



A SYSTEMATIC STUDY ON PITTAJA MUTRAKRICHHRA W.S.R. CYSTITIS

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ABSTRACT

Many people suffer from a multitude of Mutra Vaha Srotas ailments. Words like Nidana, Samprapti, Lakshanas, Sadhya-Asadhyata, Upadrava, and Chikitsa should be known to any doctor. Acharya Dalhana identified mutrakruchha as a Mutra vaha Srotas clinical body in cases when retention, relative anuria, or oliguria restrict urine flow. Since the main characteristic of blocked pee (Mutrakruchha) is urine, it is harmful. Urine retention may thus be caused by urinary tract blockage or urinary route irritation. The Mutra vaha Srotas' dushti may likewise employ these effects as the Mutrakruchha nidana. This is the reason why the doshas get worse. The dominant dosha is vata. The combination of vitiated dosha and urine obstructs the passage of urine.

KEYWORDS: Mutrakruchha, Mutra, Obstructed urine etc.

INTRODUCTION

The term "mutrakruchha" refers to diminished pee production caused by a limitation in urine flow. It may be considered a condition since it involves so much of the anatomy of the urinary system. The main symptom of urine retention (Mutrakruchha), a medical ailment, is urine retention.¹ Urine retention can be caused by both urinary tract blockage and urinary route irritation. On rare occasions, injuries, constriction/compressed stones, or other potential foreign materials might result in pathological diseases.

It is the most important organ for preserving homoeostasis since it regulates the excretion of metabolites and waste

products like Mala, Dhatu, and Dosha. Suppression of natural impulses, or vegavarodha, is a major contributing element to the emergence of many illnesses. Ayurveda states that one of the most serious causes of urinary tract infections is the inhibition of micturition. The absence of adequate bathroom facilities in cities that are still growing has made this issue increasingly crucial. In a sincere attempt to do so, the reader will be introduced to the abundance of information on the vital topic of Mutrakruhha Ayurvedic literature in the present.

The main ideas from the original form are communicated, and the passages have been read as literally as possible. The Tridosha Principle, in accordance with Ayurveda, safeguards bodily physiology. Vata, Kapha, and Pitta. Apanavayu is also in charge of Mutra vaha Srotas, one of the five types of Vayu. All Apana Vayu imbalances are inextricably connected to urinary system disorders. This is the treatment philosophy: to repair the vitiated Apana Vayu and the natural physiology of the urinary system. Vayu is mostly calmed by basti therapy, one of the Panchakarma techniques.

Materials and methods

From the oldest Ayurvedic literature, a compilation of Mutrakruhha examples has been made. All of the books' and other trustworthy sources' content has been assembled, assessed, and discussed.

Mutrakruhha

Sushruta says that excessive Rukshya Ahara drinking and deliberate repression of the natural desire for urination, excrement, etc. cause the Vayu to become vitiated and join the Mutra and pee bladder. It travels in a circular pattern inside the bladder, blocking the flow of urine and resulting in the patient passing less and less while in pain. It is thought to be a dangerous illness. Since there is no biological source of obstruction in vatakundalika, smooth muscle sphincter dyssynergy—an internal kind of sphincter dyssynergy in which sphincter non-function occurs—may be linked to this condition. Retention of urine occurs when the sphincter stays closed. Bladder neck obstruction is an additional ailment associated with this illness.³

Symptoms of Bastikundalika⁸

- Druta
- Adhvagamana
- Langhana
- Ayasa
- Abhigata
- Prapeedanat

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 srijeddham

DISCUSSION

The Charaka Samhita, the Sushruta Samhita, the Astanghridaya, the Astangsamgraha, and references to contemporary urinary ailments are among the texts that discuss them. The two conventional divisions of the Rogas of Mutra are Atipravrittija Mutra and Apravrittija Rogas Mutra. The illnesses of Asmari, Mutrakruchha, and Mutrakruchha fall under the second category, whereas Prameha's condition falls into the first. While Mutrakruchha and Mutrachrucchaa seem to have similar symptoms, Acharya Dalhana, Chakrapani, and Vijayarakshita have identified differences between the two. This distinction is based on the fact that Mutrakruchha's "Vibhanda" or "Avarodha" (obstruction) is more pronouncedly severe.

Thus, it can be concluded that Mutrakruchha is a disorder caused by a mechanical or functional form of obstructive uropathy that is associated with the upper or lower urinary tract, resulting in partial or total urine retention along with oliguric or anuric symptoms. Since there is no biological source of obstruction in vatakundalika, smooth muscle sphincter dyssynergy—an internal kind of sphincter dyssynergy in which sphincter non-function occurs—might be linked to this disorder. Retention of urine occurs when the sphincter stays closed. Another condition that might be connected to this one is obstruction of the bladder collar.

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 Mutrakruhha worse.

CONCLUSION

The Mutrakruhha is a terrible sickness of Mutra vaha Srotas. This illness is thought to have a major role in the etiopathogenesis of Vata Dosha. Urine is contaminated with dosha-vitiated compounds, which block urine flow. Urine retention results from the disease that is perpetuated by the influence on Apana Vayu that was discussed at Basti Pradeha.

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

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