

## Clinical study to evaluate the efficacy of dhatryadi kwath in the management of pittaj mutrakuchhra in children

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### Abstract

*Kumara or bala avastha means childhood age described by traditional science of Indian medical system. Pittajmutra kruchhra can compare with lower urinary tract infection in modern science.*

*Urinary tract infection (uti) is a common medical problem in children, affecting 3-10% girls and 1-3% boys. They are an important cause of morbidity and might result in renal damage often in association with vesicoureteric reflux.<sup>4</sup>*

*Uti has been considered a risk factor for the development of renal insufficiency or end stage renal disease in children, although some have questioned the importance of uti as an isolated risk factor, because only 2% of children with renal insufficiency report a history of uti.<sup>5</sup>*

*Uti accounts for large number of patient attending in opd. There are many antibiotics, diuretics, antipyretics etc. Drugs are explained in modern science, but they have their own side effects like nausea, vomiting, drug hyper-sensitivity, abdominal disturbances, dizziness, muscle cramps etc. So, there is requirement to find low cost, harmless and preventive drug prepared from natural sources in the management of mutrakuchhra.*

**Keywords:** pittaj mutrakuchhra, dhatryadi kwatha, uti.

### Introduction:-

Ayurveda is a system of medicine with historical roots in the Indian subcontinent. Globalized and modernized practices derived from ayurveda tradition are a type complementary or alternative medicine. In countries beyond India, ayurveda and practices have been integrated in general wellness applications and in some cases in medical use.

Mutprakuchcha is horripilation, shivering of body parts and pain during micturition, bites lips and touches the urinary bladder (region) with hand in children. Mutprakuchhra is characterized by dahapravrutti (burning sensation), sarujapravrutti (painful), and muhurmuhu mutrapravrutti (frequency of micturition). There are 8 types of mutprakuchhra. Pittaj mutprakuchhra is one of the most leading types of mutprakuchhra i.e. Burnings sensation at micturition. Slightly yellowish or reddish, painful scanty micturition.<sup>10</sup>

### Primary objective

- To study the effect of dhatryadi kwatha in the management of pittaj mutrakuchhra.
- To study the concepts of mutrakuchhra and urinary tract infection from ayurvedic and modern science contexts.

### Types of study design:-

Randomized clinical study

Duration of study:- 7 days

### Methods of selection of study subjects

#### V. Matching criteria:

##### I) Inclusion criteria

- I. Diagnosed patients of Pittaj mutrakuchhra.
- II. Patients of either gender will be taken.
- III. Patients of age between 5 to 12 years will be taken.

##### II) Exclusion criteria

- I. Patients below age 5 and above 12 years.
- II. Patients with congenital abnormalities.
- III. Patients with phimosis, hematuria, renal failure, nephritic syndrome.
- IV. Patients with renal tuberculosis, acute glomerulonephritis, renal calculi.

**III) Withdrawal criteria**

Those subjects will be considered for withdrawals which are not compliance with study protocol.

**Materials and methods:**

Diagnosed patients of pittaj mutrakruhra taken as sample. They were given kwatha of dhatryadi kwatha (contains- amalaki, yashtimadhu, draksha, gokshura, vidari)

Pathya ahara and vihara were advised to the subjects.

**1) Drug source:-**

Dhatryadikwatha will be prepared in the pharmacy as per standard reference given by sharangdhara samhita madhya makhanda adhyaya 2 shlok 1.

**Review of pittaja mutrakruhra chikitsa**

The chikitsa of pittaja mutrakruhra can be done shamana chikitsa.

**Shamana:-**

- Dhatryadi kwatha contains amalaki, yashtimadhu, vidari, draksha, gokshura relieves pittaja mutrakruhra.

**Urinary tract infection**

Urinary tract infection (uti) is defined as multiplication of organism in urinary tract. Upper urinary tract infection is infection involving the kidney and lower urinary tract infection is infection involving the bladder, prostate, and urethra. Urinary tract infections are the most commonly found bacterial infections. Considering different factors.

Uti is classified based on site of infection:-

- 1) upper uti
- 2) lower uti

Upper uti includes infection to kidneys and prostate producing pyelonephritis, prostatitis, intrarenal and perinephric abscesses. Lower uti includes infection of bladder (cystitis) and urethra (urethritis).

Lower uti are often considered superficial (or mucosal) infections are generally common in female child.

**Symptoms**

- dysuria
- burning sensation
- frequency of micturition.

**Treatment**

According to modern medicine, painkillers, such as acetaminophen (tylenol) or ibuprofen, may relieve discomfort.

Antibiotics commonly used for bacterial uti are nitrofurantoin, trimethoprim-sulfamethoxazole, amoxicillin, cephalosporins, ciprofloxacin, and levofloxacin.

**IV) study settings**

1. All the clinical studies will be carried at our ayurveda hospital opd & ipd.
2. Pathological investigation will be done at ayurveda hospital, department of pathology (urine routine /microscopic).

**V) study population**

All the diagnosed cases of pittaj mutrakruhra attending in our ayurved hospital opd and ipd.

**VI) operational definitions**

**A. Materials :**

**1) Samplesource:-**

Diagnosed patients of pittaj mutrakruhra from opd and ipd of kaumarbhritya department of ayurvedic rugnalaya will be taken as sample.

**2) Drug source:-**

- I) Raw material collected as per guidance of dravyaguna department.
- II) Dhatryadikwath will be prepared in the pharmacy as per standard reference given by sharangdhara samhita Madhya makhanda adhyaya 2 shlok 1.<sup>3</sup>

**VII Dhatryadi kwath<sup>1</sup>**

Ingradients<sup>6-9</sup>

Sr . No.	Drugs name	Latin name	Rasa	Virya	Vipak a
1.	Amalaki	Embelica Officinalis	Panchrasa, Lavanvarjita	Sheeta	Madhura

2.	Yashtimadhu/ Mulethi	Glycyrrhiza Glabra	Madhur	Sheeta	Madhur
3	Vidari	Pueraria Tuberosa	Madhur	Sheeta	Madhur
4.	Draksha	Vitis vinifera	Madhur	Sheeta	Madhur
5.	Gokshura	Tribulus Terrestris	Madhur	Sheeta	Madhur

Severe burning which is not tolerable at Starting & prolonged for long time	3
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**3. Muhurmuhu mutrapravrutti (frequency of micturition)**

Symptoms	Grade
No frequent micturition (normal 6 to 8 Times)	0
Frequent but controllable (8 to 10 Times)	1
Often frequent not able to control (10 To 12 times)	2
Many times, more than 12	3

**VIII) Methods of data collection relevant to objectives**

Data will be collected by history taking and physical examination of patient on first day and after every follow up of patient.

**IX) Data management and analysis procedure:-**

Collected data will be presented in the form of tables and charts.

**Assessment criteria of work:-**

**Subjective criteria**

**1. Sarujam mutrapravrutti (painful micturition)**

Symptoms	Grade
No pain	0
Mild pain occasional only at starting of Micturition	1
Moderate- tolerable at starting & During micturition	2
Severe, unable to tolerate at starting & prolonged for long time	3

**2. Sadaha mutrapravrutti (burning micturition)**

Symptoms	Grade
No burning micturition	0
Mild burning in morning or at starting Of micturition	1
Moderate burning to lera bleat starting & during micturition	2

**Discussion**

- it was noted in the study that out of 40 patients of pittaja mutrakruhra who has decrease the symptoms .
- on the basis of observations appropriate statistical tests were applied. On application of statistics on the questionnaire score i.e. The tendency of suppression of sarujam mutrapravrutti, sadaha mutrapravrutti, muhurmuhu mutrapravrutti.

**Conclusion**

- the article emphasized management of pittaja mutrakruhra using various ancient approaches of ayurveda science such as herbal remedies. This article mentioned importances of dhatriyadi kwatha in the management of pittaja mutrakruhra.
- pittaja mutrakruhra when viewed under the lens of conventional medicine can be correlated with uti as both diseases symptoms are similar.
- the incidence rate of pittaja mutrakruhra is more prevalent in children.
- it is found that pittaja mutrakruhra is more prevalent amongst vata pittaja prakriti children.
- based on the clinical research work it is interpreted in the form of tara-tama bhava of symptoms as krucchrata pradhana, daha pradhana, peetavarna mutra pradhana and raktavarna mutra pradhana.
- the ayurvedic medicine acts as mootrala, shothahara, dahahara, mutravirajaniya,



vatanulomana.

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