

**EFFICACY OF SELECTED AYURVEDA TREATMENT IN THE MANAGEMENT OF
MUTRAKRICHRA(URINARY TRACT INFECTION): A CASE REPORT****Dr. Neha Singh^{1*} and Dr. Jayashree Vaidya²**¹Post Graduate Scholar Department of Ayurved Samhita and Siddhant YMT Ayurvedic College, Kharghar, Navi Mumbai.²Head of Department of Ayurved Samhita and Siddhant YMT Ayurvedic College, Kharghar, Navi Mumbai.***Corresponding Author: Dr. Neha Singh**

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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 23-year-old female came to OPD, with a chief complaint of painful and burning micturition, increased frequency & urgency of micturition, and fever with chills (on and off). She was treated with Ayurveda medicines Chandanadi kashaya+ Varuanadi kashaya, Guduchi ghanvati, Chandra Prabha vati and appropriate pathya & apathy 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 a noticeable improvement in the 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. 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), ushnadhara (burning micturition), Mutrastrotas harati, dusti of mutravaha srotas and raktapravrutti (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.² 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.

Probable Mode of Action

1. Tikta and kashaya rasa present in Guduchi in helped in increasing the metabolism in the body of the patient. She got sweating and the fever reduced. Guduchi has Jwaragna and dahaprasamanaproperty.
2. Chandhanadi Kashaya, like Pashanabheda (Bergenia ligulata), are known to promote urine flow, helping cleanse the urinary tract and flush out toxins, bacteria. According to Sushruta Samhita, many herbs used in Chandhanadi Kashaya have the ability to destroy pathogens (krimighna), which aligns with its antibacterial effects on UTI-causing bacteria.
3. As per Sushruta Samhita, Varuna (Crataeva nurvala), the main ingredient, promotes urine flow, aiding in the elimination of bacteria and toxins from the urinary tract. UTIs are associated with aggravated Pitta dosha, which causes inflammation and a burning sensation. Varuna and other ingredients help in reducing Pitta, alleviating these symptoms. Varunadi Kashaya reduces inflammation in the urinary tract, helping relieve pain and discomfort during urination. According to Charaka Samhita,

Varuna is known for its ability to dissolve urinary stones (Ashmari), which can be a complication of or lead to recurrent UTIs.

- Chandraprabha Vati increases urine flow, helping in flushing out bacteria and toxins from the urinary tract. This action is primarily attributed to ingredients like Guggulu and Shilajit, which promote urinary output. Chandraprabha Vati, with cooling and soothing ingredients like Chandana (Sandalwood) and Triphala, helps balance Pitta, reducing burning and inflammation. Chandraprabha vati action is supported by herbs like Haritaki and Bibhitaki, known for their anti-inflammatory properties. Ingredients like Triphala and Guggulu are noted for their ability to reduce infection.

CASE REPORT

A 29-year-old female patient came to the OPD with complaints of painful micturition, burning micturition, increased urgency and frequency in micturition, and fever with chills.

| Treatment | Dosage | Duration |
|-------------------------------------|------------------------------------|----------|
| Chandanadi kashaya+Varunadi kashaya | 10ml+10ml with 20ml warmwater (AF) | 20 days |
| Guduchi ghan vati | 2BD, (AF) | 20days |
| Chandraprabha vati | 2BD,(AF) | 20days |

RESULT

The assessment was done after 20 days. Symptoms (fever, pain, and burning sensation) were markedly

H/O present illness: The patient was asymptomatic, 20 days back then slowly she developed painful micturition. 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.

H/O past Illness: Not significant. Personal history: Not significant.

Clinical findings: On physical examination, the 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.

improved. Very little pain was there on completion of treatment for 20 days and all the symptoms subsided.

| SYMPTOMS | BT | AT |
|--------------------------|-------------|--------|
| Painful micturition | +++ | + |
| Burning micturition | +++ | - |
| Frequency of micturition | Every 30min | Normal |
| Grade of fever | 100° F | Normal |

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). Most of the drugs used have madhura and tikta rasa which is vata and pitta pacifying property. Since single chemical medicine was not used, medicines used were multiple in number they synergistically acted as vatapittashamak, mutral, mutra virechaka, vastisodhaka, sothahara, jwaragna, vedanashamaka and kledahara.

CONCLUSION

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

number of samples.

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