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

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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 Panchkarma 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.¹ 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.² 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.³ The Mutra Marga (urinary passage) and Basti are affected by Mutrakriccha illness. The illnesses of the Mutravaha Srotas (the urine-carrying channels) include Ashmari, Prameha, and Mutraghata in addition to Mutrakricchhra. In the event that in case the injuries of Mutravaha Srotas, the treatment is explained as a Mutrakricchhra Chikitsa.⁴ Patients have complaints of increased frequency, urgency, hesitancy, burning micturition, painful micturition and red-yellow-orange urine in Mutrakricchhra.⁵ Even though modern medical system has many modern drugs but there are cases where patients suffer due to
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 Mutrakricchra. Acharya Chakrapani has described in the context of Jwara Nidana chapter that all the diseases having two types of Etiology Samanya and Vishishta Nidana.[7] Samanya Nidana of Mutrakricchra 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.[8] 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.[9] E. coli is responsible for approximately 85% of urinary tract infections.[10]

According to Acharya Kashyapa

Mutrakricchra Is Pitta Pradhana Tridoshaja Vyadhi,[11] while Acharya Hareeta as a Pitta Pradhana Vyadhi.[12] Hence Pitta Prakopa leads to Mutrakricchra Acharya Charaka has recommended Vata Sthananusuvruti Chikitsa in the treatment of Mutrakricchra.[13] So the Nidanas can be classified according to the Doshas. Vata Prakopaka Nidana i.e., Vyavaya, Vyayama, Vegadharana, Ruksha Madhya, Shakrita, Vyadhidharmatva, Abhhghata, Pitta Prakopaka Nidana i.e., Pitta Prakopaka Dravya (Krodha, Shoka, Sarshapa etc.), Katu, Amla, Lavana Rasa Ati Sevana, Anupa Matsu 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,[14] and due to Abhhighataja Nidana i.e., Indriyapratigatha, Rakta Pravritti in Mutrendriya and Uttana Ratibhanga.[15]

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 Atimaithuna, Nityadrutap rustayana 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. Vitiation of Tridoshas along with the state of reduced digestive capacity (Agnimandhya) invariably produce Ama, Ama mixes with the doshas forming Sama Doshas. These Sama Dosa 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 viti rated 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.[16]

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 Dosha.

**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 Dosha. 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.

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