



# A SYSTEMIC REVIEW ON MUTRACHRUCCHA– AN AYURVEDIC PROSPECTIVES

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## ABSTRACT

Numerous folks are afflicted by numerous Mutra Vaha Srotas diseases. Any doctor should be familiar with terms like Nidana, Samprapti, Lakshanas, Sadhya- Asadhyata, Upadrava, and Chikitsa. Mutrakruhha has been recognized by Acharya Dalhana as a Mutra vaha Srotas clinical body, when urine flow is impeded, as a result of retention or relative anuria or oliguria. Urine that is obstructed (Mutrakruhha) is unhealthy because urine is its primary feature. Therefore, urinary tract obstruction or urinary route inflammation may be to blame for urine retention. These effects may also be utilized as the Mutrakruhha nidana for the Mutra vaha Srotas' dushti. The doshas become worse as a result of this reason. Vata dosha predominates. pee flow is impeded by the vitiated dosha, which combines with pee.

**KEYWORDS:** Mutrakruhha, Mutra, Obstructed urine etc.

## INTRODUCTION

The term "Mutrakruhha" denotes reduced pee output because of restriction in the urine's flow. As much of the anatomy of the urinary system is involved, it might be thought of as a condition. Urine retention (Mutrakruhha) is a sick condition with urine retention as its primary symptom.<sup>1</sup> Both urinary tract obstruction and urinary route inflammation can result in urine retention. Pathological conditions can occasionally be caused by injury, constriction/compressed stones, or other possible foreign materials.

It is the most crucial organ for maintaining homeostasis because it controls the excretion of waste products and metabolites, such as Dosha, Dhatu, and Mala. Vegavarodha, or the suppression of natural impulses, is a crucial factor in the development of several disorders. According to Ayurveda, the suppression of micturition is one of the most severe causes of urinary tract illness. This issue has grown more important as cities continue to grow and lack enough restroom facilities. The reader will be introduced to the wealth of knowledge on the crucial subject of Mutrakruchha Ayurvedic literature in the present and in a genuine effort to do so.

The texts have been interpreted as literally as possible, and the key concepts from the original form are conveyed. According to Ayurveda, the Tridosha Principle protects body physiology. Pitta, Vata, and Kapha. One of the five kinds of Vayu, Mutra vaha Srotas, are governed by Apanavayu as well. Every Apana Vayu imbalance is unmistakably linked to the illness of the urinary system. To restore the vitiated Apana Vayu and restore the normal physiology of the urinary system, this is the philosophy of care. One of the Panchakarma methods, basti treatment, is largely utilized to calm Vayu.

### **Materials and methods**

Examples of Mutrakruchha have been compiled from the earliest Ayurvedic literature. The content from all books and other reliable sources has been compiled, evaluated, and debated.

### **Mutrakruchha**

Sushruta claims that the Vayu is vitiated and joins the Mutra and urine bladder as a result of excessive Rukshya Ahara drinking and the purposeful suppression of the natural urge for urination, feces, etc. It moves in a circular motion inside the bladder, obstructing urine flow and causing the patient to gradually pass increasingly less pee while in agony. It is regarded as a serious condition. Vatakundalika has no biological source of blockage, hence this syndrome might be related to smooth muscle sphincter dyssynergy, which is an internal kind of sphincter dyssynergy in which sphincter non-function takes place. Urinary retention happens when the sphincter remains closed. The blockage of the bladder neck is another condition that is connected to this sickness.<sup>3</sup>

### **Symptoms of Bastikundalika<sup>8</sup>**

- Druta
- Adhvagamana
- Langhana
- Ayasa
- Abhigata
- Prapedanat

### **Samprapti**

Due to the Nidanas described above, the bladder is pushed upwards and is swollen and appears as a uterus.

### **Lakshana**

- Shula
- Spandana

- Daharti
- Bindum bindum sravatyapi
- Peeditastu srijeddharam

## DISCUSSION

They are mentioned in the Charaka Samhita, the Sushruta Samhita, the Astanghridaya, the Astangsamgraha, and in relation to modern urinary illnesses. Atipravrittija Mutra and Apravrittija Rogas Mutra are the two traditional divisions of the Rogas of Mutra. Asmari, Mutrakruchha, and Mutrakruchha in the second category, whereas Prameha's illness is in the first group. Although the symptom complex of Mutrakruchha and Mutrachruccha appears to merge, Acharya Dalhana, Chakrapani, and Vijayarakshita have distinguished between the two. This differentiation is predicated on the "Vibhanda" or "Avarodha" (obstruction) in Mutrakruchha having a more marked harshness.

Therefore, it can be said that Mutrakruchha is a condition that results from some type of obstructive uropathy, either mechanical or functional; connected to the upper or lower urinary tract and causing partial or complete retention of urine as well as oliguric or anuric symptoms. Vatakundalika has no biological source of blockage, hence this disorder might be related to smooth muscle sphincter dyssynergy, which is an internal kind of sphincter dyssynergy when sphincter non-function occurs. Urinary retention happens when the sphincter remains closed. Obstruction of the bladder collar is another ailment that may be related to this one.

## Management Protocol

### a. Prevention of complications of Mutrakruchha

1. Usage of wheat, old rice, mudga (green gram) juice, kulattha (horse gram), yava (barley) water, rasona (garlic), haridra (turmeric), Ardraka (ginger), patola/Tikta patolika or chichinda (snakegourd )Trichosanthes Dioica/Trichosanthes cucumerina), Shigru (drum stick), coconut, cucumber, watermelon, coriander, cumin seed, sugarcane, grapes, butter milk etc.
2. Avoidance of peas, spinach, black gram, Jamuns, mustard, sesame and excess hot and spicy foods

### b. Medical Administration

#### Line of management

1. It is necessary to advocate Samshamna Chikitsa - (Bio-cleansing therapies) /other clinical treatments accompanied by Samshamana Chikitsa (Palliative therapy). But according to the state of the patient, it should be determined by the practitioner whether Shodhana therapy (bio cleansing therapies) is effective or not.
  - i. Avapeeda Snehapana with a single dose of 200 - 300ml of Vastyamayantaka Ghrita
  - ii. Avagaha Sveda or decoctions such as Pancha Valkala Kwatha/Triphala kwatha/Dashamula Kwatha for 15 days with warm water.

**iii. Basti**

Uttara Basti 30-50 ml for 3 days with Varunadi Ghrita/ Satavaryadi Ghrita. Matra Basti 30-50 ml for 14 days with Varunadi Ghrita/ Shatavaryadi Ghrita. Physicians should determine the dosage (per dose) according to the seriousness of the illness and the state of the patient.

**Counselling** - Advice the patient following instructions-

- Try absolutely evacuating the bladder
- Kegel training practice: just tighten and loosen the pubo-coccygeus muscles about 20-30 times a day for 3 seconds and stabilize the pelvic floor for 3 seconds.
- Yoga exercise to decrease tension
- Restrict foods high in calories and high in fat
- Do not drink large amounts of fluid at once, particularly at night.
- Avoid coffee and alcohol, especially after dinner.
- Within 2 hours before going to bed, stop drinking water.
- Try to stop decongestants and antihistamines that could make the effects of Mutrakrucho worse.

**CONCLUSION**

A serious Mutra vaha Srotas illness is the Mutrakrucho. It is believed that this disease significantly contributes to the etiopathogenesis of Vata Dosha. Dosha-vitiated substances combine with urine and obstruct urine flow. The impact on Apana Vayu mentioned at Basti Pradeha causes the pathology to continue and the urine retention to happen.

**CONFLICT OF INTEREST -NIL****SOURCE OF SUPPORT -NONE****REFERENCE**

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