

Preventive and Curing Methods of Urinary Tract Infection (UTI) In Ayurveda



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ABSTRACT

The basic difference between *Ayurveda* and Western allopathic medicine is important to understand. Western allopathic medicine currently tends to focus on symptomatology and disease, and primarily uses drugs and surgery to rid the body of pathogens or diseased tissue. Many lives have been saved by this approach. In fact, surgery is encompassed by *Ayurveda*. However, drugs, because of their toxicity, often weaken the body. *Ayurveda* does not focus on disease. *Ayurveda* encompasses various techniques for assessing health. The practitioner carefully evaluates key signs and symptoms of illness, especially in relation to the origin and cause of an imbalance. They also consider the patient's suitability for various treatments. Here in this article I have discussed about the various methods of prevention and cure of Urinary Tract Infection (UTI) using *Ayurveda*. UTIs are more common in women than in men. However, when UTI occurs in men it is more complicated as it is more likely to spread to the Upper Urinary Tract and the Kidneys.

Keywords : Urinary Tract Infection, UTI, *Ayurveda*, Diet, Medicine, Dosha

INTRODUCTION

In Sanskrit, *Ayurveda* means "The Science of Life." Ayurvedic knowledge originated in India more than 5,000 years ago and is often called the "Mother of All Healing." *Ayurveda* places great emphasis on prevention and encourages the maintenance of health through close attention to balance in one's life, right thinking, diet, lifestyle and the use of herbs. Knowledge of *Ayurveda* enables one to understand how to create this balance of body, mind and consciousness according to one's own individual constitution and how to make lifestyle changes to bring about and maintain this balance. Urinary infections affect millions of people every year. Though they're traditionally treated with antibiotics, there are also many home remedies available that help treat them and prevent them from reoccurring. Those who practice *Ayurveda* believe every person is made of five basic elements found in the universe: space, air, fire, water, and earth. These combine in the

human body to form three life forces or energies, called doshas. They control how your body works. They are *Vata dosha* (space and air); *Pitta dosha* (fire and water); and *Kapha dosha* (water and earth).

What Is a Urinary Tract Infection?

A urinary tract infection (UTI) is an infection that affects any part of the urinary tract, including the kidneys, ureters, bladder or urethra. Bacteria from the bowel are the most common cause of UTIs, but fungi and viruses can also cause infection. The two strains of bacteria *Escherichia coli* and *Staphylococcus saprophyticus* account for about 80% of cases

Common symptoms of UTI include:

- A burning sensation when peeing
- Frequent urination
- Cloudy or dark urine
- Urine with a strong odor
- A feeling of incomplete bladder emptying

Diet & Lifestyle

Ayurveda suggests a diet that will promote urination and alleviate vitiated doshas which resulted in UTI. Drinking sufficient quantities of water should become a habit. This will help in eliminating bacteria out of the system.

- Wear cotton and loose fitting innerwear and clothing.
- Use dry clothes after bath.
- Women should follow good personal hygiene practices especially during menstrual periods. Habit should be developed to wipe from front to back after defecation.

Yoga

Ayurveda, *Yoga* are the ancient life- disciplines that have been practiced in Indian for centuries.

Bhujangasana, *Surya namaskar*, *Dhanurasana* and similar procedures can stimulate and preserve health of genito-urinary system.

Ayurvedic medicines

Gokshura: Gokshura (*Tribulus Terrestris*) is an excellent ayurvedic remedy used for the treatment of problems related to the urinary system. It aids in getting significant relief from the pain and burning sensation that urinary tract infections cause. Furthermore, it is also a diuretic remedy and thus helps in maintaining the proper flow of urine. Being a diuretic, Gokshura ensures that harmful bacteria also flush out of the body along with the urine. Gokshura also improves the functioning of the kidneys by maintaining the

level of uric acid in the body and excreting the excess uric acid. Hence, it has various benefits relating to the urinary system of the body.

- **Guduchi:** Guduchi or Giloy is a medicine that is used extensively for the treatment of a variety of disorders. It is also a diuretic medicine and helps to remove kidney stones from the body. Guduchi has rejuvenating properties and helps in getting relief from urinary tract disorders.
- **Varun:** Varun (*Crataeva nurvula*) is an ayurvedic herb that has been in use for the treatment of urinary tract infections since the 8th century. Varun helps in the treatment of chronic and recurrent bladder infections. Ayurveda experts usually combine *Crataeva nurvula* with other urinary tract medicines. Varun acts by removing harmful micro-organisms from the body. It also has anti-oxidant and anti-inflammatory properties and thus provides relief from urinary tract infections.
- **Darulhaldi:** Darulhaldi (*Berberis aristata*) is a plant that has been used in Ayurvedic medicine for a long time. Darulhaldi has an anti-inflammatory effect and thus provides relief from the pain caused by UTIs. It also has anti-bacterial and anti-oxidant properties which make it a very effective medicine for the treatment of urinary tract infections.
- **Kasni:** Kasni is yet another plant whose roots are mostly used for the treatment of urinary tract disorders. Kasni has anti-inflammatory properties and helps to keep the kidneys healthy. This Ayurvedic remedy also ensures the removal of harmful toxins from the body and helps in maintaining a proper flow of urine.

These are the most widely used Ayurvedic remedies that are popular for their effective results without any side effects.

Conclusion

Ayurveda claims to have effective medicines to cure the problem of urinary infections. As bacteria are the causative organisms of most of the UTIs, Ayurvedic remedies are effective in destroying the bacteria. Ayurvedic medicines comprise of natural herbs and thus have no toxic side effects. They can be quite beneficial and are absolutely safe to use with nil complications. Ayurveda addresses all aspects of life — the body, mind and spirit. It recognizes that each of us is unique, each responds differently to the many aspects of life, each possesses different strengths and weaknesses. Through insight, understanding and experience Ayurveda presents a vast wealth of information on the relationships between causes and their effects, both immediate and subtle, for each unique individual.

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