IJCRT.ORG ISSN : 2320-2882

INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

Critical Review On Pittaja Mutrakrichhra W.S.R. To Urinary Tract Infection

Dr. Sapna R. Singhade

Assistant Professor

Dept. of Kayachikitsa

M.S. Ayurvedic Medical College Gondia

ABSTRACT

Mutrakrichha comes under the disorder of Mutravaha strotas. Acharya charaka has described eight types of Mutrakrichha. Pittaj Mutrakrichhra is one of the types of Mutrakrichhra and is well explained in classical texts of Ayurved. In Pittaj Mutrakriccha, 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, saruj mutrata and Muhur-Muhur mutrata. These lakshanas have close resemblance with signs and symptoms of lower UTI. Infections confined to lower UTI commonly cause dysuria with burning micturition, frequency, urgency. 50 % of women will be treated for at least one UTI during their life time. Hence the present article made to define pittaj Mutrakrichhra on scientific way w.s.r. UTI.

KEYWORDS: Mutrakrichha, shool, peeta Mutrata, Urinary Tract Infection

INTRODUCTION

Among Trimala, Mutra is responsible for bastipoorana and kleda vahanam[1]. When this physiology is hampered it leads to Mutravaha sroto Dushti Vikaras. In our classical text the urinary disorders are described in the form of 8 types of Mutrakrichha, 13 types of Mutraghats[2]. Urinary tract infections are second in frequency after upper respiratory tract infections [3]. 50% of women will be treated for at least one UTI during their life time[4]. When person indulges in Nidana sevana like intake of Ati Ruksha, Ushna, Tikshana Ahara, intake of ahara and

udakapana during the urge of micturition, Mutravegadharana, Ati vyavaya leads to diseases of Mutravahasrotodushti vikaras. In todays era the above nidanas are commonly observed due to working pattern or busy schedule or lifestyle of person and indulging in such type of etiology causes vitiation of all three doshas which accumulates in urinary system and does the vitiation of mutra and causes pittaja mutrakrichhra. It can be correlate with lower UTI where dysuria, burning micturition and increased frequency of urination etc are most regular complaint.

Material and Method

Defination of Mutrakrichha

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

Nidana –pittaja Mutrakrichhra

1] Samanya Nidana[5]

The nidanas which are responsible for Mutravaha srotodushti can also take as samanya Nidana for pittaja Mutrakrichhra.

1. Mutravega Dhara (Suppression of urge of micturition)
2. Kshina (weak or malnourished person)
3. Abhighata (injury to mutravahastrotas)
4. Mutrito Udaka-Bhaksya- Strisevana (indulges in sex or eating or drinking under the urge of micturition)

2] Vishista Nidana [6]

Aharaja Nidana

Rooksha ahara sevana , Tikshana aushada sevan, Anoopa mamsa sevana, Matsya sevana, Katu amala lavana sevana, Ajeerna Bhojana, Adysana.

Viharaja Nidana

Ativyama, Ati vyavaya, sandharana, Nityadhrutaprushtayana, katiskanda Bhara vahana[7]

SAMPRAPTI

Acharya charaka has explained common samprapti for pittaja Mutra krichhra which is as follows: when respective Doshas vitiated by their own nidanas and get loged in the basti and mutramarga and produces samrodha, sankocha and kshobha in mutra marga, then pittaja mutrakrichhra is produced[8]

SAMPRAPTI GHATAKA

Dosha: pittapradhan Tridosha

Dushya: Mutra, Rakta

Srotas: Mutravaha, Raktavaha

Srotodushti prakara: Sanga

Agni: Jatharagni and Dhatwagni

Rogamaraga: Madhyama

Udbhavasthana: Pakwashaya

Sanchara sthana: Mutramarga

Vyakta sthana: Mutramarga

PURVAROOPA

There is no textual references regarding the purvaroopa of pittaja Mutrakrichha but while chakrapani says that lakshanas of vyadhi which are expressed in milder form are to be considered as purvarupa. The different lakshanas of pittaja mutrakrichhra whn expressed in milder form are to be considered as purvaroopa of pittaja Mutrakrichhra.

RUPA

Samanya Laxanas[9]

Ati sruta-Adika mutrata

Ati badhdha- Difficulty during mutra pravrutti

Prakupita- changes in physical , chemical properties of mutra.

Alpa alpa abheekshana- shola yukta alpa pravrutti/scanty urination

Lakshanas of pittaja Mutrakrichhra[10]

All Acharyas explained lakshanas like peeta Mutrata, sarakta mutrata,saruja, sadahayukta mutra pravrutti. Sushrutacharya added Haridra mutrata and daha in mushka and basti pradesha. Atiushana mutrata is told by both sushrutacharya and kashyapacharya.

Upadravas

Karshya, Aarti, Aruchi, Anavasthiti, Trishna, shola, vishada.

Upashaya

Upashay means which gives pleasure to the person by the use of medicine, diets and regimens.

a) **Aushada**[11]

Shatavari kwatha, Khajuradi churna, Chandrakala rasa, Kushakasadi kwatha.

Pittaja Mutrakrichra chikitsa

Bahirparimarjana chikitsa- sheeta parisheka, Avagahana in cold water, pralepana with chandan and karpur [12]

Antahparimarjana chikitsa

Shodhan- virechana with tikta evum madhur kashaya, uttarbasti.

Shamana-Shatavaryadi kwatha (ch.) , haritakyadi kwatha, Trinapanchmula kwatha (y.r), Trinapanchmula churna (Su.), ervaru beeja, Yashtimadhu, devdaru with tandul dhavan.

a) **Ahara** [13]

Kushamanda, kadalisara, Amalaka, Narikelajala, Draksha, Takra, Dadhi, Jangala pashu pakshi mamsa.

b) **Vihara**[14]

Seka, Avagaha, pradeha, Regimens prescribed in grishma rutu.

Apathya[15]

Apathya Ahara: Food articles having kashaya, amala rasa, tikshana, sushka, Rukshaahara's. Sangrahi and vidhahi ahara. Madhya sevana, pishtanna, vatarka, kharjura, kapitta, jambu, Tambula, matsya, Hingu Tila, sarshapa Taila Bharjita lavana and ardrak , pinyaka.

Apathya vihara: Ati vyayama, Mutra vegadharana, ativyavaya, ativata atapa, shrama, Gajavaji yana.

Lower Urinary Tract Infection

Urinary tract infection is defined as multiplication of organisms in the urinary tract[16] Acute infection of the urinary tract infection fall into two general anatomic categories : lower tract infection (Urethritis and cystitis) and upper tract infection (Pyelonephritis, prostatitis. Infection s of the urethra and bladder are often considered superficial or mucosal infections.

Etiology[17]

Many microorganisms can infect the urinary tract, but the most common agents are the gram negative bacilli.

Escherichia coli cause 80% of acute infections in patients without catheters , urologic abnormalities, or calculi.

Common symptoms of lower UTI[18]

- Severe dysuria,
- Suprapubic pain during and after voiding
- Abrupt onset of frequency of micturition.
- Microscopic and visible haematuria.
- Intense desire to pass more urine after micturition, due to spasm of the inflamed bladder wall
- Urine that may appear cloudy and have an unpleasant odour.

Prophylatic measures to be adopted in UTI

- Fluid intake of atleast 2 litres/ day.
- Regular complete emptying of bladder
- Good personal hygiene
- Emptying of bladder before and after sexual intercourse
- Cranberry juice may be effective.

DISCUSSION

In classics 8 types of Mutrakrichhra has been explained among them pittaja Mutrakrichhra is having its own importance. In present era due to consuming excess spicy, fried and junk foods leads to increase incidence of pittaj Mutrakrichhra. In working people their abnormal changed food and personal habits, suppressing the urge of micturition are said to be the etiological factors for the manifestation of this disease.

The laxanas are shoolayukta, Raktayukta, Dahayukta, Muhurmuhu Mutra Pravrutti. Pittaja Mutrakrichhra can be correlate to lower UTI in modern science. LUTI refers to inflammation of urethra and bladder produce symptoms like haematuria, painful urination with burning sensation, frequent micturition.

The laxanas like Daha, peeta and raktavarna mutra pravrutti orHaridra varna indicative of pitta prakopa. It indicates increased oncentration of urine. Sarakata mutra indicates high content of RBC's in urine.

Pittaja Mutrakrichhra is a pakwashaya samutta vyadhi. Basti is one of the three marmas which is affected in Mutrakrichhra so, the disease is said to be madhyama Roga marga.

Upashaya is one which relieves the symptoms. In shaman aushadhi of pittaja mutrakrichhra, Truna panchmoola, shatavari kwath, Kharjuradi churna along with anuana like sharkara, madhu, ghrita are most commonly used. All these drugs have mutrala , dahanashaka, shoolahara, pittahara properties by the virtue of madhura and kashayarasa, shita virya and madhura vipaka.

By avoiding apathy and following pathya mentioned in pittaja mutrakrichhra prevents disease itself and further complications.

CONCLUSION

The etiology of mutrakrichhra discloses the fact that pittakara and vataka nidana play a significant role in manifestation of pittaja mutrakrichhra. It is concluded that any abnormalities in vyana vayu due to aharaja, viharaja and bacterial factors resulting in pittajamutrakrichhra. In modern science it can be correlate with lower UTI. For treatment according to Ayurveda Shodhan and shaman should be given . In shodhana(purification)-virechana with tikta evum madhur kashaya, uttarbasti is useful whereas in Shamana-Shatavaryadi kwatha, haritakyadi kwatha, Trinapanchmula kwatha, Trinapanchmula churna, ervaru beeja, Yashtimadhu, devdaru with tandul dhavan should be given. All these drugs have mutrala , dahanashaka, shoolahara, pittahara properties by the virtue of madhura and kashayarasa, shita virya and madhura vipaka.

REFERENCES

1.Editor Yadavji Trikamji, Sushruta samhita with Nibandhasangraha commentary commentary of shri Dalhanacharya, sutrasthana, ch-15, verse 4/2, chaukhamba surbharati prakshan varanasi, reprint: 2014,p-68

2. Ch. Su. 19/1 Charaka Samhita with Ayurveda Dipika commentary by Chakrapanidatta, chowkhamba Krishnadas Academy , 2nd edi. Varanasi.

3. www. Ncbi.nlm.nih.gov.

4. Editors: yash pal munjal, David A warrell, Timothy M.Cox, Jonh D. firth, Oxford Text book of medicine, 5th edition, vol. 3, oxford university press publication, p-4105.

5. Editor Vd. Haris Chandra Singh Kushwaha, Charaka Samhita, Ayurveda Dipika's Ayushi hindi commentary, vimana sthana, ch-5, verse 20, chaukhamba surbharti orientalia, reprint:2011, p-634.

6. Editor yadavji Trikamji, Charak Samhita with Ayurveda Dipika Commentary of chakrapanidatta, chikitsa sthana, ch-26, verse 32, chaukambha surbharati prakashan, reprint:2014, p-599

7. Kashyap Samhita, Hindi commentary by Hemaraj Sharma, chikitsa sthana, ch10, verse1, chaukhamba Sanskrit sansthana, varanasi: reprint:2014, p-120.

8. Editor yadavji Trikamji, Charak Samhita with Ayurveda Dipika Commentary of chakrapanidatta, chikitsa sthana, ch-26, verse 33, chaukambha surbharati prakashan, reprint:2014, p-599.

9. Editor Vd. Haris Chandra Singh Kushwaha, Charaka Samhita, Ayurveda Dipika's Ayushi hindi commentary, vimana sthana, ch-5, verse 8, chaukhamba surbharti orientalia, reprint:2011, p- 634

10. Editor yadavji Trikamji, Charak Samhita with Ayurveda Dipika Commentary of chakrapanidatta, chikitsa sthana, ch-26, verse 34, chaukambha surbharati prakashan, reprint:2014, p-599

11. Urology in Ayurveda by Dr. V.B.Athvale, 4th ch, Mutrakrichhra adhyaya, chaukhamba Sanskrit pratishthan Delhi, p-46, 47

12. Editor: Sri Ganga Sahaya Pandeya, Gadanigraha of Sri Vaidya Sodhal with the vidyotini Hindi Commentary, Part2 kayachikitsa khanada, Mutra Chikitsa Nidan Adhyaya, verse 11, chaukhamaba Sanskrit Sansthan, Reprint : 2005, p-627

13. Urology in Ayurveda by Dr. V.B.Athvale, 4th ch, Mutrakrichhra adhyaya, chaukhamba Sanskrit pratishthan Delhi, p-46, 47

14. Urology in Ayurveda by Dr. V.B.Athvale, 4th ch, Mutrakrichhra adhyaya, chaukhamba Sanskrit pratishthan Delhi, p-46, 47

15. Editor: Prof. siddhi Nandan Mishra, Bhaisajya Ratnavali of kaviraj Govind Das Sen, Mutrakrichhrarogadhikara, 34th ch, verse 68, chaukhamba Sanskrit sansthana , varanasi, p-682.

16. Davidson, Davidson's principles and practice of Medicine, 17th ch, Elsevier publications, 20th edition, p-467

17. Editors: Longo. Dan L, Fauci Anthony S Kasper, DennisL, Hauser.

StephenL;Harrison,Harisons principles of internal Medicines, vol.2, ch 282, 17th edi, Mc Graw Hill companies, p-1820.

18. Davidson, Davidson's principles and practice of Medicine, 17th ch, Elsevier publications, 20th edition, p-469