

## CASE STUDY: AYURVEDIC MANAGEMENT OF URINARY TRACT DISEASE DUE TO ACCIDENTAL URETHRAL INJURY

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### ABSTRACT

Ayurveda is a science which has explained definition of well being in early period and narrated the ideal definition of health i.e. “*Samadosha Samagni Samdhatumaalkriya.....*”. Urinary tract disease is most common disease at present. Many allopathic drugs are available for urinary tract disease & these drugs control disease but in 75% cases after discontinue the medicines, again disease reoccur. This study elicits a case report of a 12 years old boy suffering from dysuria, dribbling of urine, frequency due to accidental urethral injury treated by the intervention of *Kanchnar guggulu*, *Gokshuradi guggulu* & *Chandraprabha vati* which cured and demolished the symptoms.

**Keywords:** *Kanchnar guggulu*, *Gokshuradi guggulu*, *Chandraprabha vati* etc.

**INTRODUCTION:** In Ayurvedic Samhitas detailed description of urinary tract disease are found. All Ayurvedic Acharya describe urinary tract disease under *Mutraghata* & *Mutrakriccha*. They have described *Mutraghata* & *Mutrakriccha* in details including etiological factors, classifications, symptomatology, pathology, complications & its management in a most scientific manner. Acharya Charaka in his treatise Charaka Samhita has briefly described about 13 *Mutraghata*<sup>1</sup> & 8 *Mutrakriccha*<sup>2</sup>. In these *Mutraghata* type Acharya Charaka also mentioned trauma as etiological factor. Today different medicines for the management of dysuria, dribbling of urine, frequency of urine are present. In spite of all these different medicines, the cure is often not certain and there is always a great possibility of recurrence of disease.

**CASE STUDY:** A 12 years old male reported to the surgery O.P.D. at *Patanjali Bhartiya Ayurvigyan Avum*

*Anusandhan Sansthan, Haridwar, Uttarakhand* with complaints of dysuria, frequency of micturition, dribbling of urine from urethral meatus in June 2016. According to his parents he was alright before 6 years. At the age of 6 years urethral injury occurs due to bus accident. For this urethral injury patient was operated for 3 times in duration of 2 years in AIIMS & Fortis Hospital, New Delhi. After surgery injured urethra healed up but symptoms like dribbling of urine, frequency of micturition, dysuria were persist. His parents went to Allopathic Physician to see patient & Physician prescribe some medicine to patient. Due to medicine symptoms like dysuria, frequency of micturition were controlled but dribbling of urine through urethral meatus during playing, crying was not controlled. His parents again went to Physician to told about the persist symptom like dribbling of urine through urethral meatus during playing, crying. At

this time Physician said them, this was due to urethral injury as well as complications of three times surgery. His parents went to many Physician & Surgeons to see him but symptom like dribbling of urine through urethral meatus during playing, crying was not controlled. After discontinue the medicines, again all symptoms were persist. After this, patient came in *Patanjali Bhartiya Ayurvigyan Avum Anusandhan Sansthan, Haridwar, Uttarakhand* for management. After Local examination and C.T. Scan, blood & urine investigation, treatment was started. C.T. Scan report show urethral stricture. Drug prescribed were *Kanchnar guggulu, Gokshuradi guggulu, Chandraprabha vati* one tab (500 mg) each B.D. for 2 months then ½ tab each B.D. for next 1 months & at last ½ tab each O.D. for 15 days.

**RESULT:** After taking prescribed medicine for 2 months his parents came with him in surgery O.P.D. & told that symptoms like dysuria, frequency of micturition were totally controlled & symptom like dribbling of urine through urethral meatus during crying, playing was less than earlier. In next Follow up after 1 month dribbling of urine through urethral meatus during playing, crying was totally controlled. When C.T. scan was done in next follow up, urethral stricture size become less than previous. In next Follow up after 15 days medicines prescribed were stop. No adverse effects were observed during the course of study.

**DISCUSSION:** *Kanchnar guggulu*<sup>3</sup> is made up of *Kanchnar twak, Trikatu, Twak, Triphala, Varun, Ela, Tejpatra, & Guggulu*. The entire ingredients in this formulation have *kashaya, madhura & tikta rasa; ruksha, ushna, & teekshna guna; ushna virya and katu vipaka*. These properties exerted pharmacological

actions<sup>4</sup> like *agni deepan, ama pachana, mootral, lekhan, shothahar, vilayana & srotoshodhan* etc. As *mootravaha srotasa* becomes free from *avarodha* (in the form of *aghata*) or *avarana* caused by vitiated *kapha*, the vitiated *vata* comes to normal state. Thus, it normalized the physiology of *apana vayu*, results into proper evacuation of *mootra* in the form of increased urine flow rate.

*Gokshuradi guggulu*<sup>5</sup> contents are *Shunthi, Maricha, Pippali, Musta, Guggulu, Gokshura & Triphala*. Majority of drugs has *Tridoshaghna*, formulation contains *madhura, tikta, katu rasa* in slight majority *madhura, katu Vipaka & ushna Veerya & dominant laghu & ruksha Guna*. Because this, formulation is mostly effective in *Vata dosha*. *Guggulu*<sup>6</sup> acts mainly on *Mutravaha Strotasa* & it have also *Medohar* property. It also acts as a *Rasayana* and *Balya*. Hence, it plays vital role in action of whole formulation. It helps to improve muscles of *Mutramarga*. *Gokshura*<sup>7</sup> is another drug which has mainly action on *Mutravaha Strotasa*. It is *Rasayana* and helps to improve proper *Dhatunirmana* and *Doshana*. *Gokshura* and *Guggulu* mainly acts as vehicle for other drugs as they have action on *Mutravaha Strotasa*. Hence, helps the drugs to reach at *Mutravaha Strotasa*, where pathogenesis takes place.

*Chandraprabha vati*<sup>8</sup> main contents are *Kachoor, Triphala, Sadhusana, Trijatak, Yavya kshar, Sarji kshar, Shilagatu, Guggulu, Vacha, Musta, Trivitra, Danti* etc. Acharya Govinddas Sen<sup>9</sup> in his treatise *Bhaisajya Kalpana* describe about function of *Chandraprabha vati* that it cure 13 *Mutraghata*, eight *Mutrakricha & Vataj, Pittaj, Kaphaj rogas* etc. In this case no sign and symptom of recurrence was ever found out.

**CONCLUSION:** Therefore, it can be said that Ayurveda is a complete science encompassing all the aspects of life. It promotes life and alleviates diseases of diseased and maintains the health of healthy person<sup>10</sup>. When we compare the C.T. scan report of previous & present we found that urethral stricture size become less. These Ayurvedic drugs in this case study give encouraging result. In this case study after completing the course of drug regimen not any complications or recurrence was noted.

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Figure 1: Scar of operation of Urethral injury



Figure 2: Scar of operation of Urethral injury.