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IDEAL DIAGNOSIS IN AYURVEDIC PRACTICE

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An apt diagnosis becomes the key for success in *Ayurveda* Practice. People want consultation both in Acute and Chronic conditions expecting the outcome. Differentiating the phases of the disease and arriving at the proper diagnosis makes *Ayurveda* practitioners to get confidence in practice. An 81 year female patient visited our outpatient unit on 14.10.2015, with persistent urge to urinate, increased frequency with passage of small amount of urine along with burning micturition from past 6 months. She was under medication since then and found no relief. Consequently the patient was quite disturbed. As a routine mode of intervention Urine Routine and Microscopy was advised. In the reviewed report we could appreciate the presence of many epithelial cells and Yeast cells.

The preliminary report could reveal that, patient was suffering from cystitis as there were many epithelial cells. Abundant Epithelial cells in urine indicate the loss of transitional epithelium of bladder due to infection and Inflammation and Yeast cells most often present in women who have a vaginal yeast infection, because the urine will contaminated with vaginal secretions during collection. Burning Micturition will be one of the symptoms in Cystitis and Yeast infection of Vagina too. So the patient had clinical conditions related to Genito-Urinary system, specifically Cystitis with Vaginal Yeast infection. Treatment protocol was well intended and patient responded very nicely in the first week of treatment and got complete relief of symptoms by 16.11.2015. Repeat Urine Routine and Microscopy revealed only 8-10 epithelial cells and no contamination of urine from Yeast cells. Instead of treating the patient on the symptom basis, nurture your mind to accomplish appropriate diagnosis before you ink the prescription.
