



ISSN 2456-3110

Vol 9 · Issue 1

January 2024

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

**JAIMS**

An International Journal for Researches in Ayurveda and Allied Sciences



**Maharshi Charaka**  
Ayurveda

Indexed

# Role of *Panchakarma* in management of Urinary Tract Infection - Review Article

Richa Kumari<sup>1</sup>, Man Mohan Sharma<sup>2</sup>, Suman Meena<sup>3</sup>

<sup>1</sup>Post Graduate Student, Dept. of Rog Nidan evum Vikriti Vigyan, Madan Mohan Malviya Govt. Ayurveda College, Udaipur, Rajasthan, India.

<sup>2</sup>Professor & Guide, PG Dept. of Rog Nidan evum Vikriti Vigyan, Madan Mohan Malviya Govt. Ayurveda College, Udaipur, Rajasthan, India.

<sup>3</sup>Lecture, PG Dept. of Rog Nidan evum Vikriti Vigyan, Madan Mohan Malviya Govt. Ayurveda College, Udaipur, Rajasthan, India.

## ABSTRACT

All ages of urinary tract infections (UTI) are associated with substantial morbidity and long-term problems. Since using antibiotics helps treat urinary tract infections, it is highly concerning from a therapeutic standpoint when harmful germs become resistant to them. Ayurvedic medications are said to include particularly significant ingredients that are used to treat a variety of illnesses. The review study included a variety of scientific and clinical data that support the effectiveness of Ayurvedic medications in treating urinary tract infections. In the current paper, an evaluation of the effectiveness of Ayurvedic medications for treating clinical conditions such as UTIs was conducted. Good antibacterial qualities were demonstrated by ayurvedic drugs against gramme positive and negative microscopic organisms that cause urinary tract infections. Other aspects are highlighted likewise mitigating, diuretic, cell reinforcement, nephroprotective and antiurolithiatic properties helpful in the administration of UTI and all medications are protected even in high dosages subsequently can be adequately utilized for UTI conditions. In this paper an attempt is made to highlight the research work of role of *Panchakarma* in UTI, which would be effective in the treatment of UTI.

**Key words:** *Mutrakriccha*, *Urinary tract Infection*, *Panchakarma*

## INTRODUCTION

Both men and women can contract urinary tract infections, although women are more likely to do so than men because of differences in female physiology.<sup>[1]</sup> At a ratio of 8:1, it affects women more often than men. In layman's words, it can be described

as a condition that women will undoubtedly experience at some point in their lives, with a higher occurrence among pregnant women.<sup>[3]</sup> The upper and lower urinary tracts are included in the urinary tract that is infected, as the term suggests. The symptoms of a urinary tract infection are comparable to those of *Mutrakriccha* according to Ayurvedic medicine.<sup>[4]</sup> The *Mutra Marga* (urinary passage) and *Basti* are affected by *Mutrakrichchha* illness. The illnesses of the *Mutravaha Srotas* (the urine-carrying channels) include *Ashmari*, *Prameha*, and *Mutraghata* in addition to *Mutrakrichchhra*. In the event that in case the injuries of *Mutravaha Srotas*, the treatment is explained as a *Mutrakrichchhra Chikitsa*.<sup>[5]</sup> Patients have complaints of increased frequency, urgency, hesitancy, burning micturition, painful micturition and red-yellow-orange urine in *Mutrakricchra*.<sup>[6]</sup> Even though modern medical system has many modern drugs but there are cases where patients suffer due to

### Address for correspondence:

Dr. Richa Kumari

Post Graduate Scholar, Dept. of Rog Nidan evum Vikriti Vigyan, Madan Mohan Malviya Govt. Ayurveda College, Udaipur, Rajasthan, India.

E-mail: ayushiksha0601@gmail.com

Submission Date: 16/11/2023 Accepted Date: 25/12/2023

### Access this article online

Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

DOI: 10.21760/jaims.9.1.23

lack of desired results. Currently available antibiotic drugs and other conservative measures are in practice to combat the condition in suppressing the symptoms. Due to the 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. Management of *Mutrakricchha* through Ayurveda medicines were selected and success was achieved in treating *Mutrakricchra* (urinary tract infection).

### Etiology (*Nidana*)

Etiological factors those are distress the *Mutravaha Srotas* also can be taken in to consideration as the *Nidana* of *Mutrakriccha*. Acharya Chakrapani has described in the context of *Jwara Nidana* chapter that all the diseases having two types of Etiology *Samanya* and *Vishishta Nidana*.<sup>[7]</sup> *Samanya Nidana* of *Mutrakriccha* is vitiation of *Mutravaha Srotas* by the food, drinks intake and sexual intercourse while having the urge for micturition especially by those suffering from wasting and consumption are included.<sup>[8]</sup> and Excessive physical exertion, continual use of dry wine, strong medications, intercourse, mounting fast horses, ingestion of the flesh of wet- land creatures & fishes, taking pre-digestio meals and owing to indigestion are included in *Vishishta Nidana*.<sup>[9]</sup> *E. coli* is responsible for approximately 85% of urinary tract infections.<sup>[10]</sup>

### According to Acharya Kashyapa

*Mutrakriccha* is *Pitta Pradhana Tridoshaja Vyadhi*.<sup>[11]</sup> while Acharya Hareeta as a *Pitta Pradhana Vyadhi*.<sup>[12]</sup> Hence *Pitta Prakopa* leads to *Mutrakricchra* Acharya Charaka has recommended *Vata Sthanapurvi Chikitsa* in the treatment of *Mutrakricchra*.<sup>[13]</sup> So the *Nidanas* can be classified according to the *Doshas*. *Vata Prakopaka Nidana* i.e., *Vyavaya, Vyayama, Vegadharana, Ruksha Madhya, Shakrita, Vyadhikshamatva, Abhighata, Pitta Prakopaka Nidana* i.e., *Pitta Prakopaka Dravya (Krodha, Shoka, Sarshapa etc.), Katu, Amla, Lavana Rasa Ati Sevana, Anupa Matsya Mamsa, Madya, Ruksha Ahara, Tikshana Aushadha, Katiskandha Dharana and Kapha Prakopaka Nidana* i.e., *Anupa Mamsa, Adhayasana, Ajirna*. *Mutrakricchra* is also happened due to *Nidanarthakara*

*Roga* i.e., *Ajirna*,<sup>[14]</sup> and due to *Abhighataja Nidana* i.e., *Indriyapratighata, Rakta Pravritti* in *Mutrendriya* and *Uttana Ratibhanga*.<sup>[15]</sup>

### Pathogenesis (*Samprapti*)

Ayurvedic Ayurveda the concept of pathogenesis lies in accepting the involvement of *Dosha* and *Dushya* in the manifestation of the disease. Causative factors like *Atimathuna, Nityadrutaprustayana Mutravega Dharana*, and *Ativyayama* leads to alleviation of *Vata Dosha* specially *Apana Vayu*. Intake of *Madya, Matsya* and *Katu Amla Lavana Rasa* in excessive amount causes aggravation of *Pitta Dosha* i.e., *Pachaka Pitta* and Intake of *Anupamamsa, Adhyashana* and *Ajirna Bhojana* aggravates *Kapha Dosha* which in turn leads to reduced state of *Agni* (digestive power). Hence all the *Tridoshas* get vitiated. Vitiating of *Tridoshas* along with the state of reduced digestive capacity (*Agnimandhya*) invariably produce *Ama*, *Ama* mixes with the doshas forming *Sama Doshas*. These *Sama Doshas* produces symptoms like *Peeta Mutra* (yellowish urine), *Sadaha Mutra Pravritti* (burning micturition), *Basti* and *Mutrendriya Gurutwa* (inflammation of bladder), *Shweta, Snigdha* and *Picchila Mutra* (turbid urine with the presence of leucocytes). It is an important factor to understand the process of appearance of the disease. In the perspective of *Mutrakricchra*, only Acharya Charaka has described the pathogenesis, When the *Doshas* have been vitiated by the specific etiological factors, then three *Doshas* either individually or jointly get aggravated in the *Basti* or afflict the urinary passage, then give rise to *Mutrakricchra*.<sup>[16]</sup>

## DISCUSSION

### Panchakarma Treatment for UTI

*Panchakarma* is a cleansing and rejuvenating treatment for body, mind, and consciousness. It helps to maintain overall muscle tone, pH, and neurological control of the urinary bladder. It includes the following therapies.

**Snehana (Oleation Therapy):** It includes Oral administration of medicated ghee to transport bioactive to the urinary bladder. It assists in achieving

tone and neurological control of the bladder. Along with this oil, the application is carried out at the waist, flanks, stomach, and groin areas to regulate *Vata Dosh*.

**Swedana (steam therapy):** In this process, sweat is induced from steam generated from medicated decoction. Due to sweat toxins get liquified and proceed towards the alimentary canal for elimination. It reduces stiffness and heaviness in the body. E.g., *Avagaha Sweda, Tapa Sweda*.

**Vamana (Therapeutic vomiting):** Emesis is induced with the help of herbal medicines in the case of *Kapha* predominance to remove toxins. It should be cautiously done under the supervision of doctors.

**Vasti (enemas):** Medicated enemas. in the form of herbal extracts, oils, paste with rock salt or honey are used to cleans various channels in the body. It specially cleans the large intestine and rectum. This therapy assists in the treatment of dysuria and obstruction. It helps to calm down. *Vata* humor and remove its blockage. It assists in pH, muscle tone maintenance, neurological control of the bladder. E.g. *Anuvasana Vasti, Nirooha Vasti. Uttara Vasti* (UTI enemas): It is a special type of *Vasti* for UTI. These herbal medications are introduced through the urethral route. It is useful to treat chronic UTI.

**Lepas (Paste):** To reduce inflammation medicated pastes are applied to the body or specific areas. It helps to remove toxins and regulate *Vata Dosh*. E.g., *Narasara powder, Yuvakshara powder* is applied to the bladder region.

**Body treatments:** Ayurveda is based on *Tridosha* or three energies mainly *Vata, Pitta* and *Kapha* in the body. As UTI originates from an imbalance of these *Tridoshas*, the body treatments aim to balance these *Doshas*. Specific types of body therapies are implemented for the management of different types of UTI and to strengthen the urinary tract.

## CONCLUSION

Urinary tract infections (UTI) pose a noteworthy challenge to the healthcare system due to multidrug-resistant uropathogens. Ayurvedic system of

medicines has proved its effectiveness since the historic era as it is based on the elimination of the root cause of disease. Ayurvedic treatment not only involves the use of medicinal plants, formulations but also includes cleansing and rejuvenating treatment *Panchakarma*, regulation like of *Tridoshas*, dietary and lifestyle management, *Yoga*, and meditation. Although it is difficult to manage, Ayurveda could be a good option to manage UTI.

## REFERENCES

1. Boon A Nicolas, Colledge R Nicki, walker R Brian, Davidson's The principles and practices of medicine, 20th ed, Churchill Livingstone Elsevier publication; London, 2006; 467.
2. Recurrent urinary tract infections management in women, a review, Ahmed Al-Badr and Ghadeer Al-Shaikh, Sultan Qaboos Univ Med J., 2013 Aug; 13(3): 359-367. Published online, 2013 Jan 25.
3. D. Leight Urinary Tract Infections. In; Smith GR, Easma Charles SF, editors. Topley and Wilson's Principles of Bacteriology, Virology & Immunity. 8th ed. Frome and London: Butler and Tanler Ltd, 1990; 197-214.
4. {Mahadevan L, Ayurvedic Clinical Practice, Volume- I, First Edition, Derisanamscope, Sri Sarada Ayurvedic Hospital, 2010; 207.
5. Charaka, Charaka Samhita, Chakrapanidatta's Ayurvedadipika Sanskrit commentary by Yadavaji Trikamaji, Vimana sthana, Chapter 5/28, Varanasi, Chaukhambha Surbharti Prakashana, 2013; 252.
6. (Yadavji Trikamaji, Commentary of Chakrapani on Charaka Samhita of Agnivesh, (Chikitsa Sthana 26/ 32-35): Varanasi: Choukhambha Sanskrit Series, 2013; 599.
7. Charaka, Charaka Samhita, Chakrapanidatta's Ayurvedadipika Sanskrit commentary by Yadavaji Trikamaji, *Nidana* sthana, Chapter 1/3, Varanasi, Chaukhambha Surbharti Prakashana, 2013; 193.
8. Charaka, Charaka Samhita, Hindi commentary by Kashinath Shastri, Vimana sthana, Chapter 5/20, Varanasi, Chaukhambha Bharti academy, 2011; 595.
9. Charaka, Charaka Samhita, Hindi commentary by Kashinath Shastri, Chikitsa sthana, Chapter 26/32, Varanasi, Chaukhambha Bharti academy, 2011; 722.
10. Nair T Bhaskaran et al Extended spectrum Beta-Lactamases (ESBL) in uropathogenic Escherichia coli,

- prevalence and susceptibility pattern in a south Indian city. *Int. J. Res. Ayurveda Pharm* 2011; 2(6):1756-1757.
11. Kashyapa, Kashyapa Samhita, Hindi commentary by Hemraj Sharma, Chikitsa sthana, Chapter 10/10, Varanasi, Chaukhambha Sanskrit series office, 1953; 120.
  12. Hareeta, Hareeta Samhita, Hindi commentary by Harihar Prasad Tripathi, Tritiya sthana, Chapter 30/6, Varanasi, Chaukhambha Krishnadas academy, 2005; 392.
  13. Charaka, Charaka Samhita, Hindi commentary by Kashinath Shastri, Chikitsa sthana, Chapter 26/58, Varanasi, Caukhambha Bharti academy, 2011; 728.
  14. Charaka, Charaka Samhita, Hindi commentary by Kashinath Shastri, Chikitsa sthana, Chapter 26/32, Varanasi, Chaukhambha Bharti academy, 2011; 722.
  15. Hareeta, Hareeta Samhita, Hindi commentary by Harihar Prasad Tripathi, Tritiya sthana, Chapter 30/7, Varanasi, Chaukhambha Krishnadas academy, 2005; 390.
  16. Charaka, Charaka Samhita, Hindi commentary by Kashinath Shastri, Chikitsa sthana, Chapter 26/33, Varanasi, Chaukhambha Bharti academy, 2011; 723.

**How to cite this article:** Richa Kumari, Man Mohan Sharma, Suman Meena. Role of Panchakarma in management of Urinary Tract Infection - Review Article. *J Ayurveda Integr Med Sci* 2024;1:166-169. <http://dx.doi.org/10.21760/jaims.9.1.23>

**Source of Support:** Nil, **Conflict of Interest:** None declared.

\*\*\*\*\*