MULTI MODAL AYURVEDIC MANAGEMENT OF URINARY INCONTINENCE IN AGED - A NON-RANDOMIZED, OBSERVATIONAL CLINICAL STUDY
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Background: Urinary incontinence is defined as the involuntary elimination of urine, sufficiently severe to cause a social or hygiene problem. It occurs in all age groups but becomes more prevalent in old age mainly after 60 years of age. Numerous epidemiologic studies show that the incidence of urinary incontinence increases with age with the range of prevalence estimates among community dwelling patients varying enormously (2–58%). In Ayurveda, this condition can be included under the heading of predominant vāta disorders.

Aim: To evaluate the effectiveness of the traditional multi-modal (contains multiple classical ayurvedic procedures along with multi-herbs in various phases of the treatment) Ayurvedic treatment for the overall clinical outcomes in incontinence of urine in aged persons.

Methods: The single arm, non-randomized, open labeled, observational clinical study (containing 15 patients of both sexes and more than 60 years of age) was conducted at P. D. Patel Ayurveda Hospital, Nadiad. Patients were treated with nārāyaṇa taila abhyaṅga and nirguṇḍīpata bāspasvedana followed by mṛdu virecana karma with erāṇḍa taila. After the samsarjana karma, abhyaṅga, svedana and mātra basti of nārāyaṇa taila were performed along with administration of āśvagandhā cūrṇa, balāmūla kvāṭha and nārāyaṇa taila orally for next three weeks period. Patients were trained for Kegel exercise and advised to do it for 15 minutes twice every day. Moreover, dietary advice was given. Total duration of the treatment was of 4 weeks along with 6 months of follow-up period. Assessment was done on the basis of grade score prepared for the urgency and incontinency of urine. Disturbances in daily routine activities also assessed with the help of King’s Health Questionnaire.

Results: Statistically significant improvement was noticed in incontinence of urine by 66.6% and in urine urgency by 57.14%. Affected daily activities due to incontinence according to King’s Health Questionnaire were also improved. General health, incontinence impact and severity measures were improved with the mean difference of 20.0±1.6, 36.97±8.2 and 12.25±2.74 respectively. No any unwanted sign or symptom was noticed during the study. Moreover the signs and symptoms of the disease and the daily activities of the patients were improved in the follow-up period.