



## Ayurvedic understanding of Hematuria

### Actual References -

अथ मूत्रकृच्छ्रनिदानम् ।

व्यायामतीक्ष्णौषधरूक्षमद्यप्रसङ्गनित्यद्रुतपृष्ठयानात् ।

आनूपमांसाध्यशनादजीर्णात्स्युर्मूत्रकृच्छ्राणि नृणां तथाऽष्टौ ॥१॥

पृथङ्मलाः स्वैः कुपिता निदानैः सर्वेऽथवा कोपमुपेत्य बस्तौ ।

मूत्रस्य मार्गं परिपीडयन्ति यदा तदा मूत्रयतीह कृच्छ्रात् ॥२॥

(च. चि. अ. २६) ।

तीव्रार्तिरुग्वङ्क्षणबस्तिमेद्रे स्वल्पं मुहुर्मूत्रयतीह वातात् ।

पीतं सरक्तं सरुजं सदाहं कृच्छ्रं मुहुर्मूत्रयतीह पित्तात् ॥३॥

बस्तौ वाऽप्यथवा नाले मणौ वा यस्य देहिनः ।

मूत्रं प्रवृत्तं सज्जेत सरक्तं वा प्रवाहतः ॥१०॥

स्रवेच्छनैरल्पमल्पं सरुजं वाऽथ नीरुजम् ।

विगुणानिलजो व्याधिः स मूत्रोत्सङ्गसञ्जितः ॥११॥

(सु. उ. तं. अ. ५८) ।



उरोरुक् शोणितच्छर्दिः कासो वैशेषिकः क्षते ।

क्षीणे सरक्तमूत्रत्वं पार्श्वपृष्ठकटीग्रहः ॥३०॥

(च. चि. अ. १६) ।

पित्तयुतस्तु श्लेष्मा सङ्घातमुपगम्य यथोक्तां परिवृद्धिं प्राप्य  
बस्तिमुखमधिष्ठाय स्रोतो निरुणद्धि, तस्य मूत्रप्रतीघातादूष्यते चूष्यते  
दह्यते पच्यत इव बस्तिरुष्णवातश्च भवति; अश्मरी चात्र सरक्ता  
पीतावभासा कृष्णा भल्लातकास्थिप्रतिमा मधुवर्णा वा भवति, तां  
पैत्तिकीमिति विद्यात् ॥९॥

Ayurvedic references related to Mūtrakṛcchra (dysuria) and Sarakta Mūtra (hematuria). Below is a structured integration and correlation between the Ayurvedic pathogenesis and presentation of hematuria with the modern understanding already detailed in your SurgiScope 2025 content.

Correlation of Ayurvedic and Modern Perspectives on Hematuria

## 1. Nidana (Etiology) Correlation

Verse:



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“व्यायामतीक्ष्णौषधरूक्षमद्यप्रसङ्गनित्यद्रुतपृष्ठयानात्... मूत्रकृच्छ्राणि  
नृणां तथाऽष्टौ”

(च. चि. २६.१)

## Interpretation:

Excessive exercise, sharp/pungent medicines, dry and hot substances (like alcohol), frequent fast movement (vehicles), excessive meat (especially marshy region meat), indigestion—these cause Mūtrakṛcchra.

## Modern Parallel:

Dehydration, spicy foods, alcohol, and strenuous activity can cause urinary tract irritation or stone formation leading to hematuria.

Indigestion and dietary imbalance are linked with metabolic abnormalities promoting urolithiasis, one of the common causes of hematuria.

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## 2. Samprapti (Pathophysiology) Correlation



Verse:

> “पृथङ्मलाः स्वैः कुपिता निदानैः... मूत्रयतीह कृच्छ्रात्”

(च. चि. २६.२)

### Interpretation:

All doshas get vitiated due to their own causes and affect the urinary tract (basti), obstructing urine flow and resulting in painful urination.

### Modern Parallel:

Inflammation or infection in the urinary bladder, prostate, or urethra causes painful, frequent urination—key symptoms in UTIs and BPH.

Vitiated doshas can be viewed as infection, trauma, or irritation to the uroepithelium causing dysuria with or without hematuria.

### 3. Dosha-wise Clinical Presentation

Vataja Mūtrakṛcchra:

> “तीव्रार्तिरुग्वङ्क्षणबस्तिमेद्रे... वातात्”

(च. चि. २६.३)

Severe pain in bladder, groin, and penis; scanty urination repeatedly.



Modern Match: Seen in stone disease and bladder spasm, where painful micturition with urgency is typical.

Pittaja Mūtrakṛcchra:

“पीतं सरक्तं सरुजं सदाहं... पितात्”

(च. चि. २६.३)

Yellowish-red urine, burning sensation, pain, inflammation.

Modern Match: Seen in UTIs, cystitis, or prostatitis—where burning, blood-stained urine is common, corresponding to inflammation and heat.

#### 4. Classical Signs of Sarakta Mūtra (Hematuria)

Verse:

“बस्तौ वाऽप्यथवा नाले मणौ वा... मूत्रोत्सङ्गसञ्जितः”

(सु. उ. तं. ५८.१०-११)

Blood in urine, painful or painless flow, sometimes obstructed—described as Mūtrāvarodha or Mūtrāsangha.

#### Modern Correlates:

Obstructive hematuria due to stones, tumors, or BPH.

Painless hematuria is classically associated with bladder or renal malignancy.

#### 5. Systemic Involvement and Red Flag Symptoms

Verse:



“उरुरुक् शोणितच्छर्दिः कासो वैशेषिकः क्षते...”

(च. चि. १६.३०)

Systemic symptoms with hematuria, back pain, flank pain indicate deeper pathology or trauma.

### Modern Match:

Corresponds to red flag signs: hemoptysis, flank/back pain, weight loss, seen in renal TB, RCC, or metastatic disease.

## 6. Ashmari (Urolithiasis) with Sarakta Mūtra

Verse:

“बस्तिमुखमधिष्ठाय स्रोतो निरुणद्धि... अश्मरी चात्र सरक्ता...”

(सु. नि. अ. ९)

Obstruction of urine with burning and bleeding caused by Ashmari (stones) in the bladder.

Stone's appearance is described (black, red, like Bhallataka seed etc.).

### Modern Match:

Exactly correlates with bladder or ureteric stones causing gross hematuria, pain, and burning during urination.

The nature of stones is matched with types seen in radiology (calcium oxalate, uric acid).



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## Integrated Ayurvedic + Modern Management Insight

<u>Ayurvedic Term</u>	<u>Modern equivalent</u>	<u>Treatment approach</u>
Mutrakruccha	UTI,BPH,Stones, Cystitis	Shodhana, shaman,Mutrala,vedanahar chikitsa
Sarakta Mutra	Hematuria ( gross/ microscopic)	Investigations cause: UTI, malignancy, truma
Ashmari	Urolithiasis	Mutral dravyas( Gokshur, pashanabhed),surgery
Basti dushti	Cystitis, bladder inflammation	Anti-inflammatory herbs, Panchakarma if chronic

## Classical Ayurvedic Preparations for Hematuria

### 1. For Pitta-dominant Sarakta Mūtra (burning, yellow/red urine, inflammation):

Indications	Classical Formulations	Dose	Key Actions
Pitta Dominant haematuria	Chandanasav	15 to 30 ml after meals	Cooling, hemostatic, Diuretic
	Ushirasav	15 to 30 ml after meals	Pittashaman, rakta prasadan



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	Gokshuradi Guggul	500mg TID	Anti inflammatory, mutra virechak
	Chandraprabha vati	250 to 500 mg BID before meals	Rasayan, mutral , balya, Rejuvenation for urinary tract.
	Sheet kashay ( musta +ushir+chandan)	40 to 60 ml twice a day	Reduces burning, suthes bladder.

## 2. For Vataja Mūtrakṛcchra (painful, scanty urination):

Formulations	Dose	Action
Yavakshar	5 to 10 gm with water	Mutral , vathar
Dashamool kwath	40 to 60 ml twice a day	Antispasmodic, shothahar
Trikantakadi kashay	40 to 60 ml twice a day	Expulsion of stone , Anti-inflammatory .

## 3. For Ashmari (Stone with hematuria):

Formulations	Dose	Action
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Pashanbhedadi kashay	40 to 60 ml twice a day	Stone breaking, mutral
Varunadi kashay	40 to 60 ml twice a day	Anti lithic, improves urine flow
Hajrulyahood bhasma	125 to 250 mg BID	Classical Lithotriptic agent

#### 4. For Rakta Stambhaka (hemostatic support):

Formulations	Dose	Action
Lodra churna	3 to 5 gm BID with honey	Raktastambhak , Anti-inflammatory
Durvadi ghrit	5 to 10 gm with milk	Cooling, hemostatic, healing
Praval pishti	125 to 250 mg BID	Pitta shaman , rakta prasadan

#### Supportive Herbs (Single Drugs):

**Gokshura** (Tribulus terrestris) – Diuretic, soothing

**Usheera** (Vetiveria zizanioides) – Cooling, Raktaprasadana

**Nagarmotha, Musta** (Cyperus rotundus) – Pittahara

**Kusha, Kasha, Darbha** (Trinapanchamoola) – Mutral group