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Study the Efficacy Of Udumbaradi Taila Yoni Pichu Dharan In Kaphaja Yonivyapad**Dr.Sadhana Dattatray Avhale**C.S.M.S.S Ayurved Mahavidyalaya,
Kanchanwadi,Aurangabad**Dr. Jayshri S. Deshmukh**HOD
BAMS DGO PhD Prasuti Tantra & Streerog,
C.S.M.S.S Ayurved Mahavidyalaya,Kanchanwadi,Aurangabad**Abstract-**

Streerog is generally concerned with patho-physiology related to organs in shroni and stana. In case of female as these parts are related with the important milestones in the females life i.e. menarch, menstrual cycle,conception, delivery, menopause etc. According to Ayurveda these organs mainly come under the influence of vata dosha.

According to Acharya Charaka, it is evident by the saying that there is no yonivyapada without morbid vata dosha. KAPHAJA YONIVYAPAD is one of the important yonivyapad,having yonigat shwetstrav, yonikandu, yonivedana as Pradhan lakshan.In modern science,LEUCORRHOEA have similar symptoms as such like kaphaja yonivyapad. . Hence the Ayurvedic management seems to be more practical, effective, not costly, non-surgical and have negligible side effects. Due to serious consequences of the disease it becomes necessary to pay immediate attention towards this most troublesome disease of female. In chronic stage it can shows malignant changes so this case study was carried out in OPD of Prasuti-Stree Roga Department, and the treatment drug i.e. Udumbaradi tail (Charaka Chikitsa 30/73-76) .Udumbaradi tail is one of the best drug of Ayurveda, advised for local application with the help of pichu in the management of KAPHAJA YONIVYAPAD. (Charaka Chikitsa 30/73-76) Udumbaradi tail was prepared according to 'Taila Paka Vidhi'mentioned in Sharangdhara Samhita. Paka was done till 5 days (daily for two hours on mild heat) till the Samyakalakshana of Madhyama paka obtained.Thiswas applied in the vagina and left inside for about 6-8 hours and effect of udumbaradi tail on kaphaja yonivyapad is studied.

UDUMBARADI tail has showed good effect on kaphaja yonivyapad without any side effect, due to the properties of the ingredients of drug such as kaphapittashamak, tridoshshamak,raktashodak, kandughana,kaphastravhar.

Keywords- Kaphaja yonivyapad , Leucorrhea, Udumbaradi tail.**Introduction-**

According to Charak, Kaphaja yonivyapad is a clinical entity charecterised by yonigat shwetastrav,yonikandu,yonivedana as a Pradhan lakshan.In morden,leucorrhea is a common manifestation of genital tract disorders. It means flow of white substance . i. e. kaphaja yonivyapad mean eces amount of the normal white discharge, which is although white or creamy when fresh, it dries to leave a brownish yellow stain on clotting.

According to Ayurveda, kaphaja yonivyapad is treated with udumbaradi tail. Udumbaradi tail is one of the best drug of Ayurveda, advised for local application in the management of yonivyapada. Acharya Charak has described this oil in the management of kaphaja yonivyapad in form of pichu dharan with dose of karpas pichu soaked in10 ml tail with 6-8 hrs daily application.Duration of therpy is 21 days and route of administration is yonipichu dharan. . *Udumbaradi tail* (Charaka Chikitsa 30/73-76) was taken. This drug has shown marked improvement in relieving all the symptoms of kaphaja yonovypad and was seen more effective in decreasing the vaginal discharge.

Aims and Objectives-

Aim -

Study the efficacy of udumbaradi tail yoni pichu dharan in kaphaja yonivyapad.

Objectives -

- 1) To study in detail about Kaphaja yonivyapad.
- 2) To study in detail – about effect of udumbaradi tail pichu dharan in kaphaja yonivyapad.

Material and Methods –

Case Report

A 35year old lady came in May 2016 in the OPD *Prasuti- Stree Roga* with complaints of excessive watery vaginal discharge from one year, kandu in yoni, lower abdominal pain and pains all the upper and lower extremities.

On examination

Afebrile
BP- 110/70
P- 84/MIN

Systemic examination

RS- clear
CVS and CNS- N
P/A- Soft

On per speculum examination, it was found that both the lips of cervix were eroded, thick white discharge present, vaginal wall was normal .

On per vaginal examination, it was found that uterus was antverted, antiflex and normal in size, cervix was gritty on touch and both the fornixes having slight tenderness. In the first visit the case was diagnosed as case of kaphaja yonivyapad and few investigations were carried out and the reports were as follows

Blood investigations

Hb-10.5gm%, TLC-9500th/ul, ESR-10mm/hr, Neutrophill-60%, Lymphocytes-35%, Eosinophil-2%, Monocytes-2%, Basophil-0%, RBS- 80mg/dl; HIV, HBsAg, VDR-negative. Ultrasonography for uterus and adnexae - Normal study Urine for routine and microscopy - Normal Pap's Smear report - NA

Drugs -

Udumbaradi Tail Content

उदुम्बरशलाहूनां द्रोणमद्द्रोणसंयुतम् II73 II

सपन्चवल्ककुलकमालतीनिम्बपल्लवम् I

निशां स्थाप्य जले तस्मिंस्तैलप्रस्थं विपाचयेत् II74II

लाक्षाधवपलाशत्वक निर्यासैः शाल्मलेन च I

पिष्टैः सिध्दस्य तैलस्य पिचुं योनौ निधापयेत् II75II

सशर्करैः कषायैश्च शीतैः कुर्वीत सेचनम् I

पिच्छिला विवृता कालदुष्टा योनिश्च दारुणा II76II

च.चि.३०/७३- ७६

Udumbaradi Tail (Charaka Chikitsa 30/73-76) was prepared according to '*Taila Paka Vidhi*' mentioned in *Sharangdhara Samhita*. *Paka* was done till 5 days (daily for two hours on mild heat) till the *Samyakalakshana* of *Madhyama paka* were obtained.

Procedure of Tail Application

Procedure of *Udumbaradi tail* application after taking written informed consent application of drug was done. Patient was called for *Udumbaradi tail* application after clearance of menstrual flow. Patient was kept in lithotomy position and preparation of part was done with Savlon solution. The cervix was exposed with Cusco's speculum and cleaned properly. *Udumbaradi tail* was soaked with a gauze piece and kept in contact with the cervix. The oil was applied over the cervix and a *pichu* (piece of cotton wrapped with gauze and tie with thread) soaked with tail was kept inside the vagina for 4 to 6 hours. It was kept close to the cervix in such a way that some length of thread remained outside of the vagina. Patient was explained well to remove the *pichu* by holding this thread. The entire procedure was done for 21 days. After completion of the treatment patient was called weekly interval to see the symptomatic relief.

Don't: Sexual intercourse during the period of treatment.

Result

The present drug gave the relief to the symptoms mainly vaginal discharge after first menstrual cycle treatment. Maximum improvement was noticed in the vaginal discharge. It was completely abolished.

Discussion

kaphaja yonivyapad is found in the fertile age group i.e. 20- 35years, because of the repeated deliveries; Due to hyperplasia of cervical glands various symptoms like vaginal discharge, contact bleeding, back pain, pelvic discomfort etc. produce which are disturbing elements in the daily life style of the woman. Vaginal discharge was disappeared earlier in this case. The use of *Udumbaradi tail* probably prevents the congestion, thus prevented regeneration of superficial columnar cell. Most of the drug present in *Udumbradi tail* is having anti-inflammatory, anti-septic and anti-microbial activities which prevent the eroded area from infection and may help in decrease the vaginal secretion. Anti-inflammatory effect of *Udumbradi tail* may help to minimize the prostaglandin secretion² and hence the lower abdominal pain was cured in this case. Describing the effectiveness of this oil *Acharya Charak* mentions that with the use of this oil the *darun yoni* will be cured in only seven day or one week' By virtue of *shukshama* and *vyavayi* properties the drug is easily absorbed through the epithelium and mucosa. *Snigdha guna* of *tila* and *jaati* helps in correction of *pittavaigunya* of *artavavahastrotas*. The main ingredient in this oil i.e. *panchavalka* and *udumbara shalatu* are having *kashaya rasa* and thus having *vraha ropak*, *stambhaka* and *shothahara* properties. Drug like *Nimb* and *Jaati* are having immune stimulant, anti-inflammatory and antimicrobial effect which helps in protection from invasion of microorganisms.

Conclusion

Hence in this case we can conclude that *Bahirparimarjan chikitsa* in the form of *Udumbradi tail* is highly effective in disintegration of pathogenesis of kaphaja yonivyapad. No adverse effect or complications is produced with the use of this treatment. This treatment is safe economic, non-surgical, very effective and can be used for treatment of kaphaja yonivyapad.

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