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Research Article

**EXPLORING URINARY TRACT INFECTION:
ADVANCEMENT IN UNDERSTANDING & TREATMENT****Aniket P. Sawsakade^{1*}, Mr. Vivek D. Rathod², Dhiraj thadani¹, Pallavi Atalkar¹,
Dipti Damodar¹, Sejal sahu¹, Shreyash padmawar¹.**¹Student, Vidyabharti college of pharmacy, Amravati., ² Assit. Professor, Vidyabharti college of pharmacy, Amravati.**Article Received: September 2023 Accepted: October 2023 Published: November 2023****Abstract:**

UTIs, which can occur in both community and clinical settings, are among the most prevalent bacterial illnesses in the world. Although there are many different types of UTIs, from simple (uUTIs) to complicated (cUTIs), the majority of UTIs are often treated empirically. Although fungi and some viruses have also been implicated in the development of UTIs, bacteria are the most common causal agents of these infections. The most frequent cause of both uUTIs and cUTIs is uropathogenic Escherichia coli (UPEC), which is followed in frequency by other pathogenic microbes such Klebsiella pneumoniae, Proteus mirabilis, Enterococcus faecalis, and Staphylococcus spp. Furthermore, the prevalence of UTIs brought on by multidrug resistance (MDR) is rising, which has significantly accelerated the spread of antibiotic resistance. as well as the financial cost of these infections. Here, we go over the numerous causes of UTIs, including the pathogenicity of the bacteria that cause them and the development of infections with increasing resistance.

Keyword: *UTIs, Virulence factor, Pathogenesis, Immune response, Advanced natural therapeutics.***Corresponding author:****Aniket P. Sawsakade,**
Student, Vidyabharti college of Pharmacy, Amravati..

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INTRODUCTION:

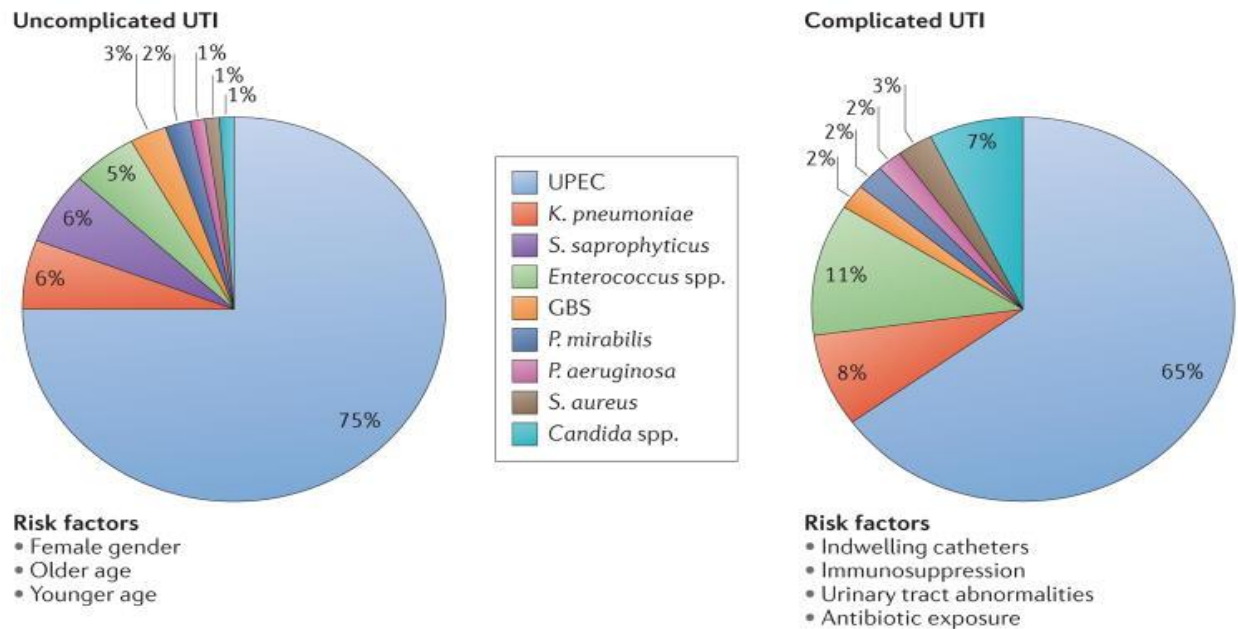
The feathurs, ureters, bladder, and urethra are all corridor of the urinary system, which has the primary job of filtering blood by getting relieve of waste accoutrements and redundant water. The junking of metabolic waste from the rotation is largely fulfilled by the urinary system. OtherThe system's normalization of the attention of crucial factors, including.1 Urinary tract infections(UTIs) are infections that can do in the urethra(urethritis), bladder(cystitis), or feathurs(pyelonephritis) and are one of the world's most common contagious conditions, affecting 150 million people each time, with significant morbidity and high medical costs(e.g., it has been estimated that the profitable burden of intermittent UTIs in the United States is further than\$ 5 billion each time). In the absence of anatomical or neurological problems of the urinary system, uUTIs typically affect healthy cases. When urinary tract abnormalities, similar as catheterization or functional or anatomical abnormalities(similar as obstructive uropathy, urinary retention, neurogenic bladder, renal failure, gestation, and the presence of maths), increase vulnerability to infection, cUTIs are supposed complicated.2 This review aims to do two effects first, it'll present an overview of the mechanisms

underpinning the pathogenesis of UTIs; second, it'll bandy about genral treatment and advanced natural rectifiers for urinary tract infction.

Epidemiology of urinary tract infection:

Numerous pathogens, including fungi and both Gram-positive and Gram-negative bacteria, are responsible for urinary tract infections (UTIs). Women, young children, and elderly individuals who are otherwise healthy are most commonly affected by uncomplicated UTIs. Indwelling catheters, urinary tract abnormalities, immunosuppression, or antibiotic exposure are frequently linked to complicated UTIs. Uropathogenic Escherichia coli (UPEC) is the most frequent cause of both simple and complex UTIs. Other causal agents for simple UTIs include Klebsiella pneumoniae, Staphylococcus saprophyticus, Enterococcus faecalis, group B Streptococcus (GBS), Proteus mirabilis, Pseudomonas aeruginosa, Staphylococcus aureus, and Candida spp. These are listed in order of prevalence. The other causal agents for complicated UTIs are GBS, Enterococcus spp., K. pneumoniae, Candida spp., S. aureus, P. mirabilis, and K. pneumoniae (in that order of prevalence)

Figure 1:



Pathogenesis of UTI:

Through the action of certain adhesins, gut-resident uropathogens invade the urethra and eventually the bladder to cause urinary tract infections (UTIs). When

the inflammatory reaction of the host is unable to completely eradicate all of the bacteria, they start to grow and produce poisons and enzymes that help them survive. If the pathogen penetrates the kidney

epithelial barrier, further colonization of the kidneys can develop into bacteremia. Uropathogen infection is followed by bladder compromise in complicated UTIs, which is brought on by catheterization. . The buildup of fibrinogen on the catheter due to the potent immunological response brought on by catheterization is a very frequent occurrence. Uropathogens attach to the catheter by expressing proteins that bind to fibrinogen. Infections can develop into pyelonephritis and bacteremia if they are not treated because bacteria multiply as a result of biofilm protection . The most typical bacterial infection in humans worldwide and the most typical illness acquired in hospitals are urinary tract infections. [3] The success of several techniques that uropathogens have developed to cling to and infiltrate host tissues is intimately related to the spread of UTIs. [4] 3 Most of the time, the infection does not appear to be particularly severe, especially in the beginning, but it can become substantially worse if aggravating conditions are present.⁵ Biofilms, urinary

stasis from obstruction, and catheters are complicating variables that contribute to the development of UTI. UTIs are a diverse set of clinical illnesses that differ in their genesis and degree of severity. Numerous inherent and acquired variables, including urine retention, vesicoureteral reflux, frequent sexual activity, prostate gland enlargement, vulvovaginal atrophy, and familial history, can increase the risk of UTI. The usage of spermicides may make women more susceptible to UTIs. Biofilms, urinary stasis from obstruction, and catheters are complicating variables that contribute to the development of UTI. UTIs are a diverse set of clinical illnesses that differ in their genesis and degree of severity. Numerous inherent and acquired variables, including urine retention, vesicoureteral reflux, frequent sexual activity, prostate gland enlargement, vulvovaginal atrophy, and familial history, can increase the risk of UTI. The usage of spermicides may make women more susceptible to UTIs. [5]

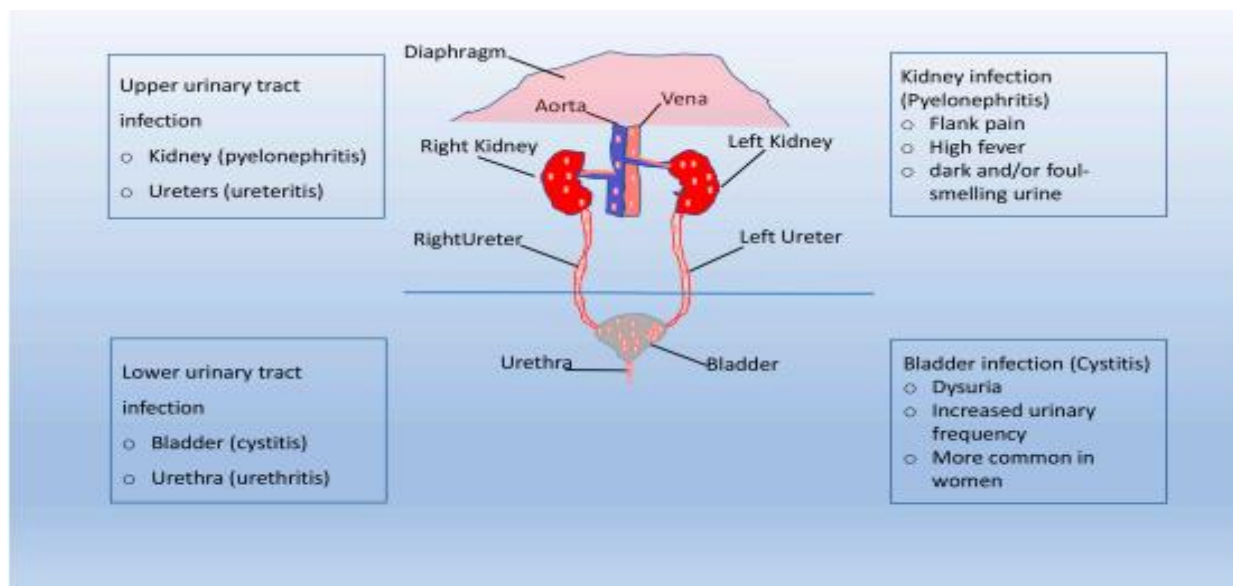


Figure 2: shows how UTIs develop. Uropathogens colonize the urethra and subsequently the bladder by the action of certain adhesins, which is how urinary tract infections (UTIs) begin. If the bacteria are successful in evading the immune system, they grow and biofilms develop. The lower urinary tract is a source of bacteria that can enter the kidney, and UTI can develop into bacteremia. Uropathogens are frequently able to attach to the catheter and grow when there is a complex UTI because the biofilm is protecting them. If the infection is not treated, it may develop into pyelonephritis and bacteremia.

Causes of UTIs:

Urine is often sterile. It typically Commensal urinary tract infection (UTI) symptoms in women include:

- Urge to urinate frequently, often in small amounts
- Burning with urination
- Cloudy urine
- Strong unpleasant smell of urine
- Dark or bloody urine

- Pelvic pain
- Flank or back pain (kidney infection)
- Fever, chills (usually with kidney infection)
- Other possible symptoms include bloating, vaginal discharge

Commensal urinary tract infection (UTI) symptoms in men include:

- Urge to urinate frequently, often in small amount

- Burning with urination
- Cloudy urine
- Strong unpleasant smell of urine
- Dark or bloody urine
- Rectal pain (kidney infection)
- Flank or back pain (kidney infection)
- Other symptoms may include penile, testicular and abdominal pain, and penile discharge

Common urinary tract infection (UTI) doesn't have any bacteria, viruses, or fungi, but it does have liquids, salts, and waste materials. The entrance of the urethra becomes infected when microscopic organisms, typically bacteria from the digestive tract, adhere to it and start to grow. One species of bacteria, *E. coli*, which often lives in the colon, is the cause of the majority of illnesses. *E. coli*, *Proteus mirabilis*, *P. aeruginosa*, *Streptococcus faecalis*, *Staphylococcus aureus*, *Klebsiella pneumoniae*, *Mycobacterium tuberculosis*, *Actinomycetes*, *Nocardia*, *Candida*, etc. are the organisms most frequently linked to catheter-associated UTIs. Additionally, *Mycoplasma* and *Chlamydia* may be connected to STIs that are transferred sexually.

Symptoms:

symptoms in children include :

- Urge to urinate frequently, often in small amount
- Burning with urination
- Cloudy urine
- Strong unpleasant smell of urine (not as reliable in children)
- Dark or bloody urine
- Abdominal pain
- Fever
- Vomiting
- Other symptoms (especially in newborns and infants) may include hypothermia, diarrhea, jaundice, poor feeding and in some children, bedwetting

The following also increase your chances of developing a UTI:

1. Diabetes
2. Advanced age (especially people in nursing homes)
3. Problems emptying your urinary tract
4. A tube called a urinary catheter inserted into your urinary tract
5. Bowel incontinence
6. Enlarged prostate, narrowed urethra, or anything that blocks the flow of urine
7. Kidney stones
8. Staying still (immobile) for a long period of time (for example, while you are recovering from a hip fracture)
9. Pregnancy
10. Surgery or other procedure involving the urinary tract

Immune Response to Uropathogens:

Due to the urine tract's natural immune responses, infection by gastrointestinal tract germs is rather uncommon despite the urinary tract's frequent exposure to these microorganisms.⁶ Previous research has demonstrated that the immune response is carefully controlled to preserve the integrity of the epithelial barrier. Mast cells and macrophages are essential for the immunological control of the urinary system because they coordinate the activation of neutrophil responses that clear germs from the bladder. Additionally, these cells play a crucial role in preventing bladder tissue damage and prolonged infection from being caused by an overwhelming neutrophil response.⁷ With the exception of the urethra, the urinary tract, which is made up of the kidneys, ureters, bladder, and urethra, is generally thought to be sterile. Various soluble substances that are produced into urine and anatomical barriers such as the glycoprotein plaque uroplakins1 and a layer of moist mucus protect against microbial invasion.⁸ The epithelial cells and different resident immune cells that line the urinary tract also serve to further guard against infection. These defenses stop bacteria from penetrating the urinary tract and starting a chronic infection.

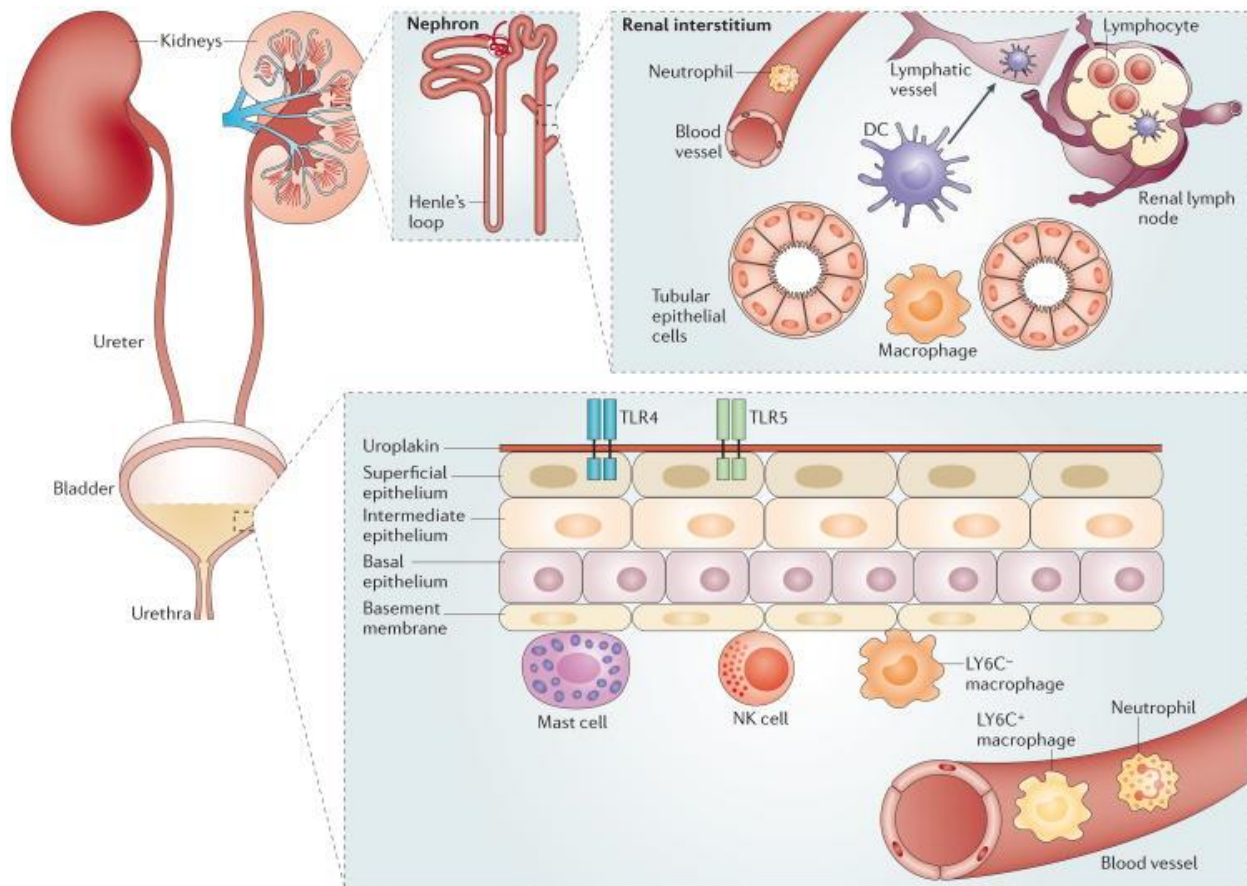


Figure 3:

Organization of immune-competent cells along the urinary tract:

A variety of cell types are responsible for initiating immune responses along the urinary tract. The upper urinary tract is comprised primarily of the kidneys, and the filtration function of the kidneys is performed by hundreds of thousands of nephrons, each of which is composed of a glomerulus and a double hairpin-shaped tubule. Many of the immune-competent cells, including dendritic cells (DCs) and macrophages, are aggregated in the interstitium in close proximity to both the tubular epithelium and blood vessels. In addition, there is a large network of lymphatic vessels in these organs, which connects to the renal lymph nodes. The ureters, urethra and bladder constitute the lower urinary tract, and several layers of stratified epithelial cells that line the bladder function as the first line of defence. The major resident immune cells in the bladder include mast cells and LY6C-macrophages. These cells are located underneath the basal epithelium and function as sentinels to sense infection and recruit neutrophils and LY6C macrophages from

the bladder. NK, natural killer; TLR, Toll-like receptor.

Virulence Factors of the main Uropathogens:

The capacity of certain uropathogens to express factors is correlated with their success in adhering to and colonizing the lower urinary tract epithelium. The most typical cause of both uUTIs and cUTIs is uropathogenic *E. coli* (UPEC) Gram-negative and Gram-positive bacteria found in the colon, such as *Escherichia coli*, *Enterococcus faecalis*, *Proteus mirabilis*, and *Klebsiella pneumoniae*, are the main culprits in the majority of UTI cases. Other responsible parties include Group B *Streptococcus* (GBS), *Pseudomonas aeruginosa*, and *Staphylococcus saprophyticus*. Several adhesion proteins found on the cell surfaces of uropathogens are essential for the early contacts between the host and pathogen. Additionally, adhesins have recently been discovered to encourage bacterial invasion of host tissues as well as adhesion to surfaces in the urinary system. The pili of both Gram-positive and Gram-negative uropathogenic bacteria are among the most well-known adhesion factors. In

Gram-positive and Gram-negative bacteria, the chaperone/usher pathway and the sortase-assembled pili pathway, respectively, are needed for pili assembly.⁹ Different adhesin types are utilized by these uropathogens to encourage adhesion and biofilm development on biotic and abiotic surfaces. In this context, it's critical to remember that the majority of UTIs are biofilm-associated infections, in which uropathogens colonize both the urinary tract's mucosa and indwelling devices like catheters. These pathogenic bacteria need certain virulence factors to create biofilms because they are crucial for promoting adherence to host epithelial cells or catheter materials. Bacterial biofilms are crucial in the development of UTIs because they maintain infections, causing recurrence and relapse. Since antibiotic therapy frequently fails to eradicate biofilms, researchers are testing other strategies for doing so, including phototherapy, enzymatic degradation, antimicrobial peptides, and nanoparticles. [10]

Diagnosis and Treatment of UTIs:

Despite the fact that a bacterial count of 100,000 CFU/mL or more is considered diagnostic of UTI, this value frequently produces false negative results that miss many important illnesses.¹¹ According to earlier research, individuals with symptomatic UTIs may have bacterial counts as low as 103 cfu/mL.¹²

Bacteriuria, or the presence of bacteria in the urine without symptoms, should only be treated in rare circumstances, as in pregnant women or prior to any urologic operation.¹³ In addition, it should be noted that many UTIs are polymicrobial, particularly those affecting the elderly population, catheter-associated urinary tract infections, and cUTIs, even though international guidelines advise that cultures with more than one microbial species should be considered contaminated (i.e., urine specimens were not collected midstream).¹⁴ An additional method called as extended quantitative urinoculture can be utilized for patients with recurrent UTIs or UTI symptoms who tested negative on standard urinoculture but still had those symptoms. Due to its longer incubation times and larger plate sizes than the conventional urinoculture method, this test is more effective in identifying fastidious or slow-growing bacteria.¹⁵ Additionally, although still uncommon in clinical laboratories, methods and technologies like mass spectrometry, multiplex PCR panels, and flow cytometers are now readily available that can quickly identify infections by studying clinical urine samples. The pathogen and its antibiotic susceptibility can be determined immediately from clinical urine samples thanks to innovative technologies including biosensors, microfluidics, and real-time microscopy systems. [16]

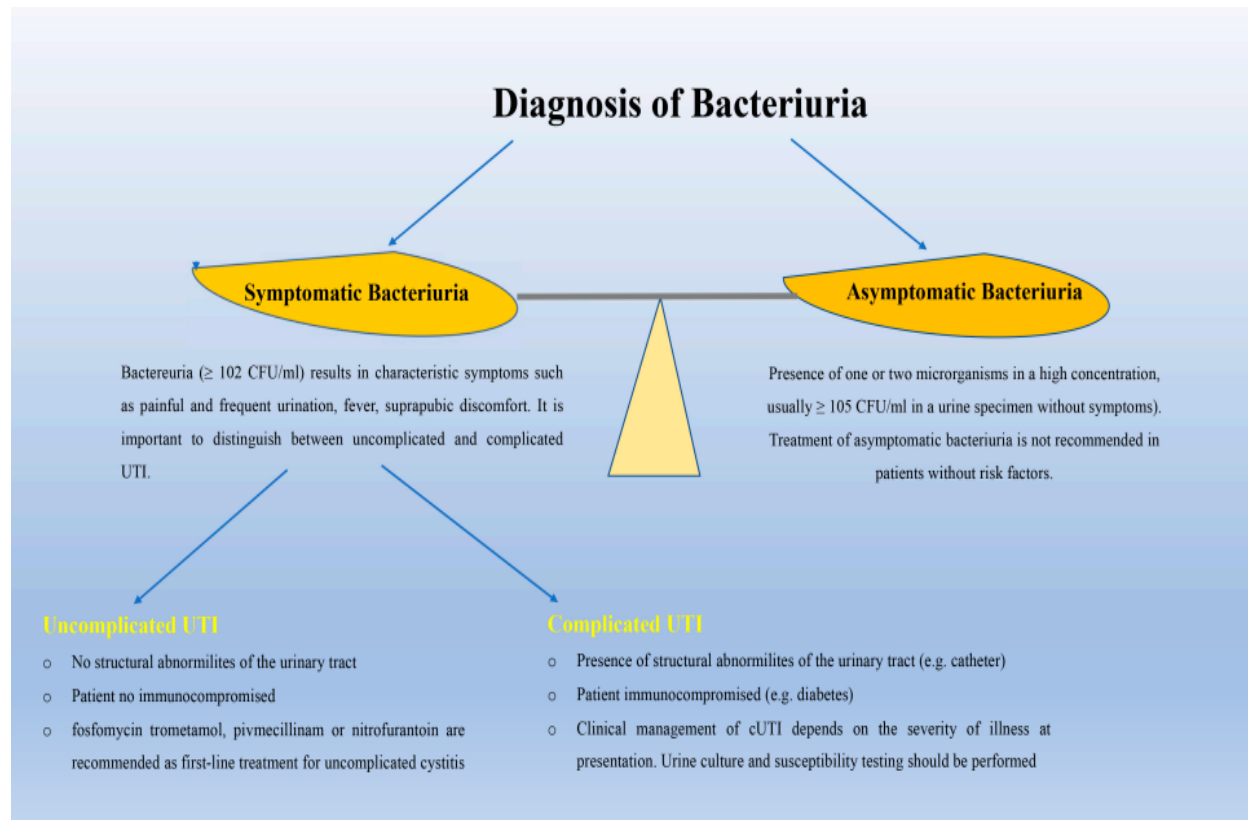


Figure 4: How to diagnose and treat bacteriuria. Asymptomatic bacteriuria does not lead to uTIs and does not require antibiotic therapy, which should only be considered in pregnant women or in a person before undergoing urologic surgery. Uropathogens come from the rectal flora in healthy persons and reach the bladder by the ascending route. Infrequent routes like the lymphatic or hematogenous can also result in urinary tract infections. Based on the presence of risk factors, such as age, catheterization, diabetes mellitus, comorbidities in pediatric patients, and spinal cord damage, UTIs can be categorized as complicated or simple.

General Treatment Consideration:

Because it raises the risk of developing a symptomatic UTI and considerably increases the likelihood of developing resistant infections in the future, treating asymptomatic bacteriuria is not advised. Fosfomycin, nitrofurantoin, and pivmecillinam are the top three treatments for acute, uncomplicated cystitis according to international standards. Only if local *Escherichia coli* resistance does not reach 20% might trimethoprim/sulfamethoxazole be regarded as a first-choice medication. Due to high rates of resistance and associated side effects, fluoroquinolones and aminopenicillins are no longer advised as first-line treatments for urinary tract infections. Oral cephalosporins like cephalexin and cefixime, fluoroquinolones, and -lactams like amoxicillin-clavulanate are among the second-line treatment alternatives. The UTI is frequently recurrent. Avoiding risk factors, using non-antibiotic precautions, and taking antimicrobial prophylaxis are all ways to prevent UTIs. Low estrogen levels (which result in less helpful lactobacilli), diabetes, urinary incontinence, vaginal wall prolapse, and incomplete bladder emptying are the main risk factors for UTI recurrence. The most typical signs and symptoms of pyelonephritis, an infection of the upper urinary system, include fever, chills, nausea, costovertebral angle discomfort, and vomiting. It is crucial to distinguish between simple and complex pyelonephritis since they require entirely different patient care and management strategies.¹⁷ For uncomplicated pyelonephritis, first-line treatment options include oral fluoroquinolones. If fluoroquinolones are not an option, trimethoprim-sulfamethoxazole or betalactams are also suitable options. Because it can quickly cause urosepsis, complicated obstructive pyelonephritis necessitates intravenous antibiotic therapy. Combinations of ceftolozane/tazobactam and ceftazidime/avibactam have been successful in treating UTI caused by resistant Enterobacterales and *Pseudomonas aeruginosa*. Ipenem/cilastatin, cefiderocol, meropenem-vaborbactam, and plazomycin are part of a novel family of medications.¹⁸ These novel medications may offer an effective alternative for the management of complex infections that are resistant to carbapenems. The clinical management of cUTI is

based on how sick the patient was when they presented. An intravenous antimicrobial regimen, such as amoxicillin plus an aminoglycoside, a second-generation cephalosporin plus an aminoglycoside, or a third-generation cephalosporin with or without an aminoglycoside, should be used to treat patients at first. The following combinations can be utilized as alternative therapies for cUTIs brought on by organisms that are multidrug resistant: ceftolozane/tazobactam, imipenem/cilastatin, and ceftazidime/avibactam. [19]

Advanced Natural Therapeutics for Urinary Tract Infection:

The number of people using alternative therapies is unknown, but a lot of women are taking probiotics to restore the normal vaginal flora, which is typically disturbed after an antibiotic therapy, or drinking cranberry juice to boost their immune system. The development of vaccines for species other than *E. coli* is currently unknown.²⁰ Acute UTI is treated with berberine and uva ursi, while recurrent UTI is usually treated with cranberry, mannose, and probiotics. Supplements containing potassium salt prevent dysuria by making urine more alkaline. Vitamin A and C supplements and the use of estriol cream were thought to be effective UTI prevention measures. [21]

Medicinal plants and their products are referred to as therapeutic botanicals. Humanity has employed native plants for a variety of ailments since the dawn of time, and it's likely that we picked up this skill from animals since they naturally have the ability to apply natural remedies for a variety of health issues. These organic products are a rich source of various bioactive chemicals, which serve as the building blocks for the creation of novel medications. Using therapeutic botanicals has many benefits, including less side effects, more patient approval, lower cost, and natural renewal.[22] Numerous research suggest that phytochemicals enhance the effects of commonly used antibiotics by acting as multi-drug resistance inhibitors or modulators.[23] In both healthy and those with urinary diseases, diuretics such *Solidago* spp. (goldenrod) herb, *Levisticum officinale* (lovage) root, *Petroselinum crispum* (parsley) fruit, and *Urtica dioica* (stinging nettle) increase urine volume, which aids in

flushing out potential hazards. People who consume antiseptic and anti-adhesive plants, such as *Arctostaphylos uva-ursi*, *Juniperus* spp. (Juniper) leaf, and *Vaccinium macrocarpon* (cranberry) fruit, excrete antimicrobial compounds that may kill microbes directly or prevent them from adhering to epithelial cells, protecting against both acute and chronic UTI. [24] which suggests their potent role in treating UTIs.

By lowering the amount of RBCs, pus cells, and crystals in urine, the addition of an aqueous extract of corn (*Zea mays* L.) silk (the outer thread-like component) to UTI patients effectively improved the symptoms without causing any negative side effects. [25] Apiaceae, Fabaceae, Malvaceae, Asteraceae, and Cucurbitaceae plants, in that order, were found to be particularly effective against UTI. [26] Ethnomedicinal use of some plants against recurrent and chronic UTI is as follows: *Ex-Adiantum lunulatum* Burm. f. (pteridaceae), *Argemone mexicana* L. (Papaveraceae), *Clausena excavata* Burm. f. (Rutaceae), *Cucumis melo* L. (Cucurbitaceae), *Cucumis sativus* L. (Cucurbitaceae), *Euphorbia thymifolia* L. (Euphorbiaceae), *Mimosa pudica* L. (Mimosaceae), *Asparagus racemosus* Willd. (Asparagaceae), *Azadirachta indica* A. Juss. (Meliaceae) etc..

DISCUSSION AND CONCLUSION:

Urinary tract infections can affect both men and women of any age, however due to the female anatomy, they tend to affect women more frequently than they do males. [27] The majority of patients who visit outpatient clinics with complaints of dysuria have UTIs, while it is probable that some patients who come with UTI symptoms actually have an overactive bladder or interstitial cystitis. [28] It is not always easy to make a diagnosis.

Midstream urinoculture has been regarded as the gold standard for UTI diagnosis for many years. However, a positive culture is only obtained in around one-third of cases, and it is becoming more and more obvious that bacteria may be present in the healthy bladder. [29] UTIs have a big effect on people since infections are bad for mental health and general wellbeing. Additionally, patients who experience recurrent UTI due to treatment failure brought on by strains of bacteria that are resistant to antibiotics have lower quality of life. [30] Regarding this, numerous studies have shown resistance to cephalosporins, which are frequently used to treat UTIs. [19] To stop the emergence of resistance and enhance patient outcomes, good antimicrobial stewardship must be put into practice. The implementation of particular tactics

is one of three objectives of antimicrobial stewardship. The first objective is to avoid treating asymptomatic bacteriuria; the second objective is to avoid using broad-spectrum fluoroquinolones; and the third objective is to limit the emergence of resistance by following suggested medication cycles and dosages. [31] Recent studies have shown that aged people are more likely to have simple urine infections that are antibiotic-resistant. [32] Empirical antibiotics should only be used in situations where the patient's symptoms are intolerable or when a more serious illness is suspected.³³ Local patterns of uropathogen resistance must be taken into consideration when choosing an antibiotic, as must the patient's potential drug allergies. According to recent research, the urine microbiota not only plays a crucial function in preserving bladder homeostasis but also acts as a physical barrier against infection. 85 In this context, repeated courses of antibiotics are used to treat recurrent UTIs, which can alter the balance of *Lactobacillus* spp. in the gut and bladder. [34] The colonization of uropathogens, such as *E. coli*, *Klebsiella pneumoniae*, and *Pseudomonas aeruginosa*, which cause recurrent UTIs, has been linked to *Lactobacillus* insufficiency in healthy women. [35] Women with bacterial vaginosis caused by an overgrowth of *Gardnerella vaginalis* have a considerably higher risk of rUTI than healthy women with a microbiome represented by various species of *Lactobacillus*, which further supports the beneficial influence of the microbiome on UTI. [34] It is evident from the foregoing that the vaginal microbiome's makeup significantly influences the susceptibility to recurrent UTIs.³⁶ Contrary to the fact that there is no evidence to support its usage, non-antibiotic prophylactic regimens for recurrent UTI are becoming more and more supported.³⁷ Additionally, antibiotic prophylaxis should be utilized after all non-antibiotic treatment alternatives have been tried because antibiotic abuse is a significant contributor to the emergence of MDR bacteria and because around 25% of all antibiotic prescriptions are for UTIs.³⁸ For the treatment and prevention of UTI, vaccine therapy has emerged as a possible alternative to antibiotics.³⁹ Nine months after beginning therapy with the vaccination, a sublingual vaccine made of intact, inactivated bacteria has been demonstrated to be beneficial in preventing UTI recurrences. Several scientists contend that the decrease in UTI recurrences is caused by an improvement of local innate immune processes, even if the precise protective mechanism by which this vaccination reduces UTI recurrences is still not totally understood.⁴⁰ The potential of bacteriophage therapy for the treatment of urinary tract infections brought on by MDR bacteria, such as *E. coli* and *K. pneumoniae*,

has also been demonstrated in recent research.⁴¹ Although the early results of this therapy are very encouraging, much more preclinical and clinical research needs to be done before bacteriophages can one day replace antibiotics.

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Discloure of conflict of interest:

The authors have no conflict of interest to declare.

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