

**RANDOMIZED CONTROLLED CLINICAL STUDY OF NIMBADI KWATH  
YONIDHAWAN WITH NIMB TAIL PICHUDHARAN IN KAPHAJ YONIVYAPAD****Komal Balwant Kothawale<sup>1</sup>, Veena Ajay Patil<sup>2</sup>, Bhagyashri Mahvir Khot<sup>3</sup>**<sup>1</sup>M.S., Stree Roga- Prasuti Tantra, Government Ayurvedic College, Osmanabad, Maharashtra, India<sup>2</sup>M.S. Ph.D. Prof. & HOD (Dept. of Stree Roga – Prasuti Tantra), Government Ayurvedic College, Osmanabad, Maharashtra, India<sup>3</sup>M.S. Ph.D. Prof. & GUIDE (Dept. of Stree Roga – Prasuti Tantra), R. A. Podar Ayurvedic Medical College, Mumbai, Maharashtra, India**Corresponding Author:** [komalkothawale5008@gmail.com](mailto:komalkothawale5008@gmail.com)<https://doi.org/10.46607/iamj0410032022>**(Published Online: March 2022)****Open Access**

© International Ayurvedic Medical Journal, India

**Article Received:** 21/02//2022 - **Peer Reviewed:** 08/03/2022 - **Accepted for Publication:** 09/03/2022**ABSTRACT**

Ayurveda is one of the broad spectrum's human ancient sciences. In Ayurveda, there is a brief description of various types of *Yonivyapada*. Nowadays most females are suffering from stress, anxiety, emotional behaviour. Also, many females are workers so they can't maintain proper hygiene, due to unhygienic conditions they are suffering from various *Yonirogas*. *kaphaj yonivyapad* is one of them *Yonirogas*. In Ayurveda, all gynaecological problems come under the *Yonivyapada*. In *Kaphaj yonivyapad* physically as well as mental patients are disturbed, suffering from *Shweta Picchil strav*, *yonikandu*, *Kati vedana* like *lakshana* seen. *Sthanika chikitsa* is very important in special local therapies described in Ayurveda. *Yonidhawan*, *yonipichu*, *uttarbasti*, *Varti* etc like very special treatments used in *Yonirogas*. *Yonidhawan* and *Yonipichu* are the most effective *sthanika Chikitsa* in *kaphaj Yonivyapada*. In modern science *lakshana* of *Kaphaj yonivyapad* can be correlated with vaginal candidiasis

**Keywords:** *Kaphaj Yonivyapada*, *Yonidhawan*, *yonipichu*, vaginal candidiasis

## INTRODUCTION

It is a well-known truth that *Ayurveda* is an ancient science. The main motto of *Ayurveda* is to eradicate the disease from root. In today's life, many women gain knowledge in all fields and have achieved success in almost all fields. Due to continuous work, women do not follow proper *dincharya*, *Rutucharya*. therefore, they had more prone to infections. Women are more prone to vaginal infections. The main complaint is vaginal discharge, *streeroga* OPD most patients came with complaining of vaginal white discharge. Vaginal white discharge is the commonest symptom of vaginal infection.<sup>[1]</sup> Throughout reproductive age, vaginal white discharge is seen, but most of the time discharge is physiological. Due to ignorance, physiological discharge can be converted into pathological discharge. Therefore, itching at the genital area, redness at the genital area, vaginal curdy white discharge, backache like symptoms were seen. So, the most common vaginal infection is vaginal candidiasis. The prevalence rate of vulvovaginal candidiasis is 7 % <sup>[2]</sup> Considering all facts, the topic of the dissertation is *kaphaj Yonivyapada* selected. In *ayurvedic Samhita* many drugs preparation had been described. One of them is *Nimbadi kwath yoni Dhawan* and *nimba tail pichu dharan*. Properties of the above drugs have been reduced, *lakshanas* of *Kaphaj Yonivyapada* and break the *samprapti*.

**AIM** - To study the efficacy of *Nimbadi Kwatha Yonidhawan* with *Nimba tail Pichu Dharana* in the management of *kaphaja Yonivyapada*

### OBJECTIVES –

- To evaluate efficacy *Nimbadi Kwatha Yonidhawan* with *Nimba tail Pichu Dharana*.
- To review the literature of *kaphaja Yonivyapada*.

## MATERIAL AND METHODS-

**MATERIAL-** All available *Ayurvedic* textbooks, modern books, articles, journals, research papers were referred for study.

**Sample size** – 30 in each group

**Selection of patient** – from the *streeroga Prasutitantra* O.P.D

**Trial Drug-** *Nimbadi kwath* is prepared using standard *Ayurvedic* preparatory methods.

*Nimba tail* used as market preparation

**Drugs used: kwath – Nimb, Jambu, Vasa, arak, Pichu – Nimb Tail.**

Follow up - Assessment on 0<sup>th</sup>, 8<sup>th</sup> day followed by after each menstrual cycle

1] **Group A** – Trial group

Number of patients – 30, Drug – *Nimbadi kwath Yonidhawan with nimba tail pichu dharan*, Dose – 500-600 ml -kwath, 10 ml – Pichu, Duration of treatment – 6 days every 3- consecutive cycles

2] **Group B-** Control group

Number of patients – 30, Drug – *Candid v6 pessary* <sup>[5]</sup>, Dose – one tablet Hs per vaginally, Duration of treatment –6 days every 3-consecutive cycles

**Inclusion criteria: Exclusion criteria**

1. Age between 20-45 years
1. Unmarried women
2. Yonigata Shweta Strava
2. pregnancy
3. Itching at vulval region
3. Patient with a major illness
4. Katishula
4. Known case of malignancy
5. Mild pain at vulvovaginal region
5. Anaemia

**Withdrawal Criteria**

1. The patient is not willing to continue the treatment or to follow the assessment schedule.
2. If patients will be migrated to any other place

**Investigations:** CBC, BSL-R, HbsAg, Urine routine & microscopic, ICTC, USG – If Required

**Examination:** Per abdomen, Per speculum, Per vaginal

**Table 1:** Subjective criteria

Observation	Criteria	Grades
1. <i>Strava praman</i>	Heavy white discharge (pad required)	3
	Cloths get wet	2
	Slight discharge	1
	No discharge	0
2. <i>Strava gandha</i>	Present	1
	Absent	0
3. <i>Sthanik Kandu</i>	Extreme itching (can't resist itching)	3
	Hamper daily activity	2
	Doesn't hamper daily activity	1
	No itching	0
4. <i>Katishul</i>	Present	1
	Absent	0

## OBJECTIVE CRITERIA

1. Curdy white discharge or watery discharge
2. Red and Swollen vulva with evidence of pruritus like scratch marks.

## Overall Effect of Therapy

### According % Relief

**Table 2:** Overall Effect of Therapy according % Relief

Sr. No.	Criteria	Improvement Grade	No. of patients		No. of parameters	
			Gr. A	Gr. B	Gr. A	Gr. B
1	75% to 100%	Marked	25	25	06	05
2	50% to 74%	Moderate	05	05	00	01
3	25% to 49%	Mild	00	00	00	00
4	00% to 24%	Unchanged	00	00	00	00

## DISCUSSION

### Assessment of clinical result in percentage

**Table 3:** % Relief in Symptoms of both groups

Sr. No.	Symptoms	% Relief	
		Group A	Group B
1	<i>Shweta Strava</i>	89.06	87.5
2	<i>Strava gandha</i>	88.89	87.5
3	<i>Yoni kandu</i>	89.47	77.78
4	<i>Kati shula</i>	88.37	84.62
5	Avg. % Relief	88.94	84.34

**Table 4:** % Change in Objective parameters of both groups

Sr. No.	Parameters	% Change	
		Group A	Group B
1	Discharge type	80	70
2	Red-swollen vulva	75	75
3	Avg. % Change	77.5	72.5

**According to statistical analysis**

**A. Subjective Parameters**

**Table 5:** Overall Effect of Therapy as per Statistical analysis

Sr. No.	Subjective Parameters	Within Groups (Wilcoxon test)		Comparison (Mann-Whitney's test)
		Group A	Group B	
1	<i>Shweta Strava</i>	Significant	Significant	Insignificant (A ≈ B)
2	<i>Strava gandha</i>	Significant	Significant	Insignificant (A ≈ B)
3	<i>Yoni kandu</i>	Significant	Significant	Insignificant (A ≈ B)
4	<i>Kati shula</i>	Significant	Significant	Insignificant (A ≈ B)

(≈ - means statistically equal, not exact equal)

**B. Objective Parameters**

**Table 6:** Overall Effect of Therapy as per Statistical analysis

Sr. No.	Objective Parameter	Within Groups (X <sup>2</sup> McNemars test)		Comparison (X <sup>2</sup> Fisher exact test)
		Group A	Group B	
1	Dis. Type	Significant	Significant	Insignificant (A ≈ B)
2	R.S. Vulva	Significant	Significant	Insignificant (A ≈ B)

(≈ - means statistically equal, not exact equal)

**CONCLUSION**

After completion of this study, all patients were, to take proper treatment and also follow proper *dincharya* and *Rutucharya, ahara, vihara*. So, we can be concluded that the trial group patients were taken *Nimbadi kwath Yonidhawan* with *nimb tail pichu dharan* get more effects after taking drug. And relieving the more symptoms of *kaphaj Yonivyapada*, also there are no side effects seen. another group is the control group, 30 patients taken vaginal pessary (Candid v6), symptoms were relieved but there is a side effect seen like skin rash, vaginal infection etc. After the overall study, an Ayurvedic preparation – *Nimbadi kwath yoni Dhawan with nimb tail pichu dharan* is more effective than a modern drug. *Yonigata Shweta strav, katishula, Yonikandu etc lakshana* was more reduced by taking ayurvedic preparation.

Statistical analysis after a study showed that *nimbadi kwath yoni Dhawan* with *nimb tail pichu dharan* is statistically equal but not exactly equal than control group candid V6 vaginal pessary.

Total % of relief – Group A- 88.94% Group B- 84.34%, Hence the final conclusion is A group is more effective than group B without having any side effects

**Further scope of the study:** In a future study not only with help of *Dosha lakshanas* concept of Ayurveda but also with the standard modern parameters and Laboratory investigation of hormones, new research can continue the work.

## REFERENCES

1. Shaw textbook of gynaecology 7 th edition, chapter - Infection of individual pelvic organ, page no 135
2. <https://www.hindawi.com>-Research article (Sujit. D. Rathod, Jeffrey D Klausner, Kari Krupp, Arthur L, Poornima Madhivanan)
3. Joshi Y(ed.), Charaka Samhita, Vaidyamidra Prakashan Pune,2013; Chikitsasthana; chapter 30/13, pg no 674
4. Acharya Vidyadhar Shukla, Charakasamhita volume 2, Chaukhamba Sanskrit Pratishthan Delhi, reprint 2010, Chikitsa sthan 30/82,83, pg no.766
5. <https://www.1mg.com>>drug

**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: *Komal Balwant Kothawale et al: Randomized Controlled Clinical Study Of Nimbadi Kwath Yonidhawan With Nimb Tail Pichudharan In Kaphaj Yonivyapad*. International Ayurvedic Medical Journal {online} 2022 {cited March 2022} Available from: [http://www.iamj.in/posts/images/upload/593\\_597.pdf](http://www.iamj.in/posts/images/upload/593_597.pdf)