



ISSN 2456-3110

Vol 9 · Issue 7

July 2024

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Management of *Pittaj Mutrakruhra* (Urinary Tract Infection) with *Vidariyadi Vati* (*Pueraria tuberosa* Linn, *Tribulus terrestris* Linn, *Glycyrrhiza glabra* Linn, *Mesua ferrea* Linn, Magnatite) - A Single Case Report

Rohini Siddhartha Kamble¹, J.M. Shirke², Vinayak N. Joshi³, Sachin G. Rohani⁴

¹Post Graduate Scholar, Dept. of Rog Nidan, Dr. D. Y. Patil College of Ayurved & Research Centre, Dr. D. Y. Patil Vidyapeeth, Pune (Deemed to be University), Pimpri, Pune, Maharashtra, India.

²Professor, Dept. of Rog Nidan, Dr. D. Y. Patil College of Ayurved & Research Centre, Dr. D. Y. Patil Vidyapeeth, Pune (Deemed to be University), Pimpri, Pune, Maharashtra, India.

³HOD, Dept. of Rog Nidan, Dr. D. Y. Patil College of Ayurved & Research Centre, Dr. D. Y. Patil Vidyapeeth, Pune (Deemed to be University), Pimpri, Pune, Maharashtra, India.

⁴Associate Professor, Dept. of Rog Nidan, Dr. D. Y. Patil College of Ayurved & Research Centre, Dr. D. Y. Patil Vidyapeeth, Pune (Deemed to be University), Pimpri, Pune, Maharashtra, India.

ABSTRACT

Urinary tract infections (UTIs) are very common and can be detrimental to health and quality of life. The overall prevalence of UTI was 33.54% of which 66.78% were females and can be correlated to *Mutrakruhra*. *Vidaradi Vati* having drugs *Vidari Churna* (*Pueraria Tuberosa* Linn), *Gokshur Churn* (*Tribulus terrestris* Linn), *Madhuyashti Churn* (*Glycyrrhiza glabra* Linn), *Nagkeshar Churn* (*Mesua ferrea* Linn), *Loha Bhasm* (*Magnetite*). Combinations of these all *Churn* create a good effect and are effective in relieving symptoms of *Mutrakruhra* (Urinary Tract Infection). When there is recurrence of Urinary Tract Infection and patient is frustrated by taking allopathy medicine, there is need to find new medication which will give complete relief to patient. Patient has already invested so much of money for treatment there is need to find new cost effective treatment. As manifestation of *Mutrakruhra* and urinary tract infection are similar, an attempt has been made in this article to understand the concept of urinary tract infection and to make formulation effective on *Mutrakruhra* (Urinary Tract Infection).

Key words: *Mutrakruhra*, *Urinary Tract Infection*, *Vidariyadi Vati*, *Pueraria Tuberosa* Linn, *Tribulus terrestris* Linn, *Glycyrrhiza glabra* Linn, *Mesua ferrea* Linn, *Magnetite*

INTRODUCTION

Health as well as quality of life of individuals is affected due most common disease *Mutrakruhra*. *Mutrakruhra* can be correlated to Urinary Tract Infection. The overall prevalence of UTI was 33.54% of

which 66.78% were females and 33.22% were from males. High prevalence 2:1 was observed in females as compared to males.^[12] During whole life 50-80% of women have Urinary Tract Infection at least once. Globally more than 150 Million people are affected annually.

Acharya Charak and *Acharya Sushrut* have described about *Mutrakruhra*, its classification, symptoms and treatment.^[1] There are 8 types of *Mutrakruhra* and *Pittaj Mutrakruhra* is one of them.^[1,3] The *Lakshanas* of *Pittaja Mutra Kruchha* (Urinary Tract Infection) like *Peet Mutrapravrutti* means yellowish discoloration of urine, *Sadaha Mutrapravrutti* means burning sensation during maturation, *Sashul* means painful maturation & *Muhur Muhur Mutrapravrutti* means with increased frequency. *Sarkta Mutrapravrutti* means haematuria. All these signs and symptoms can be correlated to Urinary Tract Infection of modern science.^[1] Infection

Address for correspondence:

Dr. Rohini Siddhartha Kamble

Post Graduate Scholar, Dept. of Rog Nidan, Dr. D. Y. Patil College of Ayurved & Research Centre, Dr. D. Y. Patil Vidyapeeth, Pune (Deemed to be University), Pimpri, Pune, Maharashtra, India.

E-mail: dr.rohini.bhagat@gmail.com

Submission Date: 00/05/2024 Accepted Date: 00/06/2024

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: 10.21760/jaims.9.7.55

in Urinary Tract leads to arrange of symptoms and signs that reflect the location and severity of the infection.^[9] Poor hygienic conditions and environment, poverty and illiteracy also contribute to the increasing percentage of Urinary tract Infection. The studies have shown that one in 5 adult women experience a UTI at some point, confirming that it is an exceedingly common worldwide problem.^[3] E.coli is by far the commonest cause of uncomplicated community-acquired UTIs in both outpatient and inpatient settings. Other common uropathogen other common uropathogens are *Enterococcus faecalis*, *Enterobacter species*, *Staphylococc saprophyticus*, *Klebsiella pneumoniae*, *Proteus mirabilis* and *pseudomonas species*.^[2]

NEED OF STUDY

Pittaj Mutrakruhra (Urinary Tract Infection) has lots of physical concern in day-to-day life of people. In modern science UTI is treated but the effect is temporary & patients come with recurrence for most of the time.

In Ayurveda *Pittaj Mutrakruhra* (Urinary Tract Infection) can be treated effectively by using herbal medicines.^[1,3] Modern treatment of UTI comprises of antibiotics, antispasmodics, alkalisers which have their own side effects and limitations. We have many *Yogas* formulation in Ayurvedic classics which are giving having good result, cost effective, can be taken by patient on OPD basis. There is need to find more effective medicine as an option to other market preparation *Vallipanchmul Kwath*, Syrup Ural.

There is need to find more effective, side effect free and economical treatment on *Pittaj Mutrakruhra* (Urinary Tract Infection).

Thus, *Vidaradi Vati* will be use on *Pittaj Mutrakruhra* (Urinary Tract Infection)

CASE REPORT

A 38 years old female came to OPD of Dr. D Y Patil College of Ayurveda and Research Center resident of Pune, Maharashtra. She was having *Peet Mutrapravrutti* (yellowish discolouration of urine),

Sadaha Mutrapravrutti (burning sensation during micturition), *Sashul Mutrapravrutti* (pain during/after micturition), *Muhur Muhur Mutrapravrutti* at night (increased frequency of micturition at night) i.e., 7 times Micturition at night.

Patient was suffering from above symptoms since 2year intermittently i.e., once in three months in past she has taken many therapies but there was recurrence of disease.

Neither history of major illness nor any past surgical history.

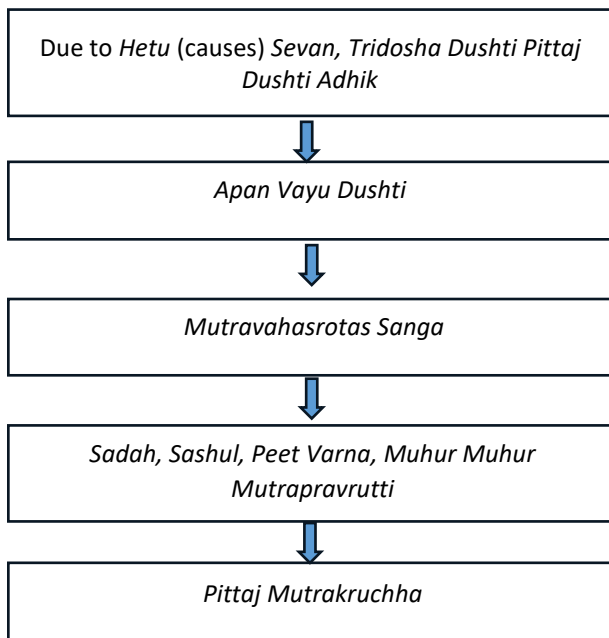
Personal Information

Name - XYZ
Age - 38 yrs
Sex - Female
Weight - 63kg
Height - 149cm
Occupation - Sweeper
Marrital status - married
Appetite - Good
<i>Bala - Madhyam</i>
Sleep - disturbed due to micturition at night
<i>Prakruti - Pittapradhan</i>
B.P. - 130/80mmhg

Ashtavidha Pariksha

<i>Jiwha - Saam</i>
<i>Nadi - 81 beats/min</i>
<i>Mala - Regular defecation</i>
<i>Mutra - Peet Varna, burning, painful micturition</i>
<i>Shabda - Speech clear</i>
<i>Sparsh - Normal</i>

Druk - Normal
Akruti - Madhyam

Nidanpanchak^[2,3]**Hetu (Causes):** Abhishandi Aahar, Tikshna Ushana Drav Aahar, Mutranighrah**Purvaroop:** Ajirna, Aanah**Roop (Symptoms):** Sashulmutra Pravrutti, Mutradaha, Muhurmuhur Mutrapravrutti, Peet Varn Mutrapravrutti.**Upashay:** Upashayatmak Upaay (things to be done to get relief) such as drinking more amount of water. Drink coriander powder 1 tea spoon and Jirak powder 1 tea spoon mix in water daily 1-2 glass.**Samprapti****Investigations**Urine (Routine/Microscopic) - Randomly freshly voided sample is usually adequate for most tests.^[10]**Preparation of Vidaryadi Vati**Vidarikand Churna (*Pueraria tuberosa* Linn), Gokshur Churna (*Tribulus terrestris* Linn), Madhuyashti Churna (*Glycyrrhiza glabra* Linn), Nagkeshar Churna (*Mesua ferrea* Linn), Loha Bhasma (Magnetite) all are taken in

Saam Pramana i.e., 50mg each Churna and Vati is made of 250mg.

Chikitsa**Vidaryadi Vati**

For first 5 days - 250 mg - QID (4 times a day) with water

For day 6 to day 8 - 250mg - TDS (Three times a day) with water

For day 9 to 12 - 250mg BD - (Two times a day) with water

Importance of Drugs**Vidaryadi Churna (*Pueraria tuberosa* Linn)** - It is used in *Mutrakruchhra*, *Daha*, *Daurblya*. It can be used as diuretic. It is used as carminative, nutritive, cardiogenic. It can be used in *Yakrit Roga*.**Rasa, Vipak - Madhur; Veerya - Sheeta.** Due to *Madhur Rasa* and *Sheet Veerya*, *Vidari* subsides *Pitta Dosha* predominantly. The drug is having *Gamitva* (affinity) towards *Mootravaha Srotas*. *Vidari* acts as potential drug to subside excess / vitiated / *Prakupita Pitta Dosha* within *Mootravaha Srotas*. Thus, *Vidari* can be enlisted as drug of choice to relive *Pittaja Mutrakruchhra*.**Gukshur Churna (*Tribulus terrestris* Linn)** - An infusion of fresh leaves and stem is used as an esteemed remedy for treating dysuria i.e., painful urination. The decoction is useful in irritation of urinary organs, it is given as remedy for incontinence of urine. Fruit powder is used in kidney and urinary troubles.^[13]**Rasa, Vipak - Madhur; Veerya - Sheeta.** Due to *Madhur Rasa*, *Gokshur* subsides *Pitta* and *Vata Dosha* predominantly. This is the drug of choice in any pathological condition of *Mutravaha Srotas*. *Gokshur* acts as potential drug to subside excess / vitiated / *Prakupita Pitta Dosha* within *Mutravaha Srotas*. Thus, *Gokshur* can be enlisted as drug of choice to relive *Pittaja Mutrakruchhra*.**Madhuyashti Churna (*Glycyrrhiza glabra* Linn)** - The drug is used as laxative, diuretic, anticolic and herbal antacid. It is useful in dysuria. It is *Rasayan* (health

promotive), *Jivaniya* (life promotive and rejuvenative), *Balya* (body strengthened).

Rasa, Vipak - Madhur; Veerya - Sheeta. Due to *Madhur Rasa, Yashti* subsides *Pitta* and *Vata Dosha* predominantly. This drug is enlisted under “*Rasayan*” category as the drug is having potential to rejuvenate and strengthen body cells. *Yashtimadhu* subsides excess *Pitta* in *Mutravaha Strotas* and strengthen urinary tract cells.^[5]

Nagkeshar Churna (Mesua ferrea Linn) - The drug *Nagkeshar* is useful in several diseases and it is specifically valued as *Amapachna*. It can be used in *Mutrakruhra, Mutradaha* and in *Mutramargat Raktapitta*.

Nagkeshar having *Rasa - Kashay Tikta, Vipak - Ushna, Veerya - Katu* due to this it is the potential drug to relieve any kind of bleeding from urethra, vagina and anus. This characteristic prove that the drug is good to treat excess *Pitta / Raktadhatu* get excess *Pitta*. This is the potential drug to vitiated *Pitta* in *Mutravaha Strotas*.^[7]

Loha Bhasma (Magnetite) - *Loha Bhasm* is *Rasayana*,^[14] thus very good quality of *Rasadi Dhatu* are formed which in turn causes all *Indriyas* to be perform in good way. All the *Dhatu* gets all the ingredient in proper quantity thus healthy body is obtain. When there is no relief by using much treatment we should use *Loha Bhasma*. When we use *Loha Bhasm* in *Mutrakruhra* we get relief.^[8]

Drugs in Vidariyadi Vati and their actions

Drugs	Botanical Name	Ras	Virya	Vipaka	Dosha Karma	Active content	Action
<i>Vidari Kand Churn</i>	<i>Pueraria tuberosa</i> Linn	<i>Madhur</i>	<i>Sita</i>	<i>Madhur</i>	<i>Vatapitta shamaka</i>	<i>Puerarin</i>	Antibacterial, Antiviral, Anti inflammatory

<i>Gokshur Churn</i>	<i>Tribulus terrestris</i> Linn	<i>Madhur</i>	<i>Sita</i>	<i>Madhur</i>	<i>Vatapitta shamaka</i>	<i>Saponin</i>	Antioxidative, Diuretic
<i>Madhuyashti Churn</i>	<i>Glycyrrhiza glabra</i> Linn	<i>Madhur</i>	<i>Sita</i>	<i>Madhur</i>	<i>Vatapitta shamaka</i>	<i>Glycyrrhine</i>	Antimicrobial, Anti inflammatory
<i>Nagkeshar Churn</i>	<i>Mesua ferrea</i> Linn	<i>Kashaya, Tikta</i>	<i>Ushna (Isat)</i>	<i>Katu</i>	<i>Kaphapittashamaka</i>	<i>Coumarins</i>	Analgesic, Anti inflammatory
<i>Loha Bhasma</i>	<i>Magnetite</i>	<i>Tikta</i>	<i>Ushna / Sita</i>	<i>Madhur</i>	<i>Tridosha Shaman</i>	<i>Iron</i>	Strengthen immune system

Apathya

Mutrakruhra patients should avoid exercise, suppression of natural urges, oily food, *Kapiththa, Jambu*, riding elephants or horses. The patient should also avoid taking incompatible meals, excessive or very less amount of food, betel nuts, fishes, *Kalka* of sesame seeds, sesame oil, mustard oil, *Masa* or foods prepared from it, hot, unctuous and citrus edible.^[15] While taking *Loha Bhasm* things to be avoided are *Kushmanda, sesame oil, Rajika, Rasona* (garlic), *Madya* (liquor), *Amla Rasa*.^[16]

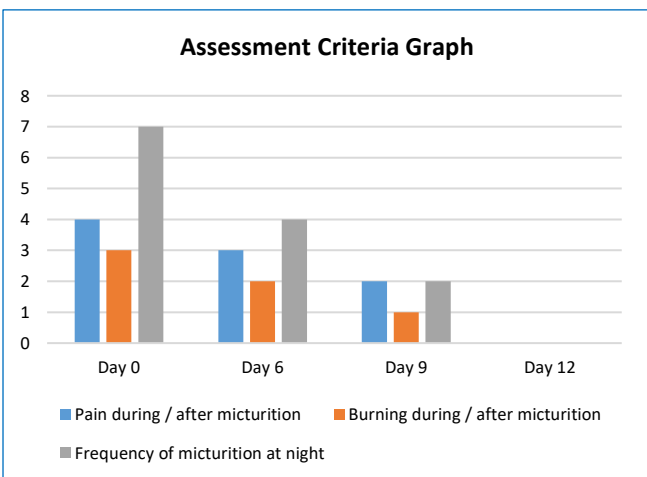
Subjective Criteria For Assessment^[4]

Criteria	Cured (0 Grade)	Mild (1 Grade)	Moderate (2 Grade)	Severe (3 Grade)
1. Pain during /	No any pain.	Referred pain at	Pain at tip of	Pain at tip of penis/

after micturition		the tip of penis in males & at labia minora in females may/may not	penis/ labia minora	labia minora continuously.
3. Burning during / after micturition	No burning during micturition.	Burning during micturition sometimes	Burning after micturition upto 1 hour.	Burning after micturition beyond 1 hour.
4. Frequency of micturition at night	No micturition at night	2-3 times in night.	3-5 times in night.	>5 times in night

Observation Follow-up as per assessment criteria

Days	0	6 th	9 th	12 th
Pain during /after micturition	Severe	Moderate	Mild	No
Burning micturition	Severe	Moderate	Mild	No
Frequency of micturition at night	7 Times	4 Times	2 Times	No micturition at night
No of grades	14	9	5	0



Objective Criteria

Urine routine / Microscopic Reports

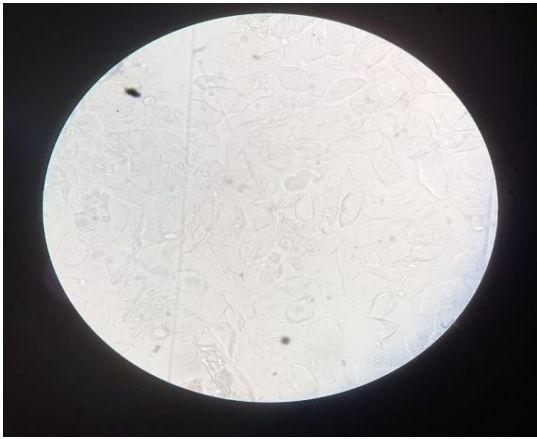
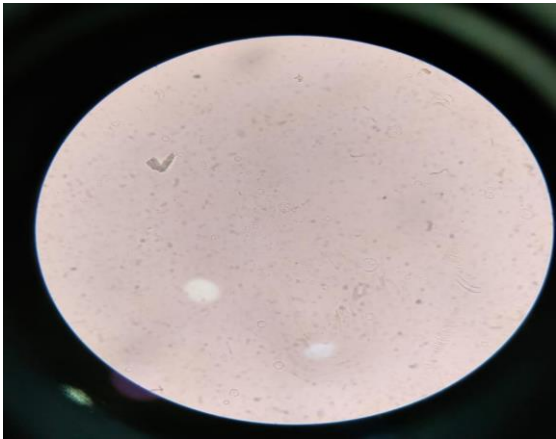
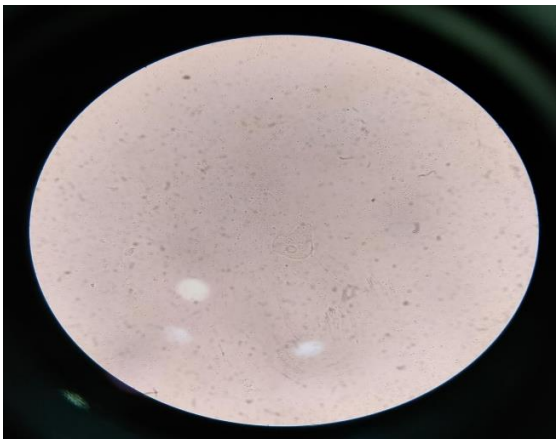
Days	0	6 th	9 th	12 th
Colour	Dark yellow	Pale yellow	Pale yellow	Pale yellow
Quantity	10ml	10ml	10ml	10ml
Appearance	Turbid	Cloudy	Slightly cloudy	Clear
Specific gravity	1.030	1.030	1.015	1.015
Reaction (ph)	Acidic	Acidic	Acidic	Acidic
Proteins	Absent	Absent	Absent	Nil
Glucose	Absent	Absent	Absent	Nil
Ketone bodies	Absent	Absent	Absent	Absent
Bile salts	Absent	Absent	Absent	Absent
Bile pigment	Absent	Absent	Absent	Absent
Pus cell	23-25	10-15	8-10	1-2
Epithelial cells	14-15	8-10	6-8	1-2
Others	Bacteria Present (more quantity)	Bacteria present (less quantity)	Bacteria occasionally present	Bacteria absent

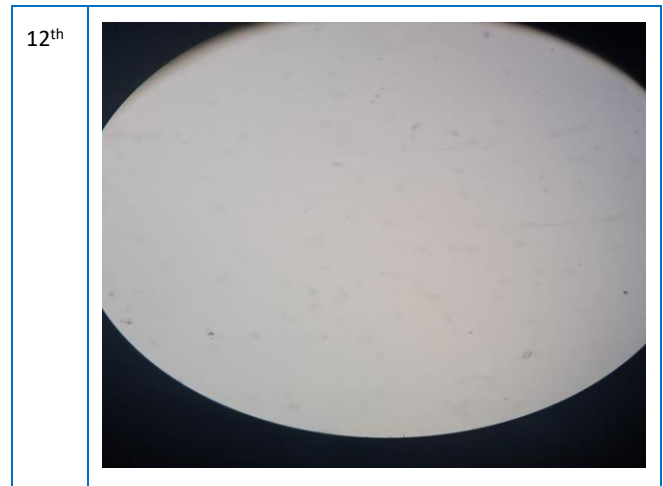
Grades according to Objective Criteria

Grades	Cured (0 Grade)	Mild (1 Grade)	Moderate (2 Grade)	Severe (3 Grade)
Colour	Pale yellow	Pale yellow	Pale Yellow	Dark yellow
Appearance	Normal	Slight cloudy	cloudy	turbid
Pus cells	1-2	2-12	12-20	Above 20

Epithelial cells	1-2	2-10	10-15	Above 15
Bacteria	Absent	Absent/Occasionally present	present (less quantity)	Present (more quantity)

Microscopic observation of urine slides

Days	Microscopic observation of urine slide
0	
6 th	
9 th	



Observation Follow-up as per Objective Criteria

Days	0	6 th	9 th	12 th
Colour	Severe	Moderate	mild	cured
Appearance of urine	Severe	Moderate	mild	cured
Pus cells	Above 20	Moderate	mild	cured
Epithelial cells	Above 12	Moderate	mild	cured
Bacteria present/absent	Severe	Moderate	Mild	cured

Result By using Assessment and Objective criteria:

1. Complete Relief - About more than 75% complete disappearance of known symptoms.
2. Marked relief - About 50 % to 75% disappearance of known symptoms and absence of complications.
3. Moderate relief - About 50 % reliefs in symptoms
4. Mild relief - 25 % relief in symptoms.
5. No relief - No relief in symptoms.

RESULT

From Assessment criteria we get grade-0 and from Objective Criteria we get grade-0. Thus, from both criteria patient get about more than 75% complete disappearance of known symptoms i.e., She got complete relief.

DISCUSSION

Vidari Kanda Churn (*Pueraria tuberosa* Linn) is *Madhurras* and *Madhur Vipak* due to which it is *Vatapittasamak*. *Vidari* is *Mutral*, *Dahaprashman*, *Balya*, *Bruhana*, *Rasayana*.^[6]

Goshur Churna (*Tribulus terrestris* Linn) causes *Dipan* of *Jatharagni* and *Bhautikaagni*. *Goshur* (*Tribulus terrestris* Linn) cause *Pachan* of *Aama* created by *Pruthavi* and *Jalmahabhutadhikya* thus in turn decreased in symptoms of *Mutrakruhra* (Urinary Tract Infection). We get relief from *Mutradoshti*.^[13] *Prabhav* of *Goshur* is *Mutral*.

Madhuyashti (*Glycyrrhiza glabra* Linn) is *Mutravirajniya*, whatever *Vaivarnya* (Discoloration of Urine) caused due to *Pitta Prakop* is destroyed by *Madhuyashti*. Thus, normal color to urine is obtain by using *Madhuyashti*, due to *Vatapittashamak* pain and burning sensation is relieved in *Mutrakruhra*.^[5]

Nagkeshar (*Mesua ferrea* Linn) consist of *Tikta Ras* which causes *Dipan Pachan* of *Ama*. Thus aggravated *Pitta* in *Mutramarg* may cause shaman which in turn causes destruction of *Paka Lakshan* in *Mutravah Strotas*. Due to *Mutral Karya* painful maturation can be relieved.^[7]

Loha Bhasma (Magnatite) - *Loha* is *Rasayana*, thus very good quality of *Rasadi Dhatu* are formed which in turn causes all *Indriyas* to be perform in good way. All the *Dhatu* gets all the ingredient in proper quantity carried by *Rakta Dhatu* thus healthy body is obtain.^[14]

Vidari Kand Churn acts as *Dahaprashmana*, *Goshur Churna* act as *Mutral*, *Madhuyashti* is *Mutravirajniya*, *Nagkeshar* is *Mutral* and does *Dipan Pachan* of *Ama*, *Loha Bhasm* is *Rasayan* collectively they contribute to form *Vidaryadi Vati*. All drugs used in *Vidaryadi Vati* Act as *Vatpittashamak* and helps to distrust the *Samprapti* of *Mutrakruhra*. Combining all ingredients *Vidari*, *Madhuyashti*, *Gokshur*, *Nagkeshar* are *Vatpittashamak* gives relief from *Sadah Mutrapravrutti*, *Sashul Mutrapravrutti*, *Muhur Muhur Mutra Pravrutti*. *Loha Bhasm* acts as *Rasayan* to make healthy and strong body.

CONCLUSION

Vidaryadi Vati is effective in reducing the symptoms of *Pittaj Mutrakruhra* in patient and she got good relief. Thus, *Vidaryadi Vati* is effective in *Pittaj Mutrakruhra*

REFERENCES

1. Kaviraj Ambikadatta Shastri, Sushruts amhita, uttantantra 59/20. chaukhamba Prakashan Varanasi Edition 2011, Pg no=5.54
2. Watring NJ, Mason JD. Deciphering dysuria Emerg Med 2008;40(9):29-34. Kalyani s Pawan & RH Anilkanthwar
3. Ravidattatripathi and Vidyadhaishukla Charaksamhita dwitiyabhag Chikitsasthanamadihyayam. shloka 26/32, 26/33, 26/34, 26/49. chankamba Krushnadas academy Varanasi 3rd edition 2010 Pg no 632
4. Kalyani S.Pawar, R H Amilkanthwar Study of Efficacy of of vallipanchmool Kwath in management of Pittaj mutrakrichara with Special Reference to Cystitis - A Case study IAMJ Volume 7, Issue 2; Feb-2019 http://www.iamj.in/posts/images/upload/268_272.pdf
5. Gyanendra Pandey. Dravgaguna Vijnang Part I, Third Edition 2005 Madhuyashti Pg.no. 456-468
6. P. V. Sharma Dravyaguna vijnana vol II (Vegetable drugs) Vidari Pg no 738-739
7. A. Pa. Deshpande, R. Ra Javaigekar, Dr. Subhash Ranade. Part 1 and 2 Pg Nagkeshar 380-361
8. Acharya. Dhundusnathen Vicharit Rasendid chudamani: Navamadhaya, Mutrakruhra - Mutra ghata dhikya - 1- Lohaprayog Pg290
9. Hutchison's Clinical Methods. An integrated approach to clinical practice 24th Edition. William M. Drake, Michael Glynn chap17 urogenital System Pg. 360
10. P.J. Mehta's Practical medicine by 21 Edition by late Dr Pradip J Mehta Chapter 13 clinical pathology Urine Examinations pg - 544
11. Recent Research into Urinary Tract Infections (UTIs) by I Sarah Moore Reviewed b Emily Henderson, B.Sc.
12. Indian Journal of Microbiology Research Official Publication of innovative Education and Scientific Research Foundation. Prevalence of urinary tract infections and current. Scenario of antibiotic susceptibility Pattern of bacteria causing UTI Author - -

- Pritam Pardeshi. Volunt - 5 Issue 3 year 2018 Article pg -334-338.
13. Gyanendra Pandey Dravgaguna Vijnang Vol I edition third 2005 Goshur pg no 685-694
14. Panchnan Gangadharshashtri Gopalrao Gune Ayurvedia Aushadhigundharma part 1-5. Lohabhasm pg no 110-123.
15. Neha Subhash Tambe and Dr. Jai Kiran Kini. A Literature Review on Mutrakriccha (Lower Urinary Tract Infection) Based on Ayurvedic and Modern Perspectives. International Journal of Advance Research. ISSN 2320-5407 Article DOI:10.21474/IJAR01/11098 DOI URL: <http://dx.doi.org/10.21474/IJAR01/11098>

16. Damodar Joshi. Rasa Sastra. Jaikrishnadas Ayurveda Series. Chapter 4 Description of Lohas (metals) and Their Processes. Pg no. 131.

How to cite this article: Rohini Siddhartha Kamble, J.M. Shirke, Vinayak N. Joshi, Sachin G. Rohani. Management of Pittaj Mutrakruchhra (Urinary Tract Infection) with Vidariyadi Vati (Pueraria tuberosa Linn, Tribulus terrestris Linn, Glycyrrhiza glabra Linn, Mesua ferrea Linn, Magnetite) - A Single Case Report. J Ayurveda Integr Med Sci 2024;7:346-353.

<http://dx.doi.org/10.21760/jaims.9.7.55>

Source of Support: Nil, **Conflict of Interest:** None declared.
