

CLINICAL STUDY OF ROLE OF SHWET PARPATI IN MUTRADAHA- A CASE REPORT

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ABSTRACT

Ayurveda has given main importance to Mutravaha Strotas. Urinary tract infection (mutradaha) is the most common infection found in general practice for 1-3% consultations. Specially found in women's as they are prone to UTI. Two women in ten develop urinary tract infection once in a year. Urinary tract infection also found in men in summer days. The symptoms of urinary tract infection are like mutrakriccha and mutradaha as described in ayurveda. The Symptoms of mutradaha are like muttrakrichha as described in ayurveda. The case of mutradaha is difficult to manage, but Ayurveda Internal medicine can be good option for better treatment without any side effects.

Shwet parpati-Dravya

sora- 40 tole.

Fitkari churna- 10 tole.

Nausadar churna- 2 tole.

Index Term (key words) - *Mutradaha, mutrakriccha, mutravahastrotas, shewt parpati.*

INTRODUCTION

The Symptoms mutradaha is like mutrakrichha as described in ayurveda. In mutrakriccha patients have complaints of burning micturition (mutradaha), painful micturition, and difficulty in urination. Burning micturition (mutradaha) and painful urination is due to increased in acidic nature of urine. We feel relieved when we urinate and empty our bladder. Urination is often painful and troublesome for many reasons. Burning whiles passing urine is called Mutradaha.

There are many modern medicines available for mutradaha but these medicines are only alkalisers and only suppress the symptoms. But it may have side effects on that system. Ayurveda medicines are successful in treating mutradaha without any side effects.

HETU

- Madyapanam – Alcohol
- Parishramam – Exertion
- Maithunam – Excessive sex
- Yanam – Riding animals like elephant, horse and motorcycle etc.
- Viruddha bhojana – Incompatible foods
- Vishama asana – Uncomfortable seating
- Lavanam – salt
- Ardrakam – Wet ginger
- Taila bhrisam – Fried foods
- Mutravega – holding the urge for urination
- Teekshna-vidahi-ruksha-amla ahara – Food which is intense and irritating in nature, produces burning on consumption, dry and stale and having a sour taste.

Purvaroopam- Not specifically and clearly mentioned anywhere.

Rupa

Symptoms of dysuria – difficulty to pass urine.

Symptoms usually depend on the causes of mutradaha. There may be other symptoms in addition to pain when urinating.

Patient information

A 35 yr old male came to panchakarma OPD at SMBT Ayurved Hospital Dhamangaon with

complaints of mutradaha (Burning micturition) and mutrakrichha (difficulty in urination) since last 10 days. The Symptoms are gradually increasing day by day, so he came to SMBT Ayurved hospital for further treatment and management. No history present or past illness. No personal and family history of any major illness.

Clinical Findings

On physical examination patient was found afebrile and blood pressure- 130/70 mm of hg pulse rate – 80/min, R.R-20/min. No systemic abnormality was found.

Treatment plan

The patient was treated with internal medicine As mentioned in the below table (table no 1)

Medicine	Dose	Route	Aushadh kala	Anupana
Shwet parpati	250mg Twice/day	Oral	After meal	Shit jal

The medicine shwetparpati given 250 mg BD for 7 days. After 7 days there is decreased in complaints like mutradaha and mutrakriccha. Again, treatment was continued for 7 days.

MATERIAL AND METHODS

Non comparative single blind study carried out on one patient.

Sample size - 1 patient.

Duration of study - 7 days.

Follow up - follow up taken on 7th day and on 15th day.

Inclusion criteria

One patient having symptoms of mutradaha was included without any exclusion criteria.

Exclusion Criteria- no exclusion criteria was defined.

Drug used for trial

- Shwet parpati - 250 mg is given to patient in BD dose with shitjala as anupana.

RESULT AND DISCUSSION

- On 7th day patient had no complaints and got totally relieved from symptoms like mutradaha and mutrakriccha.
- No significant complication is evident during study.

- Instant relief in mutradaha.
- Shwet parpati is mutral, swedal and vatanulomak and italso decreases the acidic nature of urine. so it helps in breakdown of samprapti.
- On day of follow up i.e, 15th day also patient was nothaving any complaints regarding mutradaha.

CONCLUSION

1. Given treatment is usefull in mutradaha and having bestresults.
2. More study is required with more population.
3. Patient wasn't having any complaints regarding mutradahaeven on 15th day.

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