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Case Study

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AYURVEDIC MANAGEMENT OF *MUTRAKRICCHA* (URINARY TRACT INFECTION): A CASE REPORT

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ABSTRACT

Background: Urinary tract infections (UTIs) are among the most common bacterial infections worldwide. UTIs affect both sexes but are more common in women. The increased incidence of UTI in females is attributed to many factors like short urethra, proximity of urethra to anal area and hence, increased risk of infection by fecal flora. The symptoms of Urinary tract infection are similar to *Mutrakrichha* as described in Ayurveda. A female patient aged 27 years came with complaint of burning micturition, painful urination, increased frequency of micturition, urgency and lower abdominal pain. She had previously received conventional treatment but did not achieve satisfactory relief. Patient was treated by *Ayurvedic* drugs *Chandraprabha Vati*, *Gokshuradi Guggulu*, *Sweta Parpati*, *Chandanasava*, *Avipatikara Churna* and *Pathya Aahar* (dietetic regimen). The patient showed marked improvement in pain, burning sensation and other urinary symptoms after 30 days of treatment, with sustained improvement during follow-up. **Objective:** To evaluate the role of *Ayurvedic* management in relieving the symptoms of *Mutrakriccha* (UTI). **Methodology:** The patient was treated with *Ayurvedic* medicines along with appropriate dietary and lifestyle modifications. Clinical assessment was carried out before and after treatment based on burning micturition, painful urination, increased frequency of micturition, urgency and lower abdominal pain and relevant laboratory investigations. **Results:** Significant improvement was observed in burning micturition, painful urination, increased frequency of micturition, urgency, and lower abdominal pain. Laboratory findings also showed improvement & no adverse effects were observed during the treatment period. **Conclusion:** *Ayurvedic* management was found to be effective in reducing the clinical symptoms of *Mutrakriccha* (UTI) in this case.

KEYWORDS: Urinary tract infection, *Mutrakriccha*, micturition, painful urination, urgency.

INTRODUCTION

Mutrakrichra is a common urinary disorder described in Ayurveda, by *Acharya Charaka*[1], *Acharya Sushruta*[2] & *Acharya Vagbhatta*[3], characterized by painful and difficult micturition. The disease develops due to the vitiation of *Doshas* affecting the *Mutravaha Srotas*, leading to various urinary symptoms. Ayurveda emphasizes correcting the underlying *Dosha* imbalance and restoring the normal function of *Mutravaha Srotas* through a holistic treatment approach.

In modern medicine, UTIs are among the most common bacterial infections in women and are an important cause of morbidity. It is characterized by dysuria, increased urinary frequency, urgency, burning micturition and suprapubic discomfort.[4] During a lifetime more than half of the women will have UTI and up to 50% of these

will have another infection within a year.[5] In asymptomaic bacteriuria, the infection remains in the urinary tract for a long period of time.

Case Presentation
A 27-year-old female presented to the Outpatient Department of *Prasuti Tantra Evum Stree Roga* with complaints of burning micturition, painful urination, increased frequency of micturition, urgency and lower abdominal pain for 5 months. Based on detailed history, clinical examination and relevant investigations, the case was diagnosed as *Mutrakriccha*, which was clinically correlated with Urinary Tract Infection (UTI).

Past History
No history of diabetes mellitus, hypertension, thyroid or any previous surgical history.

Family History
No significant family history was present.

Menstrual History
Menarche - 13 years
M/C- 3-4/28-30 days with normal limit bleeding (2-3 pads/day). without foul smell, without clots.

Married For 6 months
General Examination
Temperature- 98.4° F, **Respiratory rate** -20/min**, Pulse rate**-82 bpm**, BP**- 120/70 mmHg**, Pallor**- Absent, **Edema** –Absent, **Icterus** -Absent, **Tongue –** Uncoated.

Systemic Examination
R/S: B/L Chest clear, Airway entry clear.
CVS: S1 S2 heard, No added sound.
CNS: Patient is conscious and well oriented.
P/A: Abdomen soft, Mild Suprapubic tenderness, Bowel sound present, No Organomegaly found.
Mutravaha srotas examination: *Mutra - Aalpa*
Varna – Pita
Mutrapravruti – 10-12 times in a day with *Daha* & *Shoola*

Investigation
CBC
Urine- M/E

Observation
Table 1.

Parameter	Before	After
Color	Yellowish	Clear
pH	5.2	6.8
Specific gravity	1.022	1.030
Sugar	Trace	Nil
Protein	Trace (++)	Negative
RBC	10-15	Nil
Epithelial cell	10-12/hpf	1-2/hpf
Bacteria	Enterobacter spp.	Nil

Table – 2.

Signs & symptoms	Before treatment	After treatment
Daha	Present	Absent
Shoola	Present	Absent
Peeta mutrata	Present	Absent
Muhur mutra pravrutti	Present	Absent

Intervention
The patient was managed with *Ayurvedic* medication along with appropriate dietary and lifestyle modifications for 30 days. Clinical improvement was assessed using subjective symptoms and relevant laboratory investigations before and after treatment.

Therapeutic Intervention
Patient was treated by *Ayurvedic* medicines
Tab *Chandraprabha Vati*[6] 2 tab TDS AF
Tab *Gokshuradi Guggulu*[7] 2 tab BD AF
Sweta Parpati[8] 500 mg BD AF
Chandanasava[9] 20 ml BD AF
Avipatikara churna[10] 3 gm HS with lukewarm water for 30 days.

Pathya – Apathya
She was advised to follow *Ahara- Vihara Pathyas* as follows.

Pathya
1. Rice, moong daal cooked without ghee, oil, coconut and without sour substances.
2. Boiled vegetables cooked in the above manner.
3. Spices included without pungent for one week, then after *Shunthi* was advised.
4. Salt- *Saindhav lavana*.
5. Brisk walk of 100 steps three hours after eating meals.

Apathya
1. Afternoon nap after lunch.
2. Eating without appetite
3. Suppression of natural urges.
4. External application of oil/balm on painful parts.

RESULT
After 30 days of *Ayurvedic* treatment, the patient showed marked clinical improvement. Burning micturition, dysuria, urinary frequency, urgency and lower abdominal pain were completely relieved. Urine routine

examination also demonstrated improvement with absence of protein, RBCs and bacteria, along with reduction in epithelial cells. No adverse drug reactions were observed during the treatment or follow-up period. The patient reported satisfactory symptomatic relief and improved quality of life.

DISCUSSION

Significant improvement was observed in burning micturition, dysuria, urinary frequency, urgency, and lower abdominal pain after completion of therapy. Laboratory findings **also** improved, and no adverse effects were observed during the treatment period.

Chandraprabha Vati is a classical formulation indicated in *Mutrakriccha*. It possesses *Sheeta Virya*, *Rasayana*, *Mutrala*, *Deepana*, and *Pachana* properties, which help correct *Agni*, pacify *Tridosha*, and improve the function of *Mutravaha Srotas*.

Gokshuradi Guggulu acts as a *Mutravirechaniya* and *Pittashamaka* formulation, increasing urine output, reducing inflammation, and relieving burning micturition and dysuria.

Shweta Parpati, because of its *Deepana*, *Pachana*, *Mutrala*, and alkaline properties, helps prevent urinary stasis and promotes healing of the urinary tract.

Chandanasava, with its *Pittashamaka*, *Dahahara*, *Mutrala*, and *Shothahara* actions, effectively reduces burning micturition, urinary frequency, and irritation.

Avipattikara Churna acts through *Pittashamaka*, *Mridu Virechana*, *Deepana–Pachana*, and *Anulomana* properties, helping to eliminate aggravated *Pitta*, improve digestion, reduce *Ama*, and prevent constipation.

The combined action of these formulations relieved burning micturition, dysuria, urinary frequency, urgency, and lower abdominal pain, improved urinary findings, and enhanced the patient's overall clinical condition without any adverse effects.

CONCLUSION

This case demonstrates that *Ayurvedic* management may provide effective symptomatic relief and improve the overall clinical condition in patients suffering from *Mutrakrichra* (UTI). There was no adverse effect found during the *Ayurvedic* management. A holistic approach aimed at correcting *Dosha* imbalance and maintaining the integrity of the *Mutravaha Srotas* may help reduce recurrence and improve the patient's quality of life.

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