

Female UTI Clinical Case in Ayurveda

Case History – Next Ayush exam important –

Parameter	Details
Name	Mrs. Anjali Sharma
Age	32 years
Occupation	Homemaker
Chief Complaint	Burning micturition, frequent urination, and lower abdominal pain for 5 days
History of Present Illness	Symptoms started after reduced water intake and excessive spicy food consumption.
Past Medical History	No history of diabetes, hypertension, or kidney disease.
Menstrual History	Regular cycles, no associated dysmenorrhea.
Family History	No significant history of UTI in family.
Personal History	Reduced water intake, vegetarian diet, spicy food preference.
Examination Findings	Tenderness in the suprapubic region, mild fever (99.8°F).
Investigations	Urine routine: Cloudy, alkaline pH, presence of pus cells (20-25/hpf).

Diagnosis

Ayurvedic Diagnosis:

- Disease Name: **Mutrakrichra (Dysuria)**
- Dosha Involved: **Predominantly Pitta and Vata dosha**, with mild Kapha involvement.
- Samprapti (Pathogenesis): Agni dushti (digestive fire impairment) and accumulation of ama (toxins), along with vitiation of Apana Vata and Pitta dosha, leading to inflammation and burning sensation in the urinary tract.

Treatment Plan

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Aspect	Details
Dietary Measures	<ul style="list-style-type: none"> - Increase water intake (lukewarm or medicated water with coriander seeds). - Avoid spicy, salty, and sour foods. - Incorporate cooling foods like coconut water, cucumber, and buttermilk.
Lifestyle Changes	<ul style="list-style-type: none"> - Encourage proper voiding habits. - Avoid holding urine for prolonged periods. - Stress management with pranayama and yoga.
Ayurvedic Medicines	<ul style="list-style-type: none"> - Chandanasava (15-20 ml twice daily with water). - Gokshuradi Guggulu (500 mg twice daily). - Punarnavasava (15 ml twice daily). - Shatavari Churna (1 tsp twice daily with milk).
External Therapies	<ul style="list-style-type: none"> - Uro-Vasti (External oil application on the lower abdomen): Use medicated oil like Chandanadi Taila or Prapaundarikadi Taila. - Dhara (Pouring medicated decoction over the abdomen): Use cooling herbs like vetiver and coriander.
Pathya (Do's)	<ul style="list-style-type: none"> - Drink barley water regularly. - Use cooling herbs like coriander, fennel, and sandalwood in daily diet. - Include fresh fruits like pomegranate and watermelon.
Apathya (Don'ts)	<ul style="list-style-type: none"> - Avoid alcohol, caffeine, and carbonated drinks. - Limit spicy and oily foods. - Avoid exposure to excessive heat.

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Points to Remember (For NEXT AYUSH Exam)

1. Etiology (Nidana):

- Excessive intake of spicy, salty foods.
- Dehydration and suppression of natural urges (Mutravaha Srotas Dushti).

2. Pathogenesis (Samprapti):

- Involves Pitta and Vata dosha aggravation leading to inflammation and burning sensation.

3. Clinical Features:

- Burning micturition, frequent urination, lower abdominal pain, and cloudy urine.

4. Key Herbs for UTI:

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- Gokshura (*Tribulus terrestris*)
- Punarnava (*Boerhavia diffusa*)
- Chandana (*Santalum album*)
- Shatavari (*Asparagus racemosus*)

5. Common Ayurvedic Formulations:

- Chandanasava, Gokshuradi Guggulu, Punarnavasava.

6. Panchakarma Therapies:

- Uro-vasti (for localized relief).
- Dhara (with cooling herbs).

7. Preventive Measures:

- Proper hydration, avoiding holding urine, and a Pitta-pacifying diet.

8. Differential Diagnosis:

- Pyelonephritis, interstitial cystitis, or genital infections.

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