



CONCEPTUAL STUDY: GARBHINI MUTRAKRICCHRA W.R.T UTI IN PREGNANCY

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Abstract: Ayurveda has given care to the *Stree* at every aspect of her life in the form of *Rajaswala*, *Garbhini paricharya* and *Sutika paricharya*. Among all this, giving birth with healthy mother and baby is aim of antenatal care. Progressive changes (both anatomical and physiological) during pregnancy are not only confined to genital organs but also to various systems of the body. Some changes occurring inside woman's body can be felt as discomfort by a pregnant woman. During pregnancy due to these changes occurring inside mother's body many maternal illnesses are common among which urinary tract infection (UTI) is most common. Pregnant woman having symptoms like burning micturition, frequency of micturition, urgency of micturition, pain during micturition, pain in suprapubic region is considered under *garbhini mutraroga* which can be correlated with urinary tract infection. In Ayurvedic texts, *Acharya Kashyap* has described the treatment of *Mutrakricchra*, in the *Garbhini Vyadhi's*. He has explained that there is no difference in *Dosha and Dushya* of *Mutrakricchra* in *Garbhini* and other individuals.^[1]

IndexTerms - UTI during pregnancy, Urinary tract infection during pregnancy, *Mutragraha*, *Mutrakricchra in garbhini*

I. INTRODUCTION

During pregnancy there is progressive anatomical, physiological and biochemical changes not only confined to the genital organs but also to all systems of the body. This is principle phenomenon of maternal adaptation i.e. due to the increasing demands of the growing foetus.^[2]

The overall prevalence of UTI during pregnancy ranges between 2% and 10%. Pyelonephritis in pregnancy is 1 to 3%. A pregnant woman who develops UTI should be treated promptly to avoid pyelonephritis and other risks such as preterm delivery of baby, premature rupture of membrane and intra uterine growth retardation.^[3]

UTI is the second most common infections worldwide. Incidence of UTI is higher in women than men. The increase risk factor for UTI in women may be due to short urethra (4 cm). Close proximity of the external urethral meatus to the areas (vulva and lower third of vagina) contaminated heavily with bacteria, sexual intercourse, lack of personal hygiene.^[4] Physiological changes responsible for acute pyelonephritis in pregnancy are: (1) Low urethral peristalsis due to high progesterone levels. (2) Dextrorotation of gravid uterus causing compression of right ureter. (3) Dilatation of ureter and renal pelvis and stasis of the urine in the bladder and ureters.^[3] In Ayurvedic texts, *Acharya Kashyap* has described the treatment of

Mutrakricchra, in the *Garbhini Vyadhi's*. He has explained that there is no difference in *Dosha and Dushya* of *Mutrakricchra* in *Garbhini* and other individuals.^[1]

MATERIAL AND METHODS

Literary review has been done from *Ayurvedic* classical *Samhitas* and modern text books, necessary information has been taken from articles, authenticated journals and websites.

Definition

मुत्रकृच्छ्रेण इति मुत्रस्य कृच्छ्रेण महता दुःखेन प्रवृत्तिः | (Madhukosh)^[5]

Difficulty in micturation or dysuria is known as *mutrakricchra* or which causes pain during micturation.

Nidana (Etiology)

It can be concluded that certain factors contribute to the aggravation of the *doshas*. *Vyayama*, *adhyashan*, *ruksha sevana*, and *yana gamana* are identified as causative factors for *Vata prakopa*. Similarly, the consumption of *tikshna aushadha* and *amla sevana* leads to *Pitta prakopa*. Additionally, *Anupa mamsa sevana*, along with *vyayama* and *adhyashan*, contributes to *Kapha prakopa*.^[6]

<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> ^[7]
2. <i>Ajirna</i>	2. <i>Ativyayama</i>	2. <i>Ajirna</i> ^[8]
3. <i>Ruksha anna sevana</i>	3. <i>Aghata</i>	3. <i>Basti vidradhi</i> ^[9]
4. <i>Tikshna aushadha sevana</i>		4. <i>Gulma</i> ^[10]
5. <i>Ruksha madya sevana</i>		5. <i>Udavarta</i> ^[11]

Samprapti

These *nidanas* result in the vitiation of *doshas*, which, in turn, affects the *Stroto-dushti* of the *Mutravaha srotas*. The disturbance in the *srotas* leads to *kha-vaigunya* in the *Mutravaha srotas*. Ultimately, these factors culminate in the condition known as *Mutrakrichchra*.

Samprapti ghataka

Dosha: Tridosha with Dominant Vata (Su.), Pitta (Ka.)

Dushya: Rasa, Rakta

Adhishthana: Mutrashaya

Srotasa: Mutravahasrotas, Rasavahasrotas

Srotodushti Prakara: Sanga, Vimargagamana

Rogamarga: Madhyama

Agni: Agnimandya

Vyadhi Prakara: Nija, Agantuja

Pratyatma Lakshana: Kricchrata in Mutrapravritti

Bheda of Mutrakrichchra

All the *Acharyas*, with the exception of *Acharya Vagbhata*, have identified 8 types of *Mutrakrichchra*. In contrast, *Acharya Vagbhata* has only described *Doshaja Mutrakrichchra*. This distinction highlights a difference in the classification of urinary difficulties among the various *Ayurvedic* scholars.

Rupa (Symptoms)

रोमहर्षो अंगहर्षश्चमूत्रकाले च वेदना |

मूत्रकृच्छ्रेदशत्योष्टौबस्तीस्पृस्तिपाणिनाम् ||32

There is *romaharsha* (horripilation) and *angaharsha* trembling of the body, along with pain during urination. In *Mutrakricchra* (dysuria or painful urination), these symptoms are found, tenderness of bladder region.

Chikitsa (Management)

For *Mutrakrichchra* encompasses several therapeutic approaches:

1. **Shamana chikitsa** : Aims to alleviate symptoms and includes treatments such as *Mutra-vishodhaniya*, *mutra-virechaniya*, *mutra-viranjaniya*, and *ashmarihara dravyas*.
2. **Shodhana chikitsa** : Focuses on detoxification and employs diuretic drugs and *uttara basti*, which work to dilute and flush out various infective agents along with urine.

- Bahirparimarjana chikitsa** : Involves external therapies, utilizing medicines that can be applied in the form of douches, fomentation, showers, poultices, and ointments.

Vishesha chikitsa

1. Vataja Mutrakrichra Chikitsa:

- **Bahirparimarjana Chikitsa:** This approach includes therapies such as *Abhyanga*, *Svedana*, and *Upanaha*. Additionally, *Vatashamaka dravyas* like *Dashmool*, *Eranda*, and *Nirgundi* are utilized. *Parisheka* is performed on the *Kati Pradesh* using *Vatashamak Taila* and *Kwatha*.
- **Antahparimarjana Chikitsa:**
- **Shodhana:** This involves *Niruha basti* and *Uttara basti* with *Vata shamak kwath*, such as *Dashmoola kwath*.
- **Shamana:** Treatments include *Amritadi kwatha*, *Sthiradi aushadha*, *Shwadanshtra taila*, *Traivritta taila (Su.)*, and *Mishraka sneha*.

2. Pittaja Mutrakrichra Chikitsa

- **Bahirparimarjana Chikitsa:** This includes *Sheeta Parisheka*, *Avagahana* in cold water, and *Pralepana* with *Chandan* and *Karpur*.
- **Antahparimarjana Chikitsa: Shodhana:** This consists of *Virechana* with *Tikta evam Madhur kashaya* and *Uttara basti*.
- **Shamana Chikitsa for Mutrakrichchra**
- *Shamana chikitsa* include various formulations such as *Shatavaryadi kwatha (Ch.)*, *Haritakyadi kwatha*, *Trinapanchmula kwatha (Y.R.)*, *Trinapanchamula churna (Su.)*, *Ervaru beeja*, *Yashtimadhu*, *Devdaru*, along with *Tandul dhavan*.

3. Kaphaja Mutrakrichra Chikitsa

- **Bahirparimarjana Chikitsa:**
- This approach involves *Svedana* and *Abhyanga* with *taila* containing *tikta ushna dravya*.
- **Antahparimarjana Chikitsa:**
- **Shodhana:** This includes *Vamana* and *Niruha basti* with *Kshara*, *tikshna*, and *katu dravya*.
- **Shamana:** Treatments consist of *Vyoshadi churna*, *Praval bhasma (Ch.)*, *Shwadanshtradi kwatha*, *Trikankantakadi ghrita*, *Yava bhaksh*, and *Takra*.

4. Sannipattaja Mutrakrichra Chikitsa

- In the case of *Sannipattaja Mutrakrichra*, treatment should be done according to the predominant dosha, particularly focusing on *Vata sthana*. Formulations such as *Gudadugdha yoga* and *Dhatryadi yoga* are utilized. The *dosha* that is more dominant is treated first.
- **Antahparimarjana Chikitsa:**
- **Shodhana:** If *Kapha* is predominant, *Vamana* should be performed; if *Pitta* is predominant, *Virechana* is indicated; and if *Vata* is predominant, *Basti karma* should be carried out.
- **Shamana:** This includes *Pashanbhedadi yoga* and *Brihatyadi kwatha*.

5. Raktaj Mutrakrichra Chikitsa

- *Raktaj Mutrakrichra* should be managed as *Sadyovrana*, focusing on immediate treatment.

6. Shakritajanya Mutrakrichra Chikitsa

- In *Shakritajanya Mutrakrichra*, *Vatahara kriya* is emphasized.
- **Bahirparimarjana Chikitsa:**
- This includes *Abhyanga*, *Svedana*, and *Avagahana*.

- **Antahparimarjana Chikitsa:**
- **Shodhana:** Basti is performed.
- **Shamana:** Churna kriya is utilized.

Important Formulations

- Some other important formulations include:
 - *Varunadi kwatha*
 - *Varunshigruadi kwatha*
 - *Gokshuradi guggulu*
 - *Gokshuradi kwatha*
 - *Chandanasava*
 - *Chandraprabha vati*
 - *Trivikrama rasa*
 - *Chandrakala rasa*

Pathya (Dietary Recommendations)

Ahara: Recommended foods include *Purana shali, Yava, Kshara, Takra, Dugdha, Dadhi, Jangal mamsa, Mudga yusha, Trapusha, Nadeya jala, Sharkara, Kushmanda, Patola patra, Ardraka, Gokshura, Puga, Narikela, Laghu ela,* and *Karpura*.

Vihara: Recommended activities include *Abhyanga, Swedana,* and *Avagahana*.

Apathya (Contraindications)

Ahara: Foods to avoid include *Tambula, Matsaya, Lavana, Pinyaka, Hingu, Tila, Sarshapa, Masha, Karira, Tikshna, Vidahi, Ruksha, Amla dravya, Virudhashana,* and *Vishamashana*.

Vihara: Activities to avoid include *Yana gamana, Vega dharana, Ativyayama, Ativyavaya,* and riding on elephants and horses.

Upadrava (Complications)

Only *Acharya Kashyapa* has mentioned the *Upadravas* of *Mutrakrichchhra*. Complications may include emaciation, uneasiness, anorexia, instability of mind, thirst, pain, melancholy (nervousness), and discomfort.

Prognosis: Diseases affecting Marma are classified among *Yapya Rogas*, indicating a need for careful management and treatment.

CONCLUSION

- The increasing prevalence of Urinary Tract Infections (UTIs) is a global issue of concern, primarily due to its long-term impact on the quality of life.
- *Mutrakrichchhra* shares similarities with UTIs as described in modern medicine, highlighting its relevance in contemporary healthcare discussions.
- The condition contributes to increased renal damage, making it a significant health concern.
- *Mutrakrichchhra* is characterized as a *Vata predominant, Tridoshaj* disease that affects the *Mutravaha Srotas*, leading to the *dushti* of *Mutra* and *Ambu*.
- Both Ayurveda and modern medicine prioritize *Nidanprivarjanam* (primary prevention) strategies to mitigate the risk of this condition.
- Girls with voiding dysfunction, particularly those experiencing reflux of urine laden with bacteria from the distal urethra into the bladder, are at a higher risk for recurrent UTIs.

- Since UTIs are caused by microorganisms, maintaining proper hygiene is essential for patients to reduce the risk of infection.

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