

A Comparative Study Of Palashadi Kalka Dharan With Arkadi Varti In The Management Of Kaphaj Yonivyapad

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Abstract

Kaphaj Yonivyapad(Leucorrhoea) is one of the major problems which affects woman both physically and psychologically. In Ayurveda, all gynecological problems come under the umbrella of Yonivyapad. Persistent infection of Yoni is the smoldering problem for women irrespective of their age or socio-economic status. It is a very common condition that has been experienced by most women of all ages especially in child bearing or reproductive age. Usually it is secondary to inflammatory conditions of vagina or cervix. In most of cases the symptoms are profuse, foul smell,itching, change in colour and consistency of vaginal discharge i.e. Yonigat Shwet Pichchhil Strava.

All the medication have certain common fundamental principle, these are Kaphavataghna, Laghu – Ruksha Gunatmak, Krimighna.For Samprapti Vighatan, effective control & cure the symptoms.60 patients selected randomly from OPD and IPD of strirog dept.of.S.V.N.H.T's Ayurved Mahavidyalaya Rahuri and divided into two group. Group A were treated with Palshadi Kalka Dharan and Group B were treated with Arkadi Varti. The clinical assessment were done on the basis of grading criteria i.e. Shwetastrava Praman,Strava Gandha, Yonigata Vedana & Sthanik Kandau. The result were assessed in terms of symptomatic relief. Statistically significant improvement observed with palashadi Kalka as $p < 0.01$ as compared to Arkadi Varti. Hence study revealed that Palashadi Kalk Dharan is better than Arkadi Varti in the management of kaphaj Yonivyapad.

key words: Kaphaj Yonivyapad, Kalka Dharan, Palashadi Kalka, Arkadi Varti.

Introduction

“Woman is an expression of God”.

It is very truly said as she always takes care of us. She is the integral part of our society. And with the advent of new millennium & herald of high-tech era, woman's status is expected to reach new horizon, both socially & physically. Hence to withstand all these demands her proper health care is a must.

As the *Stree* is *mula* of reproduction, her health is our prime importance which leads to *palan* of best *Gruhashthashram*.

Thus, in this fast life she is subjected to all sorts of physical and mental hardship. Due to change in lifestyle, modern food habits of fast food and junk food, she is unable to follow the rules of Dincharya, Rutucharya, Rajaswala, Rutumati and Sutika paricharya which are explained by Aacharyas for women's health. Also she is not getting enough time to look after herself and her personal hygiene. Thus she is prone to various yonirogas, one of which is Yonigat Shewta, Picchilstrava, Yonikandu, Yonigata Alpa vedana which are the features of Kaphaja Yonivyapada.

Among twenty yonivyapad, “Kaphaj Yonivyapad” is selected because 50-60% of patient is having the most common symptom of kaphaj yonivyapad.

Palashadi kalka is Kaphavataghna, Laghu–Ruksha Gunatmak, Krimighna which are important gunas for Samprapti Vighatan.

Aims And Objectives

- **Aim -**
Comparative study of Palashadi Kalka Dharan with Arkadi Varti in the management of Kaphaj Yonivyapad.
- **Objectives -**
 - 1) To study the details about Kaphaja Yonivyapad.
 - 2) To evaluate the efficacy of Palashadi kalka in Kaphaja Yonivyapad.
 - 3) To evaluate the efficacy of Arkadi Varti in Kaphaja Yonivyapad.
 - 4) To compare the efficacy of Palashadi kalka with Arkadi varti in the management of Kaphaja Yonivyapad.

Material And Methods

A. Materials

The present clinical study on Khaphaj Yonivyapad was designed as follows

- Source of data- 60 patients of kaphaj yonivyapad were selected irrespective of occupation, religion and prakruti and divided into two groups i.e. Group A and Group B from S.V.N.H.T. Ayurved college, Rahuri.

• Inclusion Criteria –

- Patients within 20 to 45 years of age group.
- Only married patient.
- Patients having kaphaja yonivyapad with following signs and symptoms
 - a) Yonigat Shweta picchil strava
 - b) Yonigata alpa vedana
 - c) Yonikandu
 - d) Strava Gandha.

• Exclusion Criteria -

- Patients with IUCD
- Unmarried
- Pregnancy
- Patients with a major illness.(HT, Severe Anaemia, respiratory diseases)
- Infections like HIV, STD.
- Patients with Malignancy.
- Age group of above 45 yrs and below 20 yrs of age.

• Investigations

The following investigations were carried out.
 CBC,ESR,Urine – Routine & microscopic,Blood Sugar level – fasting & post prandial,VDRL, HIV,PAP smear SOS.

Methodology

- Study Design- The present study is an open clinical trial. Informed consent was taken from all the patients before including them in the trial.
- Sample size- Total 60 patients were selected randomly.
- Study plan- A special case proforma (CRF) was designed including all the important data related to patient of kaphaj yonivyapad and treatment plan.

Group A –

30 patients were treated with Palashadi kalka and considered as group A (experimental group).

Group B –

30 patients were treated with Arkadi varti and considered as group B (Control group).

- Trial Drug- Palashadi Kalka
- Method of preparation of Palashadi Kalka- According to Sharangdhar, properly filtered and purified shushka dravyas are admixed with appropriate amount of water. Then all the drugs are

put in khalwa yantra and manipulated to form a uniform paste.

By above procedure, Palashadi Dravyas (Palash, Sarja, Jambu, Samanga, Mocha and Dhataki) are taken in equal quantity. All purified and filtered churna dravyas soaked in appropriate amount water. These dravyas are put in khalwa yantra and then smashed to form shlashna kalka.

• Tampon Preparation :

Kalka is taken on sterile gauze piece and tied with thread.

Palashadi Kalka was taken on sterile gauge and tampon was made. Its sterilization was done by autoclave method.

• Control Drug- Arkadi Varti

Arkadi Varti (Arka Dugdha, Yava Churna, Saindhav) is prepared with fine powdered dravya of Yava, Saindhav and pasted with Arka dugdha (Latex). Arkadi Varti wrapped in sterile gauze piece for sterilization purpose.

Follow up

During the course of Treatment all the clinical signs and symptoms were noted on day 1st, 4th, 7th day.

Examination of patients were done again on 15th day of the study to check the recurrence of the symptoms for both groups.

Group Management (Table no.1)

Groups	Group - A	Group - B
Drug	<i>Palashadi Kalka</i>	<i>Arkadi Varti</i>
Dose	10 gms once a day	1.8 gms once a day
Duration	7 days	7 days
Time	2 hours	10 Minutes
Route of administration	Pervaginally	Pervaginally
Kaal	Post Menstrual	Post Menstrual

Probable Mechanism of Action

Locally acting or Topical drugs bypass the first pass metabolism hence they have fast onset of action. These topical drugs act on mucuous membrane of vaginal wall.

As Kalka consists of Palash, Sarja, Jambu, Samanga(Lajjalu), Mocharas, Dhataki. It has properties of Kashay rasa pradhan, Katuvipaki, laghu, ruksha guna.

As stated earlier, dushit kapha along with vata comes in prathamavarta of yoni and dosha-dushya-sammurchhana takes place. Hence shwetapicchilstrava , kandu due to kapha and mandaruja due to vata is seen in kaphaj yonivyapada. Palashadi kalka is laghu ruksha gunatmaka, kashay rasatmaka & katuvipaki. These gunas of palashadi kalka have action on vitilated kapha and vata to reduce the symptoms of kaphaj yonivyapada.

1. Yonigatashweta, Picchilstrava-

Yonigata-picchilstrava is due to dushta kapha dosha. Dushta Kapha causes rasa-mansa-meda-kledadusti leading to yonigatashweta picchilstrava. Palashadi Kalka is kashay rasatmak, laghuruksha gunatmak and katuvipaki, so it has kaphaghna action.

Due to kashay rasa, palashadi kalka reduces kapha and kleda. Also the Stanbhak property of kalka, it reduces Shleshma strava by absorbing the excessive watery content of the vagina and ultimately cleans the Yoni margha.

Due to Laghu and ruksha guna of palashadi kalka, shodhan of dushit kapha, mansa, medha, kleda is done i.e. strotoshodhan and thereby yonigatashweta picchilstrava is reduced.

2. Yonikandu (Sthanik kandu)-

Kandu is due to kapha dusti. Kaphadusti causes kledadusti and krimipradurbhava causing yonikandu. Katuvipaki, it acts as kaphaghna, kedaghna and strotashodhan thereby reducing the percentage of strava. Thus the kandu is also reduced.

Due to krimighna properties of palash and sarja rasa krimipradurbhav is also reduced and pathological organisms are also killed.

3. Yonigata Alpaidana-

Yonigatalpaidana is due to vitilation of Apan vayu as it is present in Tryavarta yoni. Due to Vegadharan vayu get vitilated & enters in the yoni alog with vikrut kapha.

In Palashadi kalka Palash is Ushna Veeryatmak. Hence it has kapha-vataghna property. According to Acharya Charak, Vedanasthapak gana includes Mocha and Shal(Sarjaras properties are similar to Shal). So the pain is reduced with palashadi kalka.

4. Gandha-

Strava Gandha is due to sam kapha. As palash and sarja rasa have krimighna properties, Palashadi kalka turns the saam kapha into niram kapha so it reduses gandha.

Thus Palashadi kalka causes sampraptibhanga of Kaphaja yonivyapada and gives healthy life to patient.

Assessment Criteria

(Table no.2)

Sr. No.	Observations	Criteria	Grade
1	<i>Strava Praman</i>	Pad is required	III
		Clothes get Wet (stains the undergarments)	II
		Slight discharge	I
		No discharge	0
2	<i>Sthanik Kandu</i>	Can't resist itching	III
		Hampers daily activites	II
		Dosen't hamper daily activites	I
		No itching	0
3	<i>Yonigat Vedana</i>	Unable to do any movement	III
		Continuous pain during movement	II
		Pain precipitating from time to time by heavy movement	I
		No pain	0
4	<i>Strava Gandha</i>	Present	1
		Absent	0

SYMPTOM FLOW CHART

(Table no.3):

	<i>Strava Pramana</i>	<i>Yonikan du</i>	<i>Yonigat a Vedana</i>		
<i>Adhik</i>	Pads required	Can't resist itching	Unable to do any movement due to pain	++ +	Grade III
<i>Madhyam</i>	Stains the undergarm ents	Hamper s daily activites	Continu ous pain during moveme nt	++	Grade II
<i>Alpa</i>	Slight discharge	Dosen't hamper daily activites	Pain increase s from time to tie by heavy moveme nts	+	Grade I
<i>Absent</i>	No discharge	No Itching	No pain	-	Grade 0

Relief Of Symptoms

(Table no. 4)

	Strava Pramana	Yonikandu	Yonigata Vedana		
No Relief	Pads required	Can't resist Itching	Unable to do any movement due to pain	++ +	Grade III
Mild Relief	Stains the undergarment	Hampers her daily Activity	Continuous paining during movement	++	Grade II
Moderate Relief	Slight discharge	Doesn't Hamper her daily Activity	Pain increases from time to time by heavy movements	+	Grade I
Good Relief	No discharge	No Itching	No pain	-	Grade 0

Gandha:-

1. Present
2. Absent

Relief from Gandha:-

1. Gandha Present = No relief
2. Gandha Absent = Good relief

Clinical Observations

Experimental Group (E.G.) (Table No.5)

	Strava Pramana		Yonikandu		Yonigata Vedana	
	BT	AT	BT	AT	BT	AT
Adhik	09	00	17	00	06	00
Madhyam	17	02	10	04	16	03
Alpa	04	14	03	18	08	15
Absent	00	14	00	08	00	12

Control Group(C. G.) (Table no.6)

	Strava Pramana		Yonikandu		Yonigata Vedana	
	BT	AT	BT	AT	BT	AT
Adhik	06	00	13	00	07	00
Madhyam	19	05	11	07	21	06
Alpa	05	18	06	20	02	18
Absent	00	07	00	03	00	06

Strava Gandha (Table no.7)

	E.G.		C. G.	
	BT	AT	BT	AT
Present	22	03	18	10
Absent	08	27	12	20

Statistical Analysis

Table Showing Wilcoxon Signed Rank Test of Symptom score of Kaphaj Yonivyapad of Experimental Group-A (Table no.8)

Sr.No	Symptoms	Mean ± SD		±S Ed		Sum of + Ranks (T+)	P Value Result
		BT	AT	BT	AT		
1.	Strava Pramana	2.16 ± 0.64	0.6 ± 0.62	0.11	0.11	406	<0.001
2.	Yonigata Vedana	1.93 ± 0.69	0.7 ± 0.65	0.12	0.11	406	<0.001
3.	Sthanik kandu	2.46 ± 0.68	0.8 ± 0.62	0.12	0.11	435	<0.001
4.	Strava Gandha	0.72 ± 0.45	0.1 ± 0.30	0.08	0.05	171	<0.001

Table Showing Wilcoxon Signed Rank Test of Symptom score of Kaphaj Yonivyapad of Control Group-B (Table no.9)

Sr.No	Symptoms	Mean ± SD		±S Ed		Sum of + Ranks (T+)	P Value Result
		BT	AT	BT	AT		
1.	Strava Pramana	2.03 ± 0.61	0.93 ± 0.63	0.11	0.11	351	<0.001
2.	Yonigata Vedana	2.16 ± 0.53	1.0 ± 0.64	0.09	0.11	378	<0.001
3.	Sthanik kandu	2.23 ± 0.77	1.13 ± 0.57	0.14	0.10	378	<0.001
4.	Strava Gandha	0.60 ± 0.49	0.33 ± 0.47	0.09	0.08	36	<0.005

Table Showing Comparison between Two Group w.r.t Symptoms Score of 60 Patients of *Kaphaj Yonivyapad* By Mann-Whitney Test (U Test) (Table no.10)

Sr. No.	Symptoms	Mean±SD		U'	U	SEd	P Value
		Gr-A	Gr-B				
1.	<i>Strava Praman</i>	1.5 6 ± 0.7 2	1.1 0 ± 0.6 0	610	210	0.12	<0.01
2.	<i>Yonigat Vedana</i>	1.2 3 ± 0.5 6	1.1 6 ± 0.5 9	474.	425.5	0.10	>0.05
3.	<i>Sthanik kandu</i>	1.6 0 ± 0.6 2	1.1 0 ± 0.5 4	639	261	0.11	<0.05
4.	<i>Strava Gandha</i>	0.6 3 ± 0.4 9	0.2 6 ± 0.4 4	615	285	0.08	<0.01

**Total Effect of therapy
Table Showing Total Effect of therapy in 60 Patients of *Kaphaj Yonivyapad*(Table no.13)**

Sr No.	Effect Of Therapy	No. Of Patients			Percentage %		
		E. G.	C. G.	Total	E. G.	C. G.	Total
1.	Markedly Improved	08	04	12	26.67	13.33	20.00
2.	Moderately Improved	20	11	31	66.67	36.67	51.67
3.	Mildly Improved	02	11	13	6.66	36.67	21.67
4.	No improvement	00	04	04	00	13.33	06.67

Assessment Of Clinical Result In % In Trial Group(Table no.11)

	<i>Strava Praman</i>		<i>Yonigata Vedana</i>		<i>Sthanik Kandu</i>		Percentage of Relief
	B T	AT	B T	A T	B T	A T	
Absent	00	14	00	06	00	08	75-100%
Alpa	04	14	08	18	03	18	50-75%
Madhyam	17	02	16	06	10	04	25-50%
Adhik	09	00	06	00	17	00	Less than 25%

In Control Group(Table no.12)

	<i>Strava Praman</i>		<i>Yonigat a Vedana</i>		<i>Sthanik Kandu</i>		Percentage of Relief
	B T	AT	B T	A T	BT	A T	
Absent	00	07	00	06	00	03	75-100%
Alpa	05	18	02	18	06	20	50-75%
Madhyam	19	05	21	06	11	07	25-50%
Adhik	06	00	07	00	13	00	Less than 25%

Discussion On Symptoms Score

In experimental group, the significant symptomatic relief i.e. statistically significant result was observed in most of the symptoms after the administration of *Palashadi Kalka* in experimental group better percentage of relief was noted of in all symptoms of *Kaphaj Yonivyapad*.

As P value is <0.01 in *Shwetapicchilastrava*, *Sthanik Kandu* and *Srava Gandha*. Hence symptomatic relief is better by *Palashadi Kalka dharan* than *Arkadi Varti*. As P value is >0.05 in *Yonigat vedana*. This shows that both the drugs are equally effective in relief of *Yonigat Vedana*.

Conclusion

After the present study, higher frequency of *Kaphaj yonivyapad* is found in

- a) Age group between 30-40
 - b) Lower economic class
 - c) *Kaphaj prakruti*
 - d) Housewives.
- As p value is <0.01 in *Yonigat shwet picchil strava*, *Yonigat kandu* and *stava gandha*, symptomatic relief by *Palashadi kalka* is better than *Arkadi varti* statistically.
 - As p value is >0.05 in *Yonigat alpavedana*, both drugs are found equally effective statistically.

- In both the groups, drug does not show any side effects during follow up.
- This remedy is cheaper in cost and easy to use.
- Clinical trial shows very encouraging results.

After the present study and statistical analysis, it is found that, the signs and the symptoms are improved with mentioned dose and duration of *Palashadi Kalka*. Hence it is concluded that *Palashadi Kalka* (Trial drug) shows better percentage of relief than *Arkadi Varti* (Control drug) in the management of *Kaphaj Yonivyapad*.

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