



Case Report

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AYURVEDIC MANAGEMENT OF CYSTITIS WITH SPECIAL REFERENCE TO USHNAVATA: A CASE REPORT

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ABSTRACT

Cystitis is a condition of the urinary bladder in which diffuse inflammatory condition occurs, which may be due to an infectious or noninfectious aetiology that results in bleeding from the bladder mucosa. A 45-year-old male patient diagnosed with cystitis with recurrent hematuria was managed with Chiruvilvadi kashayam, Virataradi kashayam, Chandraprabha gulika and Cheriya antrakutaram gulika internally and dhanvantaram thailam pichu, avagaham with karanja, sigru, eranda, nirgundi patra, matra vasthi with pippalyadi anuvasana thailam and ksheeravasthi with gandharvahastadi kashayam. After completion of treatment, there was considerable relief in the primary complaints like foamy urine and low back pain associated with a burning sensation. This case report highlights the role of Ayurveda in the management of cystitis with recurrent hematuria and sheds light for further study on the same.

Keywords: Cystitis, Ushnavata, Virataradi kashayam, Cheriya antrakutaram gulika

INTRODUCTION

Cystitis is defined as an inflammatory condition of the bladder that has a wide range of symptoms and clinical features, which include a robust and persistent urge to urinate, burning sensation while urinating, passing frequent, small amounts of urine, hematuria, passing cloudy or strong-smelling urine, pelvic discomfort, feeling of pressure in the lower abdomen etc.^{1,2}

Ushnavata, one among the mutraghatas mentioned by Acharya Susrutha, can be co-related to the inflammatory condition³. According to the dosha predominance, it is classified under the vata-pittaja category, agantuja nidana being responsible for etiopathogenesis. Apana vayu, pachaka Pitta and Kledaka kapha are involved in the samprapthi of the disease.⁴

Case report

A 45-year-old male patient visited Suvaidya Ayurveda Hospital, Parambilangadi, Kottakkal, Kerala, presenting with complaints of recurrent hematuria noted on and off since December 2020. The condition was found to be aggravated whenever he took a non-vegetarian diet. He was diagnosed with acute cystitis with hematuria associated with lower abdomen pain and was treated in an allopathic hospital. He also had associated complaints of turbidity in the urine with foreign body (debris) presence, occasional frothy urine. He also complained of gas trouble with tightness and pain in the low back region with a burning sensation. Since he faced recurrent episodes of the condition and had to undergo intense treatments, which included high dose antibiotics continuously with no remarkable improvements, he came to our clinic for further management.

History: No H/O Diabetes Mellitus, Hypertension

Family history: Nothing relevant

The study was carried out per the International Conference of Harmonization-Good Clinical Practices guidelines (ICH-GCP) or the Declaration of Helsinki guidelines.

Declaration of the patient consent: The authors certify that they have obtained all patient consent forms. The patient has given his consent for his images to be used in the journal in the form.

Ayurvedic Perspective

This condition can be clinically co-related to ushnavata, which is mentioned as a type of mutraghata. Heavy exercise long walk under extreme sunlight leads to the aggravation of pitta and vata dosa.³ The aggravated dosas are lodged in the urinary pathway, which causes inflammation in nearby areas: the bladder, urethra, rectum, etc. This, in turn, leads to the yellowish discoloration of urine or blood mixed with urine. Apana vayu vaigunya is also involved in the samprapthi of the disease. Any derangement of Apana Vayu is responsible for any type of urinary system pathology. So, the treatment principle to be followed is to correct the vitiated Apana Vayu, thereby attaining the normal physiology of the urinary system.⁴

Investigations

15/01/2020

USG- Grade I enlargement of the prostate with mild bladder wall thickening.

15/03/2021

Diffuse wall thickening of the urinary bladder could be secondary to cystitis

Urine Routine Examination

Leucocytes-10-25/hpf

Red cells-numerous

After carefully evaluating the patient's condition, the treatment was planned accordingly. Chiruvilwadi kashayam(15ml with 45ml warm water in empty stomach at 6 am and virataradi kashayam (15ml+45ml warm water in empty stomach at 6 pm), chandraprabha gulika (1 tablet twice daily after food), cheriya

antrakutaram gulika (1 tablet twice daily after food) were administered. After two weeks of internal medications, the patient was admitted to IP, and the following procedures were administered.

Date	Name of Treatment	Medicine used
3/2/2022-10/2/2022	Pichu (low back region) - 45 minutes	Dhanvantara thailam
4/2/2022-10/2/2022	Avagaha for 45 minutes	Karanja,Eranda,Sigru,Nirundi patra
3/2/2022, 4/2/2022, 6/2/2022, 8/2/2022, 10/2/2022	Matra vasthi (72ml)	Pippalyadi anuvasana thailam
5/2/2022, 7/2/2022 9/2/2022, 11/2/2022	Ksheera vasthi	Gandharvahasthadi kashayam-100ml Satapushpa-30g Tikthaka ghritam-50g Ksheeram-100ml Saindhavam-10g Madhu-100ml

List of polyherbal preparations (with their botanical names used across Ayurvedic treatment period and their prescribed quantity in the formulation. Manufacturer is Kottakkal Aryavaidyasala, A GMP based company.

Table 1: Chiruvilwadi kashayam (Each 10 ml is prepared of)

Sanskrit Name	Botanical Name	Quantity
Chiruvilva	<i>Holoptelea integrifolia</i>	3.086g
Punarnava	<i>Boerhavia diffusa</i>	3.086g
Vahni	<i>Plumbago zeylanica</i>	3.086g
Abhaya	<i>Terminalia chebula</i>	3.086g
Kana	<i>Piper longum</i>	3.086g
Nagara	<i>Zingiber officinale</i>	3.086g

Table 2: Virataradi kashayam (Each 10 ml is prepared of)

Sanskrit Name	Botanical Name	Quantity
Vellantara	<i>Vetiveria zizanioides</i>	0.926g
Aranika	<i>Premna corymbosa</i>	0.926g
Buka	<i>Spermacoce hispida</i>	0.926g
Vrisha	<i>Justicia beddomei</i>	0.926g
Asmabheda	<i>Rotula aquatic</i>	0.926g
Gokantaka	<i>Tribulus terrestris</i>	0.926g
Ilkata	<i>Commiphora caudata</i>	0.926g
Sahachara	<i>Barleria strigosa</i>	0.926g
Bana	<i>Tephrosia purpurea</i>	0.926g
Kasa	<i>Saccharum spontaneum</i>	0.926g
Vrikshadani	<i>Dendrophthoe falcata</i>	0.926g
Nala	<i>Saccharum officinarum</i>	0.926g
Kusa	<i>Desmostachya bipinnata</i>	0.926g
Gucha	<i>Typha angusta</i>	0.926g
Gundra	<i>Typha elephantina</i>	0.926g
Bhalluka	<i>Chonemorpha fragrans</i>	0.926g
Morata	<i>Chonemorpha fragrans</i>	0.926g
Kurutaka	<i>Pergularia daemia</i>	0.926g
Rambha	<i>Musa paradisiaca</i>	0.926g
Partha	<i>Terminalia arjuna</i>	0.926g

Table 3: Cheriya Antrakudaram Gulika

Sanskrit Name	Botanical name	Quantity
Hingu	<i>Ferula assafoetida</i>	0.044g
Hingula	<i>Cinnabar</i>	0.044g
Sindhutha	<i>Rock salt</i>	0.044g
Vacha	<i>Acorus calamus</i>	0.044g
Drik	<i>Caesalpinia bonduc</i>	0.044g
Lasuna	<i>Allium sativum</i>	0.044g
Siva	<i>Terminalia chebula</i>	0.044g
Tankana	<i>Borax</i>	0.044g
Yavakshara	<i>Carbonate of potash</i>	0.044g
Haritaki	<i>Terminalia chebula</i>	0.044g
Amalaki	<i>Phyllanthus emblica</i>	0.044g
Vibhitaki	<i>Terminalia bellirica</i>	0.044g

Table 4: Chandraprabha vatika

Drug name	Botanical name	Quantity
Chandraprabha (karpura)	<i>Cinnamomum camphora</i>	4.100mg
Vacha	<i>Acorus calamus</i>	4.100mg
Musta	<i>Cyperus rotundus</i>	4.100mg
Bhunimba (kiratatikta)	<i>Swertia chirata</i>	4.100mg
Suradaru (devadaru)	<i>Cedrus deodara</i>	4.100mg
Haridra	<i>Curcuma longa</i>	4.100mg
Ativisha	<i>Aconitum heterophyllum</i>	4.100mg
Darvi (daru haridra)	<i>Berberis aristata</i>	4.100mg
Pippalimula (pippali)	<i>Piper longum</i>	4.100mg
Chitraka	<i>Plumbago zeylanica</i>	4.100mg
Trivrit	<i>Operculina terpentum</i>	4.100mg
Danti	<i>Baliospermum montanum</i>	4.100mg
Patra (teja)	<i>Cinnamomum tamala nees</i>	4.100mg
Tvak	<i>Cinnamomum zeylanicum Blume</i>	4.100mg
Ela	<i>Elettaria cardamomum</i>	4.100mg
Vamslochana	<i>Bambusa arundinaceae</i>	4.100mg
Dhanyaka	<i>Coriandrum sativum</i>	4.100mg
Amlaki	<i>Embllica officinalis</i>	4.100mg
Haritaki	<i>Terminalia chebula</i>	4.100mg
Vibhitaki	<i>Terminalia bellerica</i>	4.100mg
Chavya	<i>Piper retrofractum</i>	4.100mg
Vidanga	<i>Embllica ribes</i>	4.100mg
Gajapippali	<i>Piper chaba</i>	4.100mg
Makshika dhatu (bhasma)	<i>Copper pyrite</i>	4.100mg
Shunti	<i>Zingiber officinale</i>	4.100mg
Maricha	<i>Piper nigrum</i>	4.100mg
Pippali	<i>Piper longum</i>	4.100mg
Sarja Kshara	<i>Sodium carbonate</i>	4.100mg
Yava Kshara	<i>Potassium carbonate</i>	4.100mg
Saindhava lavana	<i>Rock salt</i>	4.100mg
Souvarchala lavana	<i>Sodium sulphate</i>	4.100mg
Vida lavana	<i>Black salt</i>	4.100mg
Loha (bhasma)	<i>Iron</i>	32.760mg
Sita	<i>Sugar</i>	
Shudha Shilajatu	<i>Asphaltum</i>	131.60mg
Guggulu	<i>Commiphora mukul</i>	163.82mg

RESULT AND DISCUSSION

Chiruvilvadi kashayam⁷ mentioned in sahasrayogam was taken as the drug of choice. Chiruvilva, Punarnava, Vahni, Abhaya, Kana and Nagara are the ingredients of Chiruvilvadi kashayam. The phalasaruthi of the kashayam indicates that the kashayam helps correct the individual's agni. So, it acts on the pachaka agni, samana vayu and the drugs like chiruvilva, abhaya are anulomana in nature which helps in correcting the apana vayu as well since apana vayu is involved in the manifestation of the disease.

Virataradi kashayam⁸ mentioned in Ashtanga Hridayam Sutra sthanam 15th chapter shodhanadi gana sangrahaniam adhyayam is an ideal choice in this condition since it is indicated in mutraghata and mutrakrichra as well as painful micturition. Gokshura has Rasayana properties and is Balya – it is analgesic and Vatashamaka in nature, therefore helping in conditions like bladder weakness, the fullness of bladder or painful situations. It is anti-inflammatory and very effective for calculi and cystitis. Ushira is capable of increasing urine output and has a diuretic action. It also alleviates pitta and kapha dosa. Because of its shita virya is beneficial in treating burning micturition and dysuria as it is an agryaushadha in mutravaha sroto vikaras.

Chandraprabha vatika⁹ prepared according to Bhaishajya Ratnavali reference was chosen. The drugs of this formulation mainly have katu, tikta, kashaya and madhura rasa, laghu, ushna, teekshna and ruksha guna, ushna veerya and katu vipaka. The overall karma of the formulation is that it is tridoshasamana, mutrajanana, rakta prasadena, and the phalasaruthi indicates its

wide spectrum of action. It specifically acts on all types of mutraghata, here ushnavata in this patient's case. The specific pharmacological action of this formulation is due to the combination of Shilajitu and Guggulu, which helps in the fibrinolysis in the urethral stricture. Musta is amapachaka in nature, so it, in turn, corrects the pathology of Margavarodha and Vata Prakopa in the mutrasaya.

Triphala, Trivruth and Danti help in Vata Anulomana. These medicines are responsible for the rasayana nature of chandraprabha vatika, which helps prevent the recurrence of problems in the urinary system.

Cheriya antrakutaram gulika is a Proprietary Ayurvedic medicine prepared by Kottakkal. The formulation contains Hingu, Hingula, Lasuna, which are potent analgesics. The usna, teekshna swabhava of the formulation, is balanced by contents like tankana and Yavakshara, which by their inherent nature, helps decrease the aggravated pitta dosa in the body.

Dhanvantara thailam was chosen for pichu application since it is very effective in managing low back pain and is indicated in mutraghata. Vatahara medicinal plants like eranda, karanja, shigru, nirgudi were used for avagaham. It is stated in mutrakrichra and mutraghata Matra vasthi with pippalyadi anuvasana thailam was chosen since it is effective in clearing any obstructions in the lower back and abdomen regions. At the end of the treatment, ksheera vasthi with gandharvahastadi kashayam was done to ensure no pitta prakopa.

CONCLUSION

Cystitis associated with recurrent hematuria was managed effectively with internal and external medications. During the time of discharge of the patient, the complaints of foamy urine with debris and associated complaints of pain and burning sensation in the low back region reduced considerably.

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