

## **CONCEPTUAL STUDY OF MADHUK GHRUT SNEHAN AND MADHUK KWATH PARISHEK IN PITTAJ YONIVYAPAD**

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### **ABSTRACT**

If woman takes *pittakar aahar vihar* it will be cause of *pitta dushti* & it can cause *pitta pradhan vyadhi*, so I have considered *pittaj yonivyapad* for my study to understand active drug action on *pittapradhaya pittaj yonivyapad*. Symptoms of *Pittaj yonivyapad* causes hamper to normal activities of woman's life. Ayurveda has given number of local as well as general treatment for *Pittaj yonivyapad*. Objective of work is to compile and review classical literature on management of *Pittaj yonivyapad* with *Madhuk ghrut snehan* and *Madhuk kwath parishek*

**Keywords:** *Pittaj yonivyapad, Madhuk ghurt, Kwath, Snehan, Parishek.*

### **INTRODUCTION**

According to Acharaya Vagbhat word *stree* is female who has completed 16 years of age. When there are unacceptable changes in vagina, it is called *Yonivyapad* is mentioned in *Charak samhita* in 30<sup>th</sup> chapter of *chiktsasthana* and in *Sushrut samhita* in 38<sup>th</sup> chapter of *uttar sthana*. There are 20 types of *yonivyapad*.

For a healthy life and progeny all *doshas* should be normalised. In day to day life females are working hard on maintaining their family and social responsibilities because of which her *charya* (routine) gets disturbed

(*rutucharya/ menstrual cycle, dincharya/ daily routine*) and then different health problem arises causing various yoni diseases. *Mithya vihara* (abnormal mode of life) like travelling in hot polluted atmosphere, intake of contraceptive pills, various procedures like Cu-T insertion, recurrent abortions and D&C, home deliveries, which are harmful for woman's body. Likewise, *mithya ahara* (abnormal diet) like eating in large amount of *katu* (spicy), *amla* (sour), *lavana* (salty), *kshara* (alkaline), *aahar* (diet). *Pitta* gets vitiated and reaches *tryavarta yoni* because of

such *ahara* (diet) and *vihar* (mode) of life there are symptoms like *yonidaha* (vaginal burning), *yonipaka* (suppuration), *yonigat ushnata* (vaginal) hotness, *kunap gandhi yonistrava* (menstrual blood with dead body smell). *Jwara* (pyrexia) is seen as *sarvadehik lakshan* (general symptoms) which in total causes *pittaj yonivyapad*. So, to study the effect of *madhuk ghrit snehan* and *madhuk kwath parishek* on the symptoms of *pittaj yonivyapad* this topic has been chosen.

#### **AIMS AND OBJECTIVES:**

**A]** To study and understand detail explanation about

1. *Pittaj Yonivyapad* according to Ayurveda
2. *Madhuk (GLYCERRIZA GLABRA)*

**B]** To compile literature about *Pittaj Yonivyapad*.

**C]** To compare the effect of *Madhuk ghrit snehan* and *madhuk parishek* with betadine pessary.

**D]** Preparation and analytical study of *Madhuk ghrit* and *kwaath*.

#### **MATERIAL AND METHODS:**

While conducting, this project the material and methodology used as follows:

**Material:**

**DRUG:** -

**Family-** Leguminosae

**Latin name-** *Glycerrhiza glabra*

**Useful part-** mool (root)

**Rasa (taste) -** *Madhura* (sweet)

**Virya (potential) -** *sheeta* (cold)

**Vipak (post digestive effect) -** *Madhuk* (sweet)

**Guna (property) -** *Guru* (heavy), *snigdha*/emollient

**Doshgnta-** *Pitta-shamak*, *vatagna*, *kapha-vardhak*

**Karma (function) -** *Daha-shamak*, *vednasthapak* (analgesic), *shoth-har* (anti-inflammatory)

#### **METHOD:**

1. Detail case study of patient done.
2. Complete general examination and local examination of patient done.
3. Case taken according to case paper format.
4. Informed written consent of the patients taken.
5. Total 60 patients considered for study.
6. Within 10 days' treatment local examination (p/v, p/s) was done at 1<sup>st</sup> day of patient visit to opd and last day (10<sup>th</sup> day) of treatment.

#### **INCLUSION CRITERIA: -**

1. Married female patients selected.
2. Age between 20-45 yrs.
3. Patients complaining of *Yonidaha*, *Yonipak*, *Adhik raj strav*, *Jwara*.

#### **EXCLUSION CRITERIA: -**

1. Unmarried women.
2. Age group below 20 and above 45yrs.
3. Patient having medical conditions like hypertension, diabetes mellitus, thyroid disorder, neurological disorder.
4. Patients with HIV positive etc.

**Table no. 1:** Criteria for assessment on the basis of symptoms (subjective and objective)

No	Lakshanas (Symptoms)	Grade 0	Grade 1	Grade 2	Grade3
1	Yoni-daha (Vaginal burning)	No	Intermittent during day	Continuous throughout the day	Continuous causing disturbance in routine
2	Yonipaaka (Suppuration)	Normal colour i.e. pink	Dark pink colour	Red colour	Dark colour
3	Aadhikraj Straava (Excessive menstrual bleeding)	2pads/ day	3pads/ day	4pads/ day	5 or more pads/ day
		Absent		Present	
	Yoni-Strava (Vaginal discharge)	0		1	
	Rajagandha (Smell Of menstrual bleeding)	0		1	

No		Absent	Present
1	Jwara (Fever)	0	1

**WITHDRAWAL CRITERIA: -**

1. If patients develop any adverse effect.
2. If patient is not responding to treatment and aggravation of symptoms.
3. If patient refuses to continue with the treatment.

**DOSES AND DURATION:**

- 1) Written consent of the patients taken.
- 2) Route of administration; *sthanik* (local) and *yonimarg* (vaginally).
- 3) Total duration of treatment; after onset of symptoms till 10 days

**Follow up:**

- 1<sup>st</sup> day of treatment
- 3<sup>rd</sup> day of treatment
- 5<sup>th</sup> day of treatment
- 10<sup>th</sup> day of treatment

**DISEASES REVIEW:**

There are 20 types of *Yonivyapad*; one of it is *Pittaj yonivyapad*. *Yonivyapad* means abnormal changes in *yonni*.

**Pittaj yonivyapad-**

**Hetu (causes) -** *katu, amla, lavan, kshar padarth* intake.

**Dosha- pitta**

**Sthana- yoni**

**Samprapti- pitta prakopak ahar vihar** causes *pittaj yonivyapad*.

**Lakshan (symptoms) -** *yonni daha* (vaginal burning), *adhik raj strava* (excessive menstrual bleeding), *Jwara* (temperature) etc.

**Informed consent:**

Written, valid, informed consent of the patient was taken prior to the commencement of the clinical trial.

**Drug preparation:**

1. Preparation of Madhuk ghurt-

One bhaag (part) kalka (paste) of medicine, ghruta (ghee)/ tail (oil) four patt (times) of medicine kalka, four patt (times) drva dravya (additional drug), of sneha (ghruta or tail) 1:4:16. It was heated and snehsiddhi lakshans were observed.

2. Preparation of Madhuk Kwath

**Prepared according to Sarangdhar samhita:**

1 parts of dravya i.e. each dravya (4 gm) along with 16 part of water. Boil on mandagni till 1/8th part is left. Filtered and used.

**Null hypothesis:**

The difference between means of two sets of observations i.e. before and after treatment is same.

**Alternate hypothesis:**

The difference between means of the two sets of observations i.e. before and after treatment is difference.

**Observation and results:**

Each patient is studied symptom wise. The size of the sample is 30(n=30). The sample is selected randomly. Data is analysed by applying paired-t test.

**Table 2: Daha (Vaginal burning)**

Statistical analysis for relief from Daha							
Daha	Day-1		Day-10		% Relief	Wilcoxon Signed Ranks Test Z	P
	Mean score	Sd	Mean score	Sd			
	1.70	.596	0.00	0.000			

**Interpretation:**

Mean score of trial group before treatment was 1.7 and after treatment means score has

come down to 0.0. This reduction is highly significant. 100% got relief.

**Table 3: Paka (Suppuration) -**

Statistical analysis for relief from Paka							
Paka	Day-1		Day-10		% Relief	Wilcoxon Signed Ranks Test Z	P
	Mean score	Sd	Mean score	Sd			
	.30	.596	0.00	0.000			

**Interpretation**

Average severity score i.e. mean score of trial group before treatment was 0.30 and after

treatment it has decreased to 0.0. This reduction is highly significant. 100% got relief.

**Table 4: Adhik rajastrav (excessive menstrual bleeding) -**

Statistical analysis for relief from Adhik rajastrava							
Adhik rajastrava	Day-1		Day-10		% Relief	Wilcoxon Signed Ranks Test Z	P
	Mean score	Sd	Mean score	Sd			
	.97	.556	.97	.556			

**Interpretation-**

Mean score of trial group treatment was 0.97 and after treatment also the mean score is

0.97. There is no significant change. 0% got relief.

**Table 5:** Yonigat strava (vaginal discharge)

Statistical analysis for relief from Yonigat strava							
Yonigat strava	Day-1		Day-10		% Relief	Wilcoxon Signed Ranks Test Z	P
	Mean score	Sd	Mean score	Sd			
	.67	.479	0.00	0.000			

**Interpretation-**

Average severity score i.e. mean score of trial group before treatment was 0.67

and after treatment it decreased to 0.0. This reduction is highly significant. 100% got relief.

**Table 6:** Jwara (fever)

Statistical analysis for relief from Jwara							
Jwara	Day-1		Day-10		% Relief	Wilcoxon Signed Ranks Test Z	P
	Mean score	Sd	Mean score	Sd			
	.47	.507	0.00	0.000			

**Interpretation-**

Mean score of trial group before treatment was 0.47 and after treatment means score has come down to 0.0. This reduction is highly significant. 100% got relief.

**Table 7:** Effect of therapy on signs and symptoms

Overall effect on therapy	
Symptoms	Relief %
Daha	100
Paka	100
Adhik rajastrav	0
Yonigat strav	100
Jwar	100

**DISCUSSION**

Use of Madhuk in samprapti vighatan of Pittaj yonivyapad is as follows-

As Madhuk is madhur rasa and sheet virya which is Balya, dhatu vridhikar, raktapittaprasadak, jivaniya, vatahar, stambak, vishyandan so symptoms of pittaj yonivyapad i.e excessive menstrual bleeding and vaginal discharge are effectively decreased due to its raktapittaprasadak, vatahar, stambak(stopping) and vishyandan (stops strav) properties, as these symptoms decrease automatically it normalises the vitiated pitta causing decrease in yonidaha and paka.

Being raktashodhak it purifies the blood due to which the excessive menstrual bleeding and discharge decreases and yoni daha and paka are also effected.

It is also guru, snigdha and kaphavardhak causing vatahar due to which there is ceasion in excessive menstrual bleeding and vaginal discharge indirectly decreasing yoni daha and paka.

It is *daha shamak*; *vedana shapak* (analgesic) and *shoth-har* (anti-inflammatory) causing effective changes in jwara (fever) and yoni paka decreasing yoni daha also.

Due to these properties of *Madhuk* vitated *pitta* is normalised and almost clinical features produced in *Pittaj yonivyapad* are reduced. Thus, *Madhuk* by its all properties helps in *samprapti vighatan* of *pittaj yonivyapad*

## CONCLUSION

*Madhuk ghurt snehana* and *Madhuk kwaath parishek* when used in *Pittaj yonivyapad* shows best result. The symptoms of *pittaj yonivyapad* i.e. *yonigata daha*, *yonipaka*, *yonigat strava* and *jwara* are reduced by the properties of *Madhuk dravya* i.e. *Madhura rasa*, *sheet virya*, *snigdha guna* and *rakshodhak*, *pittashamaka*, *shoth-hara karma*.

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