



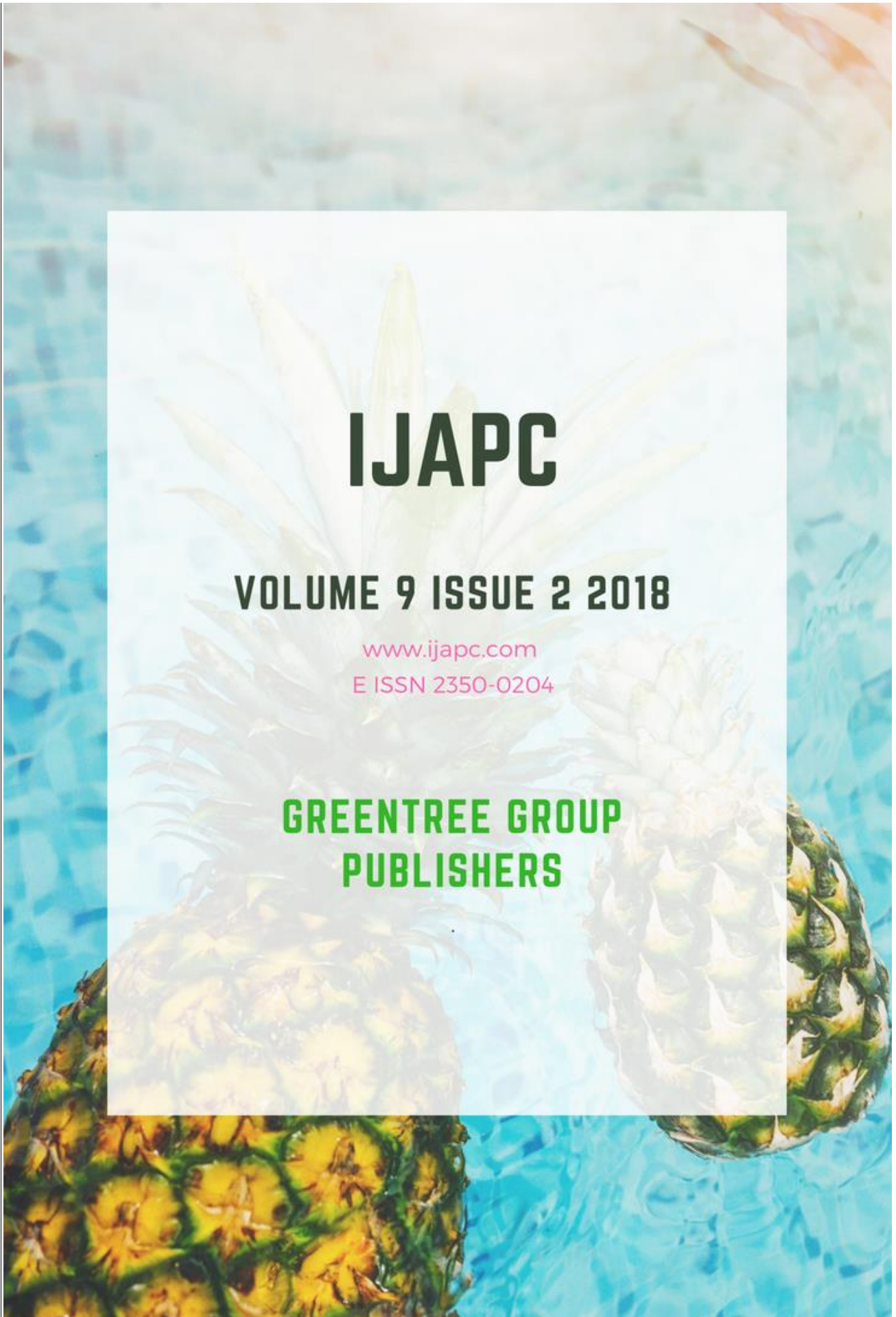
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Management of *Mutrakricha* (Urinary Tract Infection) with *Urtica dioca*: A Case Study

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ABSTRACT

Mutrakricha (urinary tract infection) is the most common and serious problem which is affecting many people in the society. *Mutrakricha* is more common in women than men. In modern facilities and medicines there are many drugs which can be used in the treatment of *Mutrakricha*, even though there are many cases of *Mutrakricha* in the society. A female patient aged 26 years came with repeated complaints of *Sashool mutrata* (Painful micturition), *Dhagadhvat mutrata* (Burning micturition), *Skashat mutrata* (Difficulty in micturition), *Ahikashan Abhikshan mutrata* (Increased frequency of micturition) diagnosed as *Mutrakricha* (urinary tract infection) was brought to RGGPGAC Paprola, HP. Patient was already treated with modern medicines but she was complaining of the symptoms again and again. According to Ayurveda management of *Mutrakricha* depends on *Tridoshas* which are involve in it. This drug *Urtica dioca* has an appreciable result on *Peeta mutrata* (turbidity of urine), *Sashool mutrata* (painful micturation), *Sakasht mutrata* (difficulty in micturition), *Abhiksan Abhiksan mutrata* (increased frequency of micturition) and significant changes in investigations.

KEYWORDS

Mutrakricha, *Sashool mutrata*, *Dhagadhvat mutrata*, *Sakasht mutrata*, *Abhiksan Abhiksan Mutarta*



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INTRODUCTION

Mutrakrichha is very well described under the disorders of *Mutravaha srotas*. Wide description in our classical texts reflects its prevalence in ancient period. It is mentioned under the diseases of *Mutravaha srotas* in general and also explained as a whole disease in separate chapter.²

Most of the urinary disorders are described in the form of 13 types of *Mutraghata*, 8 types of *Mutrakricha*, 4 types of *Asmari* and *Prameha* having 20 types¹. There is a classification of *Mutraroga* into two major types i.e. *Mutra-Aprvrtijanya* and *Mutra-Atiprvrtijanya* disorders³ *Mutrakrichha* comes under *Mutra-Aprvrtijanya* disorders. According to modern point of view Urinary Tract Infection may be subdivided in to upper Urinary Tract Infection (i.e. pyelonephritis, prostatitis, perinephric abscess) and Urinary Tract Infection that is basically concern with the lower tract (i.e. urethritis and cystitis). Clinical presentation of *Pittaja Mutrakricha* shows close resemblance to UTI's as described in modern texts especially with urinary tract infection which is basically concern with the lower tract. In *Ayurveda Mutrakricha* causes are described as overdone exercises, Dry food, unhealthy food, and excessive intake of alcohol, any injury, indigestion

and over eating. In Ayurveda there are many drugs to treat this disease.

CASE REPORT

A 26 years old patient came to us with chief complaints of-

- 1) *Sashool mutrata* (painful micturition)
- 2) *Dhagdhvat mutrata* (burning micturition)
- 3) *Sakasht mutrata* (difficulty in micturition)
- 4) *Abhiksan Abhiksan Mutarta* (increased frequency of micturition)

Patient had above complaints since 4 months

Patient history

A patient aged 26 years old housewife married to a 30 years old men who is by profession is a farmer presenting with three days history of fever with chills and was having increased *Dhagdhvat mutrata* (burning micturition). *She also complaints of suprapubic pain, Abhiksan Abhiksan mutrata* (increased frequency of micturition) from last four months. Gradually she develops the complaints, of *Sashool mutrata* (painful micturition) and *Sakasht mutrata* (difficulty in micturition). She had no previous complaints of diabetes mellitus, primary tuberculosis, hypertension and any kind of surgical procedure. Upon physical examination



tenderness on suprapubic region is find. On sexual history, she indicated that they were fairly liberal and adventurous on sexual matters⁵. Urine test revealed markedly elevated pus cells and RBC's in the urine. A diagnose of acute UTI was made. She did not find satisfactory relief with modern medicines, after that the patient decided to pursue Ayurvedic management.

Personal History:

Occupation- Housewife
Married status- Married

Menstrual History-

Menarche- 12-14 days
Appetite- decreased
Irritability- increased
Duration- 3-4 days
Volume- 2 pads /day
Interval- 28-30 days
Abdominal pain- present
Obstetrics History-
G0P0A0L0

INVESTIGATIONS

1) CBC

Table 2 Bio chemical investigations

F B S (mg/dl)	77mg/dl	74mg/dl
B. Urea (mg/dl)	24mg/dl	16mg/dl
S. Creatinine (mg/dl)	0.6mg/dl	0.4mg/dl
SGOT	38IU/L	34IU/L
SGPT	18IU/L	13IU/L

Urine

Routine	Colour- Pale yellow Specific gravity-1.023 pH-6.2 Reaction- acidic Alb-1+ Glucose-nil	Colour- Pale yellow Specific gravity-1.014 pH-6.2 Reaction-acidic Alb-traces Glucose-nil
Microscopic	Pus cells- 11-20/HPF, RBC'S- 3-10 HPF, Crystals, EPC-NAD	Puscels-3-10/HPF, RBC'S – 0-2/HPF Crystals, EPC-NAD

- 2) RFT
- 3) LFT
- 4) URINE ANALYSIS

Patient doesn't have any concomitant illness.

Treatment given-

Urtica dioica root powder- 2 to 6 BD

Anupana: *Shadghadhi paniya*

Duration-45 days (follow up after 15 days)

RESULTS

There was improvement in haematological and biochemical investigations (Table 1). There was decreased pus cells and RBC's cell count in urine (Table 2) and there is observational improvement in subjective criteria (Table 3).

Table 1 Routine haematological

Investigations	BT	AT
Hb%	9.4g/dl	10.0g/dl
TLC (/mm ³)	9400mm ³	8400mm ³
DLC (%)	P (78%), L (18%) E (03%), M (01%), B (00%)	P (64%), L (30%), E (04%), M (02%), B (00%)
ESR (mm fall in 1 st hour)	68	24



Table 3 Subjective Criteria

Sr. No.	Subjective Criteria	Grade	BT	AT
1.	<i>Sashool Mutrata</i> (painful micturition)			
	During micturition there is no pain	0		0
	During micturition there is mild pain	1		
	During micturition there is moderate pain	2	2	
	During micturition there is severe pain	3		
2.	Abhikshan Abhikshan mutrata(increased frequency of urine)			
	Patient passing urine 4-5 times a day	0		0
	Patient passing urine 6-10 times a day	1	1	
	Patient frequency of passing urine 12-20 times a day	2		
	Patient frequency of passing urine >22 times a day	3		
3	<i>Dhagdhvat Mutrata</i> (burning micturition)			
	There is no burning micturition	0		
	Burning micturition is mild	1		1
	Burning micturition is moderate	2	2	
	Moderate burning micturition	3		
4.	<i>Sakasht Mutrata</i> (difficulty in micturition)			
	There is no difficulty during micturition	0		0
	Difficulty at the beginning of the micturition act	1		
	At beginning there is difficulty & partially during rest of the micturition act	2	2	
	There is difficulty present throughout the act	3		

On Examination-

1. Generally condition of the patient is moderate.
 2. Pulse rate- 68/min
 3. B.P.-110/70mm/hg
 4. Weight- 48kg, Height-154.5 cm
 5. R/S= 18/min, no added sounds present
- CVS- S1 S2 normal, no abnormal sound
CNS-well conscious, oriented place, person, time
Srotodushti- Mutrvahastrotas

DISCUSSION

Patient was completely treated with Ayurvedic approach. According to Ayurveda many drugs are present for the treatment and *Panchkarma* treatment

available for *Vatavyadi* and *Mutrakricha* is one of them. These Ayurvedic treatments help to reduce these symptoms of *Mutrakricha* i.e. *Sadaghd mutrata* (burning micturition), *Abhikshan Abhikshan mutrata* (increased frequency of micturition) *Sashool mutrata* (painful micturition) and *Kashta mutrata* (difficulty in micturition) (table no.3). Appreciable results are found in these symptoms of *Mutrakricha* by *Urtica dioca*.

Urtica dioca is a drug having anti-inflammatory and antihistamines properties. It is a herbal drug which has a composition of phytosterols, triterpenic acids, lignans, simple phenol compounds which decreases micturition difficulty and



having multiple inhibitory effects on inflammatory mediators. Therefore this drug is useful in curing *Mutrakricha* (urinary tract infection)^{4,5,6}.

CONCLUSION

The pathological factors for *Mutrakricha* (urinary tract infection) are *Vataj Aahar Vihara* according to *Ayurveda* and bacteria (e.coli) in modern sciences. *Urtica dioica* is having anti inflammatory and urination properties which excrete bacteria from the body. So the results suggest that *Urtica dioica* shows appreciable results in *Mutrakricha*.



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