

Mutrakrichchha and its Management (A Case Report)

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Abstract—Mutrakrichchha Roga, a disorder of Mutravaha Srotas (urinary tract) in Ayurveda, manifests as painful micturition due to vitiated Pitta and Apana Vayu afflicting the bladder. This single-case study documents a 69-year-old male patient presenting with chief complaints of swelling in the lower limb with reduced urine output for three months, often associated with burning micturition (*Mutradaha*), constipation, generalised weakness along with nausea.

The patient underwent a comprehensive specific herbal preparation spanning 20 days of *Shamana* treatment, which has *Pitta-Shamaka* properties to alleviate *Doshas*, vitiation and restore *Srotoshuddhi*. Pre and post treatment assessments revealed marked symptom relief in *Mutrakrichchha* and no adverse effects were noted and follow-up at 1 month confirmed no recurrence, underscoring *Ayurveda's* efficacy in preventing relapse through *Nidana Parivarjana* (aetiology avoidance) and holistic management. This case highlights specific herbal preparations interventions as a viable, non-antibiotic alternative for *Mutrakrichchha*, warranting larger trials for validation.

Index Terms—Ayurveda, Mutrakrichchha Roga, Mutravaha Srotas, Ayurveda, Burning Micturition, Nidana Parivarjana etc.

I. LITERARY REVIEW

Mutrakrichchha NIRUKTI (INTERPRETATION)
Painful micturition of urine is called *Mutrakrichchha* (dysuria)^{1,2,3}.

PARICHAYA (INTRODUCTION)

Mutrakrichchha (dysuria) is a serious, acute and moderate disease, in spite of normal formation of urine the patient hesitates to micturition. However, he has urgency to pass the urine with difficulty and *Acharya* Charaka and Sushruta has described *Mutrakrichchha* (dysuria) and *Mutraghata* (urinary incontinence) separately^{4,5,6,7}.

Through the scriptural eight distinctions of *Mutrakrichchha* (dysuria), Ayurveda probably describes various types of acute and chronic urinary infection states and urinary tract infections disorders. The Difficulty in micturition is the main symptom in *Mutrakrichchha* (dysuria) although incontinence of urine is also present in some fraction of the disease, while incontinence of urine is the predominant symptom in *Mutraghata* (urinary incontinence).

NIDANA (CAUSATIVE FACTORS)

Acharya Charaka has described the causes of *Mutrakrichchha* (dysuria) as follows^{8,9}-

1. *Ativyayama* (Excessive exercise),
2. *Vataja Ahara-Vihara* and *Aushadha* like consumption of *Tikshana Aushadha*, *Ruksha Padarth* (dry substances), *Atimadyapana* (excessive alcohol) and *Anoop Mansa* etc.
3. *Drutprishthanat* (riding too fast).
4. *Adhyashana* (consumption of food before the digestion of previous meal)

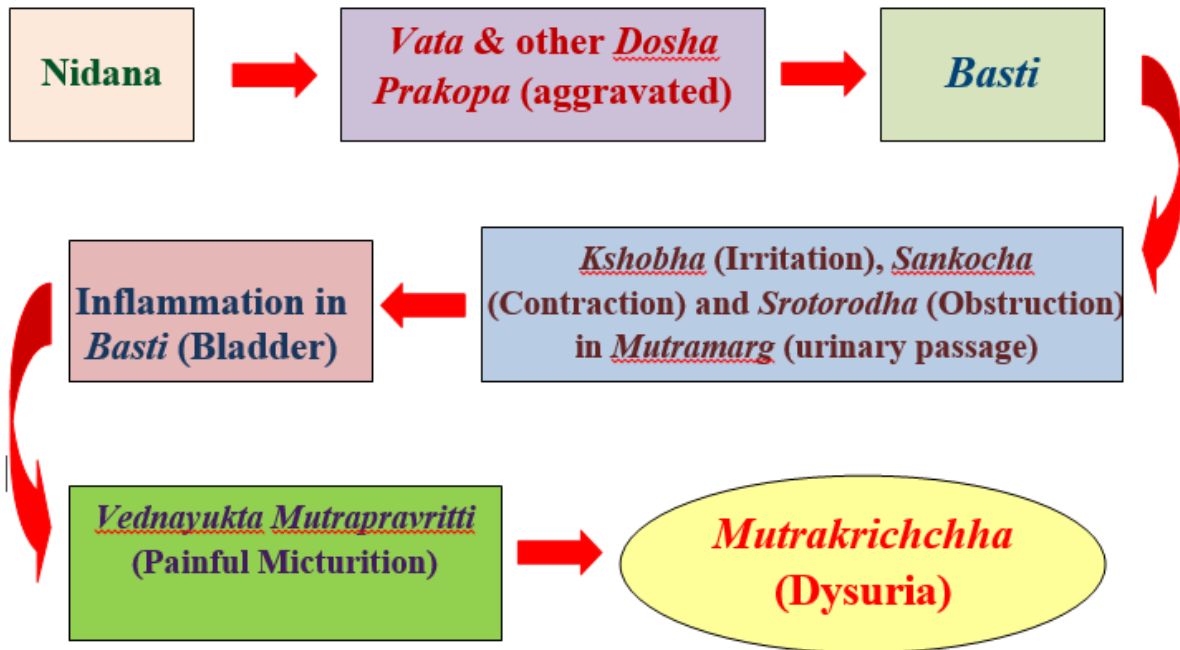
5. *Ajirna* (indigestion).
6. *Agantuja Nidana* like *Abhighataja* (injury) etc.

SAMPRAPTI GHATAK (PATHOGENSIS)

When *Vata* and others *Doshas* aggravated by their own causes reach in the *Basti* (bladder) separately or together^{10,11} and cause contraction or irritation in the urethra, the patient has difficulty in passing urine. It produces *Mutrakrichchha* (dysuria).

- Dosha - Tridosha-Vatapradhan*
- Dushya – Mutra* (urine), *Jala*
- Adhishthana – Basti* (bladder), *Mutramarg* (urethra)
- Srotas – Mutravaha* (excretory system)
- Srotodushti – Sanga* (obstruction)
- Swabhava – Ashukari* (acute)
- Sadhyasadyata – Sadhya* (easy to treat)

SAMPRAPTI CHAKRA (PATHOGENSIS CYCLE)



II. SIGN & SYMPTOMS¹²

1. General symptoms

Painful micturition with increased frequency along with difficulty of micturation is a common symptom of *Mutrakrichchha* (dysuria)^{13,14}. Along with above symptoms, Acharya Charka added the color of urine is just like lime water (chyluria) or cloudy urine¹⁵.

2. Special characteristics

There are eight types of *Mutrakrichchha* (dysuria) based on the specific symptoms and clinical features-
Vataja Mutrakrichchha

- Severe pain in the *Vankshana* (groin), *Basti* (bladder) and *Medhre* (genitals).
- Dribbling of urine with increased frequency¹⁶.

Pittaja Mutrakrichchha

- Hematuria (yellowish urine or urine with blood).
- Severe pain with frequent burning micturition along with difficulty¹⁷.

Kaphaja Mutrakrichchha

- Inflammation and heaviness in the *Basti* (bladder) and *Medhre* (genitals).
- *Pichchhila* (Turbid) micturition along with difficulty¹⁸.

This can happen in Sub acute Urinary Tract Infection where

Sannipataaja Mutrakrichchha

- Simultaneously all the above symptoms may be appeared in *Sannipataaja Mutrakrichchha*. It is severe type of *Mutrakrichchha* (dysuria), and it is very difficult to treat¹⁹.

III. CASE STUDY

OBJECTIVE OF PRESENT STUDY

To evaluate the efficacy of herbal preparations with *Pathya-Apathya*.

IV. MATERIAL AND METHODOLOGY

Source of data collection

Hospital: OPD of S.R.M. Government Ayurvedic College & Hospital, Bareilly, U.P.,

UHID No.: 482241 and 482556

Treatment: Herbal Preparations.

Efficacy Criteria: Based on laboratory findings.

SELECTION OF PATIENT

A 69-year-old male patient presenting on 29.05.2025 with swelling in the lower limb with reduced urine output since three months, often associated with burning micturition (*Mutradaha*), constipation, and generalised weakness along with nausea. The patient came with the investigations from District Hospital Bareilly with -

The laboratory findings was (DCH-249/8460/493061)-

LFT findings was as –

Total Serum Bilirubin - 1.54 mg/dl

Serum Bilirubin Direct - 0.35 mg/dl

Serum Bilirubin Indirect - 1.19 mg/dl

Serum Albumin - 4.93 mg/dl

Serum Globulin - 3.27 mg/dl

Rest SGOT/SGPT and serum alkaline phosphatase were within normal limit.

KFT findings was as –

Serum Creatinine -1.41 mg/dl

Serum Urea -55.5 mg/dl

Serum Uric Acid -11.28 mg/dl

Total Serum Calcium -11.43 mg/dl

TREATMENT

The patient was given approx. 20 days specific herbal preparations-

1. *Balaguduchyadi Kasayama* (Classical Medicine) - 20 ml twice in a day with water

2. Stnokill KFT (Zocveda Wellness) - 20 ml twice in a day with water

3. Livtrue DS (Zocveda Wellness) - 20 ml twice in a day with water

4. *Ashwagandha* – 3 gm

Shweta Parpati – 125 mg

Yavakshara – 250 mg twice in a day with water

5. *Gokshura Churna* – 3 gm

Shuddha Narsara – 250 mg twice in a day with water

6. *Triphala Churna* – 5 gm twice in a day with Luke warm water

7. Proper Advice for *Pathya-Apathya*

On giving the treatment the patient reacted favorably to above herbal preparations and substantial positive change in laboratory findings. After 20 days treatment the laboratory findings was (ref. no. - 102/37858/290725406)-

LFT findings was as –

Total Serum Bilirubin - 0.37 mg/dl

Serum Bilirubin Direct - 0.14 mg/dl

Serum Bilirubin Indirect – 0.23 mg/dl

Serum Albumin - 4.08 mg/dl

Serum Globulin – 3.92 mg/dl

Serum Alkaline Phosphatase – 361.1 iu/l

KFT findings was as –

Serum Creatinine - 0.36 mg/dl

Serum Urea - 15.6 mg/dl

Serum Uric Acid – 5.01 mg/dl

Total Serum Calcium – 9.33 mg/dl

V. DISCUSSION

Livtrue DS, super formulation fortified with *Kadu*, *Kalmegha* and *Kasni* helps to improve bile flow, reduces bilirubin level and act as a hepato-protective by improving hepatic cell functions. The patient was having the altered findings, so this preparation was helpful to maintain the KFT findings.

Stnokill KFT, proprietary preparation fortified with *Pashanbheda*, *Varuna*, *Ervaru*, *Kutaki*, *Elachi*, *Punarnava*, *Bada-Gokshur*, *Yavakshar*, with Excipients- Xanthan gum, Sodium bicarbonate, Sodium chloride, Aspartame, Preservatives (Sodium benzoate). It removed *Sroto-Sanga* (obstructive micturation), which give relief in the urination. It also reduced the blood urea and serum creatinine.

In *Balaguduchyadi Kasayam*, *Guduchi* and *Bala* are the main ingredients, which improved afferent renal tubular flow and *Guduchi* reduced the uric acid also.

A combination of *Ashwagandha*, *Shweta Parpati*, *Yavakshara* and *Gokshura Churna* with *Shuddha Narsara* helped to combat general debility. It also improved kidney functions.

Triphala Churna improved the status of *Apana Vata*. *Apana Vata* expels *Vata* (air), *Shukra* (semen), *Mutra* (urine), *Purisha* (feces), *Artava* (menstrual fluid) and *Garbha* (the fetus) at the appropriate time^{20,21,22}.

VI. CONCLUSION AND RESULT

All these herbal preparations improves the efficacy of *Pachaka-Pitta*, *Samana-Vayu* and *Apana-Vayu* by reducing the inflammation of urethra. The patient feels easy expulsion of urine. Hence, it helps into the expulsion of excessive of *Sharira Kleda* through the *Mutravaha Srotas*²³.

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