



CASE REPORT: KUSHMAND BEEJ TAIL UTTARBASTI IN THE MANAGEMENT OF URETHRAL STRICTURE

^{*1}Dr.Saurabh Patel, ²Dr.Rizvanvaris M. Saiyed, ³Dr.Vaibhavi Patel, ⁴Dr.Rajesh Kumar Sharma

^{1,2}Final Year PG Scholar, Department of Shalya Tantra, Government Akhandanand Ayurveda College, Bhadra, Ahmedabad, Gujarat, India

³Second Year PG Scholar, Department of Shalya Tantra, Government Akhandanand Ayurveda College, Bhadra, Ahmedabad, Gujarat, India

⁴Professor and H.O.D, Shalya Tantra Department, Government Akhandanand Ayurveda College, Bhadra, Ahmedabad, Gujarat, India

*Corresponding Author: Dr.Saurabh Patel

Dr.Saurabh Patel, Final Year PG Scholar, Department of Shalya Tantra, Government Akhandanand Ayurveda College, Bhadra, Ahmedabad, Gujarat, India

ABSTRACT:

Urethral stricture is one of the common disorders of urinary tract. Urethral stricture has always been common and is associated with a significant financial cost with prevalence rate of 0.6%. major complications caused by urethral stricture are recurrent urinary tract infections due to postvoid residue, haematuria, acute urinary retention, calculi formation etc. This condition can be correlate in ayurveda as Mutra marga sankocha. Modern medical science suggest the treatment are urethral dilatation, internal urethrotomy and urethral reconstruction. Surgical procedures have their own complications and limitations. In ayurveda Uttarbasti, a para surgical procedure is the most effective available treatment for the diseases of Mutravaha Srotas. A male patient of 60 years Old came to OPD of Shalya tantra at Government Akhandanand Ayurveda Hospital with the complaint of Dribbling, straining, intermittency, incomplete voiding and burning micturition on 02/07/21. Retrograde urethrography was done and diagnosed as urethral stricture. Uroflometry was done before and after the treatment. This case was treated with Kushmand beej tail uttarbasti for 21 days . The result of treatment was significant.

KEY WORDS: Urethral Stricture, Uttarbasti, Kushmand Beej Tail

INTRODUCTION:

Aacharya Sushruta is considered the father of surgery. Sushruta Samhita, it becomes evident that urological problems are an important part of medical sciences even during those days. It may be the reason that a clear and striking picture regarding their classification, symptomatology, complications and management are explained in all the classical texts. The earliest description about the afflictions of urinary

tract can be traced back to Atharva Veda. Many herbal and mineral drugs are in use for several medical or surgical disorders since ancient times, commonly in disorders where modern treatment fails or shows recurrences or complications.

Mutra marga sankoch (urethral stricture) is a condition in which modern surgical and para surgical procedure have many difficultie and complications. Acharya Sushruta and Charak had recommended Uttarbasti for the management of many urinary tract disorders^{[1][2]}. The present study is conserved with the Mutramarga sankoch, a condition afflicting Mutravaha Srotas. In this condition there is obstructed urine flow, Strainig, dribbling and prolonged micturition.Mutra marga sankoch can be correlated with stricture urethra. Pathologically it becomes narrowed by a fibrotic tissue, which hampers excretion of urine. In modern science, the suggested treatment is urethral dilatation besides surgical treatment. It may cause bleeding, false passage and fistula formation. The surgical intervention like urethroplasty also carries high grade risk of recurrences^[3].so in this case study Uttarbasti of kushmand Beej tail was selected for the treatment of urethral stricture.

CASE REPORT:

A 60 year old male patient came in OPD of shalya tantra at Govt. Akhandanand Ayurveda Hospital with complaint of Dribbling, straining, intermittency, incomplete voiding and burning micturition since last 2 years. Patient had consulted to urologist but he advised for surgery. Patient dosen't want to surgery, so he come ayurveda hospital for treatment.



image 1

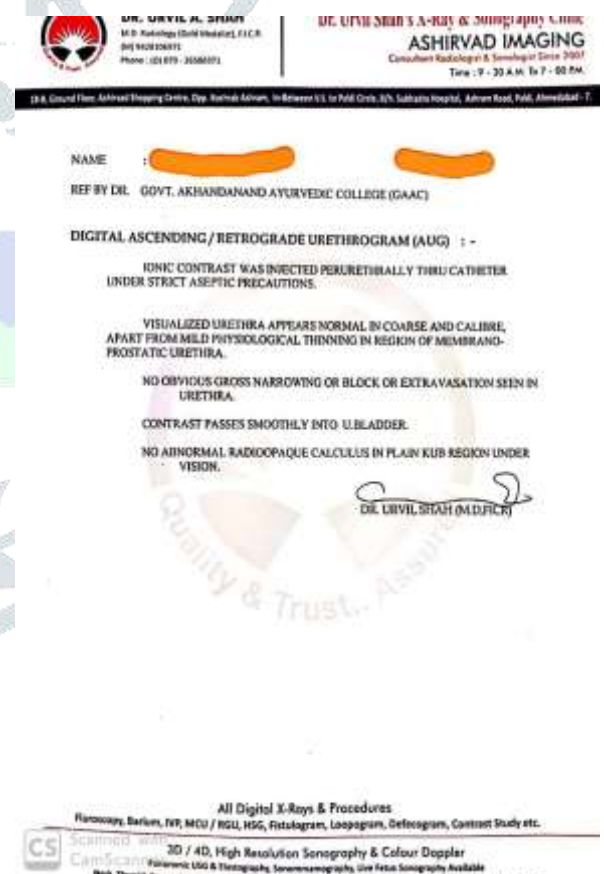


image 2

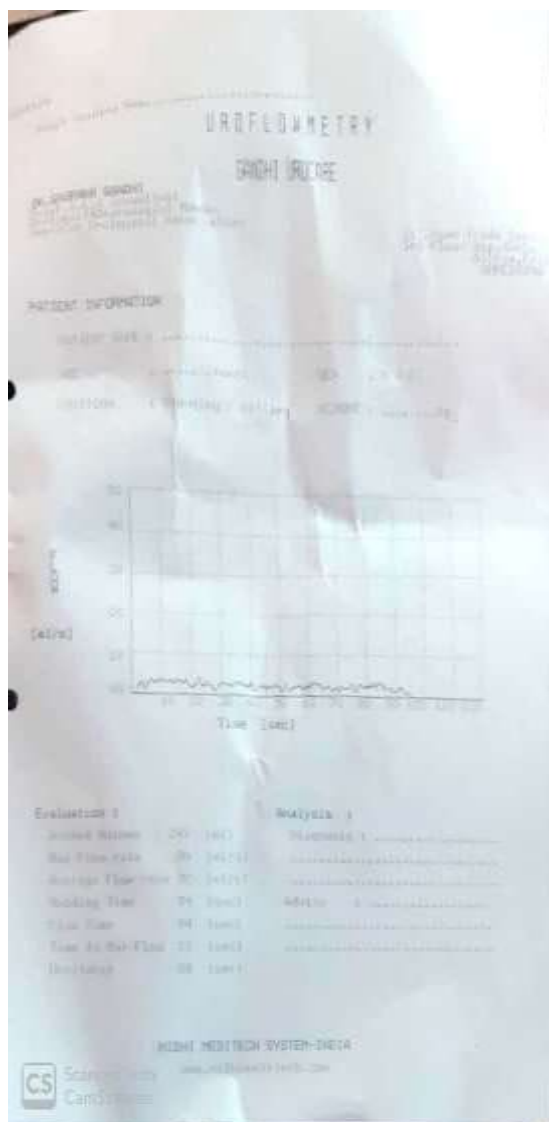


image 3



image 4

MATERIALS AND METHOD:

Material:

Kushmand Beej Tail:-20 ml

Equipments:

Sterile 20 ml glass syringe

Sterile cotton pad

Sterile penile clamp

Procedure of uttarbasti:**Purva karma-**

- 1) Investigation
- 2) Written consent of patient
- 3) Emptying of bladder prior to uttarbasti
- 4) Vitals monitored
- 5) Supine position given to the patient
- 6) Local antiseptic care was taken
- 7) Drapping was done
- 8) Sterile glass syringe and penile clamp

Pradhan karma-

After purva karma under all aseptic precaution glass syringe was filled with 20 ml Kushmand Beej tail and was taken in right hand and its nozzle was inserted gently into the external urethral meatus and slightly external pressure was given to fix the junction. Luke warm Kushmand beej tail was inserted slowly with slight pressure. Care was taken to avoid entry of air into urethra. After that penile clamp was applied just proximal to glans penis.

Paschat karma-

Patient was kept in situ for 15 minutes and after that penile clamp was removed.

Post procedure vitals was taken

Patient was instructed not to pass urine for next 2 hours.

Patient advised to avoid undue straining and unsafe intercourses

Procedure was repeated daily in same manner upto the complete relief of symptoms.

Diagnostic criteria:

Incomplete emptying

Frequency

Weak stream

Straining

Nocturia

Intermittency

Urgency

Hesitancy

Objective Parameter: Retrograde urethrogram, Uroflometry

RESULTS AND DISCUSSION:

According to the Samhita "Apanoapanagah.... Shukraartava Shakrunmutra garbha niskramana kriyah," the Basti (urinary bladder) is Vatasthana of Apana Vayu and is responsible for appropriate evacuation of urine, stool, flatus, sperm, and so on. Mutraghata illnesses are caused by the vitiation of Vata Dosha in general, and Apana Vayu in particular, in this region. The Khara (rough) and Ruksha (dry) gunas of Vata cause tissue constriction and fibrosis, resulting in urethral constriction. Patient suffered frequent and painful micturation due to Vata's Chala (movable) guna. Hence in case of Mutrotsanga toda (throbbing pain), sankocha (stricture), shosha (dryness), and shoola (pain) occur. In Mutrotsanga Kapha prakopa is also manifested and by the virtue of sthairyra guna (local stasis), gaurava (heaviness in penis), upalepa (narrowing of lumen due to hypertrophied scar tissues), bandha (obstruction to normal flow), and chirkaritva (chronicity) like features occur^[4]. As a result, urethral stricture was caused by a combination of vitiation of the Vata and Kapha doshas. Because the urethral passage is lined by mucous membrane, the afflicted dushya were rasa, rakta, and mamsa dhatu. Shleshmadhara kala, which can be called an updhatu of mamsa, affected mucous membrane, causing the stricture.

Kushmand(Curcubita Pepo Linn.)Beej has Madhur rasa, laghu & snigdha guna, sheeta virya, Madhur vipak, vatapittahar & sarvadoshhara(Pakva Kushmand). It's rogaghnata is anidra, Chetoroghar, krimi, Shiroroga, Raktapitta, Urahkshata, Mootrakrichchra, Mootraghata. It's karma is nindrajanan, Krimidhna, Shonitsthapan, Bastishodhanabal, balya and Bruhana^[5].

Patient had two strictures in RUG report i.e mild stricture in proximal penile urethra near Bulbar urethral area and another stricture seen in membranous urethra at level of Bulbo-Membraneous junction, when patient consulted to Government Akhandanand Ayurveda Hospital, Ahmedabad (Image 1). After one week of treatment patient was 50% relief in burning micturition, increased frequency and 80% relief in stream of urination and passing without straining. Also patient got relief in urgency,dribbling. After 21 days of treatment in RUG report significant resolution of stricture was observed and patient had got 90% relief in all symptoms. Uroflometry results are as shown in image 3 and image 4.

Uroflometry		
	Before treatment (image 3)	After treatment (image 4)
Max flow rate	05 (ml/sec)	47 (ml/sec)
Average flow rate	02 (ml/sec)	15 (ml/sec)
Voiding time	94 sec	22 sec
Flow time	94 sec	17 sec
Time to max flow	22 sec	02 sec
Hesitancy	00 sec	00 sec

CONCLUSION

This study demonstrate that Kushmand Beej Tail Uttarbasti has significant relief in symptoms of urethral stricture.

REFERENCES

- [1] Sushruta Samhita-Shlok No.18, Chapter 59 (U. Tantra), (Chaukhambha Surabharati Prakashan, Varanasi), 1994.
- [2] Charak Samhita-Shlok No. 49, Chapter 9 (Siddhistan), (Chaukhambha Surabharati Prakashan, Varanasi), 1980.
- [3] Al-Qudah HS, Santucci RA. 2005. Extended complications of urethroplasty. Int Braz J Urol., 31:315-23.
- [4] Sushruta, Sushruta Samhita, 2002. Ayurved Tatvasandipika Hindi Commentary, Uttar Tantra, 58/15-16. Varanasi: Chaukhamba Sanskrita Santhan. p. 425.
- [5] Ibidem Charak Samhita (5), Ch. Si 9/65;1066

