



## AYURVEDIC MANAGEMENT OF URINARY TRACT INFECTION: A CASE REPORT

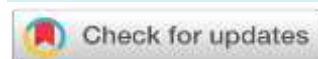
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## ABSTRACT

Urinary tract infection is one of the most frequent infections occurring in females because of the shorter length of the urethra. The symptoms of urinary tract infection are similar to *Mutrakrichra*, a disorder of *mutravaha srotas*, as described in Ayurveda. A 29-year-old female came to OPD of Dr. BRKR Govt. Ayurvedic Medical College Hospital with chief complaint of painful and burning micturition, increased frequency & urgency of micturition, and fever. She was treated with Ayurveda medicines *Guduchyadi Kashaya*, *Cap Stonvil*, *Cap Coligo*, and appropriate *pathya & apathya* strictly. The patient had marked relief in the symptoms (decreased painful & burning micturition, fever, and decreased frequency and urgency of micturition) after treatment with Ayurveda medicines. There was noticeable improvement in this case of *Mutrakrichra*. Though it is thought acute infective conditions like UTI are difficult to treat with Ayurvedic medicines, Ayurveda oral medicines can be used for better management of *Mutrakrichra*.

**Keywords:** Urinary tract infection, *Ayurveda*, *Mutrakrichra*, *micturition*

## INTRODUCTION

After the completion of metabolism (*Chaya Apachaya*) in the human body, there is the production of waste material (*mala*), which may be either solid (*sthula*) or liquid (*drava*). *Mutra* is a chief *drava mala* that eliminates excess *kleda* from the human body.<sup>1</sup> The symptoms of urinary tract infection are similar to *Mutrakrichra*, a disorder of *mutravaha srotas*, as described in Ayurveda. *Mutrakrichra* is a disorder of *Mutravaha srotas*. Acharya Harita has described *Mutrakrichra* as a *pitta dosa pradhana vyadhi* with the presence of symptoms like *krichhra pravrtti* of *mutravahana* (difficulty in micturition), *ush-nadhara* (burning micturition), *Mutrastrotas harati, dusti* of *mutravaha srotas* and *raktapravrtti* (hematuria). Urinary Tract Infection encompasses a variety of clinical entities, including asymptomatic bacteriuria (ASB), cystitis, prostatitis, and pyelonephritis. Urinary tract infection is one of the most frequent infections occurring in females because of the shorter length of the urethra and hormonal and mechanical changes.<sup>2</sup> It is always better to treat without delay otherwise the infection may ascend up to the kidneys and lead to irreparable damage. Therefore, timely treatment is a must. Inadequate efficacy, causation of side effects, and development of resistant strains with the use of western medicines limit their use in urinary tract infections and it opens the door for alternative medicines like *Ayurveda*.

### PATIENT INFORMATION

A 29-year-old female patient came to the Kayachikitsa OPD 1 with OPD No 34870 at Dr.

BRKR Govt. Ayurvedic Medical College Hospital, Hyderabad with complaints of painful micturition, burning micturition, increased urgency and frequency in micturition, and fever.

History of present illness: The patient was asymptomatic 15 days back then slowly she developed painful micturition. She was hesitant about the use of antibiotics. She had used some home remedies for the ailment but didn't get marked relief so came to Government Ayurvedic College Hospital, Erragadda for better treatment. A history of fever was present at the onset of the symptoms. According to the patient, she didn't have any previous history of obstructive pathology in the urinary system, hematuria, or urinary and renal calculi.

History of past illness: Not significant.

Personal history: Not significant.

Clinical findings:

On physical examination patient was found to be febrile (101° F) with blood pressure 110/70 mm of Hg, pulse rate 78/min, R.R. 20/min. On systemic examination, no abnormality was found in the respiratory, cardiovascular, and central nervous systems. The patient was *Vatapitta Prakruti* having *Madhyam kosta* and *Hina bala*.

Therapeutic Interventions:

The patient was advised on OPD basis on 27/7/22. She was treated with Ayurveda medicines *Guduchyadi Kashaya*, *Cap Stonvil* and *Cap Coligo*.

Syrup Guduchyadi Kashaya 15 ml TID	For the initial 7 days
Cap Stonvil 2 BD	Upto 30 days
Cap Coligo 2 BD	Upto 15 days.

Lab Investigations detail before and after treatment:



Parameter	Before(6/7/2022)	After(13/8/2022)
App/ color	Pale Yellow	Pale Yellow
Ph	6.0	6.5
Specific gravity	1.02	1.015
Sugar	Nil	Nil
Protein	Trace	Nil
Pus cells	25-30/HPF	2-3/HPF
Epithelial cells	1-2/HPF	3-4/HPF
WBC	Nil	Nil
RBC	Nil	Nil
Bacteria	Nil	Nil

### FOLLOW-UP AND OUTCOMES

The assessment was done every seven days. In the first assessment, symptoms (fever, pain, and burning sensation) were markedly improved. Very little pain was there on completion of treatment for 1 month and all the symptoms subsided.

Observation and result: Observation seen in different parameters before, during, and after treatment are as follows.

	Symptoms	Symptoms Present			
		BT	After Treatment		
			After 7 days	After 14 days	After 30 days
1.	Painful micturition	+++	++	+	+
2.	Burning micturition	+++	++	+	-
3.	Frequency of urination	Every 15 min	Every 30 min	Normal	Normal
4.	Itching in the vaginal region	+++	+	+	-
5.	Grade of fever	101° F	Normal	Normal	Normal
6.	Pus cells *	+++			Normal
7.	Protein *	Trace			Absent
8.	Reaction*	Alkaline			Acidic

\*Note: Laboratory investigations were not done during the 7<sup>th</sup> and 14<sup>th</sup> days.

Outcomes of Treatment: After completion of treatment the condition of the patient was reassessed. The patient had no burning sensation, very minimal pain after micturition, frequency of urination was markedly reduced.

### DISCUSSION

In *Mutrakrichra* (urinary tract infection), there is an aggravation of the *pitta* and *vata dosa*. Pain is present due to the *vata* and *daha* due to *pitta* aggravation.

Medicines were selected on the basis of the ingredients present in them. The action of every drug is determined by the dominant pharmacodynamics factor and response of the body to the drug. Symptoms present in the patient were similar to *Pittaja Mutrakrichra*, it was treated likewise. Initially, fever was present in the patient so, the patient was treated as per the *chikitsa* of *Jwara* (following *pathya apathy, langhan & pachan* in *Navajwara*). The patient was advised *Guduchyadi Kashaya* for initial 7 days till the fever subsided. *Tikta* and *kashaya rasa* present in *Guduchi* in *Guduchyadi Kashaya* helped in increasing the metabolism in the body of the patient. She got sweating and the fever reduced. *Guduchi* has *Jwa-*

ragna and dahaprasamana property.<sup>3</sup> Cap Coligo was given for the management of pain during micturition. The ingredients present in Cap Coligo are Ajmoda(*Apium graveolens*), Vacha(*Acorus calamus*), Daruharidra(*Berberis aristata*), Yastimadhu(*Glycyrrhiza glabra*), Jatamansi(*Nordostachys Jatamansi*), Hingu(*Ferula asafetida*), Jeeraka(*Cuminum cyminum*). The main ingredient of Coligo is Hingu(*Ferula asafetida*) which has Shoolaprashamana(colicky pain relieving), deepana(increases digestive fire), pachana(helps in digestion), and Vata anulomana(facilitates the downward movement of vata) properties which help in normalizing the function of apanavata.<sup>4</sup> Vacha also has Shoolagna, Mutravishodhana, Jwarahara and Krimighna properties. And other ingredients have deepana and pachana properties. Stonvil capsules contains Punarnava (*Boerhavia diffusa*), Saag Beej(*Tectona grandis*), Gudmar(*Gymnema sylvestre*), Gokshuradi Guggulu(Generic preparation), Apamargaksar(*Achyranthes aspera*), Pashanbhed(*Saxifraga lingulata*), Shilajit(*Asphaltum*), Dag-dibher Bhasma(unani drug) Chandraprabha (Generic preparation). Among them, Gokshuradi Guggulu and Chandraprabha vati are the major ones. Punarnava, Saag beej, Gudmar, Gokshuradi Guggulu, Shilajit and Chandraprabha vati have diuretic (mutral) and anti-inflammatory properties. Gokshura (*Tribulus terresteris*) is madhura(sweet) in rasa (taste), guru(heaviness), snigda(unctuousness) guna, sita

virya(cold potency) and vatapittashamaka (vata and pitta pacifying). Most of the drugs used have madhura and tikta rasa which is vata and pitta pacifying property. Apamargakshar is a natural urine alkalizer, that helps in maintaining pH. Since single chemical medicine was not used, medicines used were multiple in number they synergistically acted as vatapittashamak, mutral, mutra virechaka, vastiso-dhaka, sothahara, jwaragna, vedanashamaka and kledahara.

## CONCLUSION

Mutrakrichra can be managed successfully based on the Ayurvedic principle using Ayurvedic medicines. For generalization, study has to be conducted with a large number of samples.

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