

URETHRAL STRICTURE MANAGEMENT THROUGH AYURVEDA - A CASE STUDY

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ABSTRACT

Narrowing of lumen of urethra is known as urethral stricture. 70% of urethral stricture is insidious at bulb. Trauma, infections, TURP the main causes of urethral stricture. Symptoms include varying amount of urethral discharge, morning dew drop, difficulty in micturition, dribbling of urine, increased frequency, incomplete voiding of urine etc. in Ayurveda urethral stricture can be correlated with Mutramarga samkocha and Mutrotsanga. Urethral stricture separate disease, but in Ayurveda the symptoms correlate with Mutrotsanga which is one of the 12 types of Mutraghata explained by Sushruta in Utttar tantra. The urethra is the tube that carries urine out of the body. The tube can become narrow and cause difficulty and discomfort. There are advance surgeries available as the science advances with technology various surgeries like

Urethroplasty, Visual internal Urethrotomy, and Dilatation of urethra, but the recurrence rate is high enough approaching an alternative option. According to Sushruta Samhita Uttarbasti is the effective procedures for Mutrotsanga. hereby report a case of 60 year male with complaints of dribbling micturition, frequent micturition, straining, patient also undergone repeated urethral dilatations but had no relief. Hence treatment done with kadali kshara siddha taila uttarbasti. During the treatment all symptoms are reduced.

KEYWORDS: Mutramarga Sankoch, Mutraghata, Mutrakruccha, Urethral stricture, Kadali kshara Siddhataila.

INTRODUCTION

In Ayurveda, urethral stricture is correlated with Mutra Marga Sankocha. Diseases of the genitourinary system are classified as Mutravaha Shrotas Vyadhi. In Ayurveda Acharya Shushruta categorize Mutraghata into twelve types.^[1] While Mutramarga Sankocha does not have a individual title, its symptoms are comparable to those of Mutrotsanga.^[2] Acharya Shushruta has explained Uttarbasti as treatment procedure of Mutrotsanga. Acharya Charaka has classified urinary disease like Mutrakruchha into 8 types.^[3] Urethral stricture disease remains cause of morbidity among men. The urethra is the tube that carries urine out of the body. This tube can become narrow and cause difficulty and discomfort when a man urinates. Narrowing of lumen of urethra is known as urethral stricture. It's a prevalent problem with an estimated incidence of 0.9% in susceptible population. These conditions greatly affect the health and quality of life of patients. Most common urethral stricture is bulbar. The treatment options for urethral stricture vary in their success rates Urethral dilatation, Urethrotomy, Urethroplasty are common surgical procedures.^[4] Kadali dravya is having Guru, Snigddha properties which reduces vitiated vata kadali act in the form of mutrala.^[5] Kadali kshara in the taila form has the properties of Lekhan and Ksharan.^[6] here highlighted the use of uttarbasti with medicated oil (kadali kshara siddha taila) in management of urethral stricture.

MATERIAL AND METHODS

A male patient of 60 years age attended the OPD of Department of Shalyatantra, at Government Ayurved college and hospital Dharashiv. Patient Having symptoms Dribbling micturation, frequent micturation, Dysuria, since one year

History of Past Illness- Patient does not have history of major illness.

- Past Medical History- No relevant history was present.
- Past Surgical History- No surgical illness.
- Drug History- No any drug history
- Family History- Nil
- Marital Status- Married.

GENERAL EXAMINATION

GC-Fair , Weight- 65 kg, Pulse rate- 78/min, BP - 110/70mm of Hg , Respiration rate-18/min, Temp- 98.6 F

Physical Examination Ashtavidhpariksha

Nadi- Kaphapitta, Mutra- Haematuria, Mal- Samyak, Jihva- Malavritt Shabd- Samyak, Sparsha-Sheeta, Drika- Samanya, Akriti - Madhyam

Dashvidhpariksha

Prakriti-kaphapitta, Sara- Madhyama, Samhanana- Avara, Pramana- Madhyam
Satmya- Madhyam, Satva- Madhyam, Vaya- madhyam, Vyayamshakti- Madhayam, Aharashakti-Madhyam

Systemic Examination

CVS: Heart sounds (S1S2): Normal

CNS: Conscious, oriented

Respiratory system: normal bilateral air entry, no added sounds.

P/A: Soft

INVESTIGATION

Hb-11g/dl

WBC-6700/cumm

BSL R-90 mg/dl

ICTC-Non reactive

HbSAg-Non reactive

Urine routine and microscopic-Nil

Sr. Creatinine-1.1mg/dl

Ascending Retrograde Urethrogram**USG before treatment**

Local examination

Penile examination

Glans –normal

Meatus- normal

Prepusal skin- retractable

Frenulum- normal

Shaft- normal

TREATMENT PROTOCOL

Uttarbasti with kadali kshara siddha taila alternate days for 15 days Purva Karma:

Assessment of patient.

Local cleaning and aseptic precautions.

Pradhana Karma:

- 1) Patient is placed in supine position.
- 2) Sterile infant feeding tube or Uttarbasti netra is introduced into the urethra.
- 3) 3-10 ml of lukewarm Kadali kshara Taila is slowly instilled into the urethra.
- 4) The patient is advised to retain the medicine for a suitable duration.

Paschat Karma

- 1) Observation for urinary flow.
- 2) Advise adequate hydration.
- 3) Avoid strenuous activity and irritant foods

Subjective Criteria**1) Weak stream grades**

Table no 1

Grades	Symptoms
I	Moderate stream falling 10cm ahead of legs
II	Poor stream falling near legs within 10cm
III	Dribbling micturation soiling clothes and body parts
IV	Acute retention of urine

2) Dysuria grades

Grades	Symptoms
I	Moderate stream with mild straining and pain
II	Poor stream with moderate straining and pain
III	Dribbling micturation with severe straining and pain
IV	No flow of urine after straining for anytime

Objective Criteria

- 1) Pre-treatment retrograde urethrogram
- 2) USG Abdomen and Pelvis- before and after treatment

RESULT

Table no 2

Sr no	Symptoms	0 day	8 th day	15 th day	30 th day
1	Weak stream	Grade III	Grade II	Grade II	Grade I
2	Dysuria	Grade III	Grade III	Grade II	Grade I
3	Volume of urine/sec	2ml/sec	4ml/sec	8ml/sec	11ml/sec



USG After treatment

DISCUSSION

Uttarbasti is considered the prime therapy for disorders of the urinary tract. Kadali Kshara Siddha Taila is an ayurvedic medicated oil prepared by processing Tila taila with Kadali Kshara so the alkaline component exhibits corrosive and scrapping properties. It helps in lubrication, regeneration, healing and dilatation. Kadali kshara Taila combines the scraping action of Kshara with the soothing and Vata-pacifying effects of Taila. The local administration enables direct action on the stricture site, potentially reducing fibrosis and maintaining urethral patency.

Clinical studies have reported symptomatic improvement in urinary stream, Dysuria also decreases, and decreased recurrence rates when used as an adjunct to conventional management.

CONCLUSION

Kadali kshara Ayurvedic properties:

Rasa-katu

Guna -laghu, tikshana, sukshama, ushana

Virya-hot

Vipak-katu

Dosha-kapha vatahara

Uttarbasti with Kadali kshara Taila appears to be a promising Ayurvedic intervention for urethral stricture. Its Lekhana, Shodhana, and Vatahara properties may help alleviate obstruction, reduce fibrosis, and improve urinary function. Further controlled clinical trials are required to establish its efficacy and long-term outcomes. Uttarbasti is minimally invasive economical and cost effective treatment for urethral stricture. No adverse complication were observed during treatment.

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