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

Sharma Preeti Hariprasad¹, Jayashree R. Patil²

¹PG (Scholar), ²Professor and HOD; Department of Streeroga & Prasutitantra, Dr. D. Y. Patil Ayurved College, Hospital & Research centre, Pimpri, Pune, Maharashtra, India

Email: drpreetisharma222@gmail.com

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 ghurst, 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 30th chapter of chiktsasthana and in Sushrut samhita in 38th 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 avara (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 *yoni daha* (vaginal burning), *yoni paka* (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 ghrut 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 ghrut snehan* and *madhuk parishek* with betadine pessary.

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

**MATERIAL AND METHODS:**

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

**Material:**

**DRUG:** -

**Family**- Leguminosae

**Latin name**- Glycerhiza glabra

**Useful part**- mool (root)

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

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

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

**Guna (property)** - *Guru* (heavy), *snigdhal* 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 1st day of patient visit to opd and last day (10th day) of treatment.

**INCLUSION CRITERIA:** -

1. Married female patients selected.

2. Age between 20-45 yrs.

3. Patients complaining of *Yoni daha, Yoni pak, Adhik raj strat, 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)

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

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:
1st day of treatment
3rd day of treatment
5th day of treatment
10th day of treatment

DISEASES REVIEW:
There are 20 types of Yonivyapad; one of it is Pittaj yonivyapad. Yonivyapad means abnormal changes in yoni.

Pittaj yonivyapad-
Hetu (causes) - katu, amla, lavan, kshar padarth intake.
Dosha- pitta
Sthana- yoni
Samprapti- pitta prakopak ahar vihar causes pittaj yonivyapad.

Lakshan (symptoms) - yoni 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.
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 randomy. Data is analysed by applying paired t test.

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

<table>
<thead>
<tr>
<th></th>
<th>Day-1</th>
<th>Day-10</th>
<th>% Relief</th>
<th>Wilcoxon Signed Ranks Test Z</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Daha</strong></td>
<td>Mean score</td>
<td>Sd</td>
<td>Mean score</td>
<td>Sd</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>1.70</td>
<td>.596</td>
<td>0.00</td>
<td>0.000</td>
<td></td>
</tr>
</tbody>
</table>

**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) -

<table>
<thead>
<tr>
<th></th>
<th>Day-1</th>
<th>Day-10</th>
<th>% Relief</th>
<th>Wilcoxon Signed Ranks Test Z</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Paka</strong></td>
<td>Mean score</td>
<td>Sd</td>
<td>Mean score</td>
<td>Sd</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>.30</td>
<td>.596</td>
<td>0.00</td>
<td>0.000</td>
<td></td>
</tr>
</tbody>
</table>

**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 rajastrava* (excessive menstrual bleeding) -

<table>
<thead>
<tr>
<th></th>
<th>Day-1</th>
<th>Day-10</th>
<th>% Relief</th>
<th>Wilcoxon Signed Ranks Test Z</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Adhik rajastrava</strong></td>
<td>Mean score</td>
<td>Sd</td>
<td>Mean score</td>
<td>Sd</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>.97</td>
<td>.556</td>
<td>.97</td>
<td>.556</td>
<td></td>
</tr>
</tbody>
</table>
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)

<table>
<thead>
<tr>
<th>Yonigat strava</th>
<th>Day-1</th>
<th>Day-10</th>
<th>% Relief</th>
<th>Wilcoxon Signed Ranks Test Z</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean score</td>
<td>Sd</td>
<td>Mean score</td>
<td>Sd</td>
<td></td>
</tr>
<tr>
<td>Yonigat strava</td>
<td>.67</td>
<td>.479</td>
<td>0.00</td>
<td>0.00</td>
<td>100</td>
</tr>
</tbody>
</table>

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)

<table>
<thead>
<tr>
<th>Jwara</th>
<th>Day-1</th>
<th>Day-10</th>
<th>% Relief</th>
<th>Wilcoxon Signed Ranks Test Z</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean score</td>
<td>Sd</td>
<td>Mean score</td>
<td>Sd</td>
<td></td>
</tr>
<tr>
<td>Jwara</td>
<td>.47</td>
<td>.507</td>
<td>0.00</td>
<td>0.00</td>
<td>100</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Overall effect on therapy</th>
<th>Symptoms</th>
<th>Relief %</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Daha</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Paka</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Adhik rajastrav</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Yonigat strava</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Jwar</td>
<td>100</td>
</tr>
</tbody>
</table>

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 affected.

It is also guru, snigdha and kaphavardhak causing vatahar due to which there is cessation 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 vitaited 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, yoni paka, 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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