

To study the effect of Kushmanda Paneeya Kshara in Mutrakrichra w.s.r. to Urinary Tract Infection - A Case Report

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Urinary Tract Infection (UTI) is the third most common infection affecting populations globally. In Ayurvedic literature, Mutrakrichra (Urinary Tract Infection) is described as a disease presenting with symptoms akin to Urinary Tract Infection. Kushmanda Paneeya Kshara, an alkaline preparation mentioned in classical Ayurvedic texts, is known for its Tridoshaghna, Deepana, and Pachana properties and is indicated in the management of Mutrakrichra (Urinary Tract Infection). Aim of this study is to evaluate the efficacy of Kushmanda Paneeya Kshara in the management of Mutrakrichra (Urinary Tract Infection). A 70-year-old male patient presented with complaints of dysuria, urgency and difficulty in micturition. Following thorough Ayurvedic assessment through Dasha Vidha Pariksha and modern diagnostic criteria, the patient was diagnosed with Mutrakrichra (Urinary Tract Infection). He was administered Kushmanda Paneeya Kshara at a dose of 250 mg twice daily after meals for 10 days. Clinical assessment was conducted using the Dysuria Discomfort Scale and King's Health Questionnaire (KHQ), alongside routine urine analysis before and after the treatment. Significant clinical improvement was observed during the treatment course. Dysuria reduced progressively, with the patient becoming asymptomatic by the 10th day. Urinary frequency normalized, and sleep disturbances resolved. Urine analysis revealed a reduction in pus cells from 30-35/hpf to 1-2/hpf. No adverse effects were reported during the study period. Kushmanda Paneeya Kshara proved to be effective in the management of Mutrakrichra (Urinary Tract Infection), providing significant symptomatic relief and improved quality of life. Its diuretic, cooling, and anti-inflammatory actions likely contribute to its therapeutic efficacy, supporting its application in routine clinical practice for similar presentations.

Keywords: Mutrakrichra, Urinary Tract Infection, Kushmanda Kshara, Paneeya Kshara

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Introduction

Urinary tract infection is the 3rd most infection affecting population worldwide.[1] The clinical features, diagnosis, treatment and prognosis vary depending on Causative organism, Site of infection, Structural and functional integrity of the urinary tract. Subjects present with symptoms of dysuria, suprapubic pain and burning sensation during micturition. Treatment of conventional medicine aims in identifying and treating predisposing organism, eradicate infective organism and prevent and treat recurrence of Urinary Tract Infection.[2] In *Ayurveda* there exist a wide description about *Mutra Rogas* and their management. They include *Mutrakrichra* (Urinary Tract Infection), *Ashmari* (Renal Calculi) and *Mutraghata*. While analyzing all these *Mutrakrichra* (Urinary Tract Infection) is the disease with similar signs and symptoms as that of Urinary Tract Infection. *Mutrakrichra* (Urinary Tract Infection) is a *Tridoshaja Vyadhi* and exhibit features with dominant *Dosha* vitiations and symptoms vary likewise. Generally, patients complaining *Mutrakrichra* (Urinary Tract Infection) presents with *Bastinistoda*, *Muhurmuhu Mutra Pravrutti*, *Daha*, *Gurutwa* etc. various *Shamana* and *Shodhana* therapies are mentioned in the treatment of *Mutrakrichra* (Urinary Tract Infection)[3] In *Rasa Tarangini Kshara* is mentioned in *Mutrakrichra* (Urinary Tract Infection) *chikitsa*. [4] *Kshara* is describes as best *Shastra* and *Anushastra* by *Acharya Sushruta*. *Kshara* possess *Pachana*, *Deepana*, *Kledasoshana* and *Tridoshaghna* property. [5] Hence, It can be effectively employed in *Mutrakrichra* (Urinary Tract Infection) *chikitsa*. *Paneeya kshara* is indicated in the management of *Kaphaja Mutrakrichra* by *Acharya Vagbhata* in *Ashtanga Hridaya*. [6]

Dasha Vidha Pariksha:

- *Dushya Dosha* - *Kapha*, *Vata*, *Pitta*
- *Dushya Dhātu* - *Rasa*, *Rakta*
- *Desha*: *Deha Desham* - *Basti*
- *Bhumi Desham* - *Sadharan*
- *Kala*: *Kshanadi* - *Sarat*
- *Vyadhyavastha* - *Navam*
- *Prakruti*: *Vatakapha*
- *Vaya*: *Madhyama*
- *Satwa*: *Madhyama*

- *Satmya*: *Avyayamam*
- *Aharavastha*: *Aharashakti* - *Avaram*
- *Jaranashakti* - *Avaram*

Aim and Objectives

Aim

To study the effect of *Kushmanda Paneeya Kshara* in the management of *Mutrakrichra* w.s.r. to Urinary Tract Infection.

Objectives

1. To evaluate the efficacy of *Paneeya Kshara* in *Mutrakrichra* (Urinary Tract Infection)
2. To review the literature regarding *Mutrakrichra* (Urinary Tract Infection) through the *Ayurvedic* and Modern classical texts with recent research articles.

Materials and Methods

After analyzing *Dasha Vidha Pareeksha* & *Ashta Sthana Pareeksha* patient diagnosed as *Mutrakrichra* (Urinary Tract Infection) then it was made sure that patient is suitable for *Kshara* administration. Patient was provided with 250 mg *Kushmanda Paneeya Kshara* i.e., 2 *Ratti* Dose form & advised drug intake twice daily; morning & evening after food for period of 10 days. Informed consent was obtained prior to intervention & intervention was done as per international conference of Harmonization-Good Clinical Practices Guidelines (ICH-GCP).

Assessment Parameters

1. Dysuria Discomfort Scale (Boyersky Score)

Degree	Description
0	No symptoms
1	Burning sensation during urination
2	Frequent burning or pain during urination (More than 50% of times)
3	Continuous burning sensation or pain during urination

2. King's Health Questionnaire[7]

The King's Health Questionnaire (KHQ) is disease-specific, self-administered questionnaire used to assess impact of urinary incontinence of quality of life. It was developed by researchers at King's College Hospital, London. King's Health Questionnaire (KHQ) is known for his strong psychometric properties, ease of administration & ability to provide objective data on patient experiences.

Case Report

A 70-year-old male patient visited in Shalya Tantra department of our hospital presented with complaints of Dysuria, Urgency, increased urine frequency & discomfort during micturition started since 2 days. He noticed turbid urine & he had previous attack of Urinary Tract Infection 2 weeks before which resolved by antibiotics. Patient had no history of renal calculi. Physical examination of urinary system was done & no abnormality was detected. There were no any abnormalities seen in inspection & also there was no tenderness over suprapubic region. Urine analysis was done. It showed 30-35 pus cells/hpf & patient was diagnosed with Urinary Tract Infection (ICD 10 N39).

Observations and Results

Complaint of the Patient	0th Day	4th Day	7th Day	10th Day
Dysuria	Continuous burning sensation or pain during urination	Burning sensation during urination	Frequent burning or pain during urination (More than 50% of times)	Asymptomatic and normal urination
Urgency of Micturition	++	+	+	-
Frequency of Micturition	7-8 times/day & Painful	5-6 times/day & slightly Painful	3-4 times/day & Painless	3-4 times/day & Painless
Sleep Cycle	Sleep pattern very disturbed and wake up 3-4 times during night sleep	Sleep pattern slightly disturbed and wake up 2-3 times during night sleep.	Normal sleep pattern	Normal sleep pattern

Observation on patient according to Dysuria Discomfort Scale:

- Patient had significant change in Burning sensation during micturition during treatment course.
- On admission patient had 30-35 pus cells/hpf in Urine Examination which was reduced to 1-2 Pus cells/hpf in Urine Examination after 10 days of course.

Dysuria	Observation and Results
0th Day	Continuous burning sensation or pain during urination
4th Day	Frequent burning or pain during urination (More than 50% of times)
7th Day	Burning sensation during urination
10th Day	Asymptomatic and normal urination

Observation on patient according to King's Health Questionnaire (KHQ):

- Patient had presenting complaint of continuous burning sensation during micturition and Urgency of micturition since few days.
- Daily activities and Sleep cycle of the patient is disturbed since few days.
- He got symptomatic relief from Continuous burning sensation during micturition during the treatment course within 7 days.
- He is able to performed his daily tasks without any discomfort after 1-2 days of the treatment course.
- Patient got significant relief from disturbed sleep cycle due to pain associated with urination and frequent urination within 3-4 days.

Observation on patient according to Urine examination:

Urine (Routine and Microscopy) Examination Findings:

- Dated 16/04/25): Routine Examination: Albumin - Trace

(0th Day) Sugar - Nil

Microscopic Examination: Pus Cell - 30-35/hpf

Epithelial Cell - 2-3/hpf

- Dated (25/04/25): Routine Examination: Albumin - Nil

(10th Day) Sugar - Nil

Microscopic Examination: Pus Cell - 1-2/hpf

Epithelial Cell - 1-2/hpf

Discussion

In clinical parameters like Dysuria Discomfort Scale and King's Health Questionnaire (KHQ) of patient shows significant relief in patient having complaints of painful micturition, frequency and difficulty in micturition. Investigation of routine urine analysis examination of patient shows reduced in pus cells or bacteria in Urine Examination. No any adverse effects as well as adverse drug reaction of *Kushmanda Paneeya Kshara* were reported by patient during course of treatment and follow up. *Kshara* is a unique preparation mentioned in Ayurveda, it is considered superior among all surgical and para surgical procedures.

Kshara administered in a proper way can cure diseases which are difficult to cure, if not it will be as dangerous as fire, poison and sharp instruments. *Paneeya Kshara* is cost effective and recurrence rate is very low and can be administered on OPD basis.

Conclusion

In *Mutrakrichra* i.e., Urinary Tract Infection, patient having continuous burning sensation during micturition got very significant relief during the course of *Kushmanda Paneeya Kshara* treatment. In difficulty and frequency of micturition the drug *Kushmanda Paneeya Kshara* found very effective in relieving these troublesome symptoms. According to clinical assessment parameters like Dysuria Discomfort Scale and King's Health Questionnaire (KHQ) *Kushmanda Paneeya Kshara* drug application found very effective in the management of *Mutrakrichra* i.e., Urinary Tract Infection. By the diuretic and cooling action of *Kushmanda Paneeya Kshara*, the renal tubular acidosis/alkalinity is changed and brought back to normal range. The drug *Kushmanda Paneeya Kshara* were well-tolerated, with no adverse effects reported. *Kushmanda Paneeya Kshara* is cost effective, we can get better results if used as per indication and it can administer on OPD basis. Surgery is an invasive technique and *Kshara* is minimal invasive and a better alternative treatment for individuals who are contraindicated for surgery, aged and who fears for surgery.

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