

ROLE OF PANCHAKARMA IN MUTRAKRUCCHA (CHRONIC UTI): A CASE STUDY

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ABSTRACT

Dysuria is a common symptom in gynecology. Dysuria means difficulty in passing urine. According to Ayurveda dysuria is correlated with mutrakruccha. So, difficulty or pain in micturition is called mutrakruccha. There is a pain while passing urine & also obstruction to the passage of urine. This is a chronic disease. This is due to urinary tract infection (UTI) & is associated with urethritis & cystitis. Causes for cystitis due to infection with E-coli, tuberculosis, stone, radiation cystitis, and Papilloma or carcinoma. In this condition painful micturition especially at the end of the act. Avoid all the etiological factors. Abhyanga, snehana, swedana, niruha anuvasan basti, avagaha, parishek uttarbasti is the general line of treatment. Use of mutral

herbes. So we decided to use the abhyantar chikitsa, panchakarma, sthanik chikitsa in dysuria (mutrakruccha) according to 26/45 & presented a case study. By this case study we conclude that the holistic approach of Ayurveda panchakarma and Sthanik chikitsa plays an important role in the management of dysuria (mutrakruccha).

KEYWORDS: Mutra kruchha, Mutradaha, Varnvar mutrapravrutti, Uttar basti, Abhyantar chikitsa.

INTRODUCTION

Dysuria^[1] is a common symptom in gynecology. Dysuria means difficulty in passing urine. According to Ayurveda dysuria is correlated with mutrakruccha.

मूत्रकृच्छ्रे मूत्रं कृच्छ्रेन् वहति । चक्रदत्त

मूत्रस्य कृच्छ्रेण महता दुःखेन प्रवृत्तिः॥^[२]

मा.निदान

So, difficulty or pain in micturition is called mutrakruccha. There is a pain while passing urine & also obstruction to the passage of urine. This is a chronic disease. This is due to urinary tract infection (UTI) & is associated with urethritis & cystitis.

Cystitis= Inflammation of bladder.

Causes for cystitis due to infection with E-coli, tuberculosis, stone, radiation cystitis, and Papilloma or carcinoma. In this condition painful micturition especially at the end of the act.

Urethritis= Inflammation of urethra.

Here the pain is scalding during the act. This is due to specific or non-specific organism, tender carbuncle 'prolapse of urethral mucosa, kraurosis, urethral carcinoma.

Patient of 48 year female having the same complaint i.e.

- | | | |
|---|---|----------------|
| *Burning micturation (Mutradaha) | } | since 14 years |
| *Frequency of micturition (Varanvar Mutrapravrutti) | | |
| *Burning & itching of vulva vaginal region. | } | since 10 years |
| *White discharge | | |
| *Insomnia (Nidranasha) | | |
| *Irritability (Manovaichitya) | | |

Visited to our OPD of Stree rog department on 14/12/2017

We observed and clinically diagnosed patient by Ayurvedic approach as a Mutrakrucha.

According to Acharya Charaka cha.chi.26/33 & cha.chi.26/43 Samanya chikitsa sutra for mutrakrucha was adopted.

ApréÉÍÉ xLÉWÏLÉÂWoÉLxiÉ xLÉWÉmÉLÉWÉ·ÉU oÉLxiÉ xÉMüLÉ]
 ÍxjÉUÉIS ÍpáúÉÍÉ WUÉÉ ÍxÉkSÉLÉ S±ÉS'xÉÉÉÉLÉsÉ qÉ\$ÉMüCNIÉ ||^[3] cÉ.ÍcÉ.26/45

To avoid all the etiological factors. Abhyanga, Snehana, Swedana, Niruha Anuvasan basti, Avagaha, Parishek Uttarbasti is the general line of treatment, use of mutral herbes was adopted & presented a case study.

CASE STUDY

Patient name:--XXX

Age:--48 years

Address:--Plot no.36, Dashmesh nagar, Aurangabad.

O.P.D.NO.----- 38849

DIAGNOSIS

Chronic UTI with PID C/O *burning micturition (Mutradaha)

*Frequency of micturition (Varanvar mutrapravrutti) } since 14 years
 *Burning & itching of vulva vaginal region. }
 *White discharge } Since 14years
 *Insomnia (N idranasha) }
 *Irritability (Manovaichitya) O/H: ---G2 P2L2A0 }

G1== ♀ --22years } L.S.C.S.
 G2= = ♂--15 years }

Sterilization done before 10 years

K/C/O: -- Hypertension

Having antihypertensive treatment since 15 years.

Ashtavidha parikshan^[4]

- 1) Nadi 82/min (regular)
- 2) Mala –Grathil
- 3) Mutrasadaha (burning)
- 4) Jinhva -----sam
- 5) Shabda—sakashta
- 6) Sparsha ----- feeling feverish every time
- 7) Drukaksheena (due to pain)
- 8) Akrti -----sthula

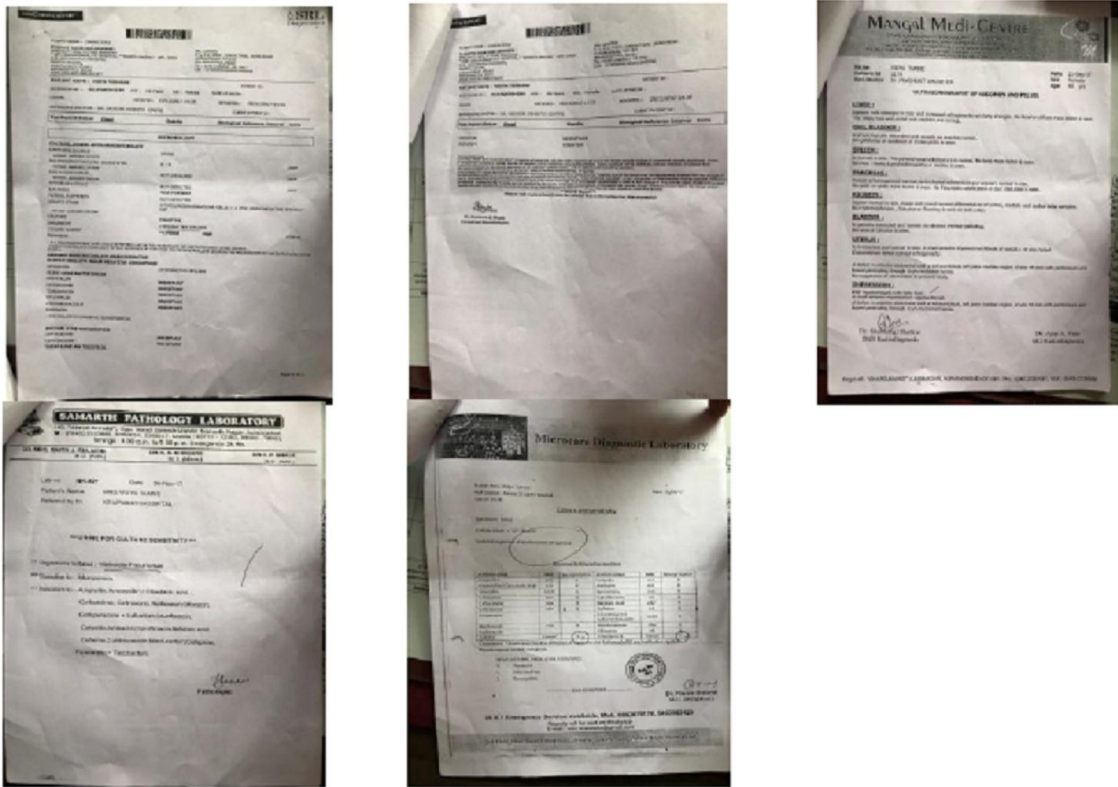
Prakruti:--Kaphapitta P/A:-- All over tenderness

Abdominal laxity Incisional herniation +

LIVER } NAD
 SPLEEN }

CHEST < NAD

INVESTIGATION



MATERIAL AND METHODS

We decided to use abhyantar chikitsa, panchakarma, and sthanik chikitsa as follows—

A) Abhyantar chikitsa:--14/12/2017

1. Hingvasthak churna^[5]- 500mg b.d.
2. Aampachak vati^[6] -500 mg b.d.
3. Chandraprabha vati^[7] -500 mg b.d.
4. Punarnava mandur^[8] –250 mg b.d.
5. Avipattikar churna^[9]-2 gm * Hs with luke warm water
6. Chandanasava^[10]–20 ml b.d. after meal

B) Panchakara & sthanik chikitsa

1. Sarvanga snehan^[11]
2. Swedan^[12]
3. Yoga basti^[13]
4. Utterbasti^[14]
5. Shirodhara^[15]
6. Nasya^[16]
7. Panchavalkal kwath yoni dhavan^[17]

8. Chandanbala lakshadi taila uttarbasti^[18] (mutramarga)
9. Tankan & honey yonipratisaran
10. Chandanbala lakshadi taila & jatyadi taila yoni pichu^[19] under all aseptic Precautions' in minor OT

20/12/2017

burning micturition (Mutradaha) ↓
 Frequency of micturition (Varanvar mutrapravrutti) ↓
 Burning & itching of vulva vaginal region. ↓
 White discharge ↓
 Insomnia (N idranasha) ↓
 Irritability (Manovaichitya) ↓

28/12/2017— 15th day

burning micturition (Mutradaha) ↓↓
 Frequency of micturition (Varanvar mutrapravrutti) ↓↓
 Burning & itching of vulva vaginal region. ↓↓
 White discharge ↓↓
 Insomnia (Nidranasha) ↓↓
 Irritability (Manovaichitya) ↓↓

Repeat cycle (2nd cycle) - **13/1/2018- up to 19/1/2018**

burning micturition (Mutradaha) ↓↓↓
 Frequency of micturition (Varanvar mutrapravrutti) ↓↓↓
 Burning & itching of vulva vaginal region. ↓↓↓
 White discharge ↓↓↓
 Insomnia (N idranasha) ↓↓↓
 Irritability (Manovaichitya) ↓↓↓

3rd cycle - **10/3/2018 to 16/3/2018**

burning micturition (Mutradaha) ↓↓↓↓
 Frequency of micturition (Varanvar mutrapravrutti) ↓↓↓↓
 Burning & itching of vulva vaginal region. ↓↓↓↓
 White discharge ↓↓↓↓
 Insomnia (N idranasha) ↓↓↓↓

Irritability (Manovaichitya) ↓↓↓↓

Chandanbalalakshadi taila^[19]

Drug name	Latin Name	Rasa	Guna	Virya	Vipaka	Karma
Devdaru	Cedrus deodara	Tikta katu kashay	Laghu Ruksha	Usha	Katu	Krumighana, dushtavranaghana, shothaghana, kaphavatahar
Ashwaganda	Withnia somnifera	Katu tikta kashay	Laghu Snigdha	Usha	Katu	Vatakaphahar, Shothahar, balya
Haridra	Curcuma longa linn.	Katu	Laghu tikshna	Usha	Katu	Kaphapittahara, Shothahar
Daruharidra	Berberis aristata	Katu	Laghu Ruksha tikshna	Shita	Katu	Shulaghana, krumighana, vatakaphahar
Bala	Sida cardifolia	Madhur	Laghu Snigdha	Shita	Katu	Vatapittahar, balya, bruhan
Raktachandn	Santlum album	Tikta Madhur	Laghu Ruksha	Shita	Katu	Varnya, dahaprashaman kandughana
Ushir	Vetiveria zizanioides	Tikta Madhur	Ruksha Laghu	Shita	Katu	Kaphapittahar pachan stambhan
Laksha	Coccus lacca	Kashay	Laghu	Shita	Katu	Stambhan shonitsthapan
Rasna	Aipinia officinarum	Tikta	Guru	Ushna	Katu	Antifungal, antibacterial
Kachura					Katu	
Sariva	Hemidesmus indicus	Madhur Tikta	Guru Snigdha	Shita	Madhur	Tridoshar, grahi, jwaraghana kandughana, pramehahara
Vidnamak	Sodium chloride	Lavan	Picchil	Ushna	Katu	Pachan Dipan Vatanuloman
Saindhav namak	Sodium chloride	Lavan	Picchil	Ushna	Madhur	Dipin pachan, anuloman.

Panchavalkal^[17]

Drug name	Latin Name	Rasa	Guna	Virya	Vipaka	Karma
Nyrodha	Ficus benghalensis	Kashay	Guru Ruksha	Shita	Katu	Pittakaphahara Vranaropan – shodhana
Udumbar	Ficus glomerata	Kashay	Guru Ruksha	Shita	Katu	Kaphapittahara mutrasangrahaniya stambhak, varnya
Ashwatha	Ficus religiosa linn.	Kashay Madhur	Guru Ruksha	Shita	Katu	Kaphapitahar, vranashodhan
Parish	Thevetia populnea	Kashay	Laghu Snigdha	Shita	Katu	Kaphapittahara mutrasangrahaniya
Pluksha	Ficus lacor	Kashay	Ruksha Guru	Shita	Katu	Kaphapittahara mutrasangrahaniya

Jatyadi taila^[20]

Drug name	Latin Name	Rasa	Guna	Virya	Vipaka	Karma
Chameli patra	Jasminum grandiflorum	Tikta Kashay	Laghu snighdha, mrudu	Ushna	Katu	Tridosahara Vranaropan – Vranashodhana
Nimba patra	Azadirachta indica	Tikta	Laghu Tikshna	Ushna	Katu	Vatakaphahar, vishaghana, vranashodhan vranaropan
Patol patra	Tricosanthes dioka Roxb	Katu Tikta	Laghu ruksha tikshna	Ushna	Katu	Varnya, dahashaman, kaphavatahar
Karanj patra	Pongamia Pinnata	Tikta katu kashay	Laghu tikshna	Ushna	Katu	Shothahar, Bhedan
Kutki	Pichreohiza kurroa royle	Katu Kashay	Laghu, Ruksha Tikshna	Ushna	Katu	Vishaghana, Krumighana jwaraghana dahaprashmana
Padmak	Prunus puddum roxb	Kashay tikta	Laghu snighdha	Sheet	Katu	Kaphapittahar, vedanasthpan varnya

Laghu panchamula

Drug name	Latin Name	Rasa	Guna	Virya	Vipaka	Karma
Bruhati	Solanum indicum Linn	Katu tikta	Laghu Ruksha	Ushna	Katu	Kaphavatahara Krimighana kandughana
Erandamula	Ricinus Communis Linn	Madhur Katu Kashay	Snigdha sukshama	Ushna	Madhur	Kaphavatahara shulaghana
Kantakari	Solanum surattense	Katu Tikshna	Laghu Ruksha	Ushna	Katu	Kaphavatahar, shothahar, mutral, Mutrakruchahar
Prushnaparni	Uraria pictadesv	Madhur Tikta	Laghu Snigdha	Ushna	Madhur	Tridosahar, dahaghana, jvaraghana
Shaliparni	Desmodium Gangeticum	Madhur Tikta	Guru Snigdha	Ushna	Madhur	Tridosahar, Balya, Krumighana, Jvaraghana
Gokshur	Tribulus terrestris	Madhur	Guru Snigdha	Shita	Madhur	Vatapittahar, mutral vrushya Rasayan.

Bruhat panchamula

Drug name	Latin Name	Rasa	Guna	Virya	Vipaka	Karma
Bilva	Aegle marmelos	Kashay tikta	Laghu Ruksha	Ushna	Katu	Vatakaphahara, Dipan, Pachan, Grahi.
Gambhari	Gmelina arboreal inn.	Tikta Kashay Madhur	Guru	Ushna	Katu	Vatapittahar, shothhar Dipan, Pachan, Medhya
Patla	Stereospermum sauveolens	Tikta Kashay	Laghu Ruksha	Anushna	Katu	Tridosahar, Hridya, Kanthya
Agnimantha	Clerodendrum phlomidis	Tikta Katu Kashay Madhur	Ruksha Laghu	Ushna	Katu	Kaphavatahar shothahar, Dipan
Shonak	Oroxylum indicum	Madhur Tikta Kashay	Laghu Ruksha	Ushna	Katu	Kaphavatahar Dipan, Grahi.

RESULT

Complete relief in Mutrakruchata i.e. all sign & symptoms which was suffering since 14 years.

BHIDE LABORATORY
DR. R. B. BHIDE
M.D.

Morning : 8 to
Evening : 8
Phone : 2335381

KASLIWAL BUILDING, KIRANA CHAVDI, SHAHAGUNJ, AURANGABAD - 431001.
BRANCHES : TILAK NAGAR, NEAR ROPLEKAR HOSPITAL, AURANGABAD. TEL : 2340398

Name : Mrs. Tamne Vidya BSLT/32492 Age : Sex : Female
Ref. by : No : 57895 Date : 20-Feb-2011

EXAMINATION OF URINE

GENERAL EXAMINATION		
Volume examined	: 30 ml	Colour : Yellowish
Appearance	: Clear	Deposit : Nil
Reaction	: Acidic	Sp. Gravity : qns
CHEMICAL EXAMINATION		
Albumin	: Traces	Sugar (red Subst) : Nil
Bile Pigments	:	Acetone :
Bile Salts	:	Aceto Acitic Acid :
Urobilinogen	:	Occut Blood :
MICROSCOPIC EXAMINATION (Centrifuged deposits)		
Pus cells	: 0 to 1 / hpf	Casts : Nil
R.B.Cs.	: Nil / hpf	Crystals : Nil
Ep. cells	: 2 to 3 / hpf	Bacteria : Nil
Macrophages	: Nil	Yeast : Nil
Trichomonas	: Nil	Amorphous Deposits : Nil
Haemoglobin	:	

R. B. Bhide

DISCUSSION

मूत्रकृच्छ्रात् खलुः मूत्रमैत्रं नैत्रैः खलुजैर्मुत्रमैत्रं नैत्रं
कृच्छ्रात् खलुः मूत्रमैत्रं नैत्रैः खलुजैर्मुत्रमैत्रं नैत्रं [21] च. इ. 26/33

According to Aacharya Charak, aggregated tridoshas specially apan vayu gets lodged in basti (urinary bladder) region, causes constriction & irritation in mutramarga (urethra) causes mutrakruchha. According to modern science, infection of urinary tract by bacteria can also cause dysuria (mutrakruccha). These bacteria causes bladder irritation by inflammation results into cystitis & urethritis with complaints of burning micturition, frequency of urination, urgency & sensation of incomplete passage etc.

Inshort,

Samprapti factors

Dosha - Vata dominant - tridosha

Dushya – Mutra, Udak

Adhishtan - Basti, Mutramarga, Pakvashaya.

Srotas - Mutravaha.

Having same complaints patient was visited to our hospital. In this case study the treatment was followed by Acharya Charaka as follows-

Abhyantar chikitsa



Dipan, pachan, Anuloman

Gokshur based formulations

Shilajit preparation.

Panchakarma



Snehana (bahya parimarjan)

Swedan

Yog basti

Uttar basti (Mutramarya)

Shirodhara

Nasya

Dipan: It was done by Hingvashtak churna. (2 gm---2gm before meals with anupan Goghrita).

The contains in this drug are agneya mahabhutatmak, katu amala lavan rasa pradhan, laghu ushna tikshna viryatmak which stimulate & strengthen jatharagni.

Pachan: It was done by Aampachak vati. The ingredients in this drug digest the aama by ushna virya. So by dipan & pachan, Nirama ras was produced the saman vayu was in its right position.

Anuloman with Avipatikar churna: The drug digest apakva mala correct vitiated vata dosas, facilitated easy evaluation of mala through anus, help the Apan vayu in its right position.

Chandraprabha vati: Acts as follows with its main ingredients.

Dose—500mg b.d. with anupan chandanasava

- Suvarnamakshik and loha helps in pitta shaman, raktavardhak.
- Shilajatu—Rasayan, normalize the dhatu pariposhan karma.
- Guggulu—relaxes the sympathetic & parasympathetic nerve stimulation anti-inflammatory balya rasayan.
- Khadisakhar—Hrudya, prasadan.
- Karpur ---Vishaghana, krumighana.
- Kachura, ela, vekhand, --Pachak, shamak, mutral, krumighana result into reduce the bladder infection.

Chandanasava--- Acts as agnivardhak, balakarak, dahaghana, shulaghana.

The disease of other parts of the body caused by vitiated vata can be relieved by treating it at the level of its root i.e. pakwashaya. With help of basti. According to Ayurveda mutra nirmiti takes place in pakwashaya.

मूत्रनिर्मितिः पक्वशयायाः ।

अग्निवर्धकः चण्डानसवः ।^[22]

ख.इ. 3/21.211

Vessels arising from large intestine called ‘Mutravaha nadya’ fill the urinary bladder like the rivers feed water to ocean on earth. They are so minute that they are not perceived. These vessels arise from Amasaya & convey fluid to bladder day and night. Thousands of this vessels provide water which excludes from vessels to inside bladder posterior urine is filled is “Upasnehana” meaning by exudation.

उपसनेहः । (QsWhé)

In large intestine, kitta gives origin of two mala of food. Separation of these mala is done in large intestine.

So, Among the measures adopted in the management of vatavyadhi Anuvasan, aasthapan, and uttarbasti are considered to be supreme devices. They act locally as well as systematically. It is regarded as a half of the treatment.e.is ardhachikitsa in vata vyadhi. It is also effective in pitta, kapha, & raktaj disorder.

Panchakarma

- 1) **Snehan (Bahya parimarjan):** Vata is located mainly in the tactile sensory organ lodged in the skin, hence sarvanga snehan (bahya parimarjan) was beneficial to skin &

vaadosha. Snehan (oleation) loosens the morbid doshas to certain extent.

- 2) **Swedan (sudation):** The qualities of swedan like ushna, tikshna, sara, drava, snigdha, helps in flushing out the wastage & toxins from the body through perspiration.
- 3) **Yogabasti:** Act locally as well as systematically help to normalize the vitiated apan vayu & mutranirmiti.
- 4) **Uttar basti:** By jatyadi taila and chandanbalalakshadi taila in bladder. These oils reducing the inflammation of the bladder & urethra by tikta katu kashaya rasa, laghu, ruksha guna, ushna virya, pachan, tridosahar, krumighana, shotaghana, dahaprashamana, kandughna, vishaghana, vedanasthapan, shodhan & ropan properties & get relief from burning micturition, frequency of micturition & repeated UTI.
- 5) **Shirodhara:** Help to reduce vitiated doshas, the irritability & provides the sound sleep to the patient.
- 6) **Nasya:** (Panchavardhendriya taila) stimulate the function of sensory & motor organs & refresh the patient.
- 7) **Yonidhavan:** (With Panchavalkal kwath) Kashaya rasa, sheeta veerya, Ruksha guna, shothahar, pittakaphahar, medohar, reduces the inflammation of yoni results in relief the patient from white discharge, itching of vagina.

CONCLUSION

Thus we conclude that the holistic approach abhyantar chikitsa, panchakarma, sthanik chikitsa gives complete relief to the patient from all signs & symptoms of mutrakrucha.

Medicines used in the above case are cheap, effective & easily available.

Treatment was cost effective.

Patient was happy from bottom of heart.

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