

Case Study

Management of Urinary Tract Infection with Certain Ayurveda Medicines: A Case Study

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ABSTRACT

Urinary tract infection is the most common infection managed in general medical practice and accounts for 1-3% of consultations. Women are especially prone to UTIs. One woman in five develops UTI (Urinary Tract Infection) at least once during her life time. UTIs in men are not so common, but they can be very serious when they do occur. The symptoms of Urinary tract infection are similar to *Mutrakriccha* as described in *Ayurveda*. A male patient aged 24 years came with complaint of burning micturition, painfull micturition, weakness and mild vertigo. He was unable to get proper sleep. Patient was treated by certain *Ayurveda* drugs *Chandraprabhavati*, *Gokshuradi Guggulu*, *Gokshura (Tribulus terrestris) Churna*, *Shatavari (Asparagus recemosus)*, *Syrup Neeri*, *Syrup Shita Sudha* and *Pathya Aahar* (dietetic regimen). Patient had marked relief in pain and burning sensation. On follow up after 15 days patient had sustained improvement in symptoms. Patient was very happy and satisfied with the management. There was significant improvement in the case of *Mutrakriccha*. *Mutrakriccha (urinary tract infection)* though is difficult to manage, but *Ayurveda* internal medicines can be good option for better management.

Key words: Urinary tract infection, *Mutrakricchra*, micturition, *Ayurveda*.

INTRODUCTION

Urinary Tract Infection is the most common infection managed in general medical practice and accounts for 1-3% of consultations. [1] Women are especially prone to UTIs. One woman in five develops UTI (urinary tract infection) at least once during her life time. UTIs in men are not so common, but they can be very serious when they do occur. [2] Urinary tract infection is defined as multiplication of organisms in the urinary tract. It is usually associated with the presence of neutrophils and $> 10^5$ organisms/ml in a midstream sample of urine (MSU). [3] The symptoms of Urinary tract infection are similar to *Mutrakriccha* as described in *Ayurveda*. [4] In *Mutrakricchra* patients have complaints of

increased frequency, urgency, hesitancy, burning micturition, painful micturition and red-yellow-orange urine. [5] Although modern medical system has many modern drugs but there are cases where patients suffer due to lack of desired results. The current available antibiotics drugs and other conservative measures are in practice to combat the condition in suppressing the symptoms. Limitation of antibiotics, drug resistance of micro-organisms, side effects of the drug in metabolic systems, immune system make think for alternative modalities of management. In this case *Ayurveda* medicines were selected and success was achieved in treating *Mutrakricchra* (urinary tract infection).

PATIENT INFORMATION

A male patient aged 24 years came to the *Panchkarma* OPD at National Institute of *Ayurveda* Jaipur, India with complaint of burning micturition, painful micturition, weakness and mild vertigo. He was unable to get proper sleep. The patient was asymptomatic before 20 days and then he developed burning sensation while urination which gradually increased. Patient did not get satisfactory relief in last 20 days. After completing a course of Allopathic treatments also the symptoms of burning micturition was present. So patient came to National Institute of *Ayurveda* for *Ayurveda* management. History of fever was present at the onset of the symptoms. No any previous history of obstructive uropathy, haematuria, urinary and renal calculi was present. No personal and family history of any major systemic illness was present. Stress regarding the disease was present.

CLINICAL FINDINGS

On physical examinations patient was found afebrile with Blood pressure - 116/70 mm of Hg, Pulse rate - 74/minute, R.R. - 20/minute. On Systemic examination no abnormality was found in respiratory, cardiovascular and central nervous system activity. The patient was *Kapha Vataprakruti*, having *Madhyam Koshta* and *Madhyam Bala*. *Rasavaha*, *Raktavaha*, *Mutravaha Srotodushti Lakshanas* were observed.

THERAPEUTIC INTERVENTION

Patient was advised on OPD basis on 29/5/17 having O.P.D. NO. 34120052017. Patient was treated by *Ayurveda* medicines:- *Chandraprabhavati* 2 tab BD, *Gokshuradi Guggulu* 2 tab BD, Syrup *Neeri* 2TSF TDS, *Shita Sudha* 2TSF TDS & Combination of *Gokshura (Tribulus terresteris) churna* 4 gms and *Shatavari (Asparagus recemosus) churna* 2 gms twice a day.

Lab Investigation details before and after treatment

Parameter	Before	After
App/ colour	Amber	Clear
Ph	5.5	6.5
Specific gravity	1.024	1.030
Sugar	Negative	Negative
Protein	Negative	Negative
Ep cells	0.00 p/hpf	0-1 p/hpf
WBC	1.05 p/hpf	Nil
RBC	0.60 p/hpf	Nil
Bacteria	219.7 p/hpf	Nil

FOLLOW UP & OUTCOMES

Assessment was done every 7 days. Till time of treatment on 12/05 Patient had marked relief in pain and burning sensation. On follow up after 15 days on 27/05, Patient had sustained improvement in symptoms. Patient was happy and satisfied with the management.

DISCUSSION

The action of every drug is determined by the dominant pharmacodynamic factors. The line of treatment in *Ayurveda* is mainly based on *Dosha Chikitsa* (treatment). The disease *Mutrakriccha* (urinary tract infection) has involvement of vitiation of *Pitta Dosha* along with vitiation of *Vata Dosha*. *Chandraprabhavati* [6] and *Gokshuradi Guggulu* [7] are classically indicated medicines for *Mutrakriccha* (urinary tract infection). The major ingredients of syrup *Neeri* [8] are *Sudh Shilajeet* (Asphaltum), *Swet Parpati*, *Moolikshar* (extract of the ashes of radish), *Sajjikshar*, *Punarnava* (*Boerhavia diffusa*), *Ikshumool* (*Saccharum officinarum*), *Gokshura* (*Tribulus terresteris*), *Varun* (*Crataeva nurvala*), *Pashan Bheda* (*Bergenia ligulata*), *Kulatha* (*Dolichos biflorus*) which are mainly alkaline and working on *Mutravaha Srotas*. The ingredient of *Shita Shuda* [9] are *Khas* (*Vetiveria zizaniodes*) and sugar which are highly beneficial in *Mutrakriccha*. *Shatavari* [10] (*Asparagus recemosus*) is having *Madhur* (sweet), *Tikta* (bitter) *Rasa* (taste), *Guru* (heaviness), *Snigdha* (unctuousness) in *Guna* (property), *Sita Virya* (cold in potency) and *Vatapittasamaka* (*Vatapitta* pacifying)

property. *Gokshura* [11] (*Tribulus terresteris*) is *Madhur* (sweet) in *Rasa*(taste), *Guru* (heaviness), *Snigdha* (unctuousness) *Guna* (property), *Sita Virya* (cold in potency) and *Vatapittasamaka* (*Vatapitta* pacifying nature). Most of drugs given were *Madhura* and *Tikta Rasa*. So *Aushada* (medicine) is having *Pittashamaka* (*Pitta* pacifying) as well as *Vatashamaka* (*Vata* pacifying) properties along with *Mutravirechaniya* (diuretic) and *Ama Pachana* (digestive) properties. By *Mutravirechaniya* (diuretic) action, urine volume is increased, pH becomes alkaline and inflammation is reduced with the *Daha Shamaka* (pacifying burning sensation) properties medicine soothes the epithelium of urinary tract and with *Ama Pachana* (digestive) property medicines breaks down the process of *Kleda* formation.

CONCLUSION

There was significant improvement in the case of Urinary tract infection. *Mutrakriccha* (urinary tract infection) though is difficult to manage, but *Ayurveda* internal medicines can be good option for better management.

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