



## AN AYURVEDIC MANAGEMENT OF MUTRAKRICHHA (RECURRENT URINARY TRACT INFECTIONS): A CASE STUDY

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### ABSTRACT

The most frequent bacterial illness encountered in daily practice is a urinary tract infection. Because of their shorter urethras, which provide the germs easier access to the bladder, females are more likely than males to have it. In Ayurveda, the symptoms of UTI closely resemble those of *Mutrakruchha*. The main feature is *Krichchhrata* (difficulty in voiding/painful voiding). Poor hygiene and environmental conditions, poverty and illiteracy also contribute to the increasing percentage of urinary tract infections. These infections are common complications in people with diabetes, polycystic renal disease, pregnancy, and other weakened immune systems. In *Mutrakrichha*, the *vitiated Pitta Dosha* along with *Vata* (mainly *Apana Vayu*) on reaching *Vasti* (bladder) afflicts the *Mutravaha Srotas*, due to which the patient feels difficulty in micturition. Based on symptomatology, cystitis can be assumed to be one of the *Mutraroga*. Chronic cystitis may result in bladder atony in which there is a declination in the normal bladder tone, which may cause an increased frequency of micturition or abnormal sensation of micturition.

**Keywords:** *Mutravaha Srotas*, *Mutrakricchrata*, *Apana Vayu*, *Vasti*, Cystitis, UTI

### INTRODUCTION

UTI is a common disorder, accounting for 1%-3% of consultations in general medical practice. The prevalence of UTI in women is about 3% at the age of 20,

increasing by about 1% in each subsequent decade. In males, UTI is uncommon, except in the first year of life and men over 60, when it may complicate bladder

outflow obstruction.<sup>1</sup> Asymptomatic Bacteriuria is more than 10<sup>5</sup> organisms/ml in the urine of apparently healthy asymptomatic patients. Approximately 1% of children under the age of 1 year, 1% of schoolgirls, 0.03% of schoolboys and men, 3% of non-pregnant adult women and 5% of pregnant women.<sup>2</sup>

Several factors can increase the risk of developing a UTI, including<sup>3</sup>:

1. Poor Hygiene: Improper wiping techniques or inadequate genital hygiene can introduce bacteria into the urinary tract.
2. Dehydration: Not drinking enough fluids reduces the frequency of urination, which helps flush out bacteria from the urinary tract.
3. Sexual Activity: Sexual intercourse can introduce bacteria into the urinary tract, especially in women, due to the proximity of the urethra to the vagina and anus.
4. Holding in Urine: Delaying urination for extended periods can cause bacteria to multiply in the bladder, increasing the risk of infection.

Other factors such as anatomical abnormalities, urinary catheter use, or certain medical conditions like diabetes can also contribute to UTI development.

### मूत्रे कृच्छ्रमत्रः इति मूत्रकच्छ्रम ॥

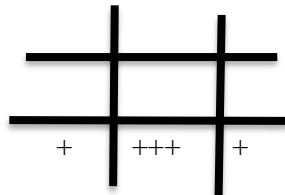
The term “Mutrakrichhra” means Difficulty and pain during micturition.<sup>4</sup>

Mutrakrichhra is a broad term comprised of two words: **Mutra** + **Krichhra**.

The word “Mutra” is derived from the term “Prasrava”, which means to ooze, and “Krichhra” is derived from the word “Kastae”, which means pain or discomfort.

#### ➤ Systemic Examination:

- **Abdominal Examination:** tenderness is present at the Hypogastric region (Suprapubic Tenderness).



- **Respiratory System Examination:** Normal vesicular breathing sound was heard, no added

In Ayurvedic texts, it is described by various Acharya as follows:

#### Charaka Samhita<sup>5</sup>

13 Mutraghata + 8 Mutrakricchra + 4 Ashmari = 25

#### Sushruta Samhita<sup>6</sup>

12 Mutraghata + 8 Mutrakricchra + 4 Ashmari = 24

#### Astanga Hridaya<sup>7</sup>

12 Mutraghata + 4 Mutrakricchra + 4 Ashmari = 20

### CASE STUDY

#### ➤ Chief Complaints:

1. Pain Abdomen
2. Burning Micturition
3. Fever

X 7 Days

#### ➤ History of Present Illness:

According to the patient, she was asymptomatic 7 days back. Then she developed Pain in her abdomen. The pain was confined to the lower quadrants of the abdomen and was dull and non-radiating. The pain was continuous. She also complained of Burning Micturition along with Terminal Dribble. On further enquiry, she also complained of Fever with chills, which was constant in nature.

#### ➤ General Physical Examination:

General condition and appearance found ill-looking, Age 42; weight: 49 kg, height: 155 cm, body built: lean and thin (BMI: 20.4). No cyanosis, pallor, icterus, clubbing and lymphadenopathy were seen. Vitals of the patient were stable with a pulse rate of 94/min, regular, blood pressure of 126/84 mm of Hg, respiratory rate of 20/min, regular and febrile with a temperature of 102<sup>0</sup> F. Her prakriti was vatapitta dominant, having heena bala and kroora koshtha.

sounds were made, and bilaterally equal air entry was observed.

- **Cardiovascular system:** Normal S1 S2 heard, no Murmurs Audible.
- **Urogenital system:**
- ✓ Increased frequency of micturition, 6-7 times in a day & 4-5 days at night, associated with Hesitation and Burning.
- ✓ Small Quantity, Foul smelling urine.

**Investigations :** (at the time of First Consultation)

**Routine examination:**

1) **Physical Examination –**

Color Straw  
Appearance Turbid

Specific Gravity 1.010  
pH 8.0  
2) **Microscopic Examination-**  
Epithelial cells Plenty  
RBC's 8-10/hpf  
Pus Cells >500/hpf  
Casts Nil  
Crystals Nil  
Micro-organisms Bacteria (present)  
Yeasts Nil  
Others Nil

**Treatment Given**

- 1) *Sudarshan churna* 3gm
  - Gokshur churna* 2gm
  - Chandrakala rasa* 250 mg
  - Praval Bhasma* 125mg
  - 2) *Chandraprabha Vati* 2 TDS
  - 3) *Sanshamani Vati* 2 TDS
  - 4) *Trinapanchamula Kwatha* 30 ml BD
- +
- Varuna Shigru Kwatha* 30ml BD

1X2 with luke warm water

**OBSERVATIONS AND RESULT**

- Within 5 days, the patient got 60% relief in all the symptoms, so culture and sensitivity

were not done, and the patient continued to treat only with ayurvedic medicines.

- No Antibiotics were started.
- The urine examination was repeated after 15 days (reports are attached herewith)

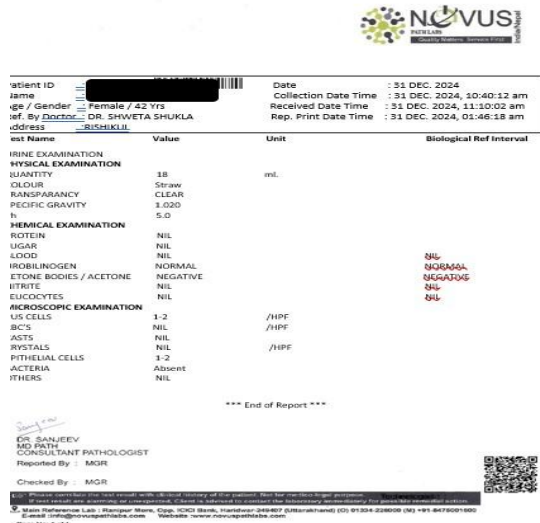
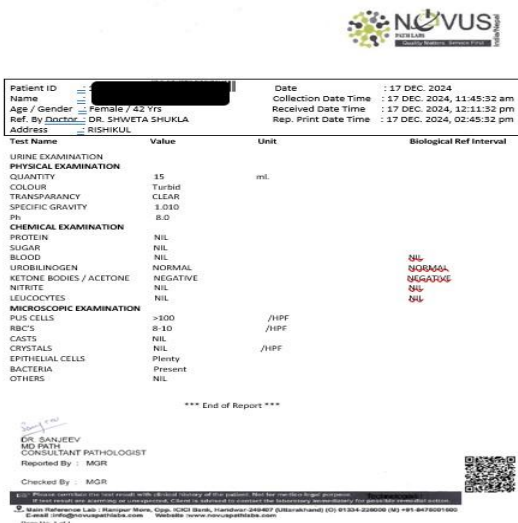
**Lab Investigations details before and after treatment:**

Parameters	At the time of first consultation	After Treatment
Appearance	Turbid	Straw
pH	8.0	5.0
Specific Gravity	1.010	1.020
Epithelial cells	Plenty	1-2/hpf
Pus cells	>100/hpf	1-2/hpf
RBC,s	8-10/hpf	Nil
Bacteria	Present	Absent

**DISCUSSION**

UTIs are a prevalent medical issue that can be uncomfortable and interfere with day-to-day activities. By addressing the underlying cause and re-establishing the body's equilibrium, Ayurveda, the

traditional Indian medical system, provides natural and holistic treatments for UTIs. Infection of the Urine Ayurvedic illnesses are treated by draining out infections through detoxification, clearing up urinary tract blockages, and using herbs that tone the kidneys and restore the normal functions of *Apana Vayu*.



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