

## Ayurvedic approach to Urethral stricture through Modified Form of Uttar Basti-A Case study

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### Abstract

In Ayurveda, Uttara Basti, is a therapeutic procedure specifically used for the treatment of disorders related to the urinary tract. Urethra, the tube that carries urine from the bladder out of the body. Urethral stricture is a disease-causing narrowing of the urethra. This disease results from various causes including trauma, infection, inflammation, or prior history like catheterization or dilatation. The Symptoms often include reduced urine flow, difficulty urinating, urinary tract infections, and in severe cases, urinary retention. The method of Uttar Basti was administration of medicated oils, decoctions, or other substances through the urethra for the treatment of urethra stricture. The treatment available for urethral stricture involves urethral dilatation, optical urethrotomy and opens urethroplasty. But chances of recurrence are there with less significant results. Hence Uttar Basti was planned to give better treatment modality for the management of Urethral Stricture. After 21 days treatment of Uttar Basti with Dhanyagokshur Ghritam and Yavkshar and calibration gives symptomatic relief in frequency of micturition and difficulty in urination. Uttar Basti therapy improved quality of life by providing significant relief in symptoms. This study served as an effective alternative to surgical intervention, addressing urethral stricture through Ayurvedic principles.

**Key words :** Urethral Stricture, *Uttar Basti*, *Dhanyaka Gokshura Ghrita*, *Yava kshar*, Cathetar

In Ayurveda, urethral stricture is classified under mutravaha shrotas vyadhi in accordance with Ayurvedic anatomy. Twelve Diseases of the genitourinary system are types of mutraghata have been classified by

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Acharya Shusruta.<sup>5</sup> While mutramarga samkocha does not have a distinct title, its symptoms are comparable to those of mutrotsanga.<sup>6</sup> It is associated with urethral stricture in current literature.<sup>4</sup> Urethral stricture is scar tissue that causes narrowing of urethra, it may develop due to certain causes like any injury, gonococcal infection, post instrumentation (dilator, catheter) etc.

- One of the most significant procedures for treating urinary and reproductive issues is Uttar basti.<sup>7</sup> It involves the administration of medicated oils or ghee (clarified butter) through the urethra. This unique therapy aims to bring balance to the doshas (energetic forces) in the body, especially Vata dosha, which tends to be imbalanced in diseases related to the reproductive and urinary systems.

In a modern surgery, the treatment of urethral stricture involves urethral dilatation, optical urethrotomy and opens urethroplasty. But chances of recurrence are there with less significant results.<sup>3</sup>

#### *Case report :*

A 31 years old male Engineer Patient came with complaint of frequent micturition in the last 3 years along with pain and burning during micturition admitted on 04/02/2024. Past h/o optical urethrectomy but did not get enough relief. Therefore, for further treatment he came to OPD of Shalya Tantra, Parul Institute of Ayurved and Research Centre, Vadodara.

#### *Family history :*

No H/O HTN, DM or any other major illness.

#### *General examination :*

G.C – Moderate

CVS - S1, S2 normal.

Pulse - 80/min

BP - 130/80 mm of Hg

RS - Chest clears on both sides.

Digestive System Appetite – normal

Bowel habit- regular.

Uro-genital System – Dribbling micturition

#### *Diagnosis :*

The diagnosis of urethral stricture is confirmed by clinical examination and investigations and prostate-specific antigen (PSA) within normal limits. Ultrasound of the abdomen shows mildly enlarged prostate gland (40 Grams).

#### *Treatment Plan :*

Considering his age and desire for non-surgical management, an Ayurvedic approach with Uttar Basti was chosen after discussing various treatment options including medications and surgery.

***Poorva Karma :*** Informed written consent is taken from the patients. Patients advised to pass their natural urges prior to Uttar Basti. All patients advised nil by orally before the administration of Uttar Basti. Drugs required for Uttar Basti like Dhanyaka Gokshura Ghrita and Yava kshar will be boiled before administer.

***Pradhan karma:*** Patient was asked

to lie in supine position on table. Uttar Basti with 50 ml Dhanyaka Gokshura Ghrita (DGG) and Yava kshar was given for Initial 7 days. After that on alternate day calibration of urethra with the help of 12F,14F,16F and 18F foleys catheter and uttar basti with DGG and yava kshar was given for next 14 days.

**Pashchata karma:** After Uttar Basti patients advised to lie down in supine position for 20 min. Patient shifted to ward and hot water bag was provided for local Svedana at lower abdomen. Meal will be allowed only after Uttar Basti. The time of Pratyagamanakala of Basti was noted for each patient.

*Drug Treatment :*

Table-1. Details of Intervention carried out

Drug Name	Dose	Route	Anupan	Duration
Gokshuradi Guggulu	500mg BD	Oral	Warm water	7 days
Chandraprabha vati	500mg BD	Oral	Warm water	7 days
Tab. Ural Bph	OD	Oral	Warm water	7 days

Table-2. Details of Procedures

Day of the Treatment	Procedure
1 <sup>st</sup> Day–7 <sup>th</sup> day	Uttar Basti with 50 ml Dhanyaka Gokshura Ghrita (DGG) and Yava kshar
8 <sup>th</sup> Day	calibration of urethra with the help of 12F,14F,16F and 18F foleys catheter
9 <sup>th</sup> Day	Uttar Basti with 50 ml Dhanyaka Gokshura Ghrita (DGG) and Yava kshar
10 <sup>th</sup> Day	calibration of urethra with the help of 12F,14F,16F and 18F foleys catheter
11 <sup>th</sup> Day	Uttar Basti with 50 ml Dhanyaka Gokshura Ghrita (DGG) and Yava kshar
12 <sup>th</sup> Day	calibration of urethra with the help of 12F,14F,16F and 18F foleys catheter
13 <sup>th</sup> Day	Uttar Basti with 50 ml Dhanyaka Gokshura Ghrita (DGG) and Yava kshar
14 <sup>th</sup> Day	calibration of urethra with the help of 12F,14F,16F and 18F foleys catheter
15 <sup>th</sup> Day	Uttar Basti with 50 ml Dhanyaka Gokshura Ghrita (DGG) and Yava kshar
16 <sup>th</sup> Day	calibration of urethra with the help of 12F,14F,16F and 18F foleys catheter
17 <sup>th</sup> Day	Uttar Basti with 50 ml Dhanyaka Gokshura Ghrita (DGG) and Yava kshar
18 <sup>th</sup> Day	calibration of urethra with the help of 12F,14F,16F and 18F foleys catheter
19 <sup>th</sup> Day	Uttar Basti with 50 ml Dhanyaka Gokshura Ghrita (DGG) and Yava kshar
20 <sup>th</sup> Day	calibration of urethra with the help of 12F,14F,16F and 18F foleys catheter
21 <sup>st</sup> Day	Uttar Basti with 50 ml Dhanyaka Gokshura Ghrita (DGG) and Yava kshar

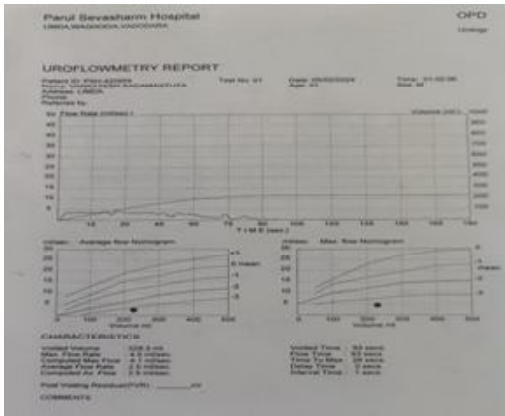


Figure 1. Uroflowmetry-Before Treatment



Figure 2. RGU-Before Treatment

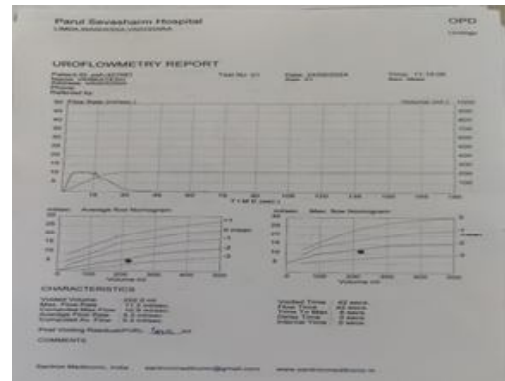


Figure 3. Uroflowmetry -After Treatment



Figure 4. Uttarbasti Procedure



Figure 5. RGU before treatment



Figure 6. RGU after treatment

In this case study it was found that, in Retrograde Urethrogram (RGU) there was narrowing at the level of bulbomembranous junction of urethra before treatment of Urethral stricture. (Figure 2) After 21 days of treatment symptomatic reduction was found in frequency of micturition and burning micturition.

**Follow up:** Follow up was taken on every 7<sup>th</sup> day after procedure. No recurrence of previous symptoms was found after 1 month of follow up period.

*Adverse and Unanticipated Events :*

Throughout the treatment period, no major adverse events were noted. The patient tolerated the procedure well, and no complications such as infection, bleeding, or allergic reactions were reported. Minor discomfort during catheter insertion on the initial days was self-limiting and resolved spontaneously.

Urethral stricture is a disease-causing narrowing of the urethra at any level. In a day-to-day life it is seen that patients tends to avoid surgical interventions. They prefer such an alternative approach which is non-invasive and able to provide relief in shorter period as well as economical. In Ayurveda, Uttara Basti, is a therapeutic procedure specifically used for the treatment of disorders related to the urinary tract. This study revealed that Dhanyaka Gokshura Ghrita and Yava kshar Uttar Basti is as good as that of dilatation technique.<sup>8</sup> It is a ideal minimal invasive treatment in urethral stricture. With the help of calibration, it was evident that the symptoms like pain and burning micturition was reduced. In this study the modified procedure for Uttar Basti avoid

recurrence and gives better symptomatic relief than previous conventional procedure.

*Total Effect of Therapy :*

After completion of 21 days of modified Uttar Basti with Dhanyaka Gokshura Ghrita and Yava Kshar, along with urethral calibration, the patient reported significant improvement in symptoms. There was marked reduction in frequency and burning sensation during micturition. Uroflowmetry and Retrograde Urethrogram findings confirmed the reduction in stricture severity. No recurrence was observed during the one-month follow-up. Overall, the therapy proved to be safe, effective, and minimally invasive.

The modified form of Uttar Basti provided significant relief in symptoms and improved quality of life for patient. It served as an effective alternative to surgical intervention, addressing urethral stricture through Ayurvedic principles of holistic management. However, individual responses to treatment may vary, and close monitoring remains essential in managing chronic conditions like urethral stricture.

*Declaration of patient's consent :*

The author certifies that written informed consent was obtained from the patient for receiving the Ayurvedic treatment and for inclusion in this clinical case study. The patient was informed that his identity would be kept confidential and that images and clinical information would be reported without revealing his name or any personal details.

*Patient's Perspective on the Treatment Received:*

The patient expressed high satisfaction

with the Ayurvedic line of management. He reported relief from longstanding symptoms which had not improved even after earlier surgical intervention. The non-surgical, economical approach of Uttar Basti therapy increased his trust in Ayurvedic treatments. He particularly appreciated the improvement in urinary function and quality of life, and noted that he would recommend this therapy to others facing similar issues.

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