ABSTRACT

Urinary tract infection is the most common infection managed in general medical practice and accounts for 1-3% of consultations. Women are especially prone to UTIs. One woman in five develops UTI (Urinary Tract Infection) at least once during her life time. UTIs in men are not so common, but they can be very serious when they do occur. The symptoms of Urinary tract infection are similar to Mutrakriccha as described in Ayurveda. A male patient aged 24 years came with complaint of burning micturition, painful micturition, weakness and mild vertigo. He was unable to get proper sleep. Patient was treated by certain Ayurveda drugs Chandraprabhavati, Gokshuradi Guggulu, Gokshura (Tribulus terresteris) Churna, Shatavari (Asparagus recemosus), Syrup Neeri, Syrup Shita Sudha and Pathya Aahar (dietetic regimen). Patient had marked relief in pain and burning sensation. On follow up after 15 days patient had sustained improvement in symptoms. Patient was very happy and satisfied with the management. There was significant improvement in the case of Mutrakriccha. Mutrakriccha (urinary tract infection) though is difficult to manage, but Ayurveda internal medicines can be good option for better management.

Key words: Urinary tract infection, Mutrakricchra, micturition, Ayurveda.
PATIENT INFORMATION
A male patient aged 24 years came to the Panchkarma OPD at National Institute of Ayurveda Jaipur, India with complaint of burning micturition, painful micturition, weakness and mild vertigo. He was unable to get proper sleep. The patient was asymptomatic before 20 days and then he developed burning sensation while urination which gradually increased. Patient did not get satisfactory relief in last 20 days. After completing a course of Allopathic treatments also the symptoms of burning micturition was present. So patient came to National Institute of Ayurveda for Ayurveda management. History of fever was present at the onset of the symptoms. No any previous history of obstructive uropathy, haematuria, urinary and renal calculi was present. No personal and family history of any major systemic illness was present. Stress regarding the disease was present.

CLINICAL FINDINGS
On physical examinations patient was found afebrile with Blood pressure - 116/70 mm of Hg, Pulse rate - 74/minute, R.R. - 20/minute. On Systemic examination no abnormality was found in respiratory, cardiovascular and central nervous system activity. The patient was Kapha Vataprakruti, having Madhyam Koshtha and Madhyam Bala. Rasavaha, Raktavaha, Mutravaha Srotodushti Lakshanas were observed.

THERAPEUTIC INTERVENTION
Patient was advised on OPD basis on 29/5/17 having O.P.D. NO. 34120052017. Patient was treated by Ayurveda medicines:- Chandraprabhavati 2 tab BD, Gokshuradi Guggulu 2 tab BD, Syrup Neeri 2TSF TDS, Shita Sudha 2TSF TDS & Combination of Gokshura (Tribulus terresteris) churna 4 gms and Shatavari (Asparagus recemosus) churna 2 gms twice a day.

Lab Investigation details before and after treatment

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Before</th>
<th>After</th>
</tr>
</thead>
<tbody>
<tr>
<td>App/ colour</td>
<td>Amber</td>
<td>Clear</td>
</tr>
<tr>
<td>Ph</td>
<td>5.5</td>
<td>6.5</td>
</tr>
<tr>
<td>Specific gravity</td>
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<td>1.030</td>
</tr>
<tr>
<td>Sugar</td>
<td>Negative</td>
<td>Negative</td>
</tr>
<tr>
<td>Protein</td>
<td>Negative</td>
<td>Negative</td>
</tr>
<tr>
<td>Ep cells</td>
<td>0.00 p/hpf</td>
<td>0-1 p/hpf</td>
</tr>
<tr>
<td>WBC</td>
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</tr>
<tr>
<td>RBC</td>
<td>0.60 p/hpf</td>
<td>Nil</td>
</tr>
<tr>
<td>Bacteria</td>
<td>2197 p/hpf</td>
<td>Nil</td>
</tr>
</tbody>
</table>

FOLLOW UP & OUTCOMES
Assessment was done every 7 days. Till time of treatment on 12/05 Patient had marked relief in pain and burning sensation. On follow up after 15 days on 27/05, Patient had sustained improvement in symptoms. Patient was happy and satisfied with the management.

DISCUSSION
The action of every drug is determined by the dominant pharmacodynamic factors. The line of treatment in Ayurveda is mainly based on Dosha Chikitsa (treatment). The disease Mutrakriccha (urinary tract infection) has involvement of vitiation of Pitta Dosha along with vitiation of Vata Dosha. Chandraprabhavati [6] and Gokshuradi Guggulu [7] are classically indicated medicines for Mutrakriccha (urinary tract infection). The major ingredients of syrup Neeri [8] are Sudh Shilajeet (Asphaltum), Swet Parpati, Moolikshar (extract of the ashes of radish), Sajjikshar, Panarnava (Boerhavia diffusa), Ikshumool (Saccharum officinarum), Gokshura (Tribulus terresteris), Varun (Crataeva nurvala), Pashan Bhed (Bergenia ligulata), Kulatha (Dolichos biflorus) which are mainly alkaline and working on Mutravaha Srotas. The ingredient of Shita Shuda [9] are Khas (Vetiveria zizaniodes) and sugar which are highly beneficial in Mutrakriccha. Shatavari [10] (Asparagus recemosus) is having Madhur (sweat), Tikta (bitter) Rasa (taste), Guru (heaviness), Snigdha (unctuousness) in Guna (property), Sita Virya (cold in potency) and Vatapittasamaka (Vatapitta pacifying).
property. Gokshura 
\textsuperscript{11} (Tribulus terresteris) is 
\textit{Madhur} (sweat) in \textit{Rasa} (taste), \textit{Guru} (heaviness), \textit{Snigdha} (unctuousness) \textit{Guna} (property), \textit{Sita Virya} (cold in potency) and 
\textit{Vatapiittasamaka} (Vata pacifying nature). Most of drugs given were \textit{Madhura} and 
\textit{Tikta Rasa}. So \textit{Aushada} (medicine) is having \textit{Pittashamaka} (Pitta pacifying) as 
well as \textit{Vatashamaka} (Vata pacifying) properties along with \textit{Mutravirechaniya} (diuretic) and \textit{Ama Pachana} (digestive) properties. By \textit{Mutravirechaniya} (diuretic) action, urine volume is increased, pH 
becomes alkaline and inflammation is reduced with the \textit{Daha Shamaka} (pacifying burning sensation) properties medicine 
soothes the epithelium of urinary tract and with \textit{Ama Pachana} (digestive) property medicines breaks down the process of \textit{Kleda} 
formation.

\textbf{CONCLUSION}

There was significant improvement 
in the case of Urinary tract infection. 
\textit{Mutrakriccha} (urinary tract infection) though is difficult to manage, but \textit{Ayurveda} internal medicines can be good option for 
better management.

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