



Ayurveda Life

# Ayurvedic Management of Urinary Tract Infections (UTI)

Madison Madden, AD, AWP, CMP

# Introduction

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- NAMA-Recognized Ayurvedic Doctor (AD)
- Certified Ayurvedic Practitioner (AWP)
- Birth Doula
- Certified Massage Practitioner (CMP)
- Certified Kundalini Yoga Teacher
- Specialize in Women's Health, Reproduction, Mind-Body Practices
- Founder, Live Wise Ayurveda
- Chair, Professional Membership Committee of National Ayurvedic Medical Association (NAMA)
- Board of Directors, Texas Ayurveda Professional Association (TAPAS)



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# The Landscape of UTIs

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- ~50-60% of adult women will have at least one UTI in their lifetime
- Substantially more common in women than men
- Frequent, or recurring, UTIs are common
- If left untreated, can lead to kidney infection
  - This is the most common cause of kidney infection

# Chikitsa (Therapeutic Protocol)

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- Allopathic Method: Antibiotics
- Many over-the-counter UTI “remedies” that are used by consumers
- Ayurveda: Herbal Formulations, Dietary Regimes, Lifestyle Factors

*Prevention is always better than a cure.*

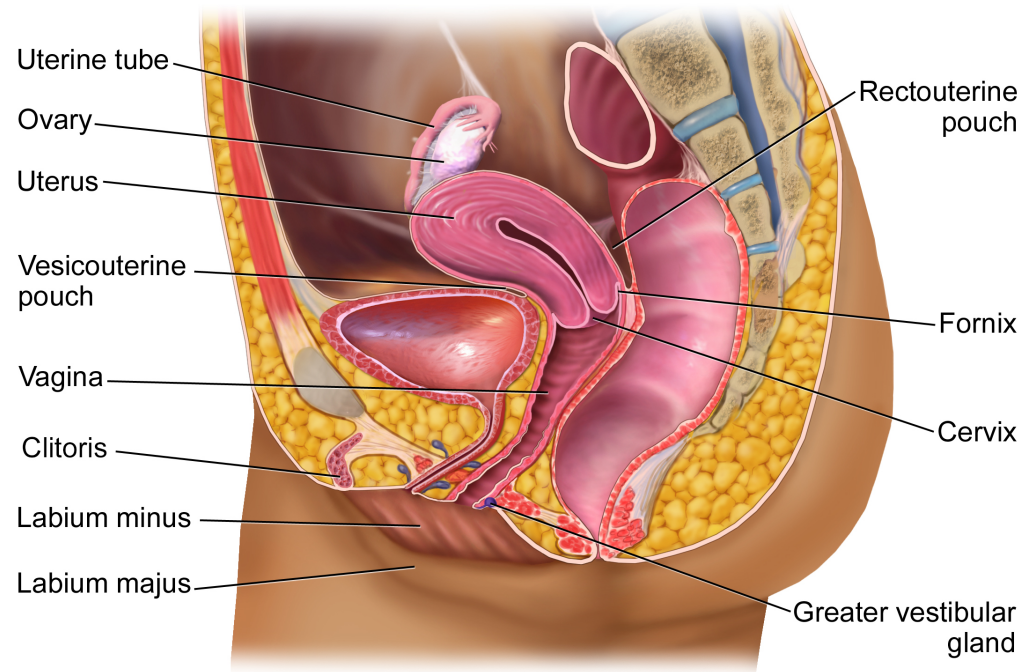
# Causative Factors (*Nidana*)

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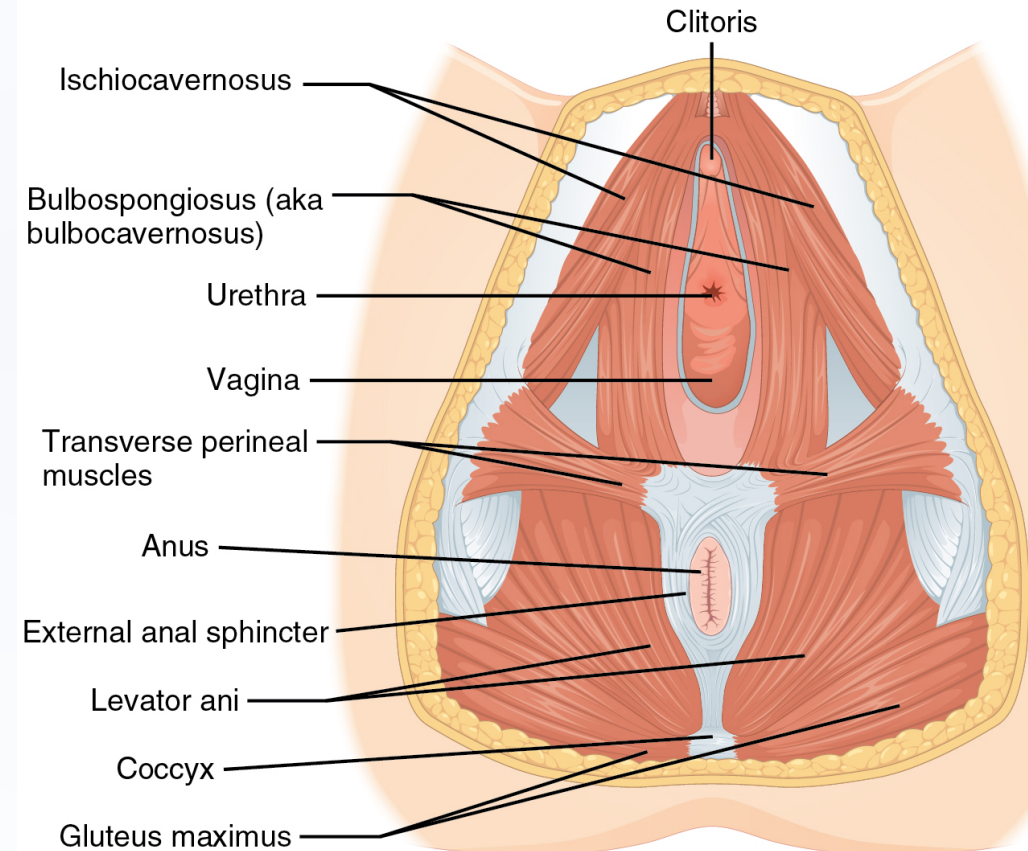
- *Intrinsic* and/or *extrinsic* factors
- ***Intrinsic***: Pathology that begins from inside of the body/mind system such as stress, injury, depletion, and withholding natural urges
- ***Extrinsic***: Pathology that begins from an external factor like bacteria or environmental influences

*Often manifest as a combination of both factors*

# Physiology



**The Female Reproductive System**



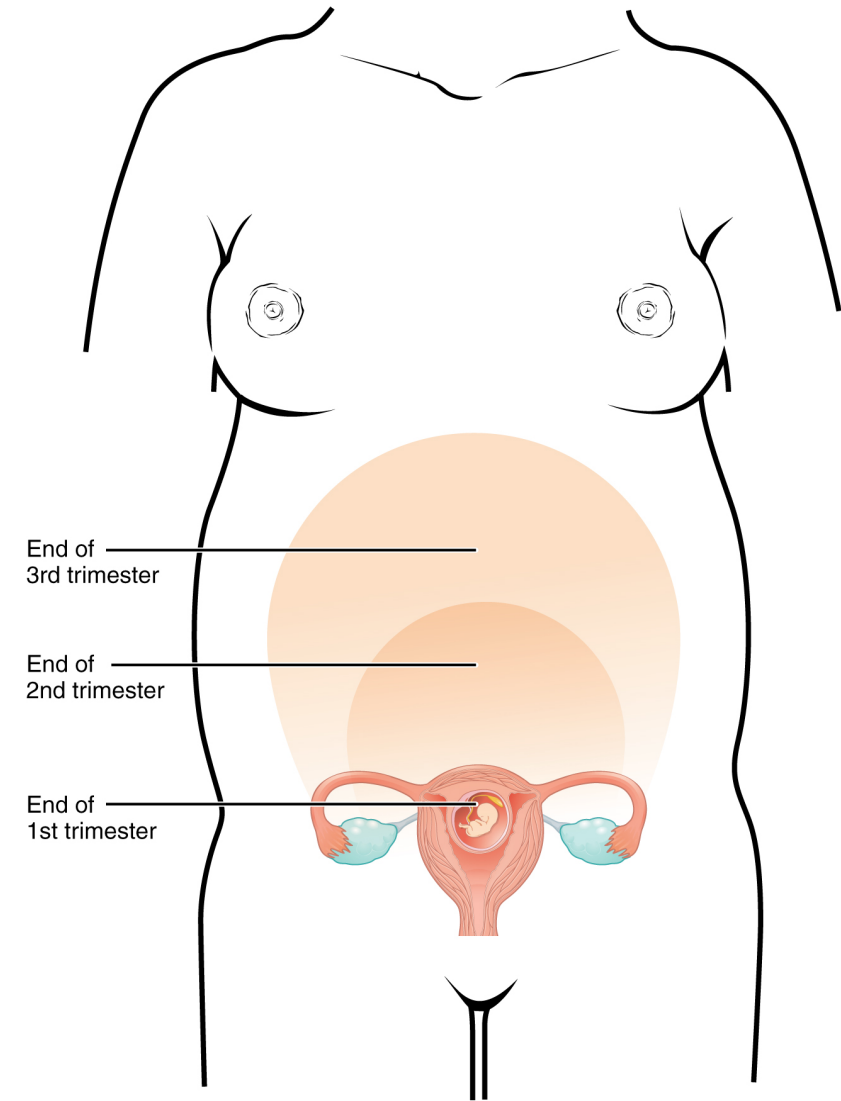
# Female Anatomy

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- Urethra is 3-4 cm in length in women
  - Men is ~20 cm in length
- Women's is much more exposed
  - Close to vaginal opening
  - Closer to anus than men
- Vagina is acidic in nature
  - Low Ph makes the area more susceptible to infection

# Predisposing Factors – Pregnancy

- Growing fetus puts pressure on bladder and urinary tract, which can trap bacteria or cause urine to leak
- 1<sup>st</sup> & 3<sup>rd</sup> trimester most common



# Predisposing Factor

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## – Low Immunity

- Inability to fight off pathogens
- Weakness in organ (bladder) or region (pelvis) leading to localization of imbalance
  - Governed by *vata dosha*
- Candida
  - Impaired digestion (low *agni*) & low immunity (*ojas*)



# Predisposing Factor - ***Prameha* (Diabetes)**

- Excessive production of *Kleda* (metabolic waste products)
  - Creates a thriving environment for infection
  - Excessive use and weakness of the Urinary Tract



# Predisposing Factor – Imbalanced Diet

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Such as:

- Excess intake of sugar
- Diet or lifestyle that aggravates *kapha* or *pitta doshas*
  - *Kapha*: Sugar, fried foods, milk, yogurt
  - *Pitta*: Excess salt, sour, spicy
- Not enough water



# Predisposing Factor - **Hygiene**

- Daily habits (cleaning, sweating, wiping, etc.)
- Sexual Intercourse
  - Pre
  - During
  - Post
- Clothing/fabric
- Menstruation



# Predisposing Factor – **Holding Natural Urges**

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.... Or expressing them forcefully

- Holding urine (during sexual activity or otherwise)
- Pushing or rushing urination

# Prevention – Increase Immunity

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PROPER  
*DINACHARYA* (DAILY  
ROUTINE)



BALANCED DIET



ADEQUATE REST



LOWER STRESS  
RESPONSE



INCREASE AGN/  
(DIGESTIVE  
CAPACITY)

# Prevention – Refine Hygiene Practices

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Cleansing direction - front to back

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Avoid using soap to clean genital area – lowers Ph

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Use warm water on all mucosal orifices

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Bath *before and after* sexual intercourse

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Always urinate after sexual intercourse

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Never use the same object in around anus and vagina

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Change menstrual pad/tampon/cup regularly

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Cleanse after sweating

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# Prevention – Regular and Adequate Water

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- The best way to flush toxins from the urinary tract and avoid unwanted pathogens!



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# Food for Urinary Conditions

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Fresh cilantro

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Coriander seed

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Cumin seed

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Coconut water & coconut meat

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Licorice root

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Aloe vera

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Asparagus

# Common Ayurvedic Herbs

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Gukshura \*\*Considered the best among *basti shodhana* (conditions of the bladder)

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Amalaki

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Shatavari

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Vidari

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Licorice

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Punarnava

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Vetiver

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Tulsi seed

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Musta

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Sandalwood

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Kumari

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# Herbal Formulations Used in Ayurveda

## Gokshuradi Guggulu

- Cleansing, scraping
- Used for acute conditions, shorter periods

## Chandraprabhava

- Rejuvenative (rasayana)
- Restores kidney function
- Can be used for longer periods
- Improves whole system (including *prameha*, fertility, libido, many skin conditions)
- Great for people with recurring UTI's

## Yoga & Exercise

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- Pelvic Floor Exercises
- Yoga Asana
- Pranayama (Breathing Practice)
- Sweating – to excrete *kleda* (metabolic waste)



“An ounce of prevention is worth a pound of cure.”

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