



ROLE OF MUTRAMARGA UTTARABASTI IN CASE OF RECURRENT URINARY TRACT INFECTION

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ABSTRACT

Urinary tract infection is one of the common diseases in females. Around 2-10% women suffer from recurrent UTI globally and 3 to 24% in India. The predisposing factor is shortness of urethra in females where the bacteria can reach the urinary bladder more easily. In females recurrent UTI present as mainly dysuria or irritative voiding of urine. In Ayurvedic classics, there is detail explanation of urinary system disorders under Mutra vikaras and one of them is Mutra krichra which can be related to recurrent UTI. The research says, repeated use of antibiotics kills the good bacteria keeping infection and inflammation. The recurrence is complicated which represent the risk of urosepsis or permanent damage to kidney, which is life threatening. Classics explains special treatments like sthanika chikitsa and among them for the mutrakrichra one of the treatments used is mutramarga Uttara basti. In this study assessed effect of mutramarga Uttara basti in recurrent UTI.

KEYWORDS: Recurrent UTI, Mutakrichra, Uttara basti.

INTRODUCTION

Urinary tract infection is one of the common diseases in females. Around 2-10% women suffer from recurrent UTI globally and 3 to 24% in India.^[1] The predisposing factor is shortness of urethra in females where the bacteria can reach the urinary bladder more easily. In females recurrent UTI present as mainly dysuria or irritative voiding of urine. UTI generally characterized by dysuria, frequent and painful urination which brings discomfort and decrease the quality of life.^[2] These are caused more commonly by uro-pathogenic *Escherichia coli* (UPEC) *Staphylococcus saprophyticus*, *Klebsiella* species, *Staphylococcus epidermidis*, *Enterococcus* species, *Staphylococcus aureus*, *Pseudomonas aeruginosa* and other coliforms. Caraka Samhita explains thirteen urinary diseases. Urinary tract infection described under the broad term of Mutrakchra.^[3] The term is comprised of two words mutra and krichra. Mutra means urine, krichra means painful. Thus, painful urination called as Mutrakchra. Incidence differs according to age and sex. During the reproductive age the male and female ratio Females are more vulnerable to get infected due to anatomical reasons, i.e. shorter urethra and its proximity to anus. The chance of urinary tract infection among school going children is 1-3% and this rises with the onset of sexual activity being more common in adolescents and young women. Chances of recurrence after the first attack of UTI are 25% within 6

months. Currently the most effective treatment for these infections is antibiotic therapy. Classics explains special treatments like sthanika chikitsa for females and among them for the mutrakrichra one of the treatments used is mutramarga Uttara basti.^[4,5]

Medical history

A female patient of 45 years came to OPD with the complaints of burning sensation during micturition and increased frequency of micturition for 3 years, the reoccurrence is once a month. Not k/c/o DM, HTN. The symptoms aggravate while travelling, intake of spicy food, fish, curd. On intake of antibiotics symptoms reduces and again reoccurs after a month.

Examination: the examination was carried out using Ayurvedic clinical methods including vital signs, BP, Pulse, HR, PR, weight and systemic examinations- no abnormalities detected. P/V & P/S examination found normal.

Diagnosis & assessment

Mutrakrichra (Recurrent UTI).

Aims

- To prevent long term use of antibiotics & avoid reoccurrence of urinary tract infection.
- Asses the role of mutramarga Uttara basti in mutrakrichra.

- Asses drug absorption mechanism in urinary bladder.

Therapeutic focus

Modified yoga basti has been planned for treatment.^[6]

- Anuvasana with Shatavari Ghrita (60ml)
- Niruha vasti- dashamoola ksheera basti (360ml)
- Uttara basti – dhanwantara taila (40ml)

Time of administration

- After menstrual cycle i.e cessation of bleeding.^[7]
- Should not be done in active stage of the disease.

Patient was given with uttarabasti for 5 days, during the treatment patient showed single episode of painful micturation along with pain abdomen in early morning voiding no other significance problem was reported. Patient was discharged on 8th day with an advice of chandrapraba vati and kadali kalpa rasayana and asked to review after 15days.

Outcome: patient was examined for 6 consecutive follow up for 6 months and there is no single episode of burning micturition or reoccurrence of UTI has been reported.

DISCUSSION

Instillation of chemical substances into the urinary bladder to combat infection has been practiced for over 40 years in different populations with varied results. Saline irrigation provides a washout effect, but has nothing in it to inhibit bacterial multiplication the drug interpretation like poorly absorption systemically compromised renal function. This study showed that, mutra marga Uttara basti well tolerated by the patient. The mode of action probably, the permeability of a tissue is related to its structure; permeable membranes such as gut, mucous, membranes where absorption is an important function. Topical therapy provides a unique opportunity to deliver drugs directly to a disease site at optimum concentrations and with minimal risk of systemic side effects. The drug consists of a lipid soluble component and hydrophobic emulsifying, it provides more efficient release of incorporated drug at an oil-water interface than from a lipid vehicle alone.^[7] Uttar Basti is an important Panchakarma procedure for the genito–urinary disorders of both, males and females. The drug used here is dhanwantara taila, the mechanism of action can be predicting as when the drug is infiltrated into the bladder it may act as bladder wash, anti-microbial effect, dosha shamaka, repairs the mucous membrane and avoids the multiplication of pathogens.

CONCLUSION

Uttara basti gives significant result in cases of repeated UTI than advising repeated Antibiotic therapy.

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pregnant women. Indian J Pathol Microbiol, 2008; 51: 379-81.

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