

## **YOGIC MANAGEMENT OF URINARY TRACT INFECTION**

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### **ABSTRACT**

Popular influence of western culture and simultaneous sidelining of Indian culture is the prime reason of rapid increase in Urinary Tract Infection (UTI) cases. Females are the most common patient of this disease but males also faces it. Almost 50-60% of female are suffering from same problem. In every 9 people 8 females and 1 male are affected by this disease. UTI is a communicable disease that affects parts of urinary system. The prime symptoms of UTI includes pain while urinating, a feeling of urinating despite having an empty bladder. Infection by microscopic Pathogens is the main reason of Urinary Tract Infection. Usually, the body is incapable to get rid of bacteria from the urinary tract, but in favorable conditions the bacteria are able to thrive thus causing infection. A new study shows that intake contaminated chicken sometimes can even cause UTI. That's surprising because until now doctors have been blaming this common infection on transmission of Escherichia coli bacteria --- or E.coli --- from the bowl of urethra, most commonly due to poor hygiene or during sex. In this paper with the help of Yogic remedies include observing **satvik diet** with the emphasis on **mitahara, cleansing processes (shudhikriyas) and rejuvenating yogic practices (asana, pranayama) etc.**

**Key Words;** Western culture, Remove Bacteria, Contaminated chicken, Bowl of urethra, During sex, Satvik diet, Cleansing process

### **Introduction**

The infections of the urinary tract are the second most common type of infection in the body. It affects millions of people every year. It is a serious health problem and most common bacterial infections; it can be defined as the presence of pathogenic microorganisms in the urinary tract. The occurrence of this infection varies in dependence of age and gender, as well as socioeconomic background. Bacteria are not present in the urine. As the urine flows out (one way), infections are prevented. When the urine is retained in the kidneys due to some medical conditions or if it moves back to kidneys from the bladder, bacteria may enter the urine causing a urinary tract infection (UTI) in the individuals. Diagnostic tests are often utilized when the patient is not responsive to treatment to other diagnostic tests investigate the true cause of the symptoms. Urinary test, Ultrasound imaging, X-ray imaging, Cystoscopy, Computed tomography (CT) scans, Blood tests, Voiding cystourethrograms (VCUGs) are some test which are useful to diagnose UTI.

#### ***Causes and pathogenesis***

Furthermore, high urine Osmolarity and acidity inhibit the growth of a large number of pathogens that can be found in urine. Bacteria can infect the urinary tract and cause the disease by two main

routes: ascending spread of fecal flora and hematogenous route. Migration of organisms from the perineum via the urethra to the bladder (and subsequently to the kidney) is by far the most common route of infection. Most common cause of urinary tract infections is *Escherichia coli*, which uses a panoply of virulence factors to cling to epithelial cells and cause inflammation.

### **Urinary Tract Infection**

It is important to be able to identify symptoms that may be indicative of a urinary tract infection to aid in the early diagnosis and timely treatment of the condition.

In general, UTI may be divided as 1) upper UTI and 2) lower UTI.

An infection of the lower urinary tract is the most common type, as the bacteria enter through the urethra and travel up to reach the bladder where the infection initiates.

Frequent urination but passing small volumes each time, Discolored urine, cloudy or bloody, Strong odor from urine, Pain or burning upon urination, Cramping in lower abdominal region, General feeling of being unwell, Low fever are the symptoms of lower urinary tract infection.

Infection of the lower urinary tract is relatively simple in terms of treatment and a standard. However, if the infection goes untreated, the bacteria may continue to travel upwards and spread to the kidneys in the upper urinary tract.

The symptoms of urinary tract infection are usually more severe when the kidneys are involved, which is also known as pyelonephritis. In addition to the symptoms associated with the bladder infection, symptoms may include: High fever, Chills, shaking and night sweats, Fatigue, Pain in the side, back of groin, Confusion and mental state changes, Nausea and vomiting

**Women, Sexually active women, Pregnant women, Use of diaphragm birth control, Menopausal women, Abnormalities or blockages in urinary tract, Suppressed immune system. This is not to say other individuals should not be considered, as anyone can get a UTI, but it can help with diagnosis to recognize individuals at high-risk.**

### ***Urinary Tract Infection Prevention***

They include using the toilet, general hygiene and water consumption, each of which is discussed in more detail below.

The way the genital area is cleaned after going to the toilet is of utmost importance to prevent an infection. The area can be washed with water or wiped with toilet paper. It is also important to empty the bladder frequently and avoid long intervals without urinating. It is recommended to urinate at least every four hours, even if there is no urge to urinate.

Good hygiene practices may be helpful in the prevention of urinary tract infections. This is largely because some bacteria that some reside in the anal region have the potential to cause an infection of the urinary tract if they are transferred to the urethra. This can happen easily, as the anus and the urethra are positioned anatomically close to each other.

Drinking more water ensures that the urinary tract is always working and pushing urine and any bacteria present through and out of the body. Sufficient water intake is indicated by very pale yellow colored urine and is a simple step to help prevent UTI.

### ***Yogic management***

Yogic management of urinary tract infection is aimed at restoring the depleted energy in the urinary and reproductive systems. When this underlying condition is removed, infections can gain no foothold in the urinary passages.

Regular practice of **Asanas, Prnayamas and Bandha**. Ushtrasana (Camel Pose), *Chakrasana* (Wheel pose), *Bhujangasana* (Cobra Pose), *Suptavajrasana* (Sleeping thunderbolt pose), *Shashakasana* (Pose of the moon or hare pose), *Dhanurasana* (Bow pose), *Hasta uttanasana* (Raised arms pose), *SuptaPawanamuktasana*, *Gaumukhasana* (Cow Face Pose) are very effective for the health of Bladder and kidney health, and these poses are also helpful in the prevention of UTI. These posture can be easily performed. Perform the following asanas for 6 months and you will get the best results.

Yogasana and pranayama helps to cures kidney. The regular practice of pranayama enhances the power of the kidneys as well cures kidney problems. No need of expensive medicines and dialysis. Research has seen that Kapalbhata pranayama and Anulomvilom pranayama gives outstanding results. It enhances and improves the power of the kidneys. It lowers down the Chemical waste molecule level in the blood of kidney failure patient. Practicing Kapalbhata Pranayama and AnulomVilom regularly on an empty stomach each for 15 -30 minutes will improve the function of the kidney.

Practice of Mula Bandha is beneficial to cure Urinary Tract Infection, a research shows that this bandha also helps to improve the function of kidney.

ChandraprabhaVati, GokshuradiGuggulu, Shweta Parpati, DivyaVrikkdoshharKwath, Ushirasava are some ayurvedic medicines which are helpful to cure Urinary Tract Infaction.

With the help of some Home Remedies Urinary Tract Infection can prevent. The regular intake of Blueberry juice ,Vitamin C, Green Tea, and Water.

A lifestyle based on social activity and late nights should be suspended at least for some months.

New Rice, Maida, Urad Dal, Kiwi, Bean, Tomato, brinjal, Potato, Brinjal, High citrus fruit like Orange, Raw mango, Banana, Black berry, Grape, Lemon Lisora and food causing burning sensation and acidity with poor digestion, contaminated water Synthetic hormones, meat (non-veg), Dairy products, Chocolate & Soya products, Oily spicy food, Dry vegetables, Heavy food, Non-veg, Alcohol, Smoking, Salt, Fired item, Nuts, Pasta, Honey, All bakery, Packed items, Cold foods, Junk food, tea and coffee, alcohol, tobacco, etc. Avoid above items to eat for the curence of UTI.

A light diet, over eating should avoided, Old rice, Oats, Barley, Wheat, Mung dal, Masur dal, Kabuli chana, Cabbage, radish, turnip, spinach, broccoli, beans, carrot, sweet potato, pumpkin, beetroot, Seasonal vegetables, Papaya, Apple, Pomegranate, Grapes, Ripe mango, Banana, Garlic, Almond, Wheat germ, Green tea, Olive Oil, Sunflower Oiletc. Above items give benefits in the prevention of UTI.

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