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Role of Mutravaha Srotas Dushti in the Management of Recurrent Urinary Tract Infections: An Integrative Ayurvedic Approach with Clinical Correlation

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Abstract: *Recurrent urinary tract infections (rUTIs) represent a significant global health burden, particularly among women, with increasing antimicrobial resistance posing major therapeutic challenges. Contemporary management relies heavily on repeated antibiotic therapy, which often leads to dysbiosis, recurrence, and drug resistance. Ayurveda describes urinary disorders under the spectrum of Mutrakrichra, Mutraghata, and Mutravaha Srotas Dushti, offering a holistic pathophysiological understanding and personalized therapeutic strategies. This article explores the conceptual framework of Mutravaha Srotas dysfunction in recurrent UTIs, correlates classical Ayurvedic descriptions with modern uropathogenesis, and proposes an integrative management protocol. Emphasis is placed on doshic involvement, srotorodha (microchannel obstruction), agnimandya (metabolic impairment), and immunomodulation. Herbal formulations such as Gokshura, Punarnava, Chandraprabha Vati, and Yavakshara are reviewed for their pharmacological relevance. An integrative protocol combining dietary regulation, herbal therapy, and lifestyle modification is proposed for long-term recurrence prevention. The study highlights the need for controlled clinical trials to validate Ayurvedic interventions as adjunct or alternative therapy in rUTIs.*

Keywords: Mutravaha Srotas; Recurrent UTI; Mutrakrichra; Ayurvedic Urology; Integrative Medicine; Gokshura; Chandraprabha Vati; Antibiotic Resistance; Urinary Inflammation; Herbal Immunomodulation

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