



AYURVEDIC MANAGEMENT OF SWETAPRADARA BY TRIPHALADI YONIVARTI – A CASE STUDY

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ABSTRACT

Ayurved is rich in pharmaceutical preparations. But only few preparations are being used in today's Ayurvedic practice because of inconvenient forms. *Yonivarti* is the only preparation which does not need any precaution and supervision. It is also very convenient, as patient can administer it herself without any aid. It is very useful Ayurvedic procedure used to treat various disorders related to infective condition of vulva, vagina, cervix etc. This case study is an attempt to evaluate the practical applicability of *Yonivarti* in the management of *Swetapradara* w.s.r. to abnormal vaginal discharge. As a female is a central part of society, female health in keeping check is too essential now a day. Thus, *Yonivarti* is significant in aiding a better life by curing the female genital disorders.

KEYWORDS: Abnormal vaginal discharge, Ayurved, *Swetapradara*, *Yonivarti*.

INTRODUCTION

Ayurveda is rich in pharmaceutical preparations. But only few preparations are being used in today's Ayurvedic practice because of inconvenient forms. In management of *Shwetapradara* many *Kalpans* like *Yoni Prakshalana*, *Yoni Avachurnana*, *Yoni Pichu*, *Yoni Varti* etc. are mentioned. Out of them *Yoni Varti* is the only preparation which does not need any precaution and supervision. It is also very convenient, as patient can administer it herself without any aid. *Shwetapradara* (Abnormal Vaginal discharge) in the reproductive age group is the most common complaint encountered everyday both by gynaecologists and general practitioners. It occurs in 1-14% of all women in the reproductive age group^[1] and is responsible for 5-10 million OPD visits per year throughout the world. The prevalence of vaginal discharge in India is estimated to be 30%. Abnormal vaginal discharge also predisposes to significant morbidity in the form of pelvic inflammatory diseases, infertility, endometriosis, cuff cellulitis, urethral syndrome, pregnancy loss, preterm labour etc. Most common cause of symptomatic vaginal discharge is bacterial vaginosis (33-47%)^[1], followed by candidiasis (20-40%) and trichomoniasis (8-10%)^{[2],[3]}. These three conditions account for 90% of all aetiologies of abnormal vaginal discharge. Multiple infections can also coexist.

Due to today's food habits, changing life style and especially due to continuously nagged and accepted as an essential feature of womanhood vaginal discharge has emerged out as one of the commonest reproductive health problem of women. Regarding the gravity of the disease, it neither causes mortality nor morbidity but it is accountable to the problem of sexual anxiety and even sometimes fears of carcinoma or failure to conceive. Apart from this, it also causes mental stress, local inconvenience to the patient which deteriorates the day to day work and the quality of life. Thus it does not cut the years of life but the life of the years.

Hence, it was planned with the aim and objective that to evaluate the efficacy of *Triphaladi Yonivarti* in *Swetapradara* and a significant data based treatment regimen can be established through *Ayurveda*.

AIMS AND OBJECTIVES

To evaluate the practical applicability of *Triphaladi Yonivarti* in the management of *Swetapradara* w.s.r. to abnormal vaginal discharge.

CASE HISTORY

A female subject, aged 34 years, married, living in Jamnagar, Gujarat, had abnormal vaginal discharge since 8 months. She had itching vulva and vagina as other associate complaints since 8 months. So first she took allopathic treatment but no result was found. USG

suggested normal uterine study. She had gone through 3 months of allopathic treatment but she did not get any relief. Therefore, she consulted for Ayurvedic medication. She had no previous medical or surgical illness. On examination, it was found that she was belonging to *Kaphapittaj Prakriti* and there was no abnormal finding seen in general and systemic examination. Menstrual history – 4 to 5 days/28 to 30 days, regular, moderate, mild painful. Mic. /H – 5-6 time/day. B/H – 1 time/day. BP-110/70mmHg, pulse-72/min, wt.62 kg and ht. 150 cm.

TREATMENT PROTOCOL

The treatment was carried out for three consecutive menstrual cycles. During this period she was advised to

take *Laghu, Supachya Aahara* (which is easy to digest), to avoid *Divaswapna* (sleeping at day time) and excessive exercise.

Timing of insertion of *Yonivarti*: at Morning

Area of insertion: *Prathamavarta (Vagina)*

Matra of drugs: 5 gm each *Varti*

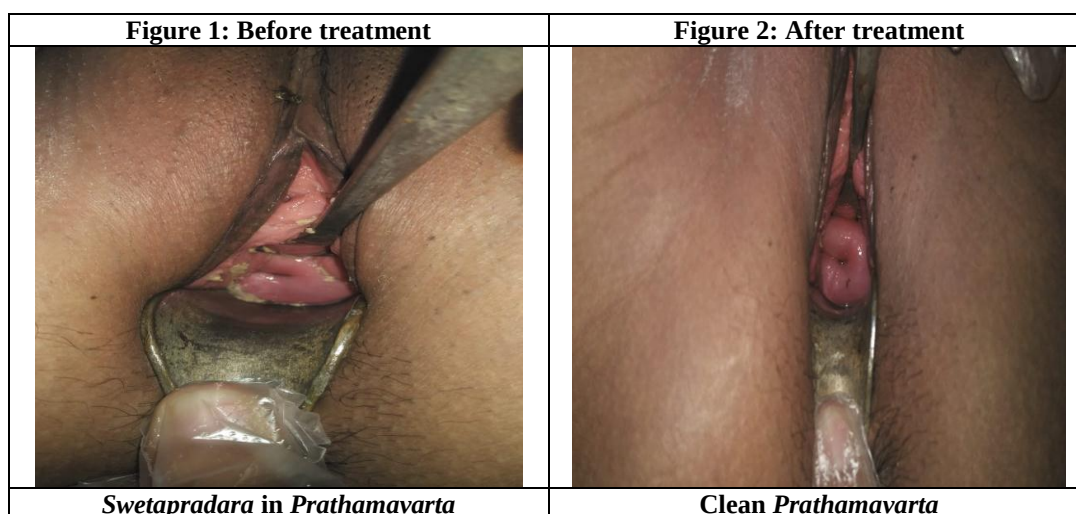
Keep inside vagina for 30 minutes or upto melting.

Duration: 8 to 10 days after menstruation.

Drugs of *Yonivarti*: *Trifala Churna, Madhu, Aelovera* pulp.

OBSERVATION AND RESULT

After 3 months of medication, complete remission was found in all subjective parameters i.e. abnormal vaginal discharge and itching vulva and vagina. (Fig.1, Fig 2)



DISCUSSION

Triphaladi Yonivarti is an *Anubhuta* drug. The drugs which can be used in *Yonivarti* are reducing pain in the vagina and prevent the infection by killing organisms. Insertion of *Yonivarti* is a practical procedure which is performed by the disinfected and medicated *Yonivarti*. It is one of the *Upakarma* of *Shtanika Chikitsa* in Ayurved.^[4] *Triphala* destroys micro-organisms, repairs damaged tissue and also increases immunity by its rejuvenative nature and exhibits antiviral, antibacterial, anti fungal, immuno-modulatory and antioxidant properties.^[5]

Honey has also anti bacterial property.^[6] It kills bacteria by plasmolysis & no organism can successfully multiply to significant amounts in honey. A functional relationship between hydrogen peroxide produced in honey and antibacterial activity strongly pointed to H₂O₂ as the main contributor to antibacterial activity.^{[7],[8]} Thus, it inhibits the micro-organism growth and break the *Samprapti*.

Aloe vera contains powerful antioxidants, which belong to a large family of substances known as polyphenols. These polyphenols, along with several other compounds can help inhibit the growth of certain bacteria that can

cause infections in humans. It is also used as a topical medication.^[9]

No remarkable change was found in Hematological investigations and Urine routine as well as all the values remained within normal limits after the treatment. It may be because the effect of drugs did not have any major effect systemically. In follow up patient had no complaint of recurrence of symptoms within one month and no any adverse drug reaction was found during treatment & in follow up period.

CONCLUSION

The study is overall concluded that *Triphaladi Yonivarti* is highly effective in reducing *Yonivikara* i.e. *Shwetapradara* will also help in infected disorders of vulva and vagina and proves in the management of abnormal vaginal discharge.

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