

## MANAGEMENT OF URINARY TRACT INFECTION WITH CERTAIN AYURVEDA MEDICINES

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### ABSTRACT

The symptoms of urinary tract infection similar to mootrakriccha. A male patient aged 48, paraplegic S/P RTA on 12.03.2021 with SCI, T 12 burst fracture with cord. He was in IPD of Ayurgreen Hospital and he was doing treatment for the same. Then he got burning micturation, done urine RE. It shown Pus cells and turbid urine. Patient was treated with Cystogreen and Bangshil tab. Patient had marked relief in the symptoms and reduced pus cells within 15 days. patient was very happy and satisfied with this treatment. Eventhough UTI in catheterised patient difficult to manage, with these ayurveda medicines it cured within 15 days.

### INTRODUCTION

A urinary tract infection (UTI) is an infection involving any part of the urinary system, including urethra, bladder, ureters, and kidney which is the most common type of healthcare-associated infection.<sup>[1]</sup> Among UTIs acquired in the hospital, approximately 75% are associated with a urinary catheter, which is a tube inserted into the bladder through the urethra to drain urine.<sup>[2]</sup> The most important risk factor for developing a catheter-associated UTI (CAUTI) is prolonged use of the urinary catheter. The symptoms of UTI similar to mootrakriccha which described in *Ayurveda*.<sup>[3]</sup> Urinary tract infection is defined as multiplication of organism in the urinary tract. It is usually associated with the presence of neutrophil and  $>10^5$  organisms /ml in a midstream sample of urine(MSU).<sup>[4]</sup> UTI can be compared to *Mootrakriccha* which mentioned in *Ayurveda*. *Mootrakriccha* having symptoms like increased frequency, urgency, hesitancy, burning micturation, painful micturation and red yellow -orange urine. Ayurveda remedies that work well for UTI.<sup>[5]</sup>

## MATERIALS AND METHODS

Patient with c/o urinary tract infection from the IPD of Ayurgreen Hospitals, Kavilpadi, Kerala, India.

## CASE PRESENTATION

A male patient aged 48, paraplegic s/p RTA on 12.3.2021 with SCI, T 12 burst fracture with cord. The patient came to our hospital on 26.6.2022 with weakness of B/L lower limb and double incontinence. He was under CIC(4 hourly), and undergoing physiotherapy and *Ayurveda* treatment since he admitted. On 5.12.2022 onwards underwent through burning micturation, tiredness and there is no other h/o obstructive uropathy, haematuria, urinary and renal calculi was present.

## CLINICAL FINDINGS

On physical examination patient was febrile with Bp 120/80 mm of hg, pulse 74 /min. On systemic examination no abnormality was found in respiratory, cardiovascular system, central nervous system activity. Patient having *Rasa vaha*, *Raktha vaha*, *Mootra vaha* *Srothodushiti Lakshnas* were observed. On urine RE On 10/12/2022 pus cells was 100/HPF.

## THERAPEUTIC INTERVENTION

Patient was IPD, having IP No;16567, and for the UTI patient was treated by *Ayurveda* medicine, that is Cystogreen with water and Tab Bangshil 2-0-2.

## LAB INVESTIGATION REPORT

### Urine RE

	BT	7 <sup>TH</sup> DAY	15 <sup>TH</sup> DAY
COLOUR	Pale yellow	Pale yellow	Pale yellow
APPEARANCE	S-turbid	S -turbid	Clear
ALBUMIN	trace	Trace	Nil
SUGAR	Nil	Nil	Nil
RBC	4-6/HPF	0-1 /HPF	Nil
PUSCELLS	90-100 HPF	45-50 /HPF	4-6/HPF
EPITHELIAL CELLS	3-5 /HPF	2-4 /HPF	1-3/HPF
BACTERIA	(+)/HPF	(+)/HPF	
CASTS	Nil/HPF	Nil /HPF	Nil/HPF
CRYSTALS	Nil /HPF	Nil/HPF	Nil/HPF
OTHER FINDINGS	Nil	Nil	Nil

Assessment was done every 7 days. Till time of treatment patient had marked relief in tired and burning micturation. On 7<sup>th</sup> day (15/12/2022).Patient had sustained improvement in

symptoms and urine RE shows pus cells reduced to 45-50/HPF within one week and after 15 days it is 4-6 /HPF.

## DISCUSSION

UTI is very common condition seen catheter patients. The action of every drug is determined by the dominant pharmacodynamic factors. The line of treatment in *Ayurveda* is mainly based on *Dosha Chikitsa*. The disease *mootrakriccha* (urinary tract infection) has involvement of vitiation of *pitta dosha* along with vitiation of *vata dosha*.

Cystogreen powder prepared in Ayurgreen hospital which is indicated in all urinary problems. Cystogreen contains *Gokshura*, *Punarnava*, *Sariva*, Arrow root. Almost all drugs are *vata pitta hara*, which means it acts against *mootrakriccha* (UTI). *Gokshura*, *Punarnava*, *Sariva* having *mootrala* action and almost all drugs having anti inflammatory property. *Sariva* and Arrow root having *sheetha guna* which reduces *pitta* and there by reduces burning micturation.

Bangshil produces by Alarsin company and it contains *shilajathu*, *vanga bhasma*, *guggulu*, *makshika bhasma*, *guduchi*, *triphala*. It reduces burning micturation and all type of urinary tract infection.

## CONCLUSION

There was a significant improvement in the case of urinary tract infection. *Mootrakriccha* is very difficult to manage especially in the catheterized patients. We administered with Cystogreen with water and Bangshil tab. It shows a drastic change in the case of pus cells in the urine, that is it was 100/HPF before treatment and it reduced to 35-40/HPF after taking medicine and again it reduced to 4-6 /HPF.

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