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# A Case Study of Urinary Tract Infection and its Ayurveda Management

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## ABSTRACT

A Urinary Tract Infection (UTI) is the most common bacterial infection encountered in daily medical practice. It is more prevalent in females than males due to the shorter urethra in females, which allows bacteria a quicker access to the bladder. One in five women develop UTI at least once in her lifetime. UTIs in men are uncommon, but when they do occur, they can be very serious. In *Ayurveda*, the symptoms of UTI closely resemble a condition known as *Mutrakriccha*. *Acharya Charaka* has explained eight types of *Mutrakriccha* in *Charaka Chikitsa Sthana* 26. In this condition, the aggravated *Pitta Dosha*, along with *Apana Vayu*, reaches the *Vasti* (bladder) and affects the *Mutravaha Srotas*, leading to painful and burning urination. In this case report, a 50-year-old male patient presented with symptoms of urinary urgency, increased frequency, and intermittent burning urination for the past 1-2 months. He was diagnosed with UTI and was effectively managed with *Syp. Neeri, Chandraprabha Vati, Gokshuradi Guggulu, Shweta Parpati, and Hajaralyahud Bhasma*. The treatment resulted in significant improvement in signs, symptoms, and urine examination results. During follow-up visits, there were no recurrences of UTI. *Ayurvedic* management offers a promising alternative for treating *Mutrakriccha*.

**Key words:** *Mutrakriccha, Urinary Tract Infection, Micturition, Ayurveda Medicines.*

## INTRODUCTION

UTI occurs more commonly in females than in males, although obstruction from prostatic hypertrophy causes > 50 year old to have an incidence of UTI comparable to that among women of the same age. 50 to 80% of women have at least UTI once during their

lifetime, and 20 to 30 % have recurrent episodes.<sup>[1]</sup> UTI in men is not so common, but they can be very serious when they do occur.<sup>[2]</sup> Significant bacteriuria is defined as presence of 1,00,000 (10<sup>5</sup>) or more colony forming units of bacteria per mm of midstream urine.<sup>[3]</sup> The symptoms of urinary tract infection are similar to *Mutrakriccha*.

In *Ayurveda*, *Mutrakriccha* Pt. have complaints of painful micturition, burning micturition, frequency, urgency, hesitancy of micturition and red yellow orange urine.<sup>[4]</sup> Despite the availability of numerous modern medications, some patients continue to suffer due to inadequate treatment outcomes. Current antibiotic treatments and other conventional approaches are primarily used to manage conditions by suppressing symptoms. However, limitations such as antibiotic resistance, side effects on metabolic and immune systems, require exploring alternative

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treatment methods. In this context, *Ayurveda* medicines have shown success in treating *Mutrakriccha* (Urinary Tract Infection).

**Case Report**

A Male Pt. aged 50 year came to the *Kayachikitsa* Opd no. 27 at Govt. Dhanwantari Ayurvedic Medical College and Hospital, Ujjain, (M.P.), India with complaints of urgency of micturition, painful micturition, burning micturition and weakness. He was unable to get proper sleep. Pt. was asymptomatic before 1 month and then he developed burning sensation while urination which gradually increased. After completing a course of Allopathic Medication Pt. did not had relief from the symptoms. So, Pt. came to Govt. Dhanwantari Ayurvedic Hospital. History of body ache, weakness, fever was present at the onset of the symptoms. No any previous history of Hypertension, Diabetes, Urinary or Renal calculi, Obstructive Uropathy, Haematuria. No personal or family history of any major systemic illness was present. Stress due to disease was present.

**Clinical Findings**

On physical examination Pt. was found Afebrile, Blood pressure - 118/76 mm of hg, Pulse - 78/min, RR - 20/min. On systemic examination no abnormality was found in Respiratory, Cardiovascular and Central nervous system activity. The Pt. had *Vata Pittaj Prakriti*, *Madhyama Koshtha*, *Madhyama Bala*, *Rasavaha*, *Raktavaha* and *Mutravaha Srotodushti Lakshana* was observed.

**Therapeutic Intervention**

Patient was advised on OPD basis on 13/06/2024 had OPD no. 12300. Pt. was treated by Ayurvedic medicines : *Chandraprabha Vati* 2 tab BD, *Gokshuradi Guggulu* 2 tab BD, Capsule Bacti-check 1BD, Syrup Neeri 2 Tsf BD and combination of *Gokshura Churna* 3 gm, *Shweta Parpati* 250 mg, *Hajaralyahud Bhasma* 125 mg in twice a day.

**Lab investigation details before and after treatment.**

Parameter	Before	After
Colour	Pale Yellow	Pale Yellow

Reaction	Acidic	Acidic
Specific Gravity	1.020	1.020
Protein	Trace	Nil
Sugar	Nil	Nil
Epithelial Cells	6-8 /Hpf	1-2 / Hpf
Pus Cells	10-12 /Hpf	1-2 Hpf
Red Blood Cells	Nil	Nil
Bacteria	Present ++	Nil

### Follow-Up & Outcomes

Assessment was done every 15 days. On 13/06/2024 Patient had mild relief in pain and burning sensation. Treatment was continued for 30 to 45 days and on follow up after 45 days on 31/07/2024, patient had sustained improvement in symptoms. Patient was happy and satisfied with the management.

### DISCUSSION

The action of each drug is primarily determined by its dominant pharmacodynamic factors. In *Ayurveda*, treatment approaches are mainly based on *Dosha Chikitsa* (balancing the *doshas*). The condition *Mutrakriccha* (urinary tract infection) involves an imbalance of *Pitta Dosha* along with *Vata Dosha*. *Chandraprabha Vati*<sup>[5]</sup> and *Gokshuradi Guggulu*<sup>[6]</sup> are traditional medicines recommended for *Mutrakriccha* (urinary tract infection) in *Ayurveda*. The key ingredients of Syrup Neeri<sup>[7]</sup> includes *Shuddha Shilajeet* (Asphaltum), *Shweta Parpati*, *Moolikshar* (Radish ash extract), *Sajjikshar*, *Punarnava* (*Boerhavia diffusa*), *Ikshumool* (*Saccharum officinarum*), *Gokshura* (*Tribulus terrestris*), *Varun* (*Crataeva nurvala*), *Pashan Bheda* (*Bergenia ligulata*), and *Kulatha* (*Dolichos biflorus*). These ingredients are primarily alkaline and *Dahashamak* and act on the *Mutravaha Srotas* (urinary system). Capsule Bacti-check contains *Guduchi* (*Tinospora cordifolia*), *Neem* (*Azadirachta indica*), *Amla* (*Embelica officinalis*), *Manjishtha* (*Rubia cordifolia*), *Yashtimadhu* (*Glycyrrhiza glabra*), *Shuddha Guggulu* (*Commiphora mukul*), *Somlata* (*Ephedra gerardiana*), *Haridra* (*Curcuma longa*), *Kushtha* (*Saussurea lapa*), *Punarnava* (*Boerhavia diffusa*), *Tulsi* (*Ocimum sanctum*), *Shankh Bhasma* these all contents act as a herbal antibiotic which reduces infections in body. *Gokshura*<sup>[8]</sup> (*Tribulus terrestris*) has *Guru*, *Snigdha Guna*, *Sheeta Veerya*, and *Madhura Vipaka* which acts as *Vatapittashamak*, or *Vedanashamak*. *Shweta Parpati*<sup>[9]</sup> also known as *Kshar Parpati* contains 16 part *Suryakshar*, 2 part *Sphatika* and 1 part *Navsadar* acts as *Mutral*, *Swedal*, and *Vatanulomak*. It is used in *Amlapitta*, *Mutrakriccha*. *Hajaralyahud Bhasma*<sup>[10]</sup> is *Mutral* and *Pittashamak*, used for retention of urine. The majority of the administered drugs had *Madhura*

(sweet) and *Tikta* (bitter) taste. Therefore, the medicines exhibit properties that pacify *Pitta* (heat) and *Vata* (wind/air), along with diuretic (*Mutravirechaniya*) and digestive (*Ama Pachana*) effects. The diuretic action increases urine volume, makes the pH more alkaline, and reduces inflammation. The *Daha Shamaka* (cooling) properties of the medicine soothe the urinary tract lining. Additionally, the digestive property (*Ama Pachana*) helps break down the formation of *Kleda* (moisture or toxins).

### CONCLUSION

There was considerable improvement in the case of the urinary tract infection. Although *Mutrakriccha* (urinary tract infection) is often difficult to manage, *Ayurveda* provides effective internal medicines for enhanced treatment and relief.

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