

A Comparative Study of *Mutrakruchcha* between *Charaka Samhita* and Medical Manuscript '*Vaidyakasarasangraha*' by Ballal

Author: Rajat Patel¹

Co Authors: Hitendra Gohel²

¹Department of Ayurveda Samhita and Siddhanta, Shree Swaminarayan Ayurvedic College, Swaminarayan University, Kalol, Gandhinagar, Gujarat, India

²Department of Kriya Sharir, Shree Swaminarayan Ayurvedic College, Swaminarayan University, Kalol, Gandhinagar, Gujarat, India

ABSTRACT

Difficulty in passing urine, associated with pain is termed as *Mutrakruchcha*. The disease *Mutrakruchcha* comes under the disorders of *Mutravaha Srotas*, description of this disease is mentioned in almost all classical texts which reflects its prevalence in ancient period. It is a disease involving *Basti Marma*. As *Basti* is one among the *Tri Marma*, main three vital organs – *Shir* (head), *Hridaya* (heart) and *Basti* (urinary bladder); it has great therapeutic importance. Hence, Ayurveda Acharyas mentioned and elaborately explained the *Mutrakruchcha* and its type in comprehensive manner.

Key Words *Mutrakruchcha*, *Charaka Samhita*, *Manuscript*, *Vaidyakasarasangraha*, *Ballal*

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INTRODUCTION

Mutrakruchcha, commonly known as dysuria, is an Ayurvedic clinical condition characterized by painful and difficult micturition. This condition occurs when vitiated *Doshas*, either individually or combined, settle in the *Basti* and causes *Mutravaha Srotas Dushti*. As *Basti* is one among the *Tri Marma*, Acharya Charaka has described *Mutrakruchcha* in *Trimarmiya Chikitsa Adhyaya* of *Chikitsa Sthana*. He has described causative factors, pathogenesis, types, symptoms and management of *Mutrakruchcha* in details. The medical manuscript '*Vaidyakasarasangraha*' was

written in the year 1579 of the *Samvat* Era by Ballal who was king of Chitrakoot. He has also described *Mutrakruchcha* at length in this manuscript.

MATERIALS

- Charaka Samhita - "Ayushi" Hindi explanation of Chakrapanidatta's 'Ayurvedadipika' commentary.
- Medical manuscript '*Vaidyakasarasangraha*' by Ballal. Description of manuscript

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- Manuscript collected from: Oriental Institute Central Library, Baroda.
- Manuscript Reference: Sanskrit section, Acc. No. 3584.
- Manuscript Form: Digital copy.
- Script: Devanagari.
- Language: Sanskrit.
- Extent: 18 Folios. 10 lines in a page.
- Age: 1579 Samvat.

METHODS

In present article, literary aspects regarding *Mutrakruchcha* is discussed between Charaka Samhita and medical manuscript 'Vaidyakasarasangraha' by Ballal.

Ganghadhar Roy has defined *Mutrakruchcha* in his commentary on Charaka Samhita titled 'Jalpakaalpataru' as "मूत्रकृच्छ्राणीति मूत्रस्य कृच्छ्रेण प्रवृत्तिर्विघात इत्यनर्थानतरम्]" meaning, Painful

micturition or suppression of urine is known as *Mutrakruchcha*.

***Mutrakruchcha* Nidana** (Etiology of *Mutrakruchcha*)

Acharya Charaka has described following *Nidana* for *Mutrakruchcha*¹ -

- Excessive physical exertion
- Intake of drugs having *Tikshna* (sharp) quality
- Unctuous food intake
- Habitual intake of alcohol
- Riding on a fast-moving vehicle

- Overeating meat of marshy animals and fish

- Intake of food before the previous meal is digested

- Chronic indigestion

Ballal hasn't described any etiology for *Mutrakruchcha* in his manuscript 'Vaidyakasarasangraha'.

***Mutrakruchcha* Samprapti** (Pathogenesis of *Mutrakruchcha*)

Acharya Charaka has explained pathogenesis of *Mutrakruchcha* in following way - *Dosha* aggravated separately or all together when being provoked by their vitiating factors which get located in urinary bladder and distress the urinary passage, leads to *Mutrakruchcha*.²

Ballal hasn't described *Samprapti* for *Mutrakruchcha* in his manuscript 'Vaidyakasarasangraha'.

Types of *Mutrakruchcha*

Types of <i>Mutrakruchcha</i> according to Charaka Samhita ²	Types of <i>Mutrakruchcha</i> according to Vaidyakasarasangraha
1. <i>Vataja</i> <i>Mutrakruchcha</i>	1. <i>Vataja</i> <i>Mutrakruchcha</i>
2. <i>Piitaja</i> <i>Mutrakruchcha</i>	2. <i>Piitaja</i> <i>Mutrakruchcha</i>
3. <i>Kaphaja</i> <i>Mutrakruchcha</i>	3. <i>Kaphaja</i> <i>Mutrakruchcha</i>
4. <i>Sannipataja</i> <i>Mutrakruchcha</i>	
5. <i>Ashmarijanya</i> <i>Mutrakruchcha</i>	
6. <i>Shakarajanya</i> <i>Mutrakruchcha</i>	
7. <i>Shukraja</i> <i>Mutrakruchcha</i>	
8. <i>Raktaja</i> <i>Mutrakruchcha</i>	

Though Ballal has described only three types of *Mutrakruchcha*, he has also explained treatment

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of Ashmari and Sharkara in chapter of Mutrakruchcha Chikitsa.

Mutrakruchcha Lakshana (Symptoms of Mutrakruchcha)

Lakshana of Vataja Mutrakruchcha

Symptoms of Vataja Mutrakruchcha according Charaka Samhita ²	Symptoms of Vataja Mutrakruchcha according to Vaidyakasarasangraha
<ul style="list-style-type: none"> Severe pain in groins, urinary bladder and genitals Patient frequently passes urine in small quantity 	<ul style="list-style-type: none"> Pain in Vata Sthana and genitals Urge to urinate comes frequently and repeatedly Very painful micturition

Lakshana of Pittaja Mutrakruchcha

Symptoms of Pittaja Mutrakruchcha according Charaka Samhita ²	Symptoms of Pittaja Mutrakruchcha according to Vaidyakasarasangraha
<ul style="list-style-type: none"> The patient passes yellow or bloody urine Pain and burning sensation while urinating Frequent micturition 	<ul style="list-style-type: none"> The patient passes yellow, blackish or bloody urine Pain and burning sensation while urinating Urine may also have salty taste and be strong smelling

Lakshana of Kaphaja Mutrakruchcha

Symptoms of Kaphaja Mutrakruchcha according Charaka Samhita ²	Symptoms of Kaphaja Mutrakruchcha according to Vaidyakasarasangraha
<ul style="list-style-type: none"> Slimy urine Heaviness and oedema in urinary bladder and phallus 	<ul style="list-style-type: none"> Slimy urine Stiffness in penis and Vata Sthana

*Lakshana of Sannipataja Mutrakruchcha*²

According to Acharya Charaka, *Sannipataja Mutrakruchcha* presents with a blend of

symptoms from the *Vataja*, *Pittaja*, and *Kaphaja* types. Interestingly, Ballal does not provide a symptomatic account of this condition in his work, *Vaidyakasarasangraha*.

*Ashmari*²

When vitiated *Vata* dries the urine and semen in the urinary bladder alongside *Pitta* and *Kapha*, it results in the progressive development of a stone, known as *Ashmari*.

*Lakshana of Ashmarijanya Mutrakruchcha*³

Acharya Charaka has explained following symptoms of *Ashmarijanya Mutrakruchcha* -

- When *Ashmari* blocks the urinary tract, it triggers radiating pain across the bladder, the perineal suture (*Sevani*), the penis, and the lower abdomen.
- This obstruction causes the urine to flow in divided streams.
- In an attempt to manage the discomfort, the patient often squeezes the phallus.
- Patient frequently passes both stool and urine.
- When the stone abrade the urinary passage, the urine becomes blood-stained.
- However, as soon as the *Ashmari* moves out of the way, the obstruction is lifted and urination becomes effortless.

Ballal hasn't described symptoms of *Ashmarijanya Mutrakruchcha* in his manuscript 'Vaidyakasarasangraha'.

*Sharkarajanya Mutrakruchcha*³

When the *Ashmari* is broken into smaller particles due to *Vata* aggravation, then such

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particles which comes out of the urinary passage along with urine is called as *Sharkara* and painful micturition caused by them is known as *Sharkarajanya Mutrakruchcha*.

Ballal hasn't described *Sharkarajanya Mutrakruchcha* in his manuscript 'Vaidyakasarasangraha'.

*Shukraja Mutrakruchcha*⁴

Shukraja Mutrakruchcha is caused due to the obstruction of semen or injury of semen tract.

Acharya Charaka has explained following symptoms of *Shukraja Mutrakruchcha* -

- The patient suffers from pain in the groin, urinary bladder, and phallus.
 - His testicles become swollen and intensely painful.
 - During micturition, the patient experiences urinary obstruction accompanied by spermaturia (the presence of semen in the urine).
 - Stiffness, swelling, excessive pain and pricking pain in the urinary bladder and testicles.
- Ballal hasn't described *Shukraja Mutrakruchcha* in his manuscript 'Vaidyakasarasangraha'.

*Raktaja Mutrakruchcha*⁴

If the vitiated blood due to *Kshata* or *Kshaya*, when accumulated in urinary bladder, it causes obstruction and thus causes *Raktaja Mutrakruchcha*. Acharya Charaka has described following symptoms of *Raktaja Mutrakruchcha* –

- Severe pain while micturition.
- Distention and heaviness in the region of urinary bladder.

- However, the patient feels lightness when the calculus formed of blood passes out.

Ballal hasn't described *Raktaja Mutrakruchcha* in his manuscript 'Vaidyakasarasangraha'.

Mutrakruchcha Chikitsa (Treatment of *Mutrakruchcha*)

While Acharya Charaka advocates for a type-specific therapeutic approach for each variant of *Mutrakruchcha*, Ballal adopts a generalized treatment protocol applicable to all forms of the condition in his work.

Treatment of *Vataja Mutrakruchcha* according Charaka Samhita⁵

- *Abhyanga* (massage), *Anuvasana Basti*, *Asthapana Basti*, *Upanaha* (poultice), *Uttarabasti* and *Parisheka* (affusion) of *Vatanashaka Sneha* or *Kwatha*.

- Use of Punarnavadi Mishraka *Sneha*.

- Ingredients used for treatment of *Vataja Mutrakruchcha* - Punarnava, Eranda, Shatavari, Pattura, Vrishchira, Bala, Pasanabheda, Kulattha, Kola, Yava, the Five Salts (Pancha Lavana), the Dashamula (comprising Bilva, Shonaka, Gambhari, Patala, Ganikarnika, Salaparni, Prishnaparni, Brahati, Kantakari, and Gokshura), animal fat, oil and *Ghee*.

Treatment of *Pittaja Mutrakruchcha* according Charaka Samhita⁵

- Cold affusion, bath, anointings, following regimen prescribed during summer season, *Basti* (medicated enema), milk, *Virechana* and juice of Draksha (grapes), Vidari and sugarcane along with *Ghrita*.

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- List of formulations used for treatment of Pittaja Mutrakruchcha – 1. Shatavaryadi *Kwatha* 2. Kamaladi *Kwatha* 3. Ervarubijadi *Kwatha* 4. Ervarubijadi *Churna* 5. Darvi *Churna* and Amalaka *Rasa Yoga*.

- Ingredients used for treatment of Pittaja Mutrakruchcha - Draksha, Vidari, Ghee, Shatavari, Kasa, Kusha, Svadamstra, Sali, Ikshu, Kaseruka, water, honey, Sugar, Kamala, Utpala, Shringhataka, root of Danairaka, seeds of Ervaruka, Trapusha, Kusumbha, Kumkuma, Vasa, Madhuka, Devadaru, Tandulodaka, Daruharidra, and Amalaki.

Treatment of *Kaphaja Mutrakruchcha* according Charaka Samhita⁶

- Use of *Kshara* (alkaline), *Ushna* and *Tikshna* medicine and diet, *Swedana*, Yava, *Vamana*, *Niruha Basti*, buttermilk, use of medicated oil prepared by bitter drugs for both massages as well as oral intake.

- List of formulations used for treatment of *Kaphaja Mutrakruchcha* – 1. Vyoshadi *Churna* 2. Trutyadi *Yoga* 3. Shitivaraka *Bija Churna* 4. Pravala *Churna* 5. Saptachchhadadi *Kwatha*.

- Ingredients used for treatment of *Kaphaja Mutrakruchcha* - Barley, buttermilk, Sunthi, Maricha, Pippali, Gokshura, Truti, bone of Cranes, honey, cow's urine, smaller Cardamom, juice of Kadali, seeds of Shitivara, powder of Pravala, Tandulodaka, Sapatchchada, Aragvada, Kebuka, Ela, Dhava, Karanja, Kutaja, and Guduchi.

Treatment of *Sannipataja Mutrakruchcha* according Charaka Samhita⁷

- Mixed treatment based on the dominance of *Dosha*.

- In case if the *Kapha* is aggravated in excess then use of *Vamana*, if *Pitta* the *Virechana* is used and if the *Vata* is aggravated in excess, the *Basti* should be administered.

- If *Mutrakruchcha* is caused due to the aggravation of all the *Tridosha* simultaneously and equally, then the physician, should administer the treatment to correct the aggravated *Vata* first and there after the remaining dosha after proper examination.

Treatment of *Ashmarijanya Mutrakruchcha* and *Sharkarajanya Mutrakruchcha* according Charaka Samhita⁸

- The therapies suggested for *Kaphaja* and *Vataja* type should be applied for benefit.

- List of formulations used for treatment of *Ashmarijanya Mutrakruchcha* and *Sharkarajanya Mutrakruchcha* – 1. Pashanabhedadi *Churna* 2. Shvadanshradi *Yoga* 3. Punarnavadi *Yoga* 4. Trutyadi *Churna* 5. Sahijana *Yoga* 6. Shigrumula *Yoga* 7. Sitopaladi *Yoga*.

- Ingredients used for treatment of *Ashmarijanya Mutrakruchcha* and *Sharkarajanya Mutrakruchcha* - Pashanabhedadi, Vasa, Gokshura, Patha, Haritaki, Shunthi, Marica, Pippali, Sati, Nikumbha, seeds of Himsra, Kharasva, Shitivaraka, Ervaruka, Trapusa, Utkunchika, Hingu, Amlavetasa, Brhati, Kantakari, Hapusa, Vacha, Ghee, cow's urine, roots of

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Shvadamshttra, Ikshuraka, Eranda, sweet curd, Punarnava, Rajani, tender leaves of Phalgu, Darbha flowers, milk, water, alcohol, sugarcane juice, Triti, Devadaru, Kunduru, Kampillaka, five salts, Yavaksara, seeds of Ervaru, Chitraka, Mamsi, Yavani, Amalaki, Vibhitaki, meat soup, wine, vegetable soups, root of Shigru, *Dadhi Manda*, root of Shobhanjana, and Seetopala.

- After drinking non contaminated wine, the patient should travel on a fast chariot or a horse. Thus, *Ashmari* or *Sharkara* fall out and *Mutrakruchcha* subsides.

Treatment of *Shukraja Mutrakruchcha* according Charaka Samhita⁸

- The treatment should be decided depending on the *Dosha* predominant for *Mutrakruchcha*.

- List of formulations used for treatment of *Shukraja Mutrakruchcha* – 1. Karpasamuladi *Yoga*

- Ingredients used for treatment of *Shukraja Mutrakruchcha* - Karpasa root, Vasa, Pashanabheda, Bala, Salaparna, Prishnaparni, Brahati, Kantakari, Gokshura, Gavedhuka, Vrshchira, Aindri, Satavari, Madhuparni, Asanaparni, milk, *ghee*, old wine, Madhukasava, and meat of birds.

- Use of *Basti* for *Shukrashaya Sodhana*.

- When the patient is cleansed and refreshed with *Vrushya Yoga*, he should be offered loving and favorite women for inducing intercourse.

Treatment of *Raktaja Mutrakruchcha* according Charaka Samhita⁹

- List of formulations used for treatment of *Raktaja Mutrakruchcha* – 1. Utpalanaladi *Yoga* 2. Gokshura *Ghrita* 3. Sthiradi *Ghrita* 4. Kanakadi *Ghrita*

- Use of *Basti* prepared with medicated milk with sweet drugs or medicated oil with sweet fruits.

- Therapeutic measures prescribed for *Pittaja Mutrakruchcha* should be applied in *Raktaja Mutrakruchcha* as well.

- Ingredients used for treatment of *Shukraja Mutrakruchcha* - Utpalanala, Tala, Kasa, Iksubala, Iksu, Kaseruka, sugar, honey, Vidari, Trapusha, Gokshura, milk, Salaparni, Prishnaparni, Brahati, Kantakari, drugs of Kanakadi group

Treatment of *Mutrakruchcha* according Vaidyakasarasangraha

- Ballal has described total eleven formulations for the treatment of *Mutrakruchcha* in Vaidyakasarasangraha. Which are – 1. Eladi *Churna* 2. Erandamooladi *Kwatha* 3. Tavakshiradi *Yoga* 4. Yavaksharadi *Yoga* 5. Ela, Yavakshara and Hingu *Yoga* 6. Shatavari *Moola Yoga* 7. Aragvadhadi *Kwatha* 8.

- Pashanabhedadi *Kwatha* 9. Kulatthadi *Kwatha* 10. Matulunga *Yoga* 11. Kshipra *Yoga*

- Ingredients used for treatment of *Mutrakruchcha* - Ela, Shilajita, Pippali, Pashanabheda, Eranda *Moola*, Gokshura, Renuka, Atarushaka, YashtiMadhu, Tavakshira, Draksha, Yavakshara, Sharkara, Hingu, Shatavari

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Moola, *Aragvadh Phala*, *Duralabha Moola*, *Dhanyaka*, *Pathya*, *Trivruta*, *Pushkara*, *Kurantaka*, *Karkatabija*, *Kulattha*, *Patala Moola*, *Matulinga Moola*, *Tandulodaka* (Rice water), *Madhu* (Honey), *Guda* (Jaggery), *Gavyaksheera* (Cow milk), *Dadhyambu* (Curd water/Whey), *Takra* (Buttermilk), and *Sheetapaniya* (Cold water).

DISCUSSION

- Acharya Charaka provides a detail list of causative factors for *Mutrakruchcha*. In contrast, Ballal's *Vaidyakasarasangraha* entirely omits the *Nidana* section.
- Acharya Charaka gives clear and systematic explanation of how *Mutrakruchcha* is manifested. Ballal hasn't explained anything about disease's manifestation.
- Acharya Charaka has classified *Mutrakruchcha* in total eight types. Among them four types of *Mutrakruchcha* are based on *Dosha* imbalance, which are *Vataja*, *Pittaja*, *Kaphaja* and *Sannipataja Mutrakruchcha*. Other four types are based on secondary etiologies, which are *Ashmarijanya*, *Sharkarajanya*, *Shukraja* and *Raktaja Mutrakruchcha*. Whereas Ballal has classified *Mutrakruchcha* according to *Doshaja* imbalance, which is of three types - *Vataja*, *Pittaja*, and *Kaphaja Mutrakruchcha*.
- Acharya Charaka has described symptoms of all eight types of *Mutrakruchcha* where as Ballal has described symptoms of only three types, *Vataja*, *Pittaja*, and *Kaphaja*

Mutrakruchcha. Symptoms explained by Ballal shows consistency with the symptoms explained in *Charaka Samhita*.

- Acharya Charaka has described separate treatment for each type of *Mutrakruchcha*. In comparison, Ballal has described generalized treatment for all kinds of *Mutrakruchcha*.

CONCLUSION

Acharya Charaka has described each and every aspect of *Mutrakruchcha* disease in details. But *Vaidyakasarasangraha* being the clinical handbook, Ballal has described only important factors of *Mutrakruchcha* such as types, symptoms and treatment in concise manner. Though description of *Mutrakruchcha* is short in *Vaidyakasarasangraha* manuscript, it is very practical and clinically very significant.

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