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 Samdhutumaalkriya.......”. 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 Mutraghata1 & 8 Mutrakriccha2. 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. Inspite 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 Ayurved University Anusandan 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 Ayurvedyan Arum 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 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 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 mootrta in the form of increased urine flow rate.

Gokshuradi guggulu 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 acts mainly on Mutravaha Srotasa & 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 is another drug which has mainly action on Mutravaha Srotasa. 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 Srotasa. Hence, helps the drugs to reach at Mutravaha Srotasa, where pathogenesis takes place.

Chandraprabha vati main contents are Kachoor, Triphala, Sadhusana, Trijatak, Yavya kshar, Sarji kshar, Shilagatu, Guggulu, Vacha, Musta, Trivittra, Danti etc. Acharya Govinddas Sen in his treatise Bhaisajya Kalpana describe about function of Chandraprabha vati that it cure 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. 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