

## **EFFECT OF VIRECHANA IN PITTAJ MUTRAKRICCHA – A CASE STUDY**

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### **ABSTRACT**

**Context:** *Pittaj Mutrakriccha* is a genitourinary tract disease resulting as a result of excessive physical exertion, strong medications, and continual indulgence in dry wine, mounting fast horses, indigestion meals & owing to indigestion. Now a day, increasing incidence of the Urinary tract diseases due to high indulgence of wine, excessive use of antibiotics & modern lifestyle has made it necessary to incorporate some more details of the subject in Ayurvedic studies. The analysis of their sign & symptoms attributed to *Mutrakriccha* belong to *Pitta* may be due to *Agnimandya*. **Objective:-** The main purpose of this study is to find out a safe & effective remedy for recurrent *Mutrakriccha* inspite of Antibiotics & urine alkalisers. **Case:-** A 42 year old Male presented with complaints of recurrent burning micturition dysuria, burning sensation in abdomen, increased frequency of urine & a K/c/o *Urdhavaga amlapitta*. **Intervention:-** Herbal compound is formulated i.e. *Shaman chikitsa* & also *Shodhana chikitsa*. Because once *doshas* removed from body by *shodhan* does not make *punarudbhava* of disease. **Results:-** There was not only relief in symptoms of Genito-urinary but also marked relief was noted in *amlapitta* when treated with Ayurvedic principles. **Conclusions:-** From the classical text description we can say that *Mutrakriccha* is a condition not only related to physical body but also affects psychologically. The study reveals that Purification followed by palliative therapy was found as a suitable treatment plan to manage *Pittaj Mutrakriccha*.

**Keywords:** *Pittaj Mutrakriccha, Agnimandya, Shaman chikitsa, Shodhana chikitsa*

### **INTRODUCTION**

*Mutrakriccha* (Cystitis) is a common Urinary tract infection. It is more common in women than in men because of the relatively short ure-

thra & absence of bactericidal prostatic secretions<sup>1</sup>. Modern medical science treats cystitis by the antibiotics & urine alkalizers. But due to this

therapy patients may suffer from symptoms like gastrointestinal disturbances like nausea, vomiting, anorexia, diarrhoea, CNS – headache, dizziness, insomnia, impairment of concentration<sup>2</sup>. Also recurrent use of antibiotics causes its resistance.

In Ayurveda cystitis on the basis of its clinical presentation we can co-relate it with *Mutrakriccha*.

*Charaka* has prescribed *Virechana* karma in the *Pittaj Mutrakriccha*<sup>3</sup>. *Mutrakriccha* is a *Tri-doshaja* but *Vata pradhanya*<sup>4</sup>. In this case patient having *Pitta-pradhanya* with *Vata Pitta & Vata dosha* play major role in the pathogenesis of *Pittaj Mutrakriccha*.

#### **CASE REPORT:-**

A 42 years old male complained of pain in abdomen, burning micturition, pain during micturition since 10 – 15 days. But, patient has recurrence of complaints over every 45 to 60 days since 3 years. Patient had taken Allopathic treatment for same complaints but got symptomatic relief. Hence came to OPD for Ayurvedic treatment on 20/08/2015.

#### **Pradhan Vedana (Chief complaints):-**

Burning micturition

Pain in abdomen (Umbilical & Hypogastric region)

Burning sensation in abdomen (*Udardaha*)

Increased frequency of urine

#### **Purva Vyadhivrutta (Past history):-**

No H/o any major illness

K/c/o *Urdhava* *Amlapitta*

#### **Kulaja Vrutant (Past history):-**

Mother – Hypertensive

Brother – K/c/o IHD

#### **Roga pariksha (Examination):-**

Vitals were Normal

CVS – S1S2 Normal

RS – Air Entry Bilaterally Equal

CNS – Conscious, Oriented

P/A – Tenderness over Umbilical & Hypogastric region

Prakriti (Constitution) was *Pitta-Vataj*

#### **Samanya Sharirik (General Examination):-**

Weight – 63.5 kg

BP – 122/78 mmHg

PR – 88/min

Complexion – Fair

Appetite – *Vruddhi* ++

Thirst – *Vruddhi* ++

Bowel movements – *Sadaha, Sashula*

Urine – *Daha, Sashula*

Desire – Not particular

*Vyasana* – Tobacco chewer since 12-15 yrs

1 pack for 2 days. Now stopped since 1 yr

Occupation – Ironing

Manasik (Mental Generals) – Easily irritable,

Dislikes undertaking work

#### **Ashtavidha preksha :-**

Nadi (Pulse) – was *Pitta Vataj*

Mala (Stool) – was passing with pain & burning sensation (2-3 times/day)

Mutra (Urine) – Burning micturition & increased frequency

Jivha (Tongue) – *Niram*

Shabda (Speech) – *Prakruta*

Sparsha (Touch) – *Ushna & Dry*

Druk (Eyes) – *Prakruta*

Akruti (Appearance) - was *Krishna*

#### **Investigation:-**

1) BSL-R : 87 mg/dl

2) Urine-R : Albumin – Absent

Sugar – Absent

Pus cells – 1-2 /hpf

RBCs – Absent

Epithelial cells – 1-2 / hpf

3) USG (Abd+Pelvis): Cystitis . A calculus of size 4 mm is seen at mid pole of Left kidney. Few tiny renal concretions are seen in both kidneys changes of Cystitis.

**Treatment:-**

- 1) Chandrakala Rasa 500 mg Three times a day
  - 2) Chadraprabha Vati 500 mg Three times a day
  - 3) Avipattikar Churna 5 gm Nishakala with Koshna Jala
  - 4) Ushirasava 20 ml Vyanodana kala
- Patient was advised to take Ikshu rasa T/t was given for 10 days

Patient came after 10 days having 50% relief of symptoms

Then same medicines were continued for further 15 days.

Then patient reported 70% relief of symptoms.

Patient was having recurrence of symptoms since 3 years, so planned for Shodhan Chikitsa & Virechana was planned<sup>3</sup>.

First Pachana was given Triphala churna 1 gm + Musta churna 1 gm before food two times a day for 3 days.

After Pachana Vardhamana matra Abhyantara Ghritapana was started.

For Ghritapana Goghruta was advised.

**Table 1:**

Date	Goghruta Matra	Khudbodha	Snehajeerna Lakshane
28/09/2015	30 ml	6.50 am	10.30 am
29/09/2015	60 ml	6.55am	11.30 am
30/09/2015	90 ml	6.40 am	12.55 pm
1/10/2015	120 ml	6.50 am	3.00 pm
2/10/2015	150 ml	6.50 am	8.00 pm

Adhastad Snehadarshana was seen at 5<sup>th</sup> day then Snehaviram was given for 2 days & Sarvanga Snehana & Sarvanga Swedan was done.

On 3<sup>rd</sup> day after sarvanga snehana & swedana Virechaka Yog was given to patient.

**Virechaka Yog:-**

Abhayadi Modak 1 gm

Triphala kwatha 40 ml

Castor oil 10 ml.

Total 22 vega was noted till 4 Pm then patient was discharged. At home patient had 7 vega. Total 29 vega was noted. As shuddhi was Ut-tama hence 7 days Sansarjana Krama was advised. After 7 days patient came for follow-up having mild weakness but relief of symptoms of urinary tract as well as Amlapitta .

Patient was advised:-

- 1) Chandraprabha Vati 500 mg Three times a day after meal.
- 2) Ushirasava 20 ml after food with Jala for 15 days.

After 15 days patient had no complaints related to Mutrakriccha & also related to Amlapitta.

**Mode of Action:-**

- 1) Chandrakala Rasa<sup>5</sup> – contains Kajjali which is Vikasi, Vyavayi & Rasayana. Tamra is Pittasarak, balya for Pittasthana. Abhraka is Rasayana, Sukshmastrotogami, Pitta-shamaka. Musta (Cyperus Rotundus) is Aampachak & Mutral. Pomengrata (Punica Grantum) is Pittashamka & Mutral. Kevada

(Pandanus Odoriflorus) is *Shamaka*, *Mutral*, *Dahagahaghna*. *Shatavari* (Asperagus Recemosa) is *balya*, *Mutral*. *Kutaki* (Picrorrhiza Kurrooa) increases *Pittastrava* from Liver & *Virechaka*. *Guduchi satva* (Tinispora Cordifolia) is *Pittashamak*, *Mutral* *Dahanashak*. *Sariva* (Hemidesmus Indicum) is *Mutral*, *Rasayani* & *Raktaprasadak*. *Manuka* (Vitis Vinifera) is *Pittashamak*, *Hrudya*, *balya* & *Dahanashak*.

- 2) *Chandraprabha Vati*<sup>6</sup> – It is used in all types of *Mutrakruccha*, *Mutraghata*, *Ashamari*. It is mostly acting on diseases of Genito-Urinary system. It is *Rasayana*, *Balya*, *Shamak*, *Mutral*, *Pachak* *Aushadhi*.
- 3) *Ushirasav*<sup>7</sup> – As it contains *Ushir* (Veteveria Zizaninoides), *Bal-padmak* (Oreochromis Mossambicus), *Neelotpal* (Nelumbo Nucifera), *Dhamasa* (Fagonia Arabica), *Udumbar* (Ficus Recemosa), *Parpat* (Fumaria Vaillantii), *Pundarik* (Nelumbo Nucifera), *Draksha* (Vitis Vinifera) are *Pittashamak*, *Mutral*, *Dahanashak*, *Shamak*, *Raktaprasadak*. It decreases burning sensation & regulates urine output. It decreases oedema in *Mutrakruccha*.
- 4) *Avipattikar Churna*<sup>8</sup> – It contains *Trivritta* (Operculina Turpenthuno) which is *Sukhavirechana*. As per *chikitsasutra* *Sukhavirechana* was given to patient who was for *Mutrakriccha* & *Amlapitta*.

#### Effect of Virechana:-

As per *Acharya Charaka Chikitsa sutra of Pittaj Mutrakruccha* 'Virechana' was advised. As per *Acharya Sushruta Mutranirmiti* is in *Pakwashaya*. Hence, *Virechana* is effective in *Mutrakruccha*<sup>9</sup>. Also *Virechanam Pittaharanam*<sup>10</sup>. So *dushita Pitta Nirharana* was done by *Virechana*. *Shodhana Chikitsa* is better than

*Shamana*<sup>11</sup>. As after *Shodhana Dosha* "Punarudbhava" was not seen.

#### DISCUSSION

For *Shamana* (Palliative major) Herbal formulation contains *Chandrakala Rasa*, *Chandraprabha Vati*, *Ushirasava*, *Avipattikar Churna*.

- 1) *Chandrakala Rasa*: *Pittashamak*, *Mutral* (Diuresis), *Dhaghna*, *Raktaprasadak*, *Am-pachak*, *Balya*.
- 2) *Chandraprabha Vati*: *Mutral*, *Pachak*, *Balya*, *Shamak* acts on genito-urinary system & *Rasayana*.
- 3) *Ushirasava*: *Pittashamak*, *Mutral*, *Dahanashak*, *Raktaprasadak*, decreases *Shotha* in *Mutrakriccha*.
- 4) *Avipattikar Churna*: *Pittaghna*, *Virechaka*, *Dahanashak*.

*Mutrakriccha* is a disease of *Tridosha* having *Vatapradhanta*, as per modern medicine Antibiotics & urine alkalizers is the treatment which is a symptomatic. In this case *Pitta pradhanya* is noted. So as per *Chikitsa Sutra* of *Pittaj Mutrakriccha Virechana* is selected as *Shodhana*. The site of action of *Virechan* is *Pakwashaya* which is a *Vatasthana* where urine formation takes place<sup>4</sup>. By the act of *Virechana Strotoshodhana*, *Vatanulomana* & *Agnideepana* are the main outcome which is achieved by *Virechana*. Due to *margavrodhajanya samprapti* & *Pitta* dominant state with *Vatadushti*, to remove obstruction of *Vata – Pitta* & to regularize the movement of *Vata Virechana* is given.

#### CONCLUSION

Present study was consisting of patient who was on recurrent antibiotics, urine alkalizers & antacids. These drugs were stopped after *Shamana* & *Shodhana chikitsa*. After the complete treatment no recurrence of disease was reported. The

study reveals that Purification followed by palliative therapy was found as a suitable treatment plan to manage *Pittaj Mutrakriccha*. The analysis of sign & symptoms attributed to *Vata – Pitta* may be produced due to *Jatharagni-mandya*.

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