

A REVIEW STUDY ON AYURVEDIC MANAGEMENT OF MUTRAKRICHCHRA W.S.R LOWER UNINARY TRACT INFECTION

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ABSTRACT

The life of living creatures before Vedic period might have been a disease free one, probably due to purity, piousness and balanced attitudes. But after that due to dawn of sins, greed and unhygienic life style, the humanity started suffering from various diseases with agony. Ayurveda is based on the main aim of eradication of the diseases and maintenance of health of healthy individuals. The disease mutrakrichchra^[1] is one among many pain dominated diseases leading to agony. *Mutrakrichchra*, based on symptomatology, clinically resembles with urinary tract infections.^[2] In *Mutrakrichchra* obstructive features are less, pain and burning sensation are more prominent. Infections at these various sites may occur together or independently and may either be asymptomatic or present as one of the clinical symptoms. An attempt has therefore been made to review the beneficial effects of various Ayurvedic plants on human system and review the effect of *Sariva*^[3] and *Gokshura*^[4] in *Mutrakrichchra*.

KEYWORDS: *Mutrakrichchra*, *Sariva*, *Gokshura*, *Mutravahanadi*.

INTRODUCTION

Basti is one among *Sadyapranahara Marma* and one among the *trimarma*.^[5] *Mutravaha srotas* are 2 in number with *Basti* and *Medra* as *Moola*, its lesion causes distension of bladder difficulty in micturition and stiffness of *Medra*. *Mootravaha nadi*^[6] are situated in between *Amashaya*, *Pakwashaya* and *Basti*. These *Nadi* take origin from thousands of very minute openings, which are not visible. The functions of these *Nadi* are continuous *Mutra*

vishyandana irrespective of the state of sleep or awaken. *Mutraroga* are prevalent since the vedic period and our ancient physicians had detailed knowledge about their etiopathogenesis and management. *Basti* is the main seat of urinary disorder [*Mutra roga*].

Mutrakrichhra is the main disease of urinary system explained by all *Acharyas*. The word *mutrakrichhra* means painful micturition. It is a broad term which covers the conditions described in modern medical science as urinary tract infection {UTI}. *Mutrakrichhra* is also found as a *lakshana* in many diseases such as *Ashmari*, *Mutraghata*, *Mutraja vridhhi*, *Arsha* and *Gulma* etc. In Ayurveda various drugs are mentioned for *Mutrakrichhra*, which is also ascribed with *krimighna* action, but indication of specific drug in specific causative organism and stage of disease is missing and very few studies have been accomplished. *Gokshura* and *Sariva* are indicated in *Mutrakrichhra* and possess *krimighna* property hence, selected for the study.

UTI is an inflammatory response of the urothelium to bacterial invasion that is usually associated with bacteriuria and pyuria.^[7] Acute infection of urinary tract can be sub divided in to two general anatomic categories- lower urinary tract {urethritis, cystitis} and upper tract infection {acute pyelonephritis, prostatitis and intra renal and peri nephric abscesses}.^[8] Lower urinary tract infections {urethritis and cystitis} are often considered superficial infections, while upper urinary tract infections like prostatitis, pyelonephritis and renal suppuration signify tissue invasion. cystitis is defined as inflammation in the bladder, its clinical symptoms includes abrupt onset of dysuria {includes pain, burning and strangury}, increased frequency, urgency and suprapubic pain. Urethritis defined as inflammation in the urethra, and symptoms includes, acute dysuria, frequency and Pyuria.^[9]

DISCUSSION

Management of urinary disorder occupies an important place in all the classics of Ayurveda. *Mutraroga* are classified on the basis of *Pravrutti* of *Mutra* as *Mutra atipravrutti roga* and *Mutra apravrutti roga*. *Mutra atipravrutti roga* includes all types of *Prameha* and *Mutra apravrutti roga* includes *Mutra krichhra*, *Mutraghata* and *Ashmari*. The signs and symptoms manifested in patient gives a very clear picture of diagnosis of the disease. *Roopa* is explained as “*tadeva vyaktata yatam rupa ityabhidhiyate* “ ie the vague manifestations observed earlier in *Purvaroopa avastha* are expressed fully in *Roopa avastha*. This stage will exhibit the *Pratyatma* symptoms. The *Samanya* symptoms and *Doshika* manifestations of *Mutrakrichhra* are passing of *Peeta mutrata*, *Sadaha*, *Saruja* and *Muhurmutrata*. In

Ayurveda dearrangement of *Doshas* has been considered as the cause of all diseases. *Mutraroga* is also caused by vitiation of *Dosha*, where vitiation of *Vata dosha* is more prominent and to bring the vitiated *Doshas* to equilibrium 3 types of treatments have been described-*Antah parimarjana*, *Bahi parimarjan* and *Shastra pranidhana*. *Antah parimarjana* includes internal medicine {medical management}, *Bahi parimarjana* is the use of medicaments externally eg; *Abhyanga*, *Sweda*, *Basti* etc and *Shastra pranidhana* includes surgical procedures. *Antah parimarjana* is advised using various formulations for E.g. *Gokshura* and *Sariva choorna*. The drugs mentioned above are taken and finely powdered these are then mixed with lukewarm water and administered for 14 days.

Gokshura: {*Tribulus terrestris linn*}

Rasa: madhura

Guna: guru, snigdha

Veerya: sheeta

Vipaka: madhura

Karma: mutrala, bastishodaka, vedanasthapana, vatashamaka, shothahara,

Rogagnata.

1. *Mutrakrichchra*

2. *Basti shotha*

3. *Shula*

Plant and dried spiny fruits are used in *Choorna* preparation. In cases of genito urinary system such as dysuria, gonorrhea, chronic cystitis, calculus affections and urinary disorders, incontinence of urine, gout and impotence and also in uterine disorders after parturition *Gokshura* is indicated.^[10] The decoction of fruits have been found to posses a moderate diuretic activity. Watery extract of *Gokshura* possess similar diuretic activity, the diuresis was due to potassium content of the extract. Pottasium ion is very quickly excreted by the kidneys, as being the chief cation of the intracellular fluid, an excess in the plasma is treated as foreign low-threshold substance and hence is excreted rapidly.

Dose: 12 gms^[11] per day, 6 gms of *Choorna* with 1 glass of lukewarm water twice daily before food.

Sariva is a semi erect shrub found throughout India. The name Hemidesmus derived from Latin word Hemidesmos which means half bond. It is accepted by the ayurvedic formulary as white variety where as *cryptolepis buchananii* Roem and schytt as black variety. *Ichnocarpus*

frutescens is also used as black variety by the people of West Bengal and Kerala. Mainly 2 types of *Sariva* found through out India, *krishna sariva* and *shweta sariva*.

Sariva : *Hemidesmus indicus*

rasa : *madhura, tikta*

Guna : *guru, snigdha*

Virya : *shita*

Vipaka : *madhura*

Doshakarma : *tridoshashamaka*

Karma : *tridosha shamaka*

Uses : It also has demulcent and diuretic property

Root and stem act as laxative, diuretic and useful in treatment of syphilis. It possess properties like antioxidant activity, hepato protective activity, anti microbial activity, anti thrombotic activity, anti enterobacterial activity, natriuretic and saliureteric activity, reno protective activity, anti – inflammatory activity.^[12]

Dose: 12 gms per day, 6 gms of *Choorna* with 1 glass of lukewarm water twice daily before food.

RESULT

- Lower urinary tract infection is a *Pitta pradhana tridoshaja Mutrakrichchra roga*.
- *Gokshura* acts both as *mutrala* and *ashmarighna*.
- *Gokshura* is having antimicrobial^[13] and immunomodulatory^[14] properities. It not only helps to reduce infection but also reduces the chances of recurrence.
- *Gokshura* has *Mutrala* and *Rasayana* properties along with both *Dosha pratyaneeka* and *Vyaadhi pratynaneeka* properties.
- *Sariva* acts as *Mutrala* and *Shophashamaka*.
- Both *Gokshura* and *Sariva* drugs cause diuresis by increasing the production of urine, causing easy flow of urine and stimulating the organs of the urinary system.
- It is intelligence of physician to decide the suitable herb in particular time.

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