

A CLINICAL STUDY TO EVALUATE THE EFFICACY OF AMALAKI CHURNA IN LEUCORRHOEA

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ABSTRACT

Leucorrhoea is excessive normal vaginal discharge. It can be physiological or pathological. Due to modern lifestyle, women are exposed to a lot of physical and mental stress. Also there is lack of proper nutrition in diet. This leads to increase in patients suffering from leucorrhoea. *Amalaki* is *kaphavaata shamak*, *pradarnashak* as well as *tridoshaghna* and an excellent *rasayan*. Taking foresaid facts in mind *Amalaki churna* was given to patients suffering from leucorrhoea in order to reduce white discharge and associated complaints as well as to improve the general health by its *rasayan* property. Fluconazole was given as control drug.

Keywords: Leucorrhoea, *amalaki churna*, *shwetapradar*, *rasayan*

INTRODUCTION

Leucorrhoea is not explained in Ayurvedic classical texts in detail. It has been discussed under the topics '*Raktapradar*', '*Yoni-vyapad*' like *shwetastrava*, *shwetasrugdar*, etc.[1-6,11] Charak samhita, Madhavnidan, Bhavprakash, Yogratnakar, Sharanghar Samhita etc. have mentioned vaginal white discharge as *shwetapradar*. *Shwetapradar* is not an individual disease but seen as a symptom in various *Yoni-vyapad*. [1-6, 11] But sometimes the symptom is so severe that it affects routine activities of women.

Leucorrhoea has been discussed in modern texts as pathological and physiological. In-

spite of various research projects, satisfactory information is not available yet. Hence, more detail study and research need to be conducted. Due to modern lifestyle, physical and mental stress has been increased a lot; also diet is lack in nutritive value. This indeed leads to increase in number of patients of leucorrhoea. Modern medicines give symptomatic relief along with some side effects. Keeping this point of view in mind a medicine which not only reduces leucorrhoea but also improves the general health of the patients was planned for study. *Amalaki* (*Emblicaofficinalis*) is *kaphavatta shamak*, *pradarnashak* as well as *tridoshaghna* and an ex-

cellent *rasayan*. [7,8] So, an effort was made to use *Amalaki churna* in leucorrhoea, as it is easily available, easy to administer and cost effective.

AIM

To evaluate the efficacy of *Amalaki churna* in leucorrhoea

OBJECTIVES –

1. To review Ayurvedic and modern texts related to leucorrhoea
2. To study the effect of *Amalaki churna* in leucorrhoea
3. To give relief to patients suffering from leucorrhoea and associated symptoms
4. To improve the immunity of patients by the *rasayan* action of *Amalaki*

MATERIALS AND METHODS -

Study type - open, randomized, controlled clinical study

Number of patients - 60 (30 in each group)

Group A - Trial group –30 patients

Amalaki churna 2 - 4 GmsBD before meals with water

Group B – Control group – 30 patients

Tablet Fluconazole 150 mg orally

INCLUSION CRITERIA –

- Age – 20 to 45 years
- Patients with complaints of vaginal white discharge, vaginal itching, backache were included in the study

EXCLUSION CRITERIA –

The following patients were excluded from the study:

- Cancer, tuberculosis patients
- Cervical cyst, ectropion, fibroid
- Diabetes, hypertension, syphilis, gonorrhoea

CRITERIA FOR ASSESSMENT –

- 1) Quantity of white discharge
- 2) Type of white discharge
- 3) Odour
- 4) backache
- 5) Generalized weakness

Quantity of white discharge –

Grade 0 – Absent

Grade 1 - < ½ pad soaked

Grade 2 – ½ pads soaked

Grade 3 - > ½ pad soaked

Type of white discharge –

Grade 0 – Absent

Grade 1 – watery discharge

Grade 2 – mucoid discharge

Grade 3 – yellowish, purulent

Odour –

Grade 0 – Absent (odourless)

Grade 1 –Present

Itching –

Grade 0 – Absent

Grade 1 – Intermittent

Grade 2 – Continuous

Grade 3 – Intense

Backache –

Grade 0 – Absent

Grade 1 – Intermittent

Grade 2 – Continuous but subsides on rest

Grade 3 – Intense (disturbs daily work)

Generalized weakness –

Grade 0 – Absent (able to do all types of work)

Grade 1 – Intermittent (subsides on rest)

Grade 2 – Feels tired but is able to perform routine work

Grade 3 – Feels tired and is unable to perform routine work

Investigations –

Following investigations were done to exclude other pathological condition mentioned in exclusion criteria.

Haemogram-

Haemoglobin, Total leucocyte count, Differential leucocyte count

ESR

HIV

VDRL

Total effect of treatment

- 1) Completerelief (relief in all symptoms)
- 2) Some relief (80 – 99 % relief)

3) Improved (50 – 79 % relief)

4) Unchanged (< 50 % relief)

5) Irregular (Patients that did not take regular medication)

Analysis of Data -

The data collected from the study was then subjected to statistical analysis. To assess the effect of the therapy student's paired – unpaired 't' test was applied to the data generated. The significance of data was analyzed at 5% level of significance. [10]

OBSERVATIONS AND RESULTS -

Table 1: White discharge (quantity)

Score	Before Rx			After Rx							
	Group	No. of pt.	%	3 Score		2 Score		1 Score		0 Score	
				A	B	A	B	A	B	A	B
3	A	3	10.00	00		00		3.33		6.67	
	B	1	3.33		00		00		3.33		00
2	A	7	23.33	00		00		6.66		16.67	
	B	8	26.67		00		00		16.67		10.00
1	A	20	66.67	00		00		10.00		56.67	
	B	21	70.00		00		00		6.67		63.33
0	A	0	0	00		00		00		00	
	B	0	0		00		00		00		73.33

Table 2: Type of White discharge (swarupa)

Score	Before Rx			After Rx							
	Group	No. of pt.	%	3 Score		2 Score		1 Score		0 Score	
				A	B	A	B	A	B	A	B
3	A	7	23.33	00		3.33		00		20	

	B	6	20.00		00		00		13.33		6.67
2	A	18	60.00	00		00		10		50	
	B	14	46.67		00		00		20		26.67
1	A	5	16.67	00		00		6.67		10	
	B	10	33.34		00		00		6.67		26.67
0	A	00	00	00		00		00		00	
	B	00	00		00		00		00		00

Table 3: White discharge (Gandha)

Score	Before Rx			After Rx					
	Group	No. of pt.	%	2 Score		1 Score		0 Score	
				A	B	A	B	A	B
1	A	8	26.67	00		3.33		23.33	
	B	13	43.33		00		13.33		30.00
0	A	13	43.33	00		00		43.33	
	B	12	40.00		00		00		40.00

Table 4: Itching (Yonikandu)

Score	Before Rx			After Rx							
	Group	No. of pt.	%	3 Score		2 Score		1 Score		0 Score	
				A	B	A	B	A	B	A	B
3	A	5	16.67	00		00		6.67		10	
	B	4	13.33		00		3.33		10		00
2	A	14	46.67	00		3.33		6.67		36.67	
	B	10	33.33		00		00		16.67		16.67
1	A	5	16.67	00		00		6.67		10	
	B	11	36.67		00		00		10		26.67
0	A	6	20.00	00		00		00		20	
	B	5	16.67		00		00		00		16.67

Table 5: Low Backache

Score	Before Rx			After Rx							
	Group	No. of pt.	%	3 Score		2 Score		1 Score		0 Score	
				A	B	A	B	A	B	A	B
3	A	9	30.00	00		00		10		20	
	B	12	40.00		00		3.33		20		16.67
2	A	13	43.33	00		00		6.67		36.67	
	B	11	36.67		00		00		13.33		23.33
1	A	4	13.33	00		00		00		13.33	
	B	5	16.67		00		00		00		16.67
0	A	4	13.33	00		00		00		13.33	
	B	2	6.67		00		00		00		6.67

Table 6: Generalized Weakness

Score	Before Rx			After Rx							
	Group	No. of pt.	%	3 Score		2 Score		1 Score		0 Score	
				A	B	A	B	A	B	A	B
3	A	5	16.67	00		00		3.33		13.33	
	B	2	6.67		00		3.33		3.33		00
2	A	7	23.33	00		00		3.33		20	
	B	5	16.67		00		00		10.00		6.67
1	A	11	36.67	00		00		3.33		33.33	
	B	12	40.00		00		00		20.00		20.00
0	A	7	23.33	00		00		00		23.33	
	B	11	36.67		00		00		00		36.67

Picture 1: PERCENTAGE WISE RESULT IN BOTH GROPUS: PERECENTAGE 1

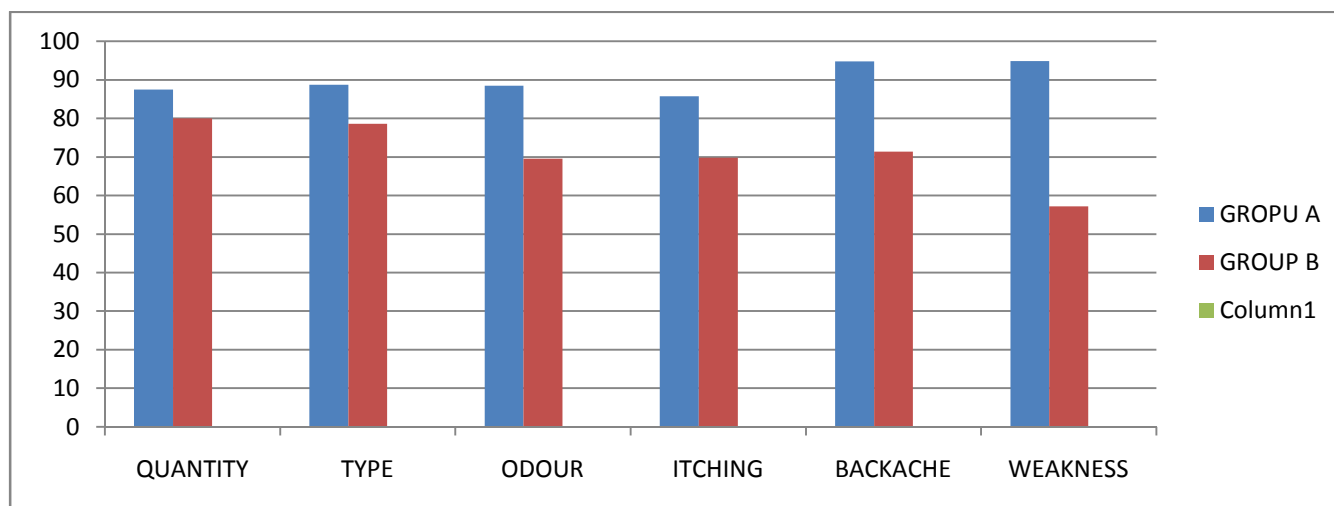


Table 7:

Sr.no	Symptoms	Group				%
			Before	After	Difference	
1	Quantity	A	40	5	35	87.5
		B	40	8	32	80
2	Swaroop	A	62	7	55	88.71
		B	56	12	44	78.57
3	Odour	A	26	3	23	88.46
		B	23	7	16	69.57
4	Itching	A	48	7	41	85.71
		B	43	13	30	69.77
5	Low Backache	A	57	5	54	94.74
		B	63	13	50	71.37
6	Generalized Weakness	A	40	3	37	94.87
		B	28	12	16	57.14

DISCUSSION

Ayurvedic and modern texts have described variety of drugs in leucorrhoea. Inspite of this amalaki churna was selected for research purpose as many patients with leucorrhoea suffer from generalized weakness and amalaki is responsible to reduce leucorrhoea and its asso-

ciated symptoms along with weakness by its rasayan action.

According to data collected in the study, it was observed that more patients 33.33 % were of 26-30 years and 31-40 years age group in the trial group, and 36.66 % were of 31-40 years age group in the control group. 50% patients

from group A and 46.66% from group B were from low socio-economic class. Physical stress was found maximum in 63.33% patients in trial group and 50% in control group. Surgical sterilization was found done 60% in group A and 60% in group B. Based on parity – 40% in group A had 3 or > than 3 kids while 50% in group B had 2 kids.

Maximum patients belong to the age group 30-40 years. In this age group females undergo parturition, face unhygienic during Puerperium, and are exposed to various contraceptive measures, excessive sexual activity, and lack of nutrition, excessive physical and mental stress. These all causes lead to leucorrhoea.

Mechanism of action – Amalaki churna is found effective in leucorrhoea by its rasa, guna, virya, Vipaka. Prithvi aapmahabhuta are responsible for reducing weakness, vayu tej and Aakashmahabhuta decrease kled, foul smell and discharge. Madhur Ras leads to balya, Dhatuposhana and shoolprashaman action. Amla Ras causes agnidipan and katu, tikta, kashay Ras reduces kled, secretions and pus formation. According to modern texts under nutrition or ill health is one of the major causes of leucorrhoea. Thus amalaki stands best in leucorrhoea by rasayan action.

In the present study administration of *Amalaki churna* showed statistically significant improvement in the various symptoms related to leucorrhoea.

Amalaki churna showed highly significant results in symptoms like quantity of white discharge, consistency (Swaroop) of white discharge, Odour, vaginal itching and low backache in trial group. The results were also highly significant for these symptoms in the control group.

Amalaki churna showed highly significant results in symptom generalized weakness while in the control group the results were significant.

In the trial group, 46.67% patients showed complete relief, 43.33% showed some relief, 3.33% patients improved and 6.67% remained unchanged.

In the control group, 20% showed complete relief, 23.33% showed some relief, 46.67% patients improved and 10% remained unchanged.

CONCLUSION

Thus Amalaki churna is highly effective in the management of Symptoms of Leucorrhoea

SUMMARY –

Increase in the number of patients of leucorrhoea lead to the selection of the subject for the study. *Amalaki churna* was selected as the drug for the study as it is described in the texts as well as is *tridoshaghna* and *rasayan*. *Amalaki* is effective in the various symptoms seen in leucorrhoea that are caused by Tridosha as well as reduces generalized weakness and improves the general health. According to modern text amalaki contains vitamin C on a large scale which leads to improve the immunity of the body.

Trial group was given *Amalaki churna* and Fluconazole was used as control drug. Trial group as well as control group showed statistically significant results in the improvement of all the symptoms of leucorrhoea. *Amalaki* was highly significant in improving generalized weakness as compared to control group.

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