

Ayurlog: National Journal of Research in Ayurved Science*A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved***To study clinical efficacy of bruhati & dwiharidra in kaphaj yonivyapad by yonipuran.**

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INTRODUCTION

As the Stree is mula of reproduction, her health is our prime importance which leads to palan of best Gruhasthashram^{1,2} Stree is important part of our society and family. Being Daughter, wife, mother, carrier oriented women, she plays different roles and follows social and family responsibilities. Thus in this fast life she is subjected to all sorts of physical and mental hardships. Due to change in lifestyle, modern food habits of fast food, junk food she is unable to follow the rules of Dincharya, Rutucharya, Rajaswala, Rutumati and Sutikaparicharya which are explained by Aacharyas for women's health. Thus She is prone to various yonirogas, one of

which is YonigatShewta, Picchilstrava, Yonikandu, Yonigata Alpa vedana which are the features of kaphaja Yonivyapada and is neglected by women as minor symptoms. So to bring light to the importance of this disease and its treatment to the society I had decided to work on this disease, that is Kaphaja Yonivyapada using "Bruhatiphala and Dwiharidra Kalka's Yonipuran in Kaphaja Yonivyapada" as described by Aacharya Sushrutaacharya in Uttartantra 38/27.

AIMS AND OBJECTIVES

1. To study the literature of Kaphaja Yonivyapada.
2. To study the Clinical Efficacy of Bruhatipha and Dwiharidra

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Kalka's Yonipuran In Kaphaja Yonivyapada as stated in Sushrut Samhita Uttartantra 38/27³

MATERIALS AND METHODS

The following methodology was adopted to conduct the study.

1]Literary Review-

Literary review of all Ayurvedic Texts and Samhitas was done thoroughly for collection of information of Kaphaja yonivyapada. The previous research work done by various scholars in this subject was studied. It was used as preliminary data for present study. Referances of kaphaja yonivyapada and Bruhatiphala, Dwiharidra kalka's yonipuran from Bruhat Trayee and Laghu Trayee, Rasa granthas were collected and compiled. Also referances from modern Gynaecology books were collected.

2]Clinical study-**A]Study design-**

Randomised single blind study in patients having Kaphaja yonivyapada was done.

Selection of patients-

The female patients complaining mainly of Kaphaja yonivyapada were selected irrespective of occupation, religion, age and prakruti.

****Inclusive Criteria-**Following

Patients were selected for our study-

- 1) Patients of 18-45 years age group.
- 2) Only married patient.
- 3) Patients having Kaphaja yonivyapada i.e. having following signs and symptoms-
 - a. Yonigata shweta , picchil strava.
 - b. Yonikandu.
 - c. Yonigata alpa vedana.

****Exclusive Criteria-**The

following patients are excluded from our study.

- 1) Unmarried patients.
- 2) Patients with ring pessaries.
- 3) Patients with a major illness. [Like Heart diseases, respiratory diseases etc.]
- 4) Patients with malignancies.
- 5) Patients with endocrinal disorders. [e.g. Diabetes Mellitus etc.]

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6)Patients with immunocomprasive diseases. [Like HIV etc.]

7)Patients with physiological white discharge.

8)Patients having age group of above 45yrs and below 18 yrs of age.

METHODS -Study Group-

30 patients were treated with Bruhatiphala and Dwiharidra Kalka's Yonipuran.

MODE OF ADMINISTRATION: - Patients were given the drug in following way

- **Prayog :** Prathamavarta.
- **Swaroop –** Kalka⁴.
- **Matra [Dose]:**
 - 1) **Kalka**⁵ -10 gm OD Per vaginally for 7 Days.
- **Aushadha Sevan Kala of Kalka-Post Menstrual..**
- Kalka is taken on gauge and tampon is made.Its sterilization done.Lithotomy position is given

to the patient.Then sterile Bruhatiphala Dwiharidra kalka is kept in prathamavarta.As kalka is tikshna it is placed for 2hrs.Then it is removed and irrigation of prathamavarta is done with lukewarm water.

Total Dose :10 gm once daily for 7 days.

5. DURATION OF TREATMENT: -

In Text, the duration of treatment for this drug is not given. So initially all the patients were treated for 7 days. In common the duration of period for giving these medicines was selected as 7 days.

6. FOLLOW UP: -

During course of treatment all the signs & symptoms are noted on Day 1st, Day 3rd, Day 7th .

Examination of the patients were done again on Day 15th to study the recurrence of the symptoms

7.OBSERVATION TABLE-

SR.	OBSERVATIONS	DURING TREATMENT	AFTER
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NO.					TREATMENT
		1 st	3 rd	7 th	15 th
A]	Yonigata Shwetastrava				
	1. Praman Absent - Alpa - Madhyam Adhik-				
	2. Swaroop- Absent Drava- Tantool- Granthi-				
	3. Gandha Absent- Present-				
B]	Yonigata Vedana- Absent - Alpa- Madhyam- Adhik -				
C]	Sthanik Kandu Absent - Present-				

For assessment of Clinical results we prepared symptom flowchart by giving gradations to symptoms. The symptom like Gandha, could

not be graded so we gave these symptoms a subjective type of gradation [i.e. observed by the patients].

OBSERVATIONS AND RESULTS

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Ayurlog: National Journal of Research in Ayurved Science*A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved***GENERAL OBSERVATIONS:**

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A) Sex wise-

In this study all female patients were included.

B) Age wise-

As per inclusion criteria of patients we selected patients having age between 18 years to 45 yrs and we distributed it in four-sub age groups. Out of 30 patients number of patients found in age group less than 25 years were 9[30%], in 25 to 30 yrs age group they were 8 [26.66%], in 30 to 35yrs age group 6 [20.00%] and in age group above 35yrs 7 [23.33%] in numbers and percentage respectively.

C) Occupation wise: -

Out of 30 patients in trial group maximum number of patients was found in Housewife group, followed by Farming Women, service and Business group. They were 18[60.00%], 5[16.66%], 5[16.66%] and 2[6.66%] in number & percentage respectively.

D) Socioeconomic status wise:-

Out of 30 patients, maximum patients were found having low socioeconomic status followed by middle class & higher class. They were 18[60%], 9[30%] & 3[10%] in numbers and percentages respectively.

E) Prakruti wise :-

Out of 30 patients in trial group maximum number of patients was found in Kapha pradhana vatanubandhi prakruti followed by Pitta pradhana kaphanubandhi, vata pradhan kaphanubandhi and kapha pradhan pittanubandhi prakruti. They were 10[33.33%], 8 [26.66%], 6[20.00%], 6[20.00%] in numbers and percentage respectively..

F) Agni wise:-

Out of 30 patients in trial group maximum patients were found having Mandagni, followed by Tikshnagni, Vishamagni & Samagni. They were 21[70.00%], 5[16.66%], 2[6.66%], 2

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[6.66%] in numbers & percentage respectively.

CLINICAL OBSERVATIONS:-**1) According to Strava Pramana:-**

Out of 30 patients in trial group maximum patients were found having moderate Strava pramana followed by severe & mild before treatment. They were 20[66.66%], 6[20.00.%], & 4[13.33%] in numbers & percentage respectively. After treatment 2 patients were having moderate strava, 4 were having mild strava & no strava was found in 24 patients.

2) Kandū:-

Out of 30 patients in trial group maximum patients were found having moderate kandu followed by severe & mild before treatment. They were 20[66.66%], 5[16.66%], 5[16.66%] in numbers & percentage respectively. After treatment 2 was having moderate Kandū, 4 were

having mild kandu & no kandu was found in 24 patients.

3) Yonigata vedana:-

Out of 30 Patients in Trial group, Yonigat vedana was present in Mild grade in 12 [40.00%]& yonigata vedana symptom was not found in 18[60.00%] before treatment. After treatment 2 patients had mild vedana, while 28 patients had no vedana.

4) Gandha:-

Out of 30 patients in trial group 12 patients [40.00%] had Gandha symptom & absent in 18 patients [60.00%] before treatment. After treatment Gandha was found present in 2 patients.

DISCUSSION OF CLINICAL OBSERVATIONS:**1] Strava:**

Patients were selected having Yonigat Shweta strava in severe, moderate & mild grade in study group. After treatment strava was absent in 24 patients.

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Due to the Kaphaghna, Kapha-Klheda shoshak action, shoalaghna action, shothahar action of the trial drug, it is found effective in the trial group. So the result is highly significant.

2] Kandu :

Patients in trial group showed Sthanik kandu as explained in earlier topics due to kaphaghna, kledaghna krimighna, twachya properties of trial drug the symptom kandu reduces.

After treatment kandu was absent in 24 patients in trial group.

The drug is effective on symptom kandu; so it can be said that the drug is highly significant.

3] Yonigata Vedana :

Patients showed yonigata alpa vedana, after treatment vedana was absent in 28 patients. So the trial drug is effective on vedana symptom, so it can be said that trial drug is significant.

4] Gandha :

Gandha symptom found in trial group because of krimi pradurbhava, kleda, kapha dushti.

Bruhatiphala Dwiharidra's kalka acts as kaphaghna, kledaghna & krimighna. So Gandha symptom is controlled.

Gandha was found in 12 patients out of 30 patients in trial group. After treatment it was absent in 28 patients in trial group. So the trial drug is effective on gandha symptom.

CONCLUSION

1. After the present study, it can be concluded that Bruhatiphala and Dwiharidra Kalka's yonipuran is quite effective on Kaphaja Yonivyapada. Signs & symptoms as well as pathological conditions improves with a dose & duration mentioned in the study.

2. As Ayurvedic Drugs are cheaper & available easily in market. Patients can afford the treatment easily.

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