



A CASE STUDY TO EVALUATE THE EFFICACY OF PALASHADI VARTI IN KAPHAJA YONI VYAPAD W.S.R TO VULVO- VAGINAL CANDIDIASIS

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ABSTRACT

A healthy woman is a promise of a healthy family. In different phases of a women's life, from puberty to menopause, the concept of healthy yoni has been mentioned in Ayurveda as well as in modern science^{1a}. Nowadays, infection related to yoni is burning problem irrespective of their age or socio-economic status. Due to infection, there may be signs and symptoms like vaginal discharge, itching, coldness. In Ayurveda, these signs and symptoms are found in Kaphaja Yoni Vyapad, which are similar to Vulvo-vaginal Candidiasis^{1b}. According to a study conducted it was found that the prevalence of Vulvo- vaginal candidiasis in the reproductive age group was found to be 31.6%². Vulvo-vaginal Candidiasis is the most common vaginal infection during the reproductive stage, which is caused by gram-positive yeast like fungus *Candida albicans*³. In modern, treatment by using vaginal pessary is commonly practiced; which has many side effects. So for present study, Palashadi Varti has been selected for the clinical trial.

KEYWORDS: Palashadi Varti, Vulvo-vaginal Candidiasis, reproductive tract,

INTRODUCTION

Abnormal vaginal discharge is the most common factor that creates irritation in a women's freedom. It may be due to menstrual cycle, emotional stress, nutritional status, pregnancy, usage of medicine like OCP and sexual arousal. Any change in colour, consistency, amount and smell of discharge may be sign of vaginal infection. It may be thick, viscid and foul smelling when caused due to infection⁴. In Ayurveda, Acharya Vagbhata mentions due to consumption of abhisyandi ahara and vihara, the kapha gets aggravated and reaches the yoni causing Sleshmaja yoni Vyapad and produces Pichhilata, Srava, and Kandu⁵ etc. In modern, treatment by using vaginal pessary is commonly practiced; which has many side effects. Varti is used locally as Stanika Chikitsa. As far as Ayurvedic mode of treatment is concerned, it has its own importance. It acts rapidly and in better way to remove the imbalanced state of Doshas and Mala⁶. So for present study, Palashadi Varti^{7,8,9} has been selected for the clinical trial. Palashadi Varti has been selected because of its Kashaya, Tikta, Amla, madhura and katu rasa. It has tridoshahara especially Kapha-vatahara properties.

AIMS AND OBJECTIVE

To evaluate the efficiency of Palashadi varti in kaphaja yoni vyapad w.s.r. Vulvo-vaginal candidiasis.

MATERIALS AND METHOD

DRUG REVIEW

- The Palashadi varti has Antioxidant, Rasayana, Ropana, Sandhankara, Brimhana property which heals and rejuvenates the vaginal epithelium which cures kaphaja yoni vyapad.

Case report:

A 25years old married women complaining of excessive PV white discharge with itching since 1month, which was hampering her daily activities. The complaints started gradually 6months ago and was non-itching for that she took some allopathic medicines and got relief. After 4 months, the symptoms recurred and became severe day by day. Now, she complained of excessive vaginal discharge associated with itching. So, for better relief she came for ayurvedic treatment to OPD of PTSR Dept of Sri Siddharoodha Charitable Hospital & PG Centre, Bidar.

Medical history:

She had taken allopathic medicine and got relief at that time but after 4 months complaints started again.

Personal history:

- Occupation: Housewife
- Lifestyle: Sedentary
- Food habits: Irregular
- Diet: Mixed, prefers fried items
- Appetite: Moderate
- Bowel: Constipated
- Micturation: 3-4 times/day
- Sleep: Sound
- Habits: Intake of tea, 2- 3 times/day
- Exercise: Nil

Menstrual history:

- Menarche: 14 years
- She had regular menses at interval of 30-35 days which lasts for 4-5 days. No other significant abnormalities detected.

Contraceptive history:

- Not used

Obstetric history:

- P1L1- Male child- 10 years- FTND

Ashtavidha pareeksha:

- Nadi : 70/min
- Mootra: Samyak
- Mala: Vibanda
- Jihwa: Lipta
- Shabda: Prakruta
- Sparsha: Seeta
- Drik: Prakruta
- Akrti: Madhyama

General examination:

- Temperature: 98 F
- Respiratory rate: 20 /min
- Blood Pressure: 110/70mmHg
- Pulse Rate: 70/min

Stanika pareeksha:

- Inspection:
Vulva: Scratch marks present due to itching, pruritus present
Labia: Swollen
- Discharge: White thick curdy discharge

P/S Examination:

- Thick curdy discharge present on vaginal wall.

Investigation:

- CBP: Hb%- 10gm%
WBC- 12,000 Cells/cumm
RBC- 2.4
PLT- 2 Lacks
- RBS- 99mg/dl
- HIV/ HBsAG/ VDRL – Non-reactive

Diagnosis:

Kaphaja yoni vyapad(Vulvo- vaginal Candidiasis)

TREATMENT:

1st visit: 12/05/2022 LMP: 4/05/2022

- The patient was asked to lie in lithotomy position after evacuation of the bladder
- Toileting of vulva was done and then the Palashadi varti was kept P/V for 1hour. After 1 hour the varti was removed.
- The same procedure was repeated for 7 days

2nd visit: 14/06/2022 LMP: 6/06/2022

- Symptoms reduced markedly. The patient complained of mild P/V itching and discharge. Evidence of pruritus was minimal.
- The same procedure was repeated for 7 days.

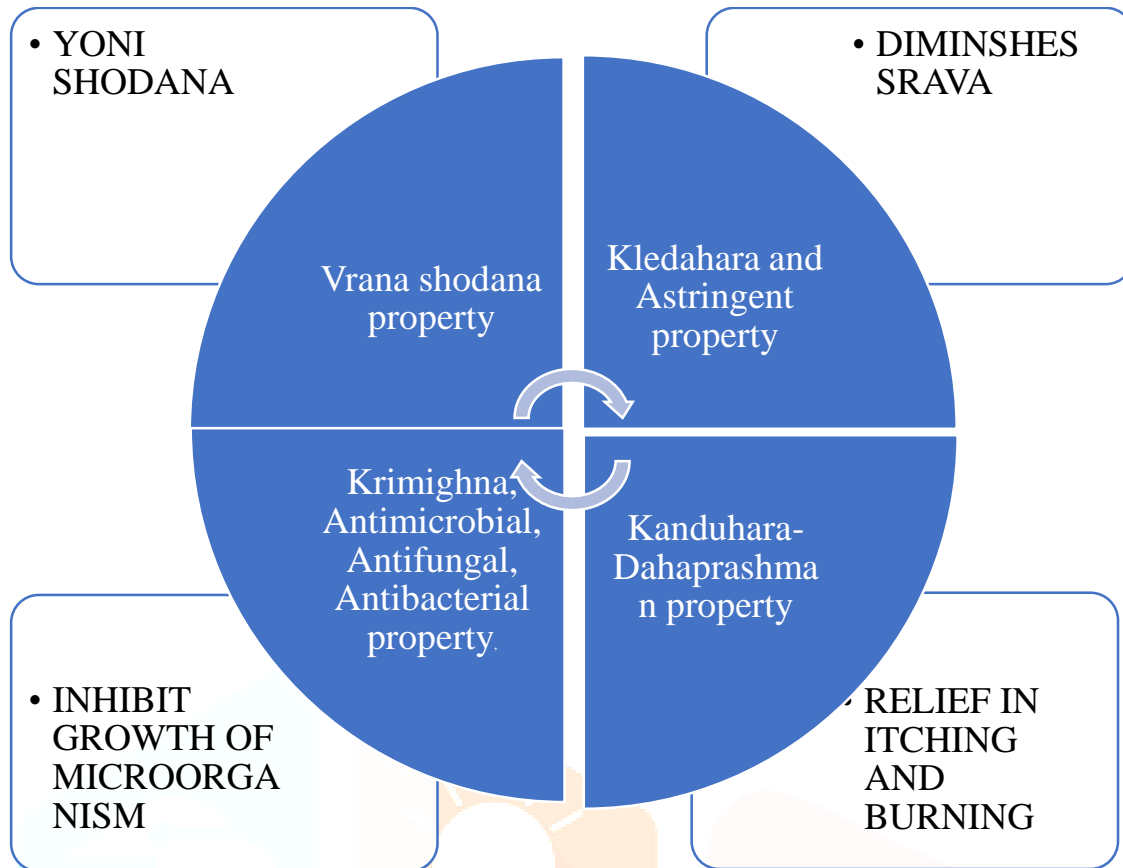
3rd visit: 18/06/2022

- There was complete relief of symptoms.
- P/S and P/V examination showed no discharge and healthy vulva and vagina

RESULTS:

- The study showed very significant result in reducing the symptoms.

PROBABLE LOCAL MODE OF ACTION OF PALASHADI VARTI:



PROBABLE SYSTEMATIC MODE OF ACTION OF PALASHADI VARTI:

Varti is dissolved in vagina and is absorbed into vaginal mucosa

Water and electrolyte and low molecular substance absorb by vaginal epithelium and posterior fornix

Reaches to circulation (Srotas)

Immunomodulator property help in improving body defence system

Cures Kaphaja yoni vyapad

DISCUSSION:

Consumption of Kapha prakopaka Ahara & Vihara along with Vata vitiating factors, Vata and Kapha become vitiated. Vitiating Doshas caused Mandaagni and eventually formed Ama. The accumulated Ama vitiates first Dhatu Rasa, which is coming in contact throughout the body (Prakopavastha) through Rasavaha Srotasa, which leads to Rasavaha Srotodushti followed by Artavaha Sroto Dushti and finally vitiating the Yoni. Due to Yoni Dushti there is Yonitah Srava known as Yoni Srava. While studying the various conditions in which Yoni Srava is described, Kapha can be considered as main causative Dosha by its vitiated Snigdha and Pichchhila properties. Acharya Sushruta has stated that Pooya or suppuration is not possible without Kapha¹⁰. Acharya Vagbhata has also considered Kapha as the main Dosha responsible for Shopha or inflammation. Acharya Charaka has clearly mentioned that any type of Yoniroga does not occur without the involvement of Vata Dosha.¹¹

Palashadi Varti has Kashaya, Tikta, Amla, Madhura and Katu Rasa; Laghu, Ruksha, Sheeta, Guru and Snigdha Guna; Sheeta and Ushna Virya; Madhura and Katu Vipaka and Tridosahara specially Kapha-Vatahara properties by which it breaks the Samprapti.

CONCLUSION:

The study concludes that the Palashadi varti vaginally is effective in reducing the symptoms of Kaphaja yonivyapad. Based on this study, Palashadi varti can be recommended for management of Vulvo-vaginal candidiasis.

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