ETIOPATHOGENESIS & SHATKRIYAKALA OF MUTRAGHATA (RETENTION OF URINE): A REVIEW STUDY

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ABSTRACT

Now a days, it is seems that several patients are suffering from different types of disorders of Mutravaha Srotas. So, each physician should know the details like nidana (etiological factor), samprapti (pathogenesis), lakshanas(symptoms), sadhyaa-sadhyata (prognosis), updrava(complication), chikitsa (management) of disorders. Mutraghata is one of the important disease of mutravaha srotas. The word” MUTRAGHATA” is comprises of two words viz.”Mutra” & “Aghata” means low urinary output due to retention or relative anuria or oligouria. Acharya Dalhan has defined Mutraghata is a clinical entity of mutravaha srotas, where there is obstruction of urine flow. Obstructed urine (mutraghata) is diseased condition where retention of urine is cardinal feature. hence retention of urine may be caused by occlusion of urinary tract or inflammation in urinary pathway. Exercises, strong potential drugs, excessive indulgence of row alcohol, Ingestionof flesh of wet landed animals & fishes, Eating again before digestion of previous food & indigestion. This factors causes dushti of mutravaha srotas are also may be considered as nidana of Mutraghata. Due to this causative factors the doshas get aggravated. It is predominantly vata dosha. The vitiated dosha mix up with urine & hence obstruct the the flow of urine. Here due to influence over apana vata cited at Basti pradeha(Bladder)the pathology continues & urinary retention is caused. here, find several possibilities like interrupted flow of urine, complete obstruction of urinary tract, non production of urine. Shatkriyakala explains the pathogenesis of a disease in stages right from the incubation period to complete manifestation & later consequences of disease. Hence, In
this review, mentioned Shatkriyakala of Mutraghata which should be important to managed in early stage (sanchay avastha) and to prevent further complication.

KEYWORDS: Mutraghata, Retention of Urine, Shatkriyakala.

INTRODUCTION
The term Mutraghata stands for low urine output due to obstruction in the passage of urine. It can be considered as a syndrome, because it covers most of the pathological entity of the urinary system. Retension of urine(Mutraghata) is diseased condition where retention of urine is the cardinal feature.\[^7\] hence retention of urine may be caused by occlusion of urinary tract or inflammation in urinary pathway. Often injury, Constriction / Compressed stones or any other possible foreign bodies may result in pathological condition.

AIM AND OBJECTIVES
1. To study Mutravaha Srotas Dushti Hetu & Lakshanas
2. To study Hetu of Mutraghata
3. To Study Shatkriyakla (Pathogenesis) of Mutraghata.

MATERIAL AND METHOD
This is a review Article.It is based on references about mutravaha srotasa, Mutraghata, & Shatkriyakala of Mutraghata from Ayurvedic Samhitas.

The primary aim of ayurveda is to maintain physical, mental, social & spiritual well being of humanity. To fulfil this aim, ayurveda advised to follow the rules of Dincharya, Ratricharya, Ritucharya, Sadvritta and Ahara Vidhi Vidhan etc. However, when the humans are falling in sick, at that time, complete treatment also advised for them.

According to Ayurveda, the entire human body is made by various types of srotas. In this regard Maharshi Charaka has described that;

यात्रां: पुरुषः गुरुतिमन्तः.......  
धातुनामभिवाहिभि भवन्त्यायनायेन || (च.वि.५/३)

All the nutrients which are responsible for growth of body, are canalized through these srotases along with Doshas, Dhatus, & Malas. So, when these srotases got vitiated by different causes, then diseases are developed. According to maharshi charaka, the macro
srotas are counted as 13 numbers.\textsuperscript{[1]} where as Sushruta has considered 11 pairs of srotas are present in human body.\textsuperscript{[2]} Both of them recognised that, Mutravaha srotas is an important srotas for excretion of waste products from body as urine. According to them the root of mutravaha srotas are Basti (kidney, ureter & urinary bladder), vankshyana & medhra.

The learned ayurvedic acharyas have described in details about Anatomy, physiology, pathology & treatment of disorders of mutravaha srotas. In this regards, maharshi sushrut has described that, any kind of trauma to mutravaha srotas leads to acute retention of urine, distension of urinary bladder & painful micturition. This may also caused death to patient.

Now a days is is seam that, number of patients are regularly reporting to hospitals with suffering from different disorders of mutravaha srotas.

मुत्रवह स्रोतस दुस्फिट हेतुः:

मुत्रिस्तोदक्कालक्ष्य स्त्री सेवनान्मुत्रर्नग्रहात ।
भक्षणान्मुत्रर्नग्रहात । (च.वि.५/२०)

1. Mutritodaka Bhakshya Stree Sevnat – Indulging of sex, drinking of water or eating food under the urge of micturition.
3. Ksheena – Emaciated person
4. Abhikshata – Trauma to urinary passage

मुत्रवह स्रोतस दुष्टीं लक्षणः:

अतिसुष्ट्यमारेण्यवरोधः प्रकृष्टिमल्पाल्यमभीक्षणं वा बहलं सशुलं गुत्रयन्तं ।
हृद्वारा मुत्रवहान्यस्य सोतांसि प्रदुष्टान्तीति इति विद्यात (च.वि.५/८)

मुत्राघातः

मुत्राघातेन मुत्रावरोधसम्बन्धीं

Mutraghata is clinical entity of mutravaha srotas, where there is Obstruction of urine flow. The mechanical obstruction to out flow of urine may be located in lower tract or in upper
tract, either in one or both sides. Sometimes obstruction may be complete or partial. A complete obstruction of lower tract result to complete retention. But complete obstruction is rare as compared to the partial obstruction. But meanwhile in case of lower tract obstruction there is also gradually developing decompensation in emptying of bladder & also in the filtration capacity of Kidneys. As the obstruction increases more & more the function of bladder & kidneys becomes insufficient.\textsuperscript{[8]}

In all the obstruction of lower tract, the effect of back pressure will be felt in upper tract also sooner or later. But the changes of back pressure from obstructions in lower tract may unequal on two sides of upper tract. Changes in lower tract are basically vesicle, where as, those in upper tract are uretero – renal.

\textit{Nidana} [Etiological factor] of Mutraghata –

\textit{Acharya} charaka has described that –

\textit{व्यायामतीक्ष्णिष्ठ रक्षमद्यप्रसंग नित्य दुत पृष्ठ्यानात्}

\textit{आनुपमम्भाध्यच्याध्यात्मार्जीणात्}

(\textit{च.चि.२१/३२})

1. Ativyayama –Excessive Exercises
2. Teekshna Aushadh –Strong potential drugs
5. Anupamatsya- Ingestion of flesh of wet landed animals & fishes.
6. Adhyashana –Eating again before digestion of previous food.
7. Ajeernat –Indigestion.

\textit{Samprapti (Aetio-Pathogenesis of Mutraghata)}

- Acharya Sushruta states the importance of Pratiloma Vata in Basti Rogas such as Mutraghata, Prameh, Shukra Dosha and Mutradosha i.e.

“Marute pragune bastau……vikara vivdanschapi pratiloma bhavantihi” (Su.Ni.3/27-28).

- Acharya Dalhana quotes that Vata is the main factor in the pathogenesis of Mutraghata i.e.
“Sarvesham Mutraghatanam Vayureva prayashah karanam” (Da.on Su.Utt. 58/6).

There is in Mutraghata predominancy of Vata dosha. The vitiated doshas mix up with urine & hence obstruct the flow of urine. Here, due to the influence over Apana vata cited at Basti Pradesha (Bladder) the pathology continues & urinary retention is caused. Here find several possibilities like interrupted flow of urine, complete obstruction of urinary tract, non production of urine or incomplete production of urine, complete or incomplete excretion of urine.

Acharya Charaka states that when Amavisha gets localized in the urine leads to Mutra Rogas. (ch.chi.15/49).

**SHATKRIYA-KALA OF MUTRAGHATA**

Shatkriyakala explains the pathogenesis of disease in stages right from the incubation period to the complete manifestation and later consequences of a disease.

1) संचय [Sanchaya]

This is the initial accumulation of Dosha due to individual vitiating factors. Mutraghata has been mentioned as one of the prime nidana in almost all types of Mutraghata. The apana vayu being vitiated by indulging in mentioned Nidanas, starts accumulating in it’s own places – Kati, Basti, Pakwashaya & Medhra. Along with this the vayu is vitiated by Vatakara Ahara & Vihara. In this stage, the individual experiences occasional discomfort in act of micturition, which seems to be tolerable & he neglects it. There may be feeling of Adhmana & Atopa in vata pradesha along with a very mild discomfort in passage of urine.

In this stage, the person presents with vague symptomatology & the physician has to be clear enough to elicit, the history & symptoms to prevent further vitiation. If not, the symptoms will not seem to be those of Mutravaha srotas & treatment can be missed altogether.

2) प्रकोऩ [Prakopa]

The early pathogenesis of disease starts if the provocative factors are allowed to act upon where there will be further vitiation of vata. This vitiation occurs in all vata places & leads to hampering of functioning of both pitta & kapha in terms of “vishamagni” which lays the foundations for the production of Ama. Here, again the symptomatology experienced may not
be directly related to Mutravaha Srotas but rather to those of initial Ama formation i.e. Amlika, Pipasa etc. & further Adhmana & Atopa.

3) प्रसर [prasara]

In this stage, there will be spread of vitiated Doshas from their locations to other sites & therefore a mixed symptomatology may be found. The process of Ama formation which was already set in further carried on. As it is already known that the mutra is result of Sara-Kitta vibhajana of Ahara, which is combined effort of Tridoshas with Agni. The mutranirmanapakriya (formation of urine) has been nicely presented in sushrut samhita. The Dhamanis are classified into Urdhwa, Adhah & Tiryak traversing. It has been explained that there are two Adhogami Dhamanis, which carry Mutra from the Antras to be expelled out.

(सु.शा. ९/७).

Thus, this process of sara-kitta vivechana is hampered & the doshas gain the access to Mutravaha Dhamani & start spreading which is substanied by fact that presence of Ama causing sroto Avarodha, leading to Vimarga Gamana & Atopa due to blockage in its course through the channels. The manifestation of Lakshanas due to Ama such as Avipaka, Paridaha, Arochaka, Agnisada etc.

In this stage, the Lakshanas related to Mutra may be more pronounced than the previous stages, with increased difficulty in micturition. But, again there is no existing evidence to pinpoint a diagnosis.

4) स्थानसंश्रय [Sthansanshraya]

In this stage, the premonitory features of a disease are manifested & it is this stage in which only vitiation of Dhatus starts. The vitiatedDoshas along with Ama traversing through the sukshma siras, Dhamanis get lodged in Basti & forms a base for the complete manifestation of Mutraghata. The terminologies like Chidravaigunya & Mutra Srotonirodha used in the types of mutraghata further substantiate the lodging of Ama in Basti to manifest Mutraghata. Acharya charaka states that Ama after attaining its seat in Basti causes Basti Rogas.

(च.चि.१५) It is through Sukshama siras pouring into Basti from the sides & thus entered Doshas produce various Basti Rogas. Further, Acharya Dalhana clarifies the fact that all the varieties are not purely of Mutraghata but the conditions like Mutrouksada, Ushna vata &
Mutra shukra are mutradoshas as there is no Aghata in these conditions. Thus Basti is the Sthana for the Sthana Samshrya of Doshas.

In this stage, the premonitory symptoms are manifestd. As there are thirteen varities of Mutraghata, with no sate of purvarupa described. But it can be evaluated that the Aghata, Bastiadhaman, Bastishula and Mutravivarta(obstruction to flow of urine) are more pronounced in this stage and occurs more often than the previous stages. The symptoms of Basti Adhamana and Basti Shula are also experienced in greater degree. Mutra vivarta too is noticed occasionally. It is who recognizes the seat of disease as Basti and labels a person suffering from mentioned symptoms to be proceeding towards either of the variety of Mutraghata. This can be further supported if a careful analysis and proper investigations are carried out.

5) व्यक्ति & भेद

This is a stage, where complete manifestation of a disease in each & every symptom of Individual variety of Mutraghata is identified in this stage. In other words, it is the stage of differentiation. If the disease is Miss-diagnosed & Missmanaged in various stages, they proceed towards Complication & involvement of other bodily systems there by complicating the management, probably due to extensive damage sustained or irreversible structural changes having taken place. On account of the negligence of early diagnosis & prompt treatment.

In Mutraghata, there may be acute obstruction or chronic obstruction followed by Incontinence, Haematuria, Ureteral dilation & Ascending Hydronephrosis Diverticulum formation there by leading to fatal outcome.

DISCUSSION AND CONCLUSION

In few words, it can be summarized that urinary disease,which are considered as a morbid condition, are treatable with ayurveda. Our predecessors not only had a good knowledge about these diseases, but also they were aware of its clinical manifestations, Etiology, Pathogenesis and management modalities. The detailed Etiology and pathology as a Shatkriyakala of Mutraghata in ayurveda in this regard is important, without which the better understanding about the treatment part can’t be develop. The Mutraghata (Retention of urine) is a major disease of Mutravaha srotas. Etiopathogenesis of this disease suggest that Vata
dosha plays a major role. The vitiated dosha mix up with urine & hence obstruct the flow of urine. Here due to influence over apana vayu cited at Basti pradeha (Bladder) the pathology continues & urinary retention is occurred. Shatkiyakala explains the pathogenesis of a disease in stages right from incubation period to complete manifestation & later consequence of disease. Hence, in this review, mentioned Shatkiyakala of Mutraghata which should be important to managed in early stage and to prevent further complication.

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