



EFFECT OF UDUMBARADI TAILA YONIPICHU DHARAN IN KAPHAJA YONIVYAPADA (VAGINITIS)-A CASE STUDY

¹*Dr. Sudesh Lamoria and ²Dr. Bhupender Kumar

¹Assoc. Professor, Dept. of Stree Roga and Prasooti Tantra, Eva College of Ayurveda,
Supedi, Gujrat.

²Asst. Professor, Dept. of Rasashastra and Bhaishajya Kalpana, M. L. R. Ayurvedic
College, Charkhi Dadri, Haryana.

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*Corresponding Author

Dr. Sudesh Lamoria

Assoc. Professor, Dept. of
Stree Roga and Prasooti
Tantra, Eva College of
Ayurveda, Supedi, Gujrat.

ABSTRACT

Introduction: Vaginitis is the infectious disease of vagina which is caused due to various organism that is bacteria, fungus and protozoan. In vaginitis inflammation of vagina is associated with foul smell abnormal vaginal discharge, itching in vulval area and lower abdominal pain. The common types of vaginal infections are vaginal candidiasis, trichomoniasis and bacterial vaginosis. In Ayurveda, female genitalia diseases are explained mainly under the heading of “yonivyapat”. On the basis of involvement of dosha yoni vyapats are Vataja, Pittaja, Kaphaja, Paripluta, Upapluta etc. In these kaphaja yonivyapada is associated with thick foul vaginal discharge with

itching vulva. **Methods:** This is a single case study of a 34 years female patient, came with chief complaints of smelly vaginal discharge, itching in vulva associated with lower abdominal pain. So udumbradi taila pichu dharan was carried out for 1 week. **Discussion:** Yonipichu dharan was carried out with udumbradi taila twice a day for 1 week. Patient got gradual improvement and symptoms are subside and she is cured after 1 week of treatment. She also advised for follow up after 1 week and also advised to maintain local hygiene. **Result:** Patient showed the remarkable improvement in severity of symptoms with udumbaradi taila pichu dharan. **Conclusion:** The dravya of udumbradi taila is kapha shamaka, stambhaka and having the properties (guna-karma) such as astringent (kashaya rasatmka), antiseptic (roganu-nasaka), wound healing (vrana ropana), Shodhana (purifier) and Vedanasthapak properties. These properties helps in increasing local cell immunity and prevent recurrence of symptoms.

INTRODUCTION

Certain diseases may not be life threatening but troublesome and may irritate to an individual in their day to day routine activity. “Kaphaja Yonivyapada” is one of among them, having yonigat shwet strav and yonikandu is Pradhanlakshan.^[1] If it is neglected, it may lead to ascending infections to genitalia which harming the general health of women and disturbing her psychologically.

In today’s era, women have to carry out different tasks, from housewife to professional disciplines, she is also devotional and fasts as well as a junk food consumer sometimes.^[2] Everyone expects that she should be the best at each task. While performing all her duties she compromises many times with her general health conditions, and it is habitual in our society. She often neglects to take care of herself, mostly in regard to her hygiene^[3-4], thus she is prone to various genitalia related disorders (Yonirogas).

According to Acharya Charaka, there are twenty types of Yonivyapada describes Yonivyapad Adyaya of Chikitsa Sthan^[4], Acharya Sushruta also describe 20 types of Yoni- vyapad in Pratishedha Adhyay of Uttartantra^[5], and Astang Hrudaya and Asthang Sangrah describes 20 types of Yonivyapad in Guhyaroga Vignaneeya Adhyaya of Uttartantra.^[6-7]

Kaphaj Yonivyapad is one among 20 yonivyapat in which Pichhila Strav from the vagina with Kandu, Sheetalata, Alpavedana is present.^[8] All these features can be correlated with vaginitis in which pruritus vulva, vaginal soreness, thick curdy white discharge often adherent to vaginal wall.

UDUMBARADI TAILA

Udumbaradi taila is use in the Yonivyapad chikitsa in Charaka samhita^[9], advised for local application with the help of pichu in the management of Kaphaja yonivyapada. While describing the effectiveness of this oil Acharya Charaka mentions that, with the use of this oil Darun Yoni will be cured in seven days. Analysis of the various contents of Udumbaradi taila reveals that they possess Shodhana, Ropana, Vedanasthapak properties, Shothahara activity are present in most of dravya, while Lekhana property is found in less number of drugs.

MATERIALS AND METHOD

Plan of work: The clinical study for this research work was conducted in the OPD of Eva college of Ayurveda, Supedi. Patient was suffering from Kaphaja Yonivyapad. Previously

she has taken allopathic treatment for this problem, She relieved symptoms with allopathic medicine but again symptoms aggravated after few months.

Case report: A female patient of age 34 years with Central Registration No. 6335 visited OPD of Stree Roga and Prasooti tantra, Eva college of Ayurveda, Supedi, Gujrat. She is presenting with complaint of Kaphaj yonivyapat such as vaginal discharge with foul smell, itching vulva associated with backache and presence of *Candida albicans* was proved by vaginal smear. She got allopathic treatment since long time, but not got significant relief.

On examination

1. General Examination

G.C – Concious & Stable

Urine & bowl habit - Increased in frequency but bowl habit is normal

Sleep –Disturbed due to irritation

Pulse Rate- 80/ min, B.P. - 110/70mmHg &R.R.-20/Min

Pallor- Present

Tongue- Coated (Lipta)

2. Systemic Examination

B/L chest-equal A/E

CNS-NAD

P/A-Soft, mild tenderness in lower abdomen

Method

Research conducted on patient from OPD of Prasuti Tantra & Stree Roga dept. of Eva college of Ayurveda Supedi, Gujrat. The selection of patient was made on the basis of chief complaints of Kaphaj yonivyapat such as vaginal discharge with foul smell, itching vulva associated with backache and presence of *Candida albicans* in vaginal smear. Sthanik chikitsa (local therapy) as yoni pichu dharan with udumbradi taila was done for 1 week and patients was asked to maintain local hygiene as well. Follow up was taken after 1 week.

Nidana Panchaka^[10]

Dosha: Kapha & Vata Dosha

Srotas: Vimarga Gamana

Roga marga: Bahyam Roga Marg

Ashta vidha Pariksha^[11]

Nadi	Vata kaphaja prakriti
Mutra	Prabhoota (sufficient)
Mala	Nirama (without ama)
Jivha	Nirlipta (uncoated)
Shabda	Madhyam
Sparsha	Anushna sheeta
Drik	Madhyam
Akriti	Madhyam

Diagnosis and Assessment: On the basis of clinical features(lakshna) diagnosed is made as Kaphaja Yonivyapad, and assessment was done.

Such as^[11]

Yoni shrav (Vaginal discharge)	Thick foul vaginal discharge +++
Yoni durgandh (Foul smell per vagina)	Severe foul vaginal smell +++
Yoni Kandu(Itching in vulval area)	Continuous intense itching +++
Katishoola(Backache)	Moderate ++
Udarshoola (Lower abdominal pain)	Moderate ++

Conditions of patients at the time of discharge: Patient condition was improved as per clinical features and she has discharged in a stable condition.

Symptoms	Before treatment	After treatment
Vaginal discharge	Thick vaginal discharge +++	Mild +
Vaginal foul smell	Severe foul vaginal smel+++l	Absent
Itching in vulval area	Continuous intense itching +++	Absent
Backache	Moderate ++	Absent
Lower abdominal pain	Modrate ++	Absent

DISCUSSION

Yonipichu dharan (cotton swab deep in oil) was carried out with udumbradi taila twice a day for a duration of 7 days. Patient got gradual improvment in subsiding the symptoms and cure after 1 week. She relived symptoms of abdominal pain, itching vulva, backache and foul vaginal smell. Only a Mild vaginal discharge was there at the time of discharge. She adviced for follow up after 1 week and also adviced to maintain local hygiene as well.

CONCLUSION

Kaphaj Yonivyapda is commonest problem in women of reproductive age. The Better management of Kaphaj Yonivyapda is Kaphashamak chikitsa by using the dravya of opposite guna of kapha dosha. Proper hygiene and proper dietary habit heps in managing the kaphaja yoni -vyapada. Sthanik chikitsa like Yoni pichu dharan is acts as a boon in such condition

like Kaphaj Yonivyapda, and helps in maintaining healthy localised environment in vaginal area and preventing growth of bacterial infection.

The dravya of udumbradi taila is kapha shamaka, stambhaka and having the properties (guna-karma) such as astringent (kashaya rasatmka), antiseptic (roganu-nasaka), wound healing (vrana ropana), Shodhana and Vedanasthapak properties. These properties helps in increasing local cell immunity and prevent recurrence of symptoms.

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