

STUDY OF EFFICACY OF BRUHAT DHATRYADI KWATH IN MANAGEMENT OF PITTAJ MUTRAKRICCHARA WITH SPECIAL REFERENCE TO CYSTITIS- A CASE STUDY

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ABSRTACT

Mutrakricchra comes under the disorders of *mutravahasrotas* and mainly deals with *shool* (pain) and *krichatta* (dysuria) in *muttrakicchra* vitilated *pitta dosha* along with *vata* (mainly *apan vayu*) on reaching to *basti* affilects the *mutravahasrotas* due to which the patient feels difficulty in micturition. The above mentioned symptoms closely resmbeles with urinary tract infection in modern science specifically cystitis.so as a present case study includes study of efficacy of *bruhat dhatryadi kwath* in management of *pittaj mutrakrichhara* with special reference to cystitis. A case of *pittaj mutrakricchra* has been dignosed as per Samhita and *Bruhat dhatryadi kwath* given orally 40 ml bd

before meal for 15 days and follow up on each 7 days upto month. The study shows significant decrease in symptoms of *pittaj mutrakricchra*.

KEYWORDS:- *Mutrakricchra*, *Cystitis*, *Bruhat dhartyadi kwath*.

INTRODUCTION

Mutra is an outcome product of digesion of food and metabolisam in body and it passes through urethra. Ayurveda has dealt with many disease of *mutravahasrotas* under the heading of *muttrakricchra*, *mutraghat*, *mutraashmari*.

Mutrakricchra is one of the common and distressing disease among the group of urinary disorder.

Acharya shusrut has describe 8 types of *muttrakricchara*^[1] and one of them is *pittaj mutrakricchara* resembes with the symptoms of disease cystitis.^[2,3] In *muttrakricchara* vitilated *pitta* along with *vata* (mainly *apan vayu*) on reaching to *basti* (bladder) afflicts the *mutravahasrotas* due to which patient feels difficulty in micturition.^[4]

The *lakshan* of *pittaj mutrakricchara* like *pita mutrapravritti* means yellowish discoloration of urine, *sadah mutrapravritti* means burning sensation during micturition, *saruja* and *muhurmuhur mutrapravritti* means dysuria and with increased frequency, *sarakta mutrapravritti* means hematuria so all the above signs have closely resembes with signs of cystitis of modern science.^[2,3]

In modern science cystitis is treated with antibiotics,antispasmodic,alkalisers which have their own side effects and limitations. The effect may be temporary and patient comes with recurrence. While in Ayurveda we use herbal medicine which can be used by different pathways. They have very less or no side effects on body. *Bruhat dhatriyadi kwath* is described in *bhaishajya ratnawali*^[5] and its *falashruti* it is described as *mutrakricchara, rujahar, dahahar* hence we can succesfully use it in *pittaj mutrakricchara*.

Case report

A 29 year old male patient comes to opd of government ayurved college and hospital nanded, Maharashtra with.

Complaints of

- 1) *Sadhah mutrapravritti* (Burning micturition).
- 2) *Muhurmuhur mutrapravritti* (frequency of micturition).
- 3) *Sarauja mutrapravritti* (dysuria).

Patient is suffering from above symptoms since 1 year intermittently and had used various medicine but did not get relief completely. There is no history of any surgical operative or major illness like diabetes or hyprtension. In systemic examination RS, CVS, CNS no any deformity seen. on per abdominal examination there is mild tenderness present over suprapubic region .In local urinary tract examination external urethral meatus and genitals are normal. The personal history, *ashtavidha parikshan*, lab investigations are given in table 1, table 2, and table 3 respectively.

Table 1: Personal history.

| Name-ABC | Bala - <i>Madyam</i> | Prakritti- <i>Pittavata</i> |
|------------------------|----------------------|-----------------------------|
| Age-29yrs | Nidra- <i>Uttam</i> | BP-110/80mmhg |
| Sex-male | Addiction-None | Weight-68kg |
| Marital Status-Married | Appetite-Good | Height-170cm |
| Occupation-Farmer | Bowel habit--Regular | |

Table 2: Ashtavidha parikshan.

| | |
|---------------------------|-----------------------------|
| Nadi-74/MIN | Shabda- <i>spashta</i> |
| Mala- Regular | Sparsha- <i>Anushnashit</i> |
| Mutra-Burning micturition | Druk- <i>Spashta</i> |
| Jivha- <i>Isahat sama</i> | Akrutti- <i>Madhyam</i> |

Table 3: Lab investigations.

| Investigation | Before treatment | After treatment |
|-------------------------------|--|--|
| Bsl(R) | 88mg/dl | 92mg/dl |
| Urine Routine and Microscopic | Epithelial cell-occasional Pus cell-2-3/hpf | Epithelial cell-absent Pus cell-2-3/hpf |
| USG Abdomen and Pelvis | Mild diffuse bladder wall thickness s/o cystitis | No significant abnormality detected |

MATERIALS

For above case study *Bruhat dhatyadi kwath* was used which is described in *bhaishajya ratnawali*. *Bruhat dhatyadi kwath* contains Dhatri, Draksha, Yashtimadhu, Vidarikand, Gokshur, Darbha, Ekshumool, Hritaki and Sita.^[5]

METHOD

Bruhat dhatryadi kwath orally 40 ml bd before meal for 15 days and follow up on each 7 days upto month.

Kwath is preapread according to *sharangadhar Samhita*.^[6]

Pathyapathta^[7]

- 1) *Pathya*- *Puran shali, yava, mudga, jangala mansrasa, patol, tanduliy, narikel jala, kushmand, khajur, amalki, dadim, ela, sita, godughda etc.*
- 2) *Apathya*- *tila, sarshap, masha, kulath, matsya, Shigru, kapitha, amlika, dadhi, hingu, madya, atikatu ras prasdhan ahar.*

Subjective criteria for assessment

| Criteria | Grade 0 | Grade 1 | Grade 2/3r | Grade 3 |
|--------------------------|---------------|--|---|---|
| Hematuria | Absent | No changes in urine only microscopic changes | Changes in urine with plenty of RBC | Whole urine stained with blood with plenty of RBC |
| Pain during micturation | Absent | Mild pain without suprapubic tenderness | Moderate pain with mild suprapubic tenderness | Severe pain with severe suprapubic tenderness |
| Burning micturation | Absent | mild | Moderate | Severe >1hrs |
| Frequency of micturation | 6-8times /day | 9-10times/day | 10-15times/day | >15 times day |

OBSERVATION

| Criteria | 0 th day | 7 th day | 15 th day | 30 th day |
|-----------------------|---------------------|---------------------|----------------------|----------------------|
| Frequency | 12 | 10 | 7 | 6 |
| Burning | Severe | mild | Mild | No |
| Suprapubic Tenderness | Mild | no | No | No |

RESULT AND DISCUSSION

Patient has relived from above complaints like burning micturition, frequency, suprapubic tenderness within follow up period of 1 month. In USG report cystitis observed before 1 month which was totally absent after treatment. No adverse effects seen during the course of study.

The drugs used in *bruhat dhatyadi kwath* except *haritaki* has “*sheet*” *virya* which directly acted on vitiated *pitta dosha* in *pittaj mutrakrichhara*, *haritaki* though has “*ushna*” *virya* but has *madhur vipak* hence didn't vitilate *pitta* but act as *agnideepak* and *pachak* drug hence effect of *bruhat dhatyadi kwath* is more efficient in *pittaj mutrakrichhra*.

CONCLUSION

The ayurved treatment protocol of oral use of *bruhat dhatyadi kwath* in oral form is effective in management of *pittaj mutrakricchra*. the limitation of study is single case study and need to be studied in more number for its concrete conclusion.

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