



Ayurvedic Literature Review of *Mootrakruccha*

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Abstract: *Mootrakruccha* is disorder of *Mootravaha Strotas* (channels carrying urine). It is second most common infection. It briefly described in *Ayurvedic* texts. Common symptoms are *Sadaha Mootrapravritti* (Buring micturation), *Sashula Mootrapravritti* (painful micturation) and *Alpa Varanvar Mootrapravritti* (frequency of micturation). It is seen due to vitiation all *Doshas* but predominantly *Pitta Dosha*. It occurs due to *Pittakara Ahara Vihara*, use of unhygienic or common washrooms, retention of urine due to hesitation, less water intake. It is commonly seen in *Pitta Prakriti* persons. *Mootrakruccha Bheda* (types), *Samprapti* (pathogenesis) and its *Chikitsa* (treatment) described in texts. Here in this article, I tried to collect all the information related to *Mootrakruccha* mentioned in *Ayurvedic Samhita* (texts).

Key words: *Mootrakruccha*, *Pittakara Ahara Vihara*, *Mootravaha Strotas*, *Alpa Varanvar Mootrapravritti*.

1. INTRODUCTION:

Mootra (urine) excretes waste products, toxins out of the body. *Mootravaha strotas* (urinary system) filters our blood and eliminates excess fluid. As *Mootra* is important part of excretory system, in *Ayurveda*, its *Guna* (properties), *Basti Sharir* (urinary bladder structure), *Mootrajanana Kriya* (scientific physiological description of formation of urine) is elaborately mentioned in *Sushruta Nidansthana* 3rd chapter (*Ashmarinidanam*).¹ Also in *Charaka Samhita Mootra*, its *Guna* (properties), *Mootrakrucchanashak Peya*, *Mootra* related *Mahakashaya*, *Mootraavrodhajanya Vyadhi* (obstructive uropathy) and its *Chikitsa* (treatment) elaborated in *Sutrasthana*. In *Charak Vimansthana*, *Mootravaha Strotas Dushti Hetu* (causes of deformity in channels carrying urine), *Roopa* (symptoms) and *Chikitsa* (treatment) mentioned in 5th chapter i.e. *Strotovimana*.²

Mootrakruccha (dysuria) is *Vyadhi* of *Mootravaha Strotas* (channels carrying urine). Its cardinal symptoms are *Tivra Ruja* (pain while micturation), *Swalpa, Muhumutratiya* (frequency of micturation), *Sadaha Mootrapravritti* (burning micturation). These symptoms depend on which *Dosha* is aggravated. According to *Doshas* different *Bheda* (types), *Roopa* (symptoms) and *Chikitsa* (treatment) of *Mootrakruccha* are mentioned. *Acharya Charaka* explained *Mootrakruccha* disease (dysuria) in detail, its *Hetu* (causes), 8 *Bheda* (8 types), *Roopa* (symptoms) and its *Chikitsa* (treatment) in *Chikitsasthana* 26th chapter i.e. *Trimarmiya Chikitsa Adhyaya*.³ *Acharya Vagbhata* described *Samprapti* (pathogenesis) and only 4 types of *Mootrakruccha* in *Mootraghatanidana Adhyaya* in *Nidansthana* ⁴ and its *Chikitsa* (treatment) in *Mootraghata Chikitsa Adhyaya* in *Chikitsasthana*.⁵ *Ashtanga Hridaya* classified *Mootrakruccha* under *Apravrittijanya Vyadhi*. *Acharya Sushruta* in *Uttartantra* described two separate chapters for *Mootravaha Strotas* out of which in *Mootrakruccha Pratishedh Adhyaya* (59th chapter) contains full description of 8 types of *Mootrakruccha* ⁶ and its *Chikitsa*.⁷ *Madhav Nidana* mentioned *Mootrakruccha* (dysuria) in 30th chapter *Mootrakruccha Nidana*.⁸ *Yogratnakar* described *Mootrakruccha* in detail in 1st *Khanda*, 7th *Adhyaya* also mentioned *Pathyapathya* in it.⁹

In this article detailed review of *Mootrakruccha Vyadhi*, *Hetu* (causes), *Samprapti* (pathophysiology), its *Bheda* (types), *Roopa* (symptoms) and *Chikitsa* (treatment) mentioned.

2. MATERIALS AND METHODS: *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, *Madhavnidana*, *Yogratnakara*, *Sharangdhara Samhita*, *Kashyapa Samhita*, *Chakradatta*, *Bhaisajyaratnavali* has been referred.

3. AIMS AND OBJECTIVES: To analyse the etio-pathogenesis of the disease and the treatment useful for the management of the *Mootrakruccha*.



4. DEFINITION¹⁰ –

The word *Mootrakruccha* is derived from two words.

Mootra - urine, *Kruccha* - difficulty.

The word *Mootrakruccha* means urination with difficulty. Patient has urge to micturate, but painful micturation.

NIDANA (CAUSES) –^{11, 12, 13, 14}

Charaka and *Madhavnidana* mentioned similar *Hetu* in their description,^{11,12} whereas *Acharya Sushruta* and *Acharya Vagbhata* didn't mention *Hetu* in text. Excess weight bearing on *Kati* (buttocks) and *Skandha* (back) leads to aggravation of *Pitta*. Which along with *Vata* and *Kapha* located in *Basti* (urinary bladder) and causes *Mootrakruccha*.¹³ *Mootravaha Srotodushti Karanas* (causes of deformity in channels carrying urine) can generate *Khavaigunyata* (deformity) in the *Mootravaha Strotas* (channels carrying urine) and forms disease *Mootrakruccha*.¹⁴

Nidana can be classified into 2 types – 1) *Aharaja Nidana* 2) *Viharaja Nidana*

Table no. – 1: NIDANA -

Aharaja Nidana -	
<i>Atimadyapana</i>	Habitual intake of alcohol
<i>Anupa Matsyasevana</i>	Over eating meat of marshy animals and fish
<i>Ajirna</i>	Chronic indigestion
<i>Adhyashana</i>	Intake of food before digestion of previous meal
<i>Tikshana Ruksha Aushadhi</i>	<i>Tikshana Ruksha</i> quality <i>Ahara</i> and <i>Aushadha</i>
Viharjanya Nidana:	
<i>Vyayama</i>	Excessive physical exertion
<i>Nityadrutaprasthanayana</i>	Riding on fast moving vehicle

SAMPRAPTI (PATHOGENESIS) –^{15, 16, 17}

Doshas aggravated separately or all together when being provoked by their vitiating factor which get located in kidney or urinary bladder and distress the urinary passage, leads to *Mootrakruccha*.¹⁵ *Acharya Vagbhata* mentioned that in *Mootrakruccha*, small amount and frequency of micturation these symptoms are due to *Vata Dosha*, burning micturation and hematuria are due to *Pitta Dosha* and heaviness, edema of the bladder and penis, slimy urine all these are due to *Kapha Dosha*.¹⁶ *Acharya Harita* mentions *Pitta* as main *Dosha* in the pathogenesis of *Mootrakruccha*. *Acharya Kashyapa* states that *Mootrakruccha* is *Pitta Pradhana Vyadhi* and its symptoms mostly seen in *Vata Ashrayasthana* (*Vata* dominant areas).¹⁷

TYPES –^{18, 19, 20, 21,22,23,24}

Acharya Charaka, *Sushruta*, *Madhava*, *Yogratnakara*, *Sharangdhara* and *Kashyapa* mentioned 8 types of *Mootrakruccha*. But there is difference of opinion, stated below. *Acharya Vagbhata* described only 4 types according to *Doshas*.

Table no. - 2 Types of Mootrakruccha

Types	<i>Charaka</i>	<i>Sushruta</i>	<i>Vagbhata</i>	<i>Madhava</i>	<i>Yogratnakara</i>	<i>Sharangdhara</i>	<i>Kashyapa</i>
<i>Vataja</i>	√	√	√	√	√	√	√
<i>Pittaja</i>	√	√	√	√	√	√	√
<i>Kaphaja</i>	√	√	√	√	√	√	√
<i>Sannipataja</i>	√	√	√	√	√	√	√
<i>Shukraja</i>	√			√	√	√	
<i>Raktaja</i>	√						√
<i>Ashmarija</i>	√	√		√	√	√	
<i>Sharkara</i>	√	√					
<i>Abhigataja</i>		√		√		√	
<i>Purishaja</i>		√		√	√	√	



<i>Shalyaja</i>					√		
<i>Vaatpitika</i>							√
<i>Vaatshleshmika</i>							√
<i>Pittashleshmika</i>							√

PURVA ROOPA - In *Ayurvedic* literature *Purva Roopa* (premonitory symptoms) not described.

ROOPA (SYMPTOMS) _18, 19, 20, 21,22,23,24

Madhavnidana mentioned general symptom of *Mootrakruccha* as *Mootrasya kruchen pravritti* i.e. painful micturition. According to dominance of *Doshas* different types and symptoms stated below

Table no.3 - Vataja Mootrakruccha Roopa (clinical features)

Symptoms	<i>Charaka</i>	<i>Sushruta</i>	<i>Vagbhata</i>	<i>Yogratnakara</i>	<i>Madhav nidana</i>	<i>Kashyapa</i>
<i>Saphena Mootra</i> (frothy urine)				-		√
<i>Shulam Satatam</i> (continuous pain)	√		√		√	√
<i>Badhavarchastvam</i> (constipation)						√
<i>Bastivankshanmedhra Shoola</i> (pain at groins, urinary bladder, genitals)	√	√	√	√	√	
<i>Swalpa Muhurmuhu Mootra</i> (frequency of micturition)	√	√	√	√	√	√

Table no. 4 -Pittaja Mootrakruccha Roopa (clinical features)

Symptoms	<i>Charaka</i>	<i>Sushruta</i>	<i>Vagbhata</i>	<i>Yogratnakara</i>	<i>Madhav Nidana</i>	<i>Kashyapa</i>
<i>Saruja,Sadaha Mootra</i> (painful and burning micturition)	√	√	√	√	√	√
<i>Sarakta, Pittam Mootra</i> (yellow/bloody urine)	√	√	√	√	√	√
<i>Mootrakruccha</i> (difficulty in micturition)	√			√	√	√
<i>Mushakmehanbasti Daha</i> (burning sensation at urinary bladder, scrotum, penis)		√				
<i>Swidyamano mukhe</i> (sweating over face during micturition)						√

Table no.5 - Kaphaja Mootrakruccha Roopa (clinical features)

Symptoms	<i>Charaka</i>	<i>Sushruta</i>	<i>Vagbhata</i>	<i>Yogratnakara</i>	<i>Madhav Nidana</i>	<i>Kashyapa</i>
<i>Basti Linga Gurutva</i> (heaviness in urinary bladder and phallus)	√	√	√	√	√	√
<i>Basti Linga Shotha</i> (swelling in urinary bladder and phallus)	√		√	√	√	√



<i>Sapicchila Mootra</i> (Urine with slimy material)	√	√	√	√	√	√
<i>Bahu Mootra</i> (more urination)						√
<i>Shukla , Anushna Mootra</i> (white colour urine)		√				√

Table no.6 - Sannipataja Mootrakruccha Roopa (clinical features)

Symptoms	<i>Charaka</i>	<i>Sushruta</i>	<i>Vagbhata</i>	<i>Yogratnakara</i>	<i>Madhava Nidana</i>	<i>Kashyapa</i>
<i>Sarvani Roopani</i> (all above symptoms)	√		√	√	√	
<i>Nanavarna</i> (different colour)		√				
<i>Muhurmuhu</i> (frequency of mic.)		√				
<i>Murcha , Bhrama, Pralapa</i> (fainting)						√
<i>Daha, Sheeta, Ruja</i> (pain and cold feeling)		√				

Table no. 7 - Abhigataja Mootrakruccha / Raktaja Mootrakruccha Roopa (clinical features)

Symptoms	<i>Charaka</i>	<i>Sushruta</i>	<i>Vagbhata</i>	<i>Yogratnakara</i>	<i>Madhav nidana</i>	<i>Kashyapa</i>
<i>Sarakta Mootra</i> (blood in urine)	-	-	-	-	√	√
<i>Alpa Mootrapravritti</i> (less quantity of urine)	-	-	-	-	√	√
<i>Brushavedana</i> (severe pain)	√	√	-	√	-	-

Table no. 8 - Purishaja Mootrakruccha Roopa (clinical features)

Symptoms	<i>Charaka</i>	<i>Sushruta</i>	<i>Vagbhata</i>	<i>Yogratnakara</i>	<i>Madhavnidana</i>
<i>Adhmana</i> (constipation)	-	√	-	√	√
<i>Mootra Sangha</i> (obstruction of urine)	-	√	-	√	√
<i>Shoola</i> (pain)	-	√	-	√	√

Table no. 9 - Ashmarija / Sharkaraja Mootrakruccha Roopa (clinical features)

Symptoms	<i>Charaka</i>	<i>Sushruta</i>	<i>Vagbhata</i>	<i>Yogratnakara</i>	<i>Madhav Nidana</i>
<i>Sevanibastimehanshool</i> (pain at urinary bladder ,perineum,phallus)	√	√	-	√	√
<i>Visirnadhar</i> (urine in divided streams)	√		-		
<i>Mudnati Medhra</i> (presses lower inguinal region)	√		-		
<i>Saraktameh</i> (hematuria)	√		-		
<i>Hridpida</i> (cardiac pain)		√	-	√	√
<i>Vepathu</i> (tremers)		√	-	√	√
<i>Agni Daurbalya</i> (decreased appetite)		√	-	√	√
<i>Murcha</i> (fainting)		√	-	√	√
<i>Mootraghat</i> (dysuria)		√	-	√	



Table no. 10 - Shukraja Mootrakruccha Roopa (clinical features)

Symptoms	Charaka	Sushruta	Vagbhata	Yogratnakara	Madhavnidana
Sashukra Mootra (urine with sperms)	√		-	√	√
Bastimehanshool (pain at urinary bladder)	√		-	√	√
Mootrakruccha (difficulty in urination)			-	√	

SAMPRAPTI GHATAKA - ²⁵

Dosha – Tridoshaja Vata Pradhana

Dushya – Rasa, Rakta, Mootra, Purisha, Shukra.

Strotas (body channels) - Mootravaha, Purishvaha

Srotodushti (deformity in body channels) – Sangha (obstruction due to contraction of lumen) (occurrence of nodular growth in the body channels)

Siragranthi

Adhishthana (place of manifestation of disease) – Basti (urinary bladder)

Rogmarga (pathways of disease progression) - Madhyama

CHIKITSA SIDDHANTA (SPECIFIC TREATMENT) –

Vataja Mootrakruccha Chikitsa

Bahirparimarjana Chikitsa: -*Abhyanga²⁶⁻²⁷, unctuous poultice²⁶, Sekam²⁶⁻²⁷, Upnaha Prayog²⁶⁻²⁷*

Antahparimarjana Chikitsa: *Sthiradi Siddha soup²⁷, unctuous and non-unctuous medicated enema²⁷, Uttarvasti, ²⁶⁻²⁷ Niruha Vasti²⁷, Sthiradi Vaatnashaka siddha Mansa Rasa.²⁷*

Pittaja Mootrakruccha Chikitsa

Bahirparimarjana Chikitsa: - *Cold affusion²⁶, Bath²⁶, Sekam²⁷, Avgaha^{27, 28}, Chandan Lepa^{27, 28}, Parishekha.²⁸*

Antahparimarjana Chikitsa: *medicated enema of milk and purgatives prepared from the juice of Draksha, Vidari, Sugarcane juice and ghee to be administered.²⁶ Vasti, Virechan, Peyapana.²⁷ after administration of Uttarvasti /Niruha Vasti/Anuwasan Vasti give Virechaka (purgatives) medicine like Aaragvadhya, Nishodha, and Mulethi Chooran.²⁹*

Kaphaja Mootrakruccha Chikitsa

Bahirparimarjana Chikitsa: *Svedana (sudation)^{26, 28}*

Antahparimarjana Chikitsa: *Tikshana²⁸, Ushna, Katu Ahara (food)²⁸, Niruha Vasti^{26,27}, Vamana (emesis)^{26,27,28}, Yavana²⁷, Marichsiddha Tail Vasti.²⁷*

Sannipataja Mootrakruccha Chikitsa – *As per dominance of Dosha Vamana, Virechan, and Vasti for aggravated Kapha, Pitta, and Vata Dosha respectively.²⁶*

Purishaja Mootrakruccha Chikitsa - Vatashamaka treatment.^{26, 29}

Bahirparimarjana Chikitsa: *Svedana²⁷, Abhyanga²⁷.*

Antahparimarjana Chikitsa: *Gudavarti²⁶, Chooran Prayoga²⁷, Vasti²⁷, Anuwasan Vasti²⁶, Niruha Vasti²⁶.*

Abhighataja Mootrakruccha Chikitsa - *As per Vataja and Pittaja type Chikitsa²⁶, acc. to Sadyovrana Chikitsa (accidental wound)²⁹.*

Bahirparimarjana Chikitsa: *Local Snehana, Svedana ²⁶as per Vataja type Chikitsa²⁷*

Ashmarija Mootrakruccha Chikitsa – *As per Mootrashmari Chikitsa.²⁶ Svedana.²⁷*

Shukraja Mootrakruccha Chikitsa - *Nidanparivarjan Chikitsa.²⁶*

Shukravibandhaja Mootrakruccha Chikitsa

Antahparimarjana Chikitsa: *Shilajit Madhu Mishari and Ghrita Prayog²⁷, Trnapancamula siddha Ghrita²⁷, Pramada Sevan.²⁷ Shilajit with Madhu³⁰, Sheer Prayog.³⁰*

Table no. 11 - Different *Kalpa* used in *Mootrakruccha* according to type

	Vataj	Pittaj	Kaphaj
<i>Sushruta</i> ²⁹	<ul style="list-style-type: none"> ▪ <i>Taivritam Taila/ Ghrita</i> ▪ <i>Shwadrinshtra Taila</i> ▪ <i>Goksuradi Sneha</i> 	<ul style="list-style-type: none"> ▪ <i>Trnapancamula</i> ▪ <i>Utpaladi</i> ▪ <i>Kakolyadi</i> ▪ <i>Nyagrodhadi siddha Ghrita / Dugdha</i> ▪ <i>Kushakashadi Tail</i> ▪ <i>Ikshuras, Manuka, Vidarikanda siddha Ghrita</i> 	<ul style="list-style-type: none"> ▪ <i>Surasadi</i> ▪ <i>Usakadi</i> ▪ <i>Mustadi</i> ▪ <i>Varunadi medicated Taila.</i> <p style="text-align: right;"><i>Gana</i></p>
<i>Yogratnakara</i> ²⁷	<ul style="list-style-type: none"> ▪ <i>Amrutadi Kwatha</i> 	<ul style="list-style-type: none"> ▪ <i>Drakshadi Yoga</i> ▪ <i>Narikeladi Yoga</i> ▪ <i>Urvarukbij Prayoga.</i> ▪ <i>Shatavaryadi ghrita/ Kwatha</i> ▪ <i>Haritkyadi Kwatha</i> ▪ <i>Trnapancamula Kwatha.</i> ▪ <i>Manthadi Yoga</i> 	<ul style="list-style-type: none"> ▪ <i>Takradi yoga</i>
<i>Charaka</i> ²⁶	<ul style="list-style-type: none"> ▪ <i>Mishraka Sneha</i> 	<ul style="list-style-type: none"> ▪ <i>Shatavaryadi Kwatha</i> 	<ul style="list-style-type: none"> ▪ <i>Takrasevana</i> ▪ <i>Vyoshadi Choorana</i>
<i>Vagbhata</i> ²⁸	<ul style="list-style-type: none"> ▪ <i>Shoolhara Sneha</i> ▪ <i>Madira and Saindhav</i> 		<ul style="list-style-type: none"> ▪ <i>Takrasevana</i> ▪ <i>Yavakshara</i>
<i>Chakradatta</i> ³⁰	<ul style="list-style-type: none"> ▪ <i>Panchatnamula Kwatha</i> ▪ <i>Trikantakadi Kwatha</i> ▪ <i>Amrutadi Kwatha</i> 	<ul style="list-style-type: none"> ▪ <i>Shatavaryadi Kwatha</i> ▪ <i>Gudamalka Prayoga</i> 	<ul style="list-style-type: none"> ▪ <i>Sukshma Ela Choorana</i> ▪ <i>Shitimarakbij Praval Chooran Yoga</i> ▪ <i>Shwadrunshtadi Kwatha</i>

Table no. 12 - Different *Kalpa* used in *Mootrakruccha* according to type

	Sannipataja	Purishaja	Asmarija	Abhigataja
<i>Yogratnakara</i> ²⁷	<ul style="list-style-type: none"> ▪ <i>Bruhatyadi Kwatha</i> ▪ <i>Shatavaryadi Kwatha</i> 	<ul style="list-style-type: none"> ▪ <i>Gokshuradi Kwatha</i> 	<ul style="list-style-type: none"> ▪ <i>Pashanbheda Kwatha</i> ▪ <i>Eladi Kwatha</i> ▪ <i>Trikantakadi Kwatha</i> 	<ul style="list-style-type: none"> ▪ <i>Panchavalkala Lepa</i> ▪ <i>Manthadi yoga</i>
<i>Sushruta</i> ²⁹	<ul style="list-style-type: none"> ▪ <i>Falgvadi Yoga</i> 	-	-	-
<i>Charaka</i> ²⁶	-	-	<ul style="list-style-type: none"> ▪ <i>Jawakhara Prayoga</i> 	-
<i>Chakradatta</i> ³⁰	<ul style="list-style-type: none"> ▪ <i>Bruhatyadi Kwatha</i> 		<ul style="list-style-type: none"> ▪ <i>Trikantakadi Kwatha</i> 	<ul style="list-style-type: none"> ▪ <i>Tranpancamula siddha Dugdha</i>

Table no. 13 - Common *Kalpa* used in all types of *Mootrakruccha*

<i>Yogratnakara</i> ²⁷ <i>Bhaisajyaratnavali</i> ³¹	<ul style="list-style-type: none"> ▪ <i>Yavadi Kwatha</i> ▪ <i>Eladi Yoga</i> ▪ <i>Samoola Gokshura Kwatha</i> ▪ <i>Gud-Dugdha Prayoga</i> 	<ul style="list-style-type: none"> ▪ <i>Triphaladi Kalka</i> ▪ <i>Hridradi Yoga</i> ▪ <i>Kharjuradi Yoga</i> ▪ <i>Kutaja Yoga</i> ▪ <i>Ekshurasadi Yoga</i> 	<ul style="list-style-type: none"> ▪ <i>Trikantakadi Guggul</i> ▪ <i>Chandrakala Rasa</i> ▪ <i>Laghulokeshwar Rasa</i> ▪ <i>Vikrantagarbha Rasa</i> ▪ <i>Lohabhasma Prayoga</i> ▪ <i>Rasadi Yoga</i>
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	<ul style="list-style-type: none"> ▪ Dadimadi Yoga ▪ Urvarukbija Kalka 	<ul style="list-style-type: none"> ▪ Trikantakadya Ghrita 	
Chakradatta ³⁰	<ul style="list-style-type: none"> ▪ Atibala Kwatha ▪ Yavakshara ▪ Eladi Chooran 	<ul style="list-style-type: none"> ▪ Trikantakadya Ghrita 	<ul style="list-style-type: none"> ▪ Ayorajas Prayoga ▪ Sukumar Ghrita
Sharangdhara ³²	<ul style="list-style-type: none"> ▪ Trinapanchamoola Kwatha ▪ Haritkyadi Kwatha 	<ul style="list-style-type: none"> ▪ Shatamoola Kwatha ▪ Eladi Kwatha ▪ Gokshuradi Kwatha 	<ul style="list-style-type: none"> ▪ Swalpa Panchamoola Avleha ▪ Veertarvadigana Kwatha

Table no. 14 - Pathyapathya³³

Sr. no.	Pathya (Do's)	Apathya (Don't)
1.	Moong Dal	Alcohol
2.	Sweet Takra	Exertion
3.	Meat	Sexual activity
4.	Old red rice	Horse and Elephant riding
5.	Milk, dadhi	Irregular food timing, incompatible diet
6.	Ash gourd	Retention of urine
7.	River water	Spicy, Dry, Acidic food
8.	Cucumber, dates, coconut, amla, ghee	Fish, salty, hingh, til, Sarshapa, masha food items ,

5. DISCUSSION:

Ushna (hot), *Teekshna* (sharp), *Ruksha* (dry) Gunas (qualities) of Dravaya will cause vitiation of *Vata* and *Pitta Dosha*. Excessive intake of meat of marshy places and fish increases *Kapha Dosha*, acts as *Mahaabhishtyandi* means which obstructs channels. *Adhyashana* (excessive food intake) & *Ajeernabhojana* (consumption of food before digestion of previous food) leads to reduced state of *Agni* that leads to formation of *Ama* and aggravates the *Tridoshas*. *Atikatu*, *Amla* & *Lavana Rasa* are hot in potency and it vitiates *Pitta Dosha*. *Nithyadrutaprustayana* (riding the back of fast moving animals) causes *Khavaigunyata* in *Mootravaha Strotas* and also aggravate *Apana Vata*. Excessive exercise or physical activity causes aggravation of *Apana Vata*. *Mootra Vegadharana* (withholding the urge of micturition) is mentioned as one of the causative factor of *Mootravaha Srotodushti*. It leads to aggravation of *Apana Vata* and thereby causing *Pratilomagati* (upward movement) of *Apana Vayu* and impairment in the flow of urine through its channels. The *Ushna* and *Teekshna* Gunas of *Pitta* show burning micturition. Due to *Guru* and *Picchila Guna*, *Kapha* gets vitiated and giving rise to *Shotha*. *Pitta Dushti* is responsible for manifestation of Burning Micturition as the presenting symptom of UTI.

6. CONCLUSION :

Mootrakruccha is a *Pitta* dominant, *Tridoshaja* disease that involving the *Mootravaha Strotas* with the *Dushti* of *Mootra* and *Ambu*. It caused by micro-organism, so proper hygiene and hydration is necessary to decrease the risk of UTI. *Nidanprivarjanam* (i.e. primary prevention) strategy is important, in both *Ayurveda* as well as in modern medicine. Different preparations are mentioned in *Ayurvedic* text, those are useful in treatment. These medicines are cost effective and with no adverse effect.

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