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## A Conceptual Study on *Mutraghata* (Retention of Urine) Management - The Most Prevalent Disease of India

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**ABSTRACT**

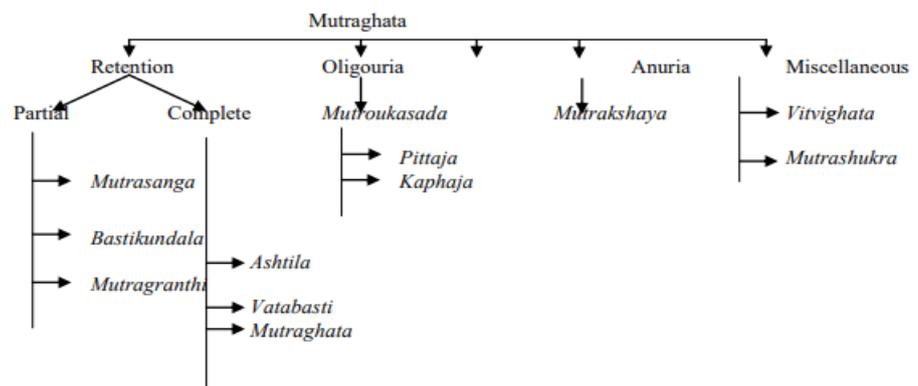
Numerous portions of the Charaka Samhita deal with urological problems. Since the Vedic time, the Mutrarogas have existed. Mutraghata is a Vatadosha illness that affects the majority of people. Mutra Vaha Srotas (MVS) diseases affect a large number of people. Any physician should be familiar with Nidana, Samprapti, Lakshanas, Sadhya-Asadhyata, Upadrava, and Chikitsa. It has been determined by Acharya Dalhana that the Mutraghata clinical body is MVS through the relative anuria or oliguria urinary retention. The obstruction of urine (Mutraghata) is a sickness, and the cardinal feature of urine is the obstruction of the urine. In other words, urine retention (UR) might be caused by urinary tract inflammation or obstruction. Also, such effect employed as the Mutra vaha Srota's Nidana of Mutraghata. The doshas deteriorate as a result of this reason. It's mostly due to the vata Dosha. The vitiated dosha combines with pee, obstructing urine flow. In Ayurveda phrases, *Mutraghata* is complex and misunderstood concept. This article highlights the various aspects of *Mutraghata* related to Ayurveda.

**Keywords:** Disease, Mutraghata, Mutravaha Srotas, Retention Of Urine.

**INTRODUCTION**

Mutraghata refers to decreased pee output caused by a blockage in the urine flow. It can be considered a condition because it encompasses much of the framework of the urinary system. UR (Mutraghata) that an illness characterized by UR as the primary symptom. UR can be induced by blockage of the urinary tract or irritation of the urinary route. Compressed/ constriction, damage stones, or other possible external substances that sometimes lead to a pathological state. It is utmost essential body organ for maintaining homeostasis via and product excretion and controlling metabolite (Mala, Dhatu, Dosha) [1]. Vegavarodha, or the suppression of natural impulses, is a key cause of a variety of illnesses.

The correct sense of passages has followed as closely as likely, and the significant notions of the unique method have been conveyed. As per the Ayurveda, the Tridosha Principle preserves body physiology. The three doshas are Vata, Kapha, and Pitta. The Mutravaha Srotas, one of Vayu's five practices, are likewise governed by Apanavayu [2]. The disease of the urinary system is obviously linked to every Apana Vayu abnormality. As a result, the principle of treatment of repair the vitiated Vayu, restoring normal urinary functioning. Panchakarma techniques that is largely utilized for Vayu pacification is Basti treatment. Classification of Mutraghata show in Figure 1 [3].



**Figure 1:** Illustrating the Classification of Ayurveda Mutraghata

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## DISCUSSION

*Mutraghata* instances have been culled from Ayurvedic literature dating back thousands of years. All of the information from books and other reliable sources is gathered, analysed, and debated.

### Mutraghata

#### *Charaka Samhita Mutraghata*

There are eight types of the illness identified. In addition, thirteen kinds of Basti Rogas were found in Siddhithana under the heading "Mutra Dosha," which are similar Sushruta as Mutraghata<sup>[3]</sup>.

#### *Sushruta Samhita about Mutraghata*

Sushruta recognized the binary manners of *Mutraukasada*, namely Pittaja and Kaphaja, Vagbhata and Charak solitary one usage.

#### *Mutraghata in Ashtanga Hridaya & Ashtanga Sangraha*

Mutraghata Nidana, utilise Ashmari Rogas and Mutrakricchra. Mutraghata is thoroughly detailed that is noteworthy because they divides MVS illnesses into two categories. Although the endeavoured rewording is repulsive, it does communicate the entire situation. The "Gavini" link is quite genuine and empirical. This reference is not found in any Ayurvedic literature. The image of an ocean and the rivers that flow into it exemplifies this. Each of these locations of the disease 'Mutraghata' is stated to have UR, which may be ascribed to a disease cause. It is possible to learn about all of the probable reasons of UR here. The ' taut bow ' illustration in regard to 'Bsti' depicts the urine bladder (UB) process and offers information on current functioning. 'Mutra Vegavarodha' is major causal elements for Mutraghata. The Apana Vayu, which is responsible for normal urine voiding, is disturbed when the micturition urge is voluntarily suppressed, resulting in Mutraghata<sup>[4]</sup>.

#### *Vata Kundalika in Mutraghata*

As per the Sushruta, Vayu becomes connections and vitiated the UB and Mutra as a result of excessive Rukshya Ahara intake and the purposeful suppression of natural impulses such as micturition, faeces, and so on. It travels in a circular pattern in the urinary bladder, obstructing urinary flow and causing severe discomfort. The patient gradually passes insufficient pee while in agony. It's considered a serious condition. Because there is no biological source of blockage of Vatakundalika, such condition is linked to muscle of sphincter dyssynergy (SD) that is an internal SD characterized by non-function sphincter. Urinary retention occurs the sphincter remains closed<sup>[5]</sup>.

#### *Vatashteela /Ashteela in Mutraghata*

The vitiated Apanavayu generates a solid and raised stone-like growth when placed in the area between the rectum and UB. This growth, in turn, causes adhmaana and blockage of way of faces, flatus and urine. This causes excruciating discomfort in the suprapubic zone.

Many indication like frequency, scorching narrow streams, micturition and so on, are too existent in Mutraghata. Astheela has a condition that occurs between the rectum and the urethra and is linked to benign disease.

### *Mutraghata: Vata – Basti*

Vata Basti discovered to Sadhya Mutraghata. Urge suppression activates Vata, which becomes agitated and clogs the bladder's mouth, resulting in UR and discomfort in the bladder and abdomen. In Vata Basti, the source of the blockage is indicated explicitly. It creates symptoms that are comparable to a blocked bladder outlet, but the discomfort is much worse since it involves acute UR. Urethral stone impairment may be linked to acute urethral and bladder diseases to restrict urine release, like prostatic sore<sup>[6]</sup>.

#### *Mutrasteeta in Mutraghata*

Sushruta identified an illness related to individual is incapable to urinate or can pass a slight volume of urine afterward draining following long-term repression of the usual desire for Micturition. There is certainly not living injury specified for retaining in disease, and not indications suggestive of acute ailment are also present. If a person holds urine for an extended period of interval, bladder becomes atonic/flaccid for a short time. Individuals are unable to pass urine at this time, and if they do, it is sparse. This might be linked to the bladder's changing neurophysiological states as patients try to pass pee.

#### *Mutraghata*

Mutraghata arises from the Udavarta when the urge to urinate is suppressed, causing urine to flow upward and discharge of stored urine. As a result, apanavayu causes stomach upset, especially in the urethral stricture area and below the navel. It is also possible to have a blockage in the passage of stool and urine, as well as significant swelling and pain. It is comparable to mutatriata, but in this case there is no mention of a biological operative incision as a cause of obstruction. In this condition, the bladder is under a lot of pressure and stretches up to the navel. This syndrome may be associated with a neurogenic bladder due to acute occlusion.

#### *Mutrotsanga*

Acharya Dalhana explains the mechanism of Vata vitiation and illness as shown:

1. Vimarga Gami Vata that is Viguna's Anila, is intensified through variables, resulting in Margavarodha (obstruction in outlet) or Margavarodha (outlet blockage) cause Vata aggravation.
  2. "Samsakta," which meaning "obstructed," was deduced from Sarakta.
  3. Saruja' comes from 'Ati Vata Prakopa,' whereas 'Niruja' comes from 'Hina Vata Prakopa.'
  4. Acharya Dalhana explains the mechanism of Vata vitiation and illness as follows:
  5. 'Ati Vata Prakopa' is the source of 'Saruja,' whereas 'Hina Vata Prakopa' is the source of 'Niruja'.
- 'Yadakshiptam Mutramalpam' depending on blocked flow causing in leftover urine, moreover in the, Manikanda (glans penis), Nala (urethra) or Basti (urinary bladder); the Mutradvara dosha can be the Urethral orifice.

- He goes on to say, "Tatra sthitva paschat anantaram," which means "shanaih." Mandam mandam kritva sravet, or the leftover pee dribbles out in small jets, is a common occurrence.
- Mukta Mutrasyah, Sheshatacchesah, Chitva Bhavati Vayoschalatvena Savicchinah Chitva, through the Vata guna's Chala guna, small in jets, and the urine flow is blocked, and the patient has incomplete bladder emptying, as well as solidity in penis [7].

#### Mutra Granthi / Rakta Granthi

The neck of bladder appears as a tiny, rounded, painful enlargement that causes urinary blockage and contributes to Ashmari indications. The symptoms of Raktagranthi or Mutragranthi are severe, and these instances have been scientifically connected to abscess of prostatic.

#### Mutrashukra

As per the Sushruta, when an individual engages in coitus while feeling the yearning to micturize, then induces ash-stained urine with semen that's is Mutrashukra at the beginning or conclusion of the action. The primary indication of Mutrashukra is mixed sperm, observed in reversing ejaculation for numerous reasons. Patients with long-lasting prostatic able to transmit tacky urine.

#### Ushna - Vata in Mutraghata

Intense somatic exertion on summer day suggested as an etiological factors in Ushna Vata. Dysuria is caused by the vitiation of the Vata and Pitta Doshas in Basti. The patients pass the yellow or red urine in region of suprapubic, which causes pain and a burning sensation. The symptoms of Ushna Vata are alike to inflammatory bladder and urethral diseases [8].

#### Mutroukasada

Pittaja Mutraukasada in Mutraghata: Sushruta explained Pittaja Mutraukasada by saying that in this state, the pee appears yellow and viscous, and that after micturition, a burning sensation occurs, and the urine dries up looking like 'Gorochana.' Burning in urination with thick yellow urine is a significant symptom of Pittaja Mutraukasada. It might be a gonococcal infection, which is consider as common reason of urethritis.

#### Kaphaja Mutrakasada in Mutraghata

In this stage uine is typical and complex to pass, its gets thick, when dried, it is resembles as white powder or 'Shankha Churna'. Sushruta mentioned two form of Mutraukasada: whereas other academics only mentioned one. According to Charaka, the patient pass yellow or red urine with white precipitate or burning feeling as Vayu consolidates Pitta, Kapha, or both. Kaphaja Mutraukasada and phosphaturia are two conditions that can be compared. Some symptoms related to Bastikundalika shown in figure 2 [9].

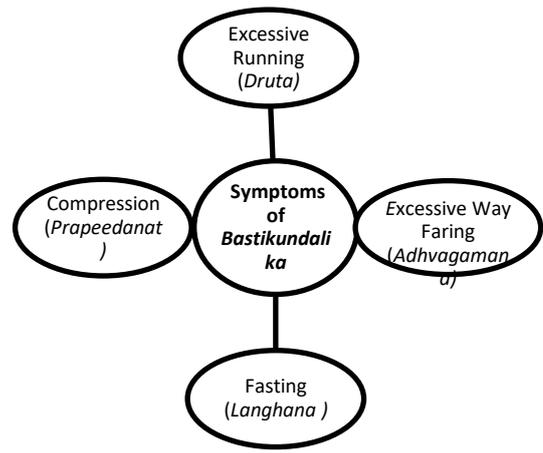


Figure 2: Symptoms of Bastikundalika

#### Samprapti. of Mutraghata

The bladder is forced upwards, enlarged, and looks as a uterus as a result of the Nidanas mentioned above. Symptoms of Mutraghata shown in figure 3.

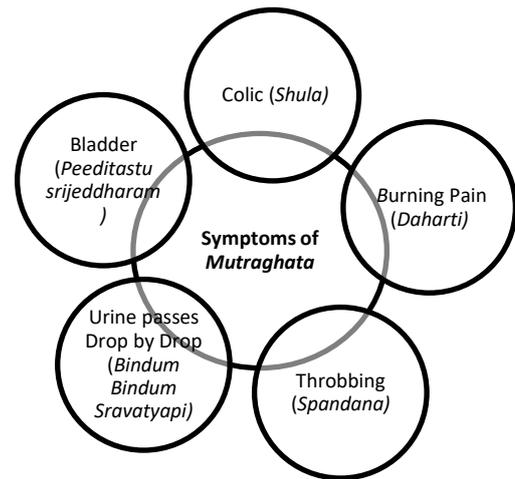


Figure 3: Symptoms of Mutraghata

They are mentioned in the Astanghridaya Astangsamgraha, Charka, Sushruta and recent urinary complaints. Mutra's Rogass have traditionally been divided into two groups: Apravrittija Rogas Mutra and Atipravrittija Mutra Asmari, Mutrakricchra, and Mutraghata are in the first category, whereas Prameha's illness is second. Although the indicator complexes of Mutraghata and Mutrakricchra appear merge. Vijayarakshita, Chakrapani Acharya Dalhana, have distinguished among them. That is distinction is predicated of Mutraghata "Avarodha" or "Vibhanda" (obstacle) being more severe.

As a result, the Mutraghata can be regarded a condition resulting from some type of functional or mechanical, disruptive Uropathy, connected to the lower or upper urinary tract, subsequent total UR or partial UR, as well as Anuria or Oliguria. Vatakundalika has not consist the biological source related to blockage; thus, this condition is linked to

smooth muscle SD, which is an internal SD in which sphincter non-functional occurs. Urinary retention occurs when the sphincter remains closed. This disease can also be linked to a bladder collar blockage [10].

In bladder alteration in neuro-physiological states of the bladder where patients attempt to transfer urine can be associated with Mutrateeta. Due to acute retention, Mutrajathara can be associated with a neurogenic bladder. Mutrotsanga may be associated with urethral stricture, but hematuria is normally not the symptoms of ureteral stricture in most cases. It suggested an inflammatory disease-related urethral obstruction & this could be urethritis either due to gonococcal infection or without gonococcal infection.

Abnormal neuro-physiological states also lined with Mutrateeta of the bladder when patients try to transport pee. Mutrajathara is linked to a neurogenic bladder due to acute retention. Although mutrotsanga is sometimes linked to urethral stricture, hematuria is seldom a sign of ureteral stricture. It suggested urethral blockage caused by an inflammatory illness, which may be urethritis caused by gonococcal infection or without gonococcal infection.

Mutrashukra is characterized by a mixed urine of semen observed in retrograde ejaculation owing to a variety of reasons. Patients with persistent prostatic problems may pass sticky urine, therefore this might be related. The symptoms of Ushnavata are parallel to those of urethral and bladder inflammation. The passage of thick yellow pee with burning urination is a sign of Pittaja Mutraukasada. It might be a gonococcal infection, which is the most common cause of urethritis. Kaphaja Mutraukasada and phosphaturia are two conditions that can be compared. Vidvighata symptoms are similar to those of a recto-vesical fistula [11].

#### Investigations / Examination of Mutraghata

- Complete Blood test.
- Rectal Examination.
- Serum Prostate Specific Antigen.
- Bladder, Kidney, Ultrasonography, Ureter.

**Table 1:** Representing the Medicinal plant Use for *Mutraghata*

| Drug  | Dosage (per dose) | Vehicle                    | Duration |
|---|-------------------|----------------------------|----------|
| <i>Gokshura (Tribulus terrestrisLinn.) Churna</i>           | 3-6gm             | Water                      | 15 days  |
| <i>Pashanabheda (Bergenia ligulata (Wall.) Engl.)Churna</i> | 1 -3 gm           | Water                      | 15 days  |
| <i>Haritaki (Terminalia chebula Retz) Churna</i>            | 3 gm              | Lukewarm water at bed time | 15 days  |
| <i>Varuna (Crataeva nurvola Buch. and Ham.) kvatha</i>      | 10-20 ml          | Water                      | 15 days  |

- Urine analysis.

#### Managing of Mutraghata

##### Preventive complications of Mutraghata

- Yava (barley) water, wheat, shigru (drum stick), rasona (garlic), patola/Tikta patolika, old rice, mudga (green gramme) juice, kulattha (horse gramme), haridra (turmeric), dioica/Trichosanthus cucumerina), chichinda (snakegourd)Trichosanthes and ardraka (ginger) etc.
- Spinach, sesame, peas, mustard, jamuns, hot and spicy meal and black gramme should be avoided.

#### Medical Administration of Mutraghata

##### Line Management

It's important to promote Samshamna Chikitsa (Palliative therapy as well as Bio-cleansing therapies in conjunction with other alternative treatment. However, the practitioner should decide if Shodhana treatment (bio cleaning therapies) is successful or not based on the patient's condition [12].

- Avapeeda Snehapana with a single dosage of Vastyamayantaka Ghrita of 200-300ml.
- Decoctions or Avagaha Sveda such as Triphala/ Kwatha, Dashamula, Pancha Valkala for at least 15 day with water that is warm or hot.

##### Basti

Varunadi Ghrita/ Satavaryadi Ghrita for 3 days with Uttara Basti 30-50 ml for 14 days, use Matra Basti 30-50 ml with Varunadi Ghrita/ Shatavaryadi Ghrita. Physicians should decide on the dosage (per dose) based on the severity of the disease and the patient's condition.

##### Medication of Mutraghata

Various medicinal plant use for treatment purpose of Mutraghata. Some plants are enlisted in table 1.

### Formulation of Drug

Various form of medicinal formulation available in the market for treatment of Mutraghata. Some market formulation are shown in table 2.

- Formulations can be taken twice times a day after meals for minimum 15 days, conditional on the patient's complaint and healthcare professional advices [13].

**Table 2:** Illustrating the Drug base formulation for *Mutraghata*

| Drug                   | Dosage (per dose) | Vehicle   | Duration |
|------------------------|-------------------|---|----------|
| Trina Panchkula Kwatha | 10-50 gm          | Water   | 15 days  |
| Brihatyadi Kwatha      | 15-30ml           | Water   | 15 days  |
| Gokshuradi guggulu     | 1-1.5 gm          | Luke warm water/ Mustaka kvatha (decoction made from <i>Cyprus rotundus</i> ) | 15 days  |
| Kanchanra guggulu      | 1-1.5gm           | Luke warm water   | 15 days  |
| Chandraprabha vati     | 1-1.5 gm          | Water   | 15 days  |
| Sveta parpati          | 750-1250 mg       | Water/ Nirikela jala (Coconut water)  | 15 days  |
| Dhanvantara Ghrita     | 15 ml             | Warm water  | 15 days  |
| Varunadi Ghrita        | 15-30 ml          | for uttar Basti   | 3 days   |

### Mutraghata by Yogic Practices

Yogic practises are very valuable for Mutraghata: They should do under the provision of qualified yoga counsellor. The length of every yoga session should determine by the Yoga counsellor.

Vajrasana, Siddhasana, Pavanamuktasana. Paschimottanasana, Padnggushthasana, Guptasana, Gomukhasana, Ashvini mudra, Mula bandha, and sheetali pranayama etc.

### Counselling of the Patient with Some Instructions

- Whenever you feel the need to urinate, do so at regular intervals.
- Stay hydrated in varying amounts at frequent intervals.
- Completely emptying bladder.
- Kegel training: just tense and loosen the pubo- coccygeus muscles for 3 seconds for at least 20-30 times each day, while stabilising the pelvic floor for 3 seconds.
- Yoga is a great way to unwind and relax.
- Limit your intake of high-calorie, high-fat meals.
- Avoid to consume lot of liquid at one time, especially in night-time.
- Avoid coffee and alcohol after supper, especially.
- Stop drinking water two hours before going to bed.
- Avoid antihistamines and decongestants, as they may exacerbate Mutragh's effects [14].

### CONCLUSION

The condition 'Mutraghata,' is UR is reported to occur in both these locations and might be caused either by disorder component. All causes of urine obstruction/retention can be considered here. A prominent Mutravaha Srotas illness is Mutraghata. This condition is thought to have a role in the etiopathogenesis of Vata Dosha. Dosha vitiated combines with urine, obstructing pee flow. The disease continues, and UR develops as a result of the influence on Apana Vayu mentioned at Basti Pradesh. This medicine is beneficial for mutraghata chikitsa as well as bala vardhak. The vitiated vata dosha is normalised by Ushiradya tail. Given the numerous drawbacks of surgical management, more time is required to identify an alternative therapy.

### Conflict of Interest

None declared.

### Financial support

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