

Ayurvedic Perspective on UTI in Children

◆ Introduction

In Ayurveda, pediatric urinary tract infections can be correlated primarily with Mutrakrichchra (difficulty or painful urination) and Mutraghata (obstructed or suppressed urination). These conditions in children are often the result of Agnimandya (digestive impairment), Aama (toxic build-up), Krimi (infections), and improper dietary and behavioral habits.

Early management is essential not only to relieve symptoms but to prevent recurrent infections, improve immunity, and avoid complications like kidney involvement.

◆ Causes (Nidana)

Common etiological factors in children according to Ayurvedic principles include:

Ajirna (indigestion) leading to Aama production

Krimikarana (infections) from poor hygiene

Abhojana or Atibhojana (irregular diet and overeating)

Seeta Jala Sevana (frequent cold water intake)

Basti Stambhana (urine retention habitually)

Prakritiviparyaya Ahara-Vihara – wrong food combinations, excessive sweets, junk food, and poor hydration

◆ Clinical Features (Lakshana)

Children may present with:

Mutrakrichchra – Painful or burning urination

Mutradaha – Burning sensation during or after micturition

Alpa Mutrata – Scanty urination

Mutra sanga – Delayed or obstructed flow

Jwara (Fever) – Low to moderate grade

Udarashoola – Lower abdominal discomfort

Aruchi & Agnimandya – Loss of appetite and poor digestion

◆ Dosha Involvement

Pitta predominance: Burning sensation, yellow-colored urine, fever

Vata predominance: Pain, retention, dry stools, distension

Kapha predominance: Mucous-like turbid urine, heaviness

In most cases, Pittaja Mutrakrichchhra or Sannipataja Mutrakrichchhra is observed in children.

◆ Treatment Principles (Chikitsa Siddhanta)

The line of management in Ayurvedic pediatrics focuses on:

1. Agnideepana & Aama Pachana – Enhancing digestion and removing toxins
2. Mutravirechana – Promoting normal urination using diuretic herbs
3. Krimighna Chikitsa – De-worming and antimicrobial effect
4. Srotoshodhana – Channel purification
5. Rasayana – Immunity-boosting for recurrent infections

◆ Useful Herbal Remedies and Classical Preparations

Herbs / formulations	Properties and use
Gokshur (Tribulus terrestris)	Diuretic, soothing for urinary tract
Punarnava (Boerhavia diffusa)	Anti inflammatory, antiedematous
Chandan (santalum album)	Cooling, reduces burning
Varun (crataeva nurvala)	Useful in Obstructive or recurrent UTI

Guduchi (Tinospora Cordifolia)	Rasayan, anti practice, improves immunity
Yashtimadhu (Gglycyrrhiza glabra)	Soothing, anti inflammatory
Musta (Cyperus rotundus)	Digestive, aampachan
Vidang (Embelia ribes)	Krimighna (Deworming)

✓ Classical Formulations:

Chandraprabha Vati – Broad-spectrum urinary support

Gokshuradi Guggulu – For recurrent and chronic UTI

Punarnavadi Kashaya / Mandura – For inflammation and water retention

Vasanta Kusumakar Ras (in chronic or complicated cases, under supervision)

◆ Panchakarma Support (in recurrent cases)

In children with chronic or recurring UTIs, after initial control:

Matra Basti with cooling and soothing oils (e.g., Bala Taila, Yashtimadhu taila)

Anuvasana Basti for Vata balance in neurogenic bladder

Lepa or Dhara with Chandana paste on suprapubic region (externally for burning and pain)

◆ Conclusion

Ayurveda provides a comprehensive and child-friendly approach to UTI management by addressing the root cause, improving digestion and immunity, and preventing recurrence through holistic methods. When integrated with modern care, it enhances outcomes in both acute and recurrent pediatric UTI cases.