



Review Article

## EXPLORING THE THERAPEUTIC ROLE OF *SITHA* AS *ANUPANA* IN *PITTAJA MUTRAKRICHRA*

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### ABSTRACT

*Pittaja Mutrakrichra*, a condition characterized by *Krichrata* in *Mutravahana* which is predominantly caused by the vitiation of *Pitta Dosha*. Ayurveda suggests various treatment approaches for managing *Mutrakrichra*, focusing on balancing *Pitta dosha* and alleviating associated symptoms. This review explores the therapeutic role of *Sitha* as *Anupana* in the management of *Pittaja Mutrakrichra*. *Sitha*, with its *Madhura Rasa* (sweet taste), *Madhura Vipaka* (sweet post-digestive effect), *Sheeta Virya* (cooling potency), and *Snigdha Guna* (unctuous quality), plays a crucial role in pacifying aggravated *Pitta*. The pharmacological action include anti-inflammatory, diuretic and antibacterial activities.

### INTRODUCTION

*Acharya's* have extensively elaborated disorders related to *Mutra*, and *Mutrakrichra* is one of them. Due to *Nidana*, vitiation of *Dosha* causes *Sthanasamsraya* in *Basti*. Leading to *Samanya Lakshana* of *Mutrakrichra*, describing *Krichrata* in *Mutravahana*, indicative of difficulty in micturition<sup>[1]</sup>. Other *Lakshana* of *Mutrakrichra* vary based on the predominance of *Dosha* involved in pathogenesis, such as *Shula* in *Vataja Mutrakrichra*, *Daha* in *Pittaja Mutrakrichra*, and *Gourvata* in *Kaphaja Mutrakrichra* as predominant symptoms<sup>[3]</sup>. The *Chikitsa* include the *Nidanaparivarjana*, *Sodhana* and *Samana Chikitsa*. One notable aspect is the use of *Anupana*, a substance used to enhance the therapeutic effect of medicinal formulations.

*Anupana* play a significant role in enhancing drug action through both pharmacodynamics and pharmacokinetics contributing to the improvement of *Aushada Bala* and *Rogibala*. *Anupana* can modulate the mode of action of the primary drug. *Anupana* contributes to palatability, facilitates easy administration and helps prevent irritation of the

mouth, throat, and stomach. Additionally, it aids in controlling adverse drug effects and allergies due to its anticorrosive action and minimizing the action of toxicity.

This review explores the role of *Sitha* as an *Anupana* in the management of *Pittaja Mutrakrichra*. *Anupana* acts as *Doshashamana*, *Dosha Sanghatabhedana*, *Pipasahara*, *Amahara*, *Sramahara*, *Klamahara*, *Rogaghna Beshajam Sahakari*, and *Rogibala gunawati*. In Ayurveda, *Sitha* is explained as an ingredient in many formulations, as *Anupana*, as *Prakshepaka Dravya* etc. In *Pittaja Mutrakrichra*, *Sitha* is told to be used as *Anupana*.

### *Sitha* as *Anupana*

*Anupana* plays an important part in *Chikitsa*. In contemporary science, *Anupana* can be taken as adjuvant, vehicle or carrier by which absorption of drug takes place. *Acharya Sharangdhara* has given simile that *Anupana* along the base spreads in the body as the oil drop added to the water spreads in fraction of time. It indicates that when we administer the medicine with medication, it helps the therapeutic agents to rapidly reach and act upon the desired tissues or organs. This ensures the quick and efficient delivery of the drug, bioavailability and therapeutic effect. In *Mutrakrichra*, *Sitha*, *Madhu* are the *Anupanas* mentioned, in which *Sitha* used as *Anupana* in *Pittaja Mutrakrichra* which can be analysed under *Rasapanchaka* and chemical constituents.

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**Rasapanchaka of Sitha<sup>[4,5]</sup>**

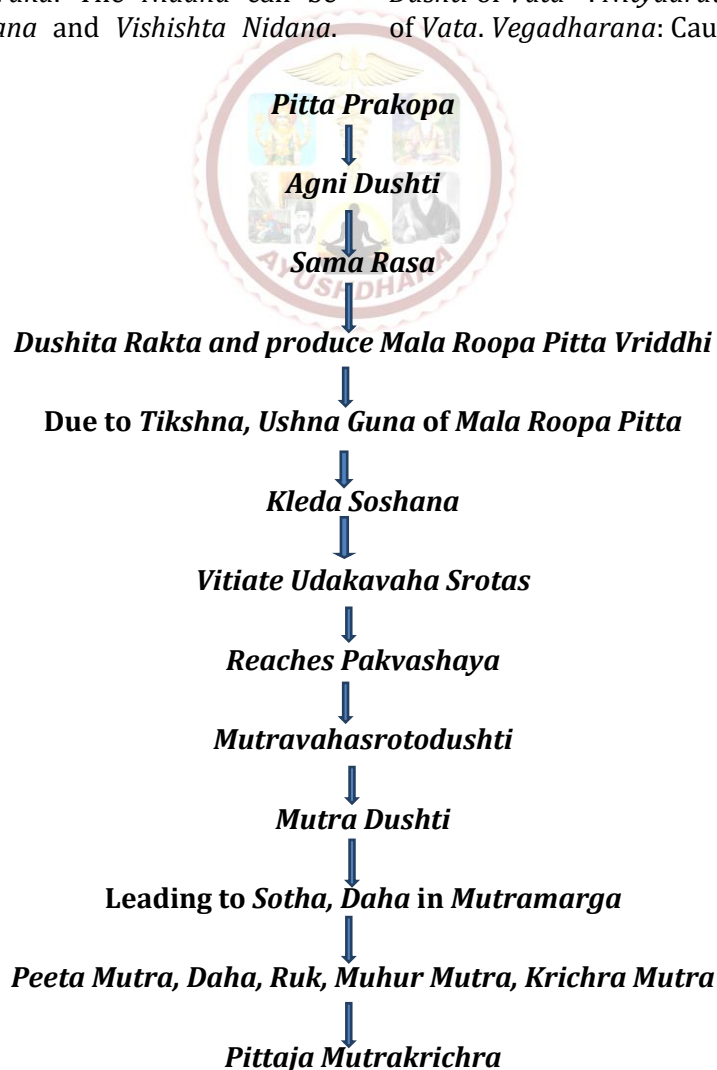
Drug	Sitha
Synonyms	<i>Khanda Sharkara</i>
Vernacular Name	English Name: Sugar; Mal: <i>Panchasara</i>
Rasa	<i>Madhura</i>
Guna	<i>Snigdha</i>
Virya	<i>Sheeta</i>
Vipaka	<i>Madhura</i>
Karma	<i>Vatapittasamana, Mutrala</i>
Chemical Constituents	Polyphenol, phytosterols, flavonoids, oleic acid, palmitic acid

**Mutrakrichra**

*Mutrakrichra*, a *Basti Gata Vikara*, refers to difficulty in urination. Defined as *Mutrasya Krichrene Mahata Dukhena Pravrutti*. *Mutrakrichra* is a broad term that includes conditions known in modern science as urinary tract infections<sup>[6]</sup>. The causation of a disease is due to exposure to external or internal factors in form of diet, activities or mental factors are termed as *Nidana*. The knowledge of *Nidana* is helpful for the proper diagnosis, prevention of disease and treatment. *Mutrakrichra Nidana* has been very well explained by *Acharya Charaka*. The *Nidana* can be divided into *Samanya Nidana* and *Vishishta Nidana*.

**Nidana Sevana**

*Rooksha Ahara Sevana* decreases the *Kledatva* and thus decreases the absorption of *Dravabhaga* leading to difficulty in micturition. *Tikshna Madhyasevana* excessive consumption of *Madya* causes *Dushti* of *Vata* and *Pitta*<sup>[7]</sup>. *Amla Guna* of *Madya* changes pH of urine. *Anupa mamsa* causing *Dushti* of *Kapha*<sup>[8]</sup>. *Matsya Sevana* are *Abhishyandi* in nature causes *Dushti* of *Kapha* and *Pitta* causing *Mutrakrichra*. *Adhyasana*, *Ajeerna Bhojana* lead to formation of *Ama* and thereby *Tridosaprakopa*. *Ativyayama* by *Ruksha Guna* causes *Dushti* of *Vata*<sup>[9]</sup>. *Nityadrutaprushta Yana* causes *Dushti* of *Vata*. *Vegadharana*: Causes *Dushti* of *Vata*.



In Ayurveda, *Samprapti Vighnana* is considered as *Chikitsa*. In *Mutrakrichra*, both *Pitta* and *Vata Dosh* are vitiated. Therefore, the treatment should aim to pacify these aggravated *Doshas*. The management of *Mutrakrichra* can be categorized into three: *Nidana Parivarjana*, *Sodhana*, and *Samana Chikitsa*. In which *Samana Chikitsa* include different *Kashayas*, *Gulika*, *Churna*, *Ghrita* etc. according to the *Dosha* predominance.

## DISCUSSION

*Sitha* plays a role in breaking the *Samprapti* of *Pittaja Mutrakrichra*. Pathogenesis of *Pittaja Mutrakrichra*, involves *Lavana*, *Amla Rasa*, *Tikshna Ushna Pradhana Ahara* leads to vitiation of *Pitta Dosh* causing the *Agni Dushti* leads to *Vidhaghta Rasa* which in turn causes *Dushita Rakta* and produce *Mala Roopa Pitta Vriddhi*. Due to *Tikshna*, *Ushna Guna* of *Mala Roopa Pitta* causes *Kleda Soshana* in the *Drava Bhaga* of *Kitta* leading to vitiation of *Udakavaha Srotas*. Reached *Mutravaha Srotas* causing *Mutravahasroto dushti* by *Teekshna*, *Ushna Guna* of vitiated *Pitta Dosh*. And as *Basti* being the residing place of *Apana Vayu*. *Pratiloma Gati* of *Apana Vayu* occurs as a result of *Sotha* which hampers from its *Mutra Nishkramana Kriya*. When *Stanamsraya* occur in *Mutravahasrotas*, produces *Lakshana*. *Sitha*, one of the *Ikshu* preparations, possess the ability in production of *Mutra*. *Sitha* with properties such as *Madhura Rasa*, *Madhura Vipaka*, *Sheeta Virya*, and *Snigdha Guna* act as *Pittahara*, which is the *Dosha* vitiated in the *Samprapti* of *Pittaja Mutrakrichra*. The *Sheeta Virya* and *Snigdha Guna* counter act with *Teekshna*, *Ushna Guna* of vitiated *Pitta* thereby reducing the *Sotha* and restoring the normal *Gati* of *Vata*. *Madhura Rasa* *Sheeta Virya* and *Snigdha Guna* helps in alleviating the *Daha* by opposing with *Teekshna*, *Ushna Guna* which is responsible for it. *Snigdha Guna* helps in counteracting the effects of *Ruk* by nourishing and softening the dry tissues. Moreover, *Madhura Rasa* and *Snigdha Guna* helps in promoting moisture and lubricating the urinary tract, which causes increase urine production and making the passage of urine smoother. This contributes to the *Mutrala Karma* facilitating the formation and easy secretion of the urine, which in turn helps in flushing out the irritants from the bladder, further reducing the inflammation. Additionally, it balances the *Kledata* in the body which is disturbed by vitiated *Pitta*. This indicates its specific action in *Pittaja Vikara* and in *Mutra Roga*. While analysing the chemical constituents like polyphenols possess anti-inflammatory activity which helps in reduce the inflammation thereby reducing the irritation and swelling. Flavonoids contribute to diuretic activity promoting increased urine production and facilitating the smooth passage of urine. Oleic acid, palmitic acid contributes to the

antibacterial activity helps in destroying the bacteria responsible for infection. Therefore by reducing the bacterial load helps in alleviating the discomfort, burning sensation and frequent urination associated with infection. *Sitha* enhances the absorption of the primary medication into the body. It helps in effective delivery of the active ingredients to the *Mutravaha Srotas*. In *Pittaja Mutrakrichra* drug to be used is of *Pittahara* so *Tikta*, *Kashaya*, *Madhura Rasa* is the drug of choice which is unpleasant taste for consistent use. Therefore *Sitha* by its *Madhura Rasa*, *Madhura Vipaka*, helps in enhancing the palatability of the formulation used in treating *Pittaja Mutrakrichra*.

## CONCLUSION

*Anupana* is not merely a vehicle for administering the medicine but plays a crucial role in enhancing the drug's efficacy and hastening its therapeutic action. Here it is known to counter act the vitiated *Dosha* which is involved in the pathogenesis and also neutralizes the *Kashaya* and *Tikta* properties of the drug. The pharmacological activities like anti-inflammatory, diuretics and antibacterial action make it a valuable adjunct in the treatment. Therefore *Sitha* as *Anupana* has effect on *Vyadhi* by causing *Doshasamana* and increasing the palatability of the *Kashaya*. Its dual action makes an effective co-therapy for management of *Pittaja Mutrakrichra*.

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