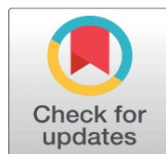


EFFICACY OF GUDA AMALKI YOGA IN PITTAJ MUTRAKRUCCHA WSR CYSTITIS – A REVIEW STUDY

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ABSTRACT

According to Ayurved, *dosh*, *dhatu*, *mala* are basic elements of human body. When they cross their normal limit i.e., *kshaya* and *vriddhi* then disease starts to occur. In normal opd it is seen that *pittaj Mutrakruccha* is common disease. Modern lifestyle is responsible for such disease. *Shoolyukta*, *Raktayukta*, *Dahayukta* and *muhurmur mutraPrawrutti* is symptoms of *pittaj Mutrakruccha*.

In modern, it can compare with cystitis. Burning micturition, dysuria, increases frequency of urination are main symptoms of cystitis. There are plenty of antibiotic and other medicines are available for that, but it's seen that, there is resistance comes for this medicine.

There is description of *Guda Amalaki Yoga* in *chakrudutta*. Its simple ayurvedic formulation. As per it's contain its useful drug on *pittaj Mutrakruccha*.

It's my review study which theoretically proves that efficacy of *Guda Amalaki Yoga* in *pittaj Mutrakruccha*.

Keywords: Guda Amalaki Yoga, Pittaj Mutrakruccha, Cystitis, Review study

1. INTRODUCTION

Sushrut Samhita is one of the oldest evident based surgery texts. Maharishi sushrut is known as father of surgery. [Cystitis \(2022\)](#) During study of sushrut Samhita its realised that urological diseases are important part of medical science. Mutrakruccha is one of the urological diseases described in many Ayurvedic Samhita. We get its information in Charka, Sushrut, Kashaypa, Chakradutta, Ashatanga Rudaya.

After split the Mutrakruccha, we get Mutra + kruccha words. kruccha mean difficulty. In general, we can said that difficulty during urination is Mutrakruccha. In pittaj Mutrakruccha, there is yellow or red urine, burning and pain during urination. [Garde \(2010\)](#)

There is description of 8 types of Mutrakruccha in sushrut samhita. Excessive exercise, intake of high-power medicine, bakery products, excessive alcoholism, excessive traveling, consumption of fish, consumption of excess food, indigestion are causes of pittaj Mutrakruccha. Same description of pittaj Mutrakruccha found in charak samhita [Joshi \(2014\)](#), Yogratnakara [shashtri \(2017\)](#).

In madhav_nidan there is description of 3 types of causes of Mutrakruccha.

- 1) Mutrashayagat karana – Examples: bladder calculi, bladder cyst.
- 2) Mutrapranaliget karana – Examples: urethritis, gonorrhoea, urethral stricture.
- 3) Anaya karana – Examples: BEP, drink.

Lower urinary tract infection is known as cystitis. urinary tract infection is secondmost infection in human body. Its common cases found in every opd. In physical examination most common finding is tenderness of uretra or pubic area. [Banapur \(2018\)](#) painful, burning micturition, frequent urination, urgency, supra-pubic pain are common symptoms of cystitis.

Types of cystitis:

- Bacterial cystitis
- Drug induced
- Radiation cystitis
- Foreign body cystitis
- Chemical cystitis.

Two types of treatment available for cystitis, one is medicine, and another is surgery.

2. MATERIAL AND METHODS

2.1. MATERIAL

For this Review study, I refer major samhita like charak, sushrut, vagbahat samhitas. Some other texts like chakradutta, madhavnidna, sharanghar samhita refers in deep. I also refer some previously published research papers from internet.

DRUG: Guda Amalaki Yoga from chakrudutta, adhya no.32

3. METHODS

Its therotical correlation of guda amalaki yoga in pittaj Mutrakruccha.

4. DISCUSSION

4.1. DISCUSSION ON PITTAJ MUTRAKRUCCHA

- The painful, unsatisfied, burning sensation during micturition is known as Pittaj Mutrakruccha. Krucchaata and mutrabandha symptoms found in mutarghaat and Mutrakruccha, but it's seen that Krucchaata is more predominate symptoms in Mutrakruccha. [Banapur \(2018\)](#)

- Exercise, intake of dry types of food, irregular timing of consumption of food, excessive traveling, excessive consumption of food, fish, are causes of Pittaj Mutrakruccha. [patage and Dudhe \(2020\)](#)
- There is description of samprapti of Pittaj Mutrakruccha in kashyapa Samhita as below [sharma \(2010\)](#): All above Hetu causes vitiation of vata and kapha, its do srotorodha – kha vaigunya – all symptoms of pittaj Mutrakruccha - pittaj Mutrakruccha.

4.2. DISCUSSION ON CYSTITIS

Cystitis is also known as urinary tract infection. [Lane and Takhar \(2011\)](#) Whenever infection affect at lower part of urinary tract it's called as cystitis. [Cystitis \(2022\)](#) Supra_pubic pain, urgency, frequent micturition (dysuria), burning during micturition are common symptoms of cystitis. Urinary tract infection, use of specific drugs, unsterile catheter, intercourses are some causes of cyctitis. [Cystitis \(2022\)](#)

4.3. DISCUSSION ON GUDA AMALAKI YOG

Guda Amalaki Yog [Tripathi \(2019\)](#) described in chakradutta ad Haya no.32. its simple yoga which contains only guda and amalaki.

Drug	Rasa	Virya	Vipaka	Guna
Guda	Madhur	Na ati sheet	-	Snigdha
Amalaki	Lawana varjit panchrasa (amala Pradhan)	Sheet	Madhur	Ruksha, laghu.

- In description of Guda amalaki yoga, chakradutta said that its vrushay, Sharmahara, Tarpan, Pittaghna, Dahaghana, Shoolangha.
- In pittaj Mutrakruccha burning sensation, painful micturition, all symptoms are related with pitta and vata only. Even its pittaj Mutrakruccha this comes under apana vayu kshetra, so there is involvement of vata dosh also.
- Daha is related with pitta Dosha [Garde \(2010\)](#) and Ruk is related with vata Dosha [Garde \(2010\)](#). Madhur Rasa is vata and pittagha. (16)[Garde \(2010\)](#) Snigdha Guna is vataghna, it reduces painful micturition and also helps for normal urination.
- Sheet Guna is pitta shamak, its reduces tiksha Guna of pitta. Due to this get relief from burning micturition like symptoms.

5. CONCLUSION

Pittaj Mutrakruccha is common disease in daily opd. Even many medicines available in market, most of fail to give results due to its resistance to body. Guda Amalaki is simple yoga mentioned by chakrdutta. It's easy to prepare. From study of its properties, its guess that its give good result in pittaj Mutrakruccha. That's why this attempt to correlate efficacy of Guda Amalaki Yoga in pittaj Mutrakruccha WSR to cystitis.

CONFLICT OF INTERESTS

None .

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