+	-	-
<i>Mutra Vegadharan</i> ⁷	+	-	-	-
<i>Ati katu rasa</i>	-	-	-	+
<i>Ati amla rasa</i>	-	-	-	+
<i>Ati lavana rasa</i>	-	-	-	+
<i>Ati Rakta srava</i>	-	-	-	+
<i>Ati ushna aahar</i>	-	-	-	+
<i>shrama</i>	-	-	-	+
<i>Kati skandhatidharan</i>	-	-	+	-

PURVARUPA OF MUTRAKRICHCHRA

Purvarupa of *Mutrakrichchra* though not directly mentioned can be inferred as mild symptoms of *Mutrakrichchra* present before the complete manifestation of the disease.

SAMPRAPTI

Charaka has described the specific pathogenesis of *Mutrakrichchra*, while *Sushruta* & *Vagbhata* have mentioned the pathogenesis of *Basti Roga* in general, which can also be considered for the *samprapti* of *Mutrakrichchra*.

Charaka has mentioned that *doshas* provoked by their respective etiological factors, individually or together involve *Basti* (urinary tract), where they cause '*paripidana*' in the *mutramarga* producing *Mutrakrichchra*¹².

Sushruta is more elaborative, while describing the pathogenesis of *Basti roga* and mentions the specific role of *Vata* in it. According to *Sushruta*, as *Mutra* enters the *Basti*, the vitiated *dosha* also get their way into it and produces various disorders. Furthermore, he states that *samyak Vata* is the factor responsible for the proper formation and excretion of urine and if this *Vata* gets '*Pratiloma*,' it produces many *Basti rogas*, like *Mutradosha*, *Mutraghata*, *Prameha* and *Shukradosha*¹³. According to *Vagbhata*, *Basti* is *adhomukhi* and is continuously filled by *mutra* through the *mutra vahi sira* from its *parshva*. The vitiated *dosha* reaches the *basti* through these *mutra vahi shira* by the process of *nishyandana* and produces the

disorders to *Basti marma* viz. *Mutraghata and Prameha*¹⁴.

Pitta is the dominant *dosha* in *Mutrakrichchra* as per *Kashyapa Samhita*. *Pitta* provoked by its respective etiological factors, along with *Vata and Kapha* reaches the *Basti* and produces *dushti* in it, which results in *Mutrakrichchra*¹⁵.

Samprapti Ghataka

Dosha: Tridosha with dominant Vata, Pitta

Dushya: Rasa, Rakta

Agni: Pachakagni, Rasadhātuagni

Udbhava Sthana: Pakwashaya

Adhishtana: Basti

Srotas: Mutravahasrotas, Rasavahasrotas

Srotodushti Prakara: Sanga, Vimargagammana

Rogamarga: Madhyama

Vyadhi Prakara: Nija, Agantuja

Pratyatma Lakshana: Krichchrata in Mutrapravritti

SAMPRAPTI

FLOW CHART: SHOWING THE SAMPRAPTI OF GARBHINI MUTRAKRICCHRA

Atiamla, lavanadi ahara Nidanasevana by Garbhini

Kupita Vatadi dosha or prathaka doshas

Individually or together Sthanasamsraya in Basti

Mutravaha Srotodushti → *Garbhini Mutrakrichchra*

CLASSIFICATIONS OF MUTRAKRICCHRA

Almost all the *acharyas* except *Vagbhata* have mentioned eight types of *Mutrakrichchra*. However, some differences particularly in the nomenclature of other than *doshaja Mutrakrichchra* are found. The various nomenclature used in the texts in describing the classification of *Mutrakrichchra* are shown in following Table.

TABLE NO:2 SHOWING CLASSIFICATION OF MUTRAKRICCHRA ACCORDING TO DIFFERENT ACHARYAS

<i>Types of Mutrakrichchra</i>	<i>Charak</i> ¹⁶	<i>Sushruta</i> ¹⁷	<i>AS</i> ¹⁸ , <i>AH</i> ¹⁹	<i>Kashyap</i> ²⁰	<i>Madhavidana</i> ²¹ , <i>Bhavaprakash</i> ²²	<i>Sha.S</i> ²³
<i>Vataja</i>	+	+	+	+	+	+
<i>Pittaja</i>	+	+	+	+	+	+
<i>Kaphaja</i>	+	+	+	+	+	+
<i>Sannipataja</i>	+	+	+	+	+	+
<i>Dvandwaja(3types)</i>	-	-	-	+	-	-
<i>Ashmarijanya</i>	+	+	-	-	+	+
<i>Shankarajanya</i>	+	+	-	-	-	+
<i>Purishaja</i>	-	+	-	-	-	+
<i>Shukraja</i>	+	-	-	-	+	+
<i>Raktaja</i>	+	-	-	+	-	-
<i>Abhigataja (Shalyaja)</i>	-	+	-	-	+	+

RUPA OF MUTRAKRICHCHRA

Vataja Mutrakrichchra: There is *tivra ruja* in Vankshana, Basti, Medhra region, Swalpam mutra and Muhurmutrata in Vataja Mutrakrichchra²⁴.

Ruja and its site: Pain and its site have been described differently by all the *acharyas* which is shown as below

TABLE NO: 3 SHOWING RUJA AND SITE OF VATAJAMUTRAKRICHCHRA ACCORDING TO DIFFERENT ACHARYAS

	<i>Samhita</i>	<i>Type of pain</i>		<i>Site of pain</i>
1	<i>Charaka & Bhavaprakash²⁵</i>	<i>Tivra ruja</i>	Severe pain	<i>Vankshana (groin)</i> <i>Basti (suprapubic)</i> <i>Medhra (urethral)</i>
2	<i>Sushruta²⁶</i>	<i>Phaladbhiriv (Dal-sputadbhiriva)</i>	Splitting like severe pain	<i>Mushka (scrotum)</i> <i>Basti (suprapubic)</i> <i>Mehana (urethra)</i>
3	<i>Ashtanga sangraha²⁷</i>	<i>Tivrashulah</i>	Severe pain	<i>Vankshana (groin)</i> <i>Basti (suprapubic)</i> <i>Medhra (urethra)</i>
4	<i>Ashtanga Hridaya²⁸</i>	<i>Artiyukta</i>	With pain	<i>Vankshana (groin)</i> <i>Basti (suprapubic)</i> <i>Medhra (urethral)</i>
5	<i>Kashyapa²⁹</i>	<i>Santatshula</i>	Continuous pain	—
6	<i>Madhava nidana³⁰</i>	<i>Tivra arti</i>	Severe pain	<i>Vankshana (groin)</i> <i>Basti (suprapubic)</i> <i>Medhra (urethral)</i>

From above description it can be inferred that pain is the main symptom and involvement of organs like bladder and urethra indicate the lower urinary tract.

Swalpa mutra (scanty urine): *Swalpam* means scanty or small quantity. The terms used by different *acharyas* are as below:

TABLE NO: 4 SHOWING SWALPA MUTRA OF VATAJAMUTRAKRICHCHRA ACCORDING TO DIFFERENT ACHARYAS

	<i>Samhita</i>	<i>Term used</i>
1	<i>Charaka, Madhavakar, Bhavaprakasha</i>	<i>Swalpam</i>
2	<i>Sushruta, Ashtanga Hridaya</i>	<i>Alpalpam</i>
3	<i>Ashtanga samgraha, Kashyapa</i>	<i>Alpam</i>

Muhurmutra

The word “Muhurmutra” means suddenly or again and again. Hence this symptom denotes that the patient suffering from vataja Mutrakrichchra passes urine frequently with urgency. The different terms used by *acharyas* are as:

TABLE NO: 5 SHOWING MUHURMUTRA OF VATAJAMUTRAKRICHCHRA ACCORDING TO DIFFERENT ACHARYAS

	<i>Samhita</i>	<i>Term used</i>
1	<i>Charaka, Madhavakar, Bhavaprakasha</i>	<i>Mutratiha</i>
2	<i>Ashtanga Hridaya, Ashtanga samgraha</i>	<i>Muhurmuhur</i>
3	<i>Sushruta, Kashyapa</i>	<i>Not mentioned</i>

Other symptoms

Kashyapa has described few more signs and symptoms of *Vataja Mutrakricchra* like *Saphenam* (frothy urine), *Krishna or Aruna Mutra* i.e. urine having blackish or reddish colour and *baddha varcha* (constipated

bowel). On the basis of above mentioned description it can be stated that the patient of *Vataja Mutrakricchra* may have moderate pain during urination in the regions viz. Groin, suprapubic, urethral or scrotum; passes small quantity of urine frequently with some urgency; urine with either blackish or reddish tinge. Constipation may also be present.

2) *Pittaja Mutrakricchra*

There is passing of *peetamutra* (yellowish urine) which may be mixed with blood (*rakta*) along with pain (*Ruja*) and burning (*Daha*) in *Pittaja Mutrakricchra*³¹. Other symptoms as told by various *Acharyas* are *Ushna Mutra Pravritti* (Hotness of Urine), *Svidyaman Mukha* (Perspiration on face) during micturation.

TABLE NO: 6 SHOWING SYMPTOMS OF PITTAJAMUTRAKRICCHRA ACCORDING TO DIFFERENT ACHARYAS

Symptoms/Samhitas	Charak	Sushruta	Vagbhatta	Kashyap	Madhavidana, Bhavaprakash
<i>Daha</i>	+	+	+	+	+
<i>Ruja</i>	+	-	+	+	+
<i>Peeta mutrata</i>	+	+	+	+	+
<i>Saraktata</i>	+	+	+	-	+
<i>Ushna mutrapravritti</i>	-	+	-	+	-
<i>Muhur mutrapravritti</i>	+	-	-	-	+
<i>Svidhyaman mukho</i>	-	-	-	+	-

Peeta mutra: Yellow colour of urine has been described by all the *Acharyas* by the term "*Peeta*". *Acharya Sushruta* has used the term "*Haridra*".

Sarakta Mutra: *Acharya Sushruta* has used the word "*Raktam*" on which *Dalhana* says '*Rakta Varnam*'. *Acharya Vagbhatta* has used the term "*Krishna*".

Sarujam (With pain): *Acharya Sushruta* has not mentioned this symptom. All the other *Acharyas* have mentioned it in different terms as '*Ruja*', as '*Ruka*' and as '*Vedana*'. The site of pain has not been mentioned by any of the *Acharyas*. *Ruja* is described in both *Vataja* and *Pittaja Mutrakricchra*, It can be inferred from above that pain is sharp or acute in nature in *Vata* dominant symptoms.

Sadaham (with Burning Sensation): All the *Acharyas* have mentioned this symptom. *Acharya Sushruta* has used the term "*agnina dahyamanabhaih*" on which *Dalhana* comment "*atyantadahaparitaih*".

Muhurmutra (Increased frequency): *Muhurmutra* means passing of urine frequently. This symptom is also present in *Vataja* type. The difference is that here *Vata* is aggravated by vitiated *Pitta*, causing *Pratiloma gati* of *Vayu* resulting in *Muhurmutra*.

Ushna Mutra (Hotness of Urine): Only *Acharya Sushruta and Kashyap* has mentioned this symptom. *Acharya Sushruta* has used the term "ushnam" and *Acharya Kashyapa* has used the term "atyushnam bashpasamhitam".

Swidyamanmukho (Perspiration on face)

This symptom is described by *Acharya Kashyapa* only. According to him during micturition the patient may get sweats especially on the face.

3) Kaphaja Mutrakricchra

There is *Shotha and Gurutwa in Basti and Linga and Sapichha Mutra in Kaphaja Mutrakricchra*³². Other symptoms as told by various *acharyas* as below.

TABLE NO: 7 SHOWING SYMPTOMS OF KAPHAJAMUTRAKRICCHRA ACCORDING TO DIFFERENT ACHARYAS

Symptoms/Samhitas	Charak	Sushruta	Both Vagabhat	Kashyap	Madhavidana, Bhavaprakash
Shotha	+	-	+	+	+
Gurutva	+	+	+	+	+
Sapichha/Ghana mutrata	+	+	+	+	+
Shukla/shweta mutrata	-	+	-	+	-
Anushna mutrata	-	+	-	-	-
Bahula mutrata	-	-	-	+	-
Alpabaddha mutrata	-	-	-	+	-
Samhrishta roma	-	+	-	-	-

These symptoms are described in detail as below

Shotha & Gurutwa

TABLE NO: 8 SITE OF SYMPTOMS OF KAPHAJAMUTRAKRICCHRA ACCORDING TO DIFFERENT ACHARYAS

	Samhita	Site
1	CHARAK, BOTH VAGABHAT, MADHAVIDANA, BHAVAPRAKASH	Basti (Suprapubic) Linga (Urethra)
2	SUSHRUTA	Mehana (Urethra) Basti (Suprapubic)
3	KASHYAPA	Basti (Suprapubic)

From the description it can be inferred that site of symptom is mainly bladder and urethra which indicate the lower urinary tract.

Sapichha Mutra (Slimy urine): *Piccha* means slimy or liquid like of boiled rice according to M. Williams. Hence, patient of *Kaphaja Mutrakricchra* voids urine which is slimy or like scum of boiled rice. *Acharya Sushruta* has used the term "Snigdha" (soothing) and *Acharya Kashyapa* has used the term "Ghanam" (thick) to denote characteristic of *Mutra*.

Shukla Mutra (white urine): Only *Acharya Sushruta and Kashyapa* has mentioned that patient of *Kaphaja Mutrakricchra* passes urine is 'Shukla' and 'Sita' by nature respectively which is also a characteristic of

Kapha. Bahula Mutrata(Passing of large amount of urine) and *Alpabadha*. Only *Acharya Kashyapa* has mentioned that patients of *Kaphaja Mutrakricchra* passes large amount of urine with less hesitancy.

Anushna and Samharshita roma: *Acharya Sushruta* has mentioned these symptoms. From above description the symptoms of *Kaphaja Mutrakricchra* can be summarized as pressure like feeling which may be sometimes associated with swelling in *Basti* (suprapubic), *Linga* (urethra) or *Mushka* (scrotum), with less hesitancy in urination and horripilation. The patient passes large amount of white and slimy urine which is not hot.

4) Sannipataja Mutrakricchra: In *Sannipataja Mutrakricchra* the signs and symptoms of *Vataja, Pittaja* and *Kaphaja Mutrakricchra* may appear altogether and it is *Krichchratham*³³.

According to *Kashyapa* the symptoms like *Murchha* (*Syncope*), *Bhrama* (giddiness) and *Vilapa* (delirium) may also be present in *Sannipataja Mutrakricchra*³⁴.

5) Raktaja Mutrakricchra³⁵: Due to *Kshatajanyaghata, Kshat, Kshaya* (due to *ativyavaya*) the vitiated *Rakta* after entering *Basti*, expels out *Mutra* like *Ashmari with Tivra arti*. When *Rakta* accumulates in *Basti* in excess, causes *Adhmana* and heaviness. If accumulated *Rakta* is expelled out, causes *Laghuta in Basti*.

6) Shukraja Mutrakricchra³⁶: This condition occurs in a man consequent upon his being afflicted with the obstruction of semen, there will be pain in the groin, bladder, phallus, and great painful enlargement of the testes. He passes urine with difficulty as its flow is obstructed by semen.

7) & 8) Ashmarijanya & Sharkarajanya³⁷

In this condition patient passes urine mixed with blood if there is ulceration due to the movement of stone and when the stone passes down, patient passes urine easily. This stone, when broken up by *vata*, forms sand which passes out through the urinary passage. Above two type of *Mutrakricchra* is not concerned with *Garbhavasthajanya Mutrakricchra* therefore no need of description.

UPASHAYA

Hetuviparita-

Anna– Mansa rasa, mudgarasa, puratana lohita shalaya, ghrita etc.

Vihara- Mutravega dharana, Madhya,shrama etc. Tyaga.

Aushadha - Eg.vataja mutrakricchra-vataghna qwathadi parisheka prayoga.

Vyadhiviparita-

Anna: Ksheera, takra, nariyala jala etc.

Vihara: Vyayama,vyavaya tyaga etc.

Aushadha: Dashamoola prayoga, shatavaryadi qwath prayoga.

ANUPASHAYA: *Vyayama, tikshna aushada, rukshya ahara, madyapana, nityadruta prushtayana, anupa mansa sevana, adhyashayana & ajeerna.*

UPADRAVAS: Complications occur as a sequel following and resulting from the main disease. It may be in the nature of a major or minor ailment. It is more troublesome than the main disease itself, because it appears in the later stages of a disease, when body is already weakened.

Only *Acharya Kashyapa* has mentioned the *Updravas* like *Karshya* (emaciation), *Arati* (uneasiness), *Aruchi* (anorexia), *Anava sthiti* (unsteadiness of mind), *Trishna* (thirst), *Shula* (pain), *Vishada* (nervousness) and *Arti* (discomfort) are the complications of *Mutrakricchra*³⁸.

SADHYASADYATA –

*Sannipataja mutrakricchra –Kashtasadhya*³⁹

CHIKITSA OF MUTRAKRICCHRA⁴⁰

In *Mutrakricchra*, there is *Apravritti of Mutra and Pratiloma of Apanavayu*. Hence the *Chikitsa* should be such that it is *Mutravirechaniya* and pacifies the *Doshas*. The *Chikitsa of Mutrakricchra* can be divided into *Shodhana and Shamana Chikitsa*. The *Shodhana* therapy can be further divided into *Antahparimarjana and Bahiparimarjana* therapy which is as follows

1) Vataja Mutrakricchra

a) *Bahiparimarjana Chikitsa: Abhyanga, Svedana, Upanaha, Parisheka*

b) *Antahparimarjana Chikitsa:*

i) *Shodhana: - Niruhabasti, Uttarabasti*

ii) *Shamana: -Sthiradigana Aushadhi as Shadangapaniya, Mamsarasa
- Amritadi Kwatha*

2) Pittaja Mutrakricchra

a) *Bahiparimarjana Chikitsa: Parisheka, Avagahana in cold water, Pralepana with Chandana, Karpoor
etc.*

b) *Antahparimarjana Chikitsa:*

i) *Shodhana: - Uttarabasti, Virechana*

ii) *Shamana: - Shatavaryadi Kwath, Haritakyadi Kwath
- Vidarikand and Ikshu Rasa Siddha Ghrita with Milk
- Trinpanchmoola Churna
- Ervarukabeeja, Yashtimadhu Devadaru with Tandula Dhavan
- Narikelyadi Yoga*

3) Kaphaja Mutrakricchra

a) *Bahiparimarjana Chikitsa: Swedana, Abhyanga with oil containing Tikshna Ushna properties.*

b) *Antahparimarjana Chikitsa:*

(i) *Shodhana: - Vamana, Niruha Basti*

(ii) *Shamana: - Vyoshadi Churna, Sukshma ela Churna
- Shwadanshtradi Kwath
- Praval Churna with Tanduldhavan
- Trikantakadi Ghrita
- Shitimarakabeeja Churna*

(4) Sannipataja Mutrakricchra:

Antahparimarjana Chikitsa:

i) *Shodhana Chikitsa*: If *Kapha* is dominant then first *Vamana*, if *Pitta* is dominant then first *Virechana* and if *Vata* is dominant then first *Basti* should be given.

ii) *Shamana Chikitsa*: -

- *Brihatyadi Kwatha*

- *Gudadugdhayoga*

(5) **Abhigataja Mutrakricchra**: Since the symptoms of *Abhigataja Mutrakricchra* are similar to *Vataja Mutrakricchra*, the treatment indicated by all the *Acharyas* is *Vatahara Kriya*.

Chikitsa of Mutraroga in pregnancy⁴¹

The physician should give for drinking the decoction or juice or paste or medicated milk of these drugs i.e. *Shatavari*, Roots of *Darbha*, *Madhuka*, *Kshiramorata*, *Pashanbheda*, *Ushira* and fruits of *Kataka*. This is successful in all types of retention of urine thus, is said by *Kashyapa*.

Chikitsa of Mutranirodha in pregnancy⁴²

The physician should give *Haritaki*, *Sunthi* and *Guda* or *Triphala Kwath* with *Guda*. It helps in relieving *Vibandha*, *Mutranirodha*. *Trapusabeeja*, *Eravarubeeja*, *Haritaki*, *Sunthi*, *Pippali*, *Pashanbheda*, *sita* with *Tandulodaka* cures *Mutrarodh* of *Garbhini*.

PATHYAPTHYA⁴³

Pathya:

Puratana raktavarna Shali, *Dhanvadeshiya Mansa rasa*, *Mudga rasa*, *Sita(suger)*, *Takra*, *Ksheera*, *Dadhi*, *Purana Kushmandaphala*, *Patola*, *Uravaru*, *Kharjura*, *Narikela*, *Tandulodaka*, *Amlaki*, *Sarpi*, *Pratiram Neera* are *Pathya* in *Muttrakricchra*.

Apathya:

Madhyapana, *Shrama*, *Nidhuvanam*, *Gajavajyanam*, *Sarva Viruddhamashanam*, *Vishamashan*, *Tambula*, *Matsya*, *Lavan*, *Aadraka*, *Tailabhrushtam*, *Hingu*, *Tila*, *Sarshapa*, *Mutravegan*, *Masha Karira*, *Atitikshna*, *Vidahi*, *Ruksha dravya* & *Amla Padartha* these are *Apathya* in *Muttrakricchra*.

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