



ORIGINAL RESEARCH PAPER

Ayurveda

“A COMPARATIVE STUDY OF NARIKELADI YOGA & BRIHAT DHATRYADI GHANA VATI IN GARBHINI MUTRAKRICCHRA W.S.R.TO LOWER UTI”

KEY WORDS:

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INTRODUCTION:

Achievement of motherhood is the cherished desire of every pregnant woman. A series of changes happen in the physiological and psychological status of women, some of it may be felt as discomforts to her.

In routine antenatal checkups, it is observed that pregnancy can be complicated by maternal illnesses among which urinary tract infection (UTI) is most common. Incidences of UTI are detected in 2 to 8 % of pregnant women¹. Untreated UTI have been associated with increased incidences of low birth weight infants, premature delivery & new born mortality². Acute infections of the Urinary Tract can be subdivided into two general anatomic categories Lower Tract Infection (Urethritis and Cystitis) and Upper Tract Infection (Acute Pyelonephritis) ³. Lower UTI is characterized by frequency, dysuria, haematuria, urgency & strangury⁴.The symptoms of Lower UTI which can be correlated with Mutrakricchra. In the explanation of Garbhini Vyadhi, Mutrakricchra has not been described. Acharya Kashyapa has opined that the aetiopathology of the physical & psychological disorders that occurs in pregnant women is same as in normal individuals. Pathological factors involved like doshas, dushyas etc are same in both⁵.

Antibiotics the modern lines of treatment for lower UTI are having many side effects so they are not safe during pregnancy. Ayurveda an ancient holistic science is serving the mankind from thousands of years. In this situation Ayurveda may give a promising hand to cure this disease even though there is no specific description related in pregnant status.

OBJECTIVES OF THE STUDY

- 1) To study the efficacy of *Narikeladi Yoga in Garbhini Mutrakricchra*
- 2) To study the efficacy of *Brihat Dhatriyadi Ghana Vati in Garbhini Mutrakricchra*
- 3) To compare the efficacy of *Narikeladi Yoga & Brihat Dhatriyadi Ghana Vati in garbhini mutrakricchra*.

MATERIALS AND METHODS

In this clinical study entitled “*A Comparative Study Of Narikeladi Yoga & Brihat Dhatriyadi Ghana Vati In Garbhini Mutrakricchra W.S.R.To Lower UTI*” was carried out on 40 patients who attended the OPD and IPD sections of Prasooti Tantra and Stree Roga Department, SKAMCH & RC, Bangalore, during the period of 2014-2015.

Inclusion criteria

- Lakshanas of Mutrakricchra.
- Symptoms of Lower UTI.
- Both primi & multigravida in all the trimesters of Pregnancy.
- Age group in between 19 to 40 years.
- Laboratory investigation showing pus cells in urine (>5).

Exclusion criteria

- Patient suffering from any other systemic disorders which interfere with the course of treatment.

Diagnostic criteria:

- Lakshanas of Mutrakricchra.
- Symptoms of Lower UTI.
- Based on Laboratory investigation showing pus cells in urine (>5).

Laboratory Investigations:

- Urine Alb, Sugar & Microscopy examination
- Urine culture
- Blood -Hb %
- USG Abdominopelvis

Study Design

A comparative clinical study with pre test & post test analysis was conducted on 40 randomly assigned patients with signs and symptoms of Garbhini Mutrakricchra.

INTERVENTION

- 40 patients complaining of Garbhini Mutrakricchra were randomly divided into the following two groups, as Group A & Group B, each comprising of 20 patients.

Group A:

Narikeladi Yoga was given for 7 days.

Dose: Narikela Jala 300 ml & Guda 3gms along with Dhanyak Churna 3gms once a day were given orally in the morning.

Group B:

Brihat Dhatriyadi Ghana Vati was given for 7 days, orally.

Dose: 2 tab (each tab 500mg) twice a day before Food Sahapana: Sheeta Jala.

Duration of Study:

The study was done for a period of 16 days which included the first follow-up on 8th day and second follow-up on 16th day.

Discussion on observations

Age

The study shows highest incidence of 39(97.5 %) patients in the age group 19-30 years.

Religion

Distribution of patients based on religion shows that 34(85%) patients were Muslims and 6 (15%) belonged to the Hindu religion.

Occupation

In the present study, all 40 patients (100%) were homemakers. This reflects the prevailing social structure around which the hospital is located.

Education

In the present study, 25 patients (62.5%) had completed their Secondary education, 9 patients (22.5%) had Secondary education and 6 patients (15%) had primary education.

Socio-economic status

In the present study, 26 (65%) patients were from lower middle class, 8 (20%) were from middle class, and 6(15%) were from upper middle class

Gravida

A greater percentage of the women 21(52.5%) were primigravida and 19(47.5%) were multigravida in the study.

Trimester

The observation showed 20 (50%) patients belonged to 2nd

trimester and 14 (35%) patients were from 3rd trimester and 6(15%) were from 1st trimester.

Bowel habits

29(72.5%) patients were having *malabaddata*.

Prakruti

In the present study, 24 (60%) patients belonged to *vatapittaj prakruti*, 11 (27.5%) belonged to *kaphapittaja prakruti* and 5(12.5%) patients belonged to *Vatakaphaja prakruti*.

Vikruti:

All 20 (100%) patients in each group belonged to Madhyama Vikruti.

Ahara shakti:

Abhyavarana shakti & Jarana shakti

Majority of the 29 (72.5%) patients were having *avara abhyavarana shakti* and *avara jarana shakti*.

Discussion on symptoms:

All 40 (100%) patients had following complaints like *mutra kriccharta* (dysuria), *mutradaha* (burning sensation), *muhrmuhr mutrata* (increased frequency of micturition), *stranguary*, *urgency*.

Discussion on Associated complaints

Distribution of patients based on associated complaints shows that, 13(32.5%) patients had *dourbalya* (general debility), 35 (87.5%) had *annanabhilasha*(anorexia) 29(72.5%) had *malabhadata*(constipation) 3(7.5%) had *alpa nidrata* and 21(52.5%) had *h/o jwara*.

DISCUSSION ON RESULTS

Sr.no.	Symptoms	Group A	Group B	Comparison of groups
1	Mutrakruchhrata	HS	HS	B > A
2	Mutradaaha	HS	HS	B > A
3	Muhurmuhura Mutrata	HS	HS	B > A
4	Stranguary	HS	HS	B >A
5	Urgency	HS	HS	B > A
6	Suprapubic tenderness	HS	HS	B > A
7	Pus Cells	HS	HS	A > B
8	Epithelial cells	HS	HS	B > A
9	Hematuria	S	NS	A > B

S: Significant; HS: Highly Significant; NS: Non significant,

CONCLUSION:

Brihat dhatryadi Ghana vati showed more effective result than *Narikeladi yoga* in dysuria, burning micturition, frequency of micturition, strangury, urgency, suprapubic tenderness and epithelial cells. *Narikeladi yoga* showed more effective result than *Brihat dhatryadi Ghana vati* on pus cells and hematuria.

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