

**A CLINICAL STUDY TO EVALUATE THE EFFECT OF TRIPHALA
KWATHA WITH GOMUTRA YONI PRAKSHALANA FOLLOWED BY
DHATAKYADI TAILA YONI PICHU IN KAPHAJA YONIVYAPAD
W.S.R. TO VULVOVAGINAL CANDIDIASIS**

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ABSTRACT

Reproductive system diseases can significantly affect the ability to procreate, making it essential to protect it from infections and other reproductive health-related issues. In Ayurveda, Kaphaja Yonivyapad is characterized by symptoms such as *Pichhila yoni srava* and *yonikandu*. Vulvovaginal Candidiasis commonly present with thick white discharge, vulvar itching. If left untreated, these conditions may lead to complications, including infertility, and can severely impact one's quality of life. **Objective of the study:** To evaluate the effect of *Triphala kwath* with *Gomutra Yoni Prakshalana* followed by *Dhatakyadi Taila yoni pichu* in *Kaphaja yonivyapad* w.s.r. to Vulvovaginal Candidiasis. **Material and Methods:** 20 patients diagnosed as *Kaphaja Yonivyapada*, who attended the OPD and IPD of Prasuti Tantra and Stree Roga Dept., SDM Ayurveda Hospital, Udipi were taken for the study and were subjected for *Yoni Prakshalana* with *Triphala kwatha* and *Gomutra* followed by *Dhatakyadi taila yoni pichu* which was administered once for 7 days after the cessation of menstruation. Follow up was done on 21st and 35th day. **Statistical tests-** Paired t- test and Wilcoxon matched pairs test. **Result and Interpretation:** There was statistically highly-significant result

obtained for *Srava pramana*, *yonikandu*, *Katishoola*, Vaginal pH. *Triphala kwath Yoni Prakshalana* with *Gomutra* followed by *Dhatakyadi Taila pichu* was effective on *Kaphaja Yonivyapada*.

KEYWORDS: *Kaphaja Yonivyapada*, *Triphala kwath*, *Dhatakyadi taila*, Vulvovaginal Candidiasis, *Yoni Prakshalana*.

INTRODUCTION

Women face a higher risk of genital infections due to various factors, including the anatomical proximity of the vagina to the anal and urethral openings, poor hygiene, and sexual activity.^[1,2] Conditions such as menstruation, abortions, childbirth, IUD use, trauma, and surgical procedures can disrupt natural defense mechanisms.^[3,4] Abnormal vaginal discharge may arise from poor nutrition, stress, genital infections, hormonal imbalances, contraceptive use, or sexual arousal, enabling pathogenic organisms to thrive.^[5,6] Lactobacilli help maintain vaginal microflora balance by preventing pathogenic overgrowth. Most Gynaecological disorders fall under "*Yonivyapada*," which can lead to reproductive system disturbances.^[7,8] Classical texts describe 20 types of *Yonivyapada*, including *Kaphaja*, akin to modern Vulvovaginal Candidiasis. Such infections are significant public health concerns due to their prevalence, particularly fungal infections like *Candida albicans*, responsible for 85-95% of cases in developing countries.^[9] About 75% of women experience at least one episode of vaginal candidiasis in their lifetime. These fungi are normally present in the body but can cause issues. Seasonal and regional spikes in such infections are noted in tropical climates, with diabetes and environmental factors increasing risk.^[10] In India, higher prevalence occurs post-rainy season. Ayurveda associates vaginal infections with *Yonivyapada's doshaja* characteristics. *Kaphaja Yonivyapada* presents symptoms similar to Vulvovaginal Candidiasis, with symptoms stemming from vitiated *Kapha* due to poor diet and lifestyle. Ayurvedic interventions like *Yoni Prakshalana* and *Yoni Pichu* can prevent complications from untreated infections, such as infertility and pelvic inflammatory disease.^[11,12] The main treatment approach involves *Ruksha* and *Ushna karma* to balance *Kapha Dosha*, with specific therapies beneficial for *Yoni Rogas*. Treatments described by Sushruta and Ashtanga Hridaya emphasize incorporating *Gomutra* in managing *Kapha*-related infections. Maintaining vaginal pH is crucial for natural flora growth and reproductive health. Ayurvedic texts provide comprehensive approaches for treating infections like vaginal candidiasis identified as *Kaphaja Yonivyapada*.^[13]

MATERIALS AND METHODS

The present dissertation study entitled “A CLINICAL STUDY TO EVALUATE THE EFFECT OF TRIPHALA KWATH WITH GOMUTRA YONI PRAKSHALANA FOLLOWED BY DHATAKYADI TAILA YONI PICHU IN KAPHAJA YONIVYAPAD W.S.R. TO VULVOVAGINAL CANDIDIASIS” was carried out on 20 patients who attended the OPD and IPD of section of Prasuti Tantra and Stree Roga Department, S.D.M. Ayurveda Hospital, Udupi.

OBJECTIVES

- 1) To evaluate the effect of *Triphala kwath with gomutra yoni Prakshalana* followed by *Dhatakyadi taila yoni pichu* in *Kaphaja yonivyapad* w.s.r. to Vulvovaginal Candidiasis.

Source of data

20 patients diagnosed as *Kaphaja Yonivyapad*, who attended the OPD and IPD of Prasuti Tantra and Stree Roga Dept, SDM Ayurveda Hospital, Udupi were taken for the study.

ETHICAL CLEARANCE

Research Study was started after obtaining ethical clearance from Institutional ethics Committee of Shri Dharmasthala Manjunatheshwara, College of Ayurveda, Udupi, Ref No: SDMCAU/ACA-49/ECH 33/2022-2023, Dt: 24/09/2022.

CTRI Registration: CTRI/2023/08/056752

METHOD OF COLLECTION OF DATA

Patients fulfilling the inclusion criteria were taken for study. A special proforma was prepared with all the points of history taking and written consent form.

Diagnostic Criteria

Patients having the *Prathyatma lakshana* of *Kaphaja Yonivyapad* like *Pichhilata*, *Sheeta*, *Alpa Vedana* in *Yoni* and *Pandu Picchila Srava*.

Inclusion Criteria

- Patients fulfilling the diagnostic criteria
- Women aged between 18-70 years
- Married and sexually active women

Exclusion Criteria

- During menstruation
- Pregnant women
- Cervical erosion
- Malignancies
- Patients using IUCDs
- STD's
- Known case of HIV, HBsAG, VDRL.
- Systemic diseases like HTN, DM, Tuberculosis

Intervention

20 patients diagnosed with *Kaphaja Yonivyapad* will be subjected for *Yoni Prakshalana* with *Triphala kwatha* and *gomutra* followed by *Dhatakyadi taila yoni pichu* will be administered once for 7 days after the cessation of menstruation. Patients will be assessed before and after completion of the study.

Duration of Study

- Duration of treatment- 7 days.
- Follow up on 21st and 35th day.
- Total duration of treatment- 35 days

External Intervention

- *Yoni Prakshalana*
- *Yoni pichu*

Assessment Criteria

Subjective Parameters

1. *Yoni srava Pramana*

No discharge	0
Mild (sensation of wetness)	1
Moderate (wetting of undergarments)	2
Severe (profuse staining may need pad)	3

Yoni srava varna

No discharge	0
White colour	1
Yellowish	2
Brownish	3

Yoni srava consistency

Thin	0
Curdy	1
Thick	2

2. *Yoni kandu*

Absent	0
Mild (occasionally subsides by itself)	1
Moderate (subsides by local treatment, do not affect daily life)	2
Severe (needs treatment, affects routine)	3

3. *Katishoola*

Absent	0
Mild (occasionally present)	1
Moderate (affect daily routine)	2
Severe (totally disturb the daily routine, severe pain occurs)	3

4. *Yoni vedna*

Srava without dull pain	0
Srava with dull pain	1

5. *Daurgandha*

Absent	0
Present	1

Objective Parameters

1. Per speculum findings- Vaginal congestion, Cervical congestion.
2. Per vaginal findings- CMT, Uterine tenderness, Adnexal tenderness.
3. pH value
4. Vaginal Swab

Final Assessment

- Cured- No vaginal discharge
- Improved- Reduced vaginal discharge
- No Relief- Same condition as before treatment

Investigations

1. Hb gm%
2. RBS
3. TLC, DLC, ESR
4. HIV, VDRL, HBsAg
5. Whiff test
6. Wet Mount study
7. Urine Routine

OVERALL ASSESSMENT

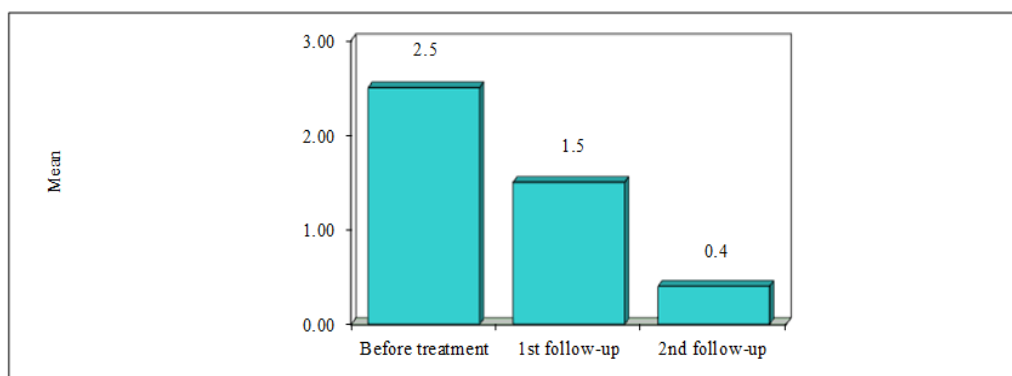
The overall assessment of the results was done after completion of treatment as per the following criteria.

Cured	100% relief in sign & symptoms
Maximum improvement	76 – 99% relief in sign & symptoms
Moderate improvement	51 – 75% relief in sign & symptoms
Mild improvement	26 – 50% relief in sign & symptoms
Unsatisfactory	Up to 25 % relief in sign & symptoms

OBESERVATION AND RESULT

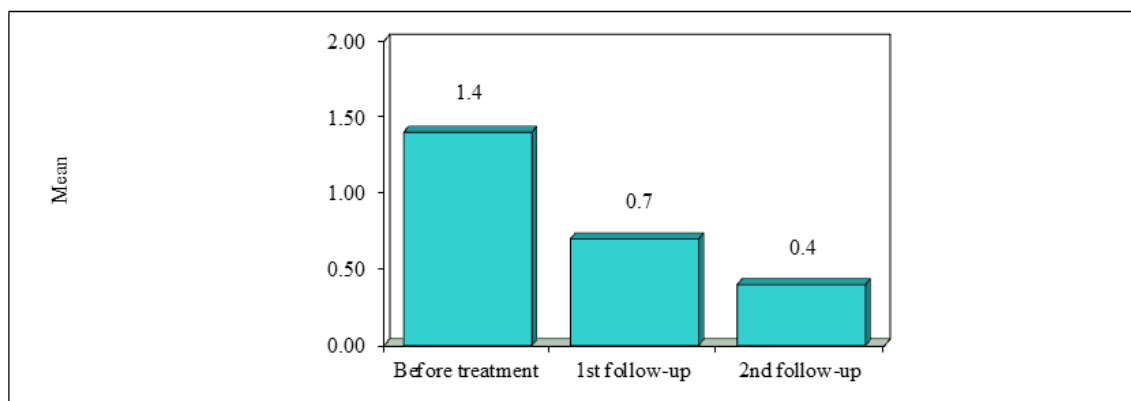
Results on *Yonistrava Pramana*

Treatment times	Mean	Median	IQR	% of change	Z-value	p-value	Interpretation
Before treatment	2.5	2.5	0.5				
1st follow-up	1.5	1.0	0.5	40.00	3.7236	0.000*	HS
Before treatment	2.5	2.5	0.5				
2nd follow-up	0.4	0.0	0.5	84.00	3.9199	0.000*	HS
1st follow-up	1.5	1.0	0.5				
2nd follow-up	0.4	0.0	0.5	73.33	3.7239	0.000*	HS

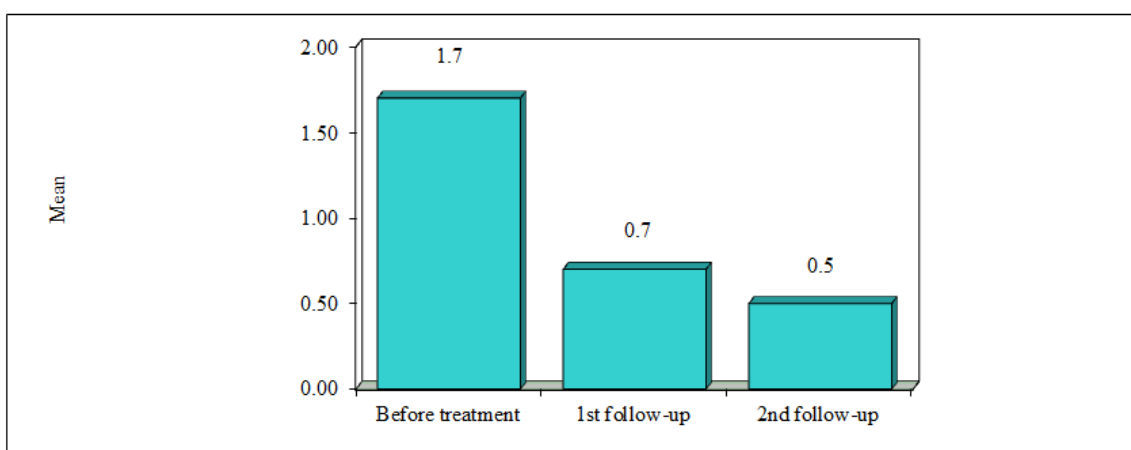


Results on Yonistrava Varna

Treatment times	Mean	Median	IQR	% of change	Z-value	p-value	Interpretation
Before treatment	1.4	1.0	0.5	50.00	3.1798	0.001*	HS
1st follow-up	0.7	1.0	0.5				
Before treatment	1.4	1.0	0.5	75.00	3.7236	0.000*	HS
2nd follow-up	0.4	0.0	0.5				
1st follow-up	0.7	1.0	0.5	50.00	2.0732	0.038*	S
2nd follow-up	0.4	0.0	0.5				

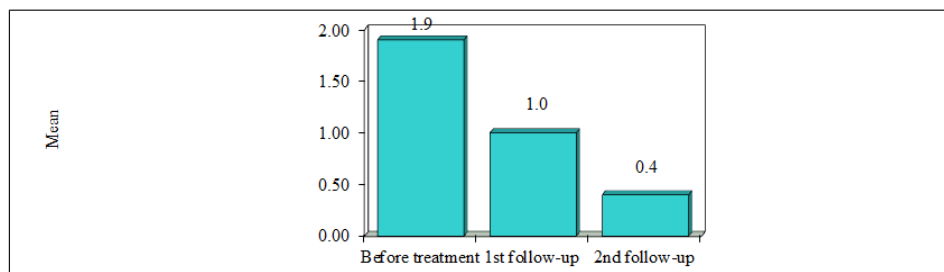
**Results on Yonistrava Consistency**

Treatment times	Mean	Median	IQR	% of change	Z-value	p-value	Interpretation
Before treatment	1.7	2.0	0.5				
1st follow-up	0.7	1.0	0.5	57.58	3.6214	0.000*	HS
Before treatment	1.7	2.0	0.5				
2nd follow-up	0.5	0.0	0.5	69.70	3.3401	0.000*	HS
1st follow-up	0.7	1.0	0.5				
2nd follow-up	0.5	0.0	0.5	28.57	0.8237	0.410	NS

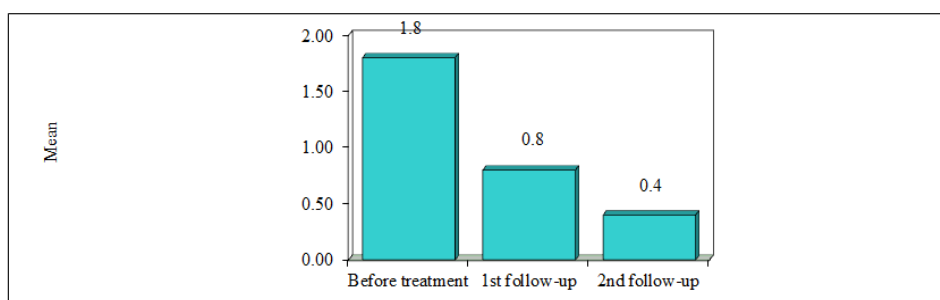


Results on Yoni Kandu

Treatment times	Mean	Median	IQR	% of change	Z-value	p-value	Interpretation
Before treatment	1.9	2.0	0.5	47.37	3.7236	0.000*	HS
1st follow-up	1.0	1.0	0.3				
Before treatment	1.9	2.0	0.5	81.58	3.7238	0.000*	HS
2nd follow-up	0.4	0.0	0.5				
1st follow-up	1.0	1.0	0.3	65.00	2.7605	0.005*	S
2nd follow-up	0.4	0.0	0.5				

**Results on Katishoola**

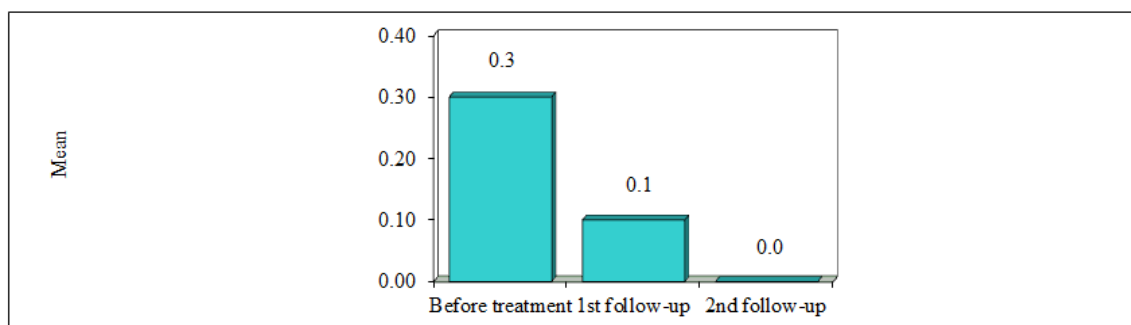
Treatment times	Mean	Median	IQR	% of change	Z-value	p-value	Interpretation
Before treatment	1.8	2.0	0.5				
1st follow-up	0.8	1.0	0.5	54.29	3.6214	0.000*	HS
Before treatment	1.8	2.0	0.5				
2nd follow-up	0.4	0.0	0.5	80.00	3.7146	0.000*	HS
1st follow-up	0.8	1.0	0.5				
2nd follow-up	0.4	0.0	0.5	56.25	2.4006	0.016*	NS

**Results on Yoni Vedana**

Treatment times	Mean	Median	IQR	% of change	Z-value	p-value	Interpretation
Before treatment	0.7	1.0	0.5				
1st follow-up	0.2	0.0	0.0	76.92	2.8031	0.005*	S
Before treatment	0.7	1.0	0.5				
2nd follow-up	0.1	0.0	0.0	84.62	2.6906	0.007*	NS
1st follow-up	0.2	0.0	0.0				
2nd follow-up	0.1	0.0	0.0	33.33	0.5345	0.593	NS

Results on *Daurgandha*

Treatment times	Mean	Median	IQR	% of change	Z-value	p-value	Interpretation
Before treatment	0.3	0.0	0.5				
1st follow-up	0.1	0.0	0.0	66.67	1.8257	0.067	NS
Before treatment	0.3	0.0	0.5				
2nd follow-up	0.0	0.0	0.0	100.00	2.2014	0.027*	S
1st follow-up	0.1	0.0	0.0				
2nd follow-up	0.0	0.0	0.0	100.00	1.3416	0.179	NS

**Results on Per Speculum Vaginal Congestion**

Treatment times	Mean	Median	IQR	% of change	Z-value	p-value	Interpretation
Before treatment	1.0	1.0	0.0				
After treatment	0.1	0.0	0.0	90.00	3.7236	0.000*	HS

Results on Per Speculum Vaginal Discharge

Treatment times	Mean	Median	IQR	% of change	Z-value	p-value	Interpretation
Before treatment	1.0	1.0	0.0				
After treatment	0.1	0.0	0.0	90.00	3.7236	0.000*	HS

Results on Per Speculum Cervix

Treatment times	Mean	Median	IQR	% of change	Z-value	p-value	Interpretation
Before treatment	1.0	1.0	0.0				
After treatment	0.3	0.0	0.5	70.00	3.2958	0.001*	HS

Results on Per vaginal (cervical, uterine, adnexal Tenderness)

Treatment times	Mean	Median	IQR	% of change	Z-value	p-value	Interpretation
Before treatment	0.0	0.0	0.0				
After treatment	0.0	0.0	0.0	-	-	1.000	NS

Results on Vaginal pH

Treatment times	Mean	Median	IQR	% of change	Z-value	p-value	Interpretation
Before treatment	4.5	4.5	0.0				
After treatment	4.0	4.0	0.0	11.17	3.9199	0.000*	HS

Results on Vaginal swab

Treatment times	Mean	Median	IQR	% of change	Z-value	p-value	Interpretation
Before treatment	0.4	0.0	0.5				
After treatment	0.1	0.0	0.0	75.00	2.2014	0.027*	S

DISCUSSION

Reproductive health disorders, particularly those affecting the vaginal microbiome, can significantly impact fertility and overall well-being. *Kaphaja Yonivyapad*, as described in Ayurveda, closely resembles Vulvovaginal Candidiasis in modern medicine, characterized by excessive thick white vaginal discharge (*Pichhila Yoni Srava*), itching (*Yoni Kandu*), and discomfort. If left untreated, these conditions may lead to complications such as infertility, recurrent infections, and impaired quality of life. The present study aimed to evaluate the efficacy of *Triphala Kwath Yoni Prakshalana* with *Gomutra*, followed by *Dhatakyadi Taila Yoni Pichu*, in managing *Kaphaja Yonivyapad*. *Triphala*, known for its antimicrobial, anti-inflammatory, and cleansing properties, helps regulate vaginal flora and reduces excessive discharge. *Gomutra*, recognized in Ayurveda for its antiseptic and antifungal effects, aids in restoring vaginal pH balance and preventing microbial overgrowth. *Dhatakyadi Taila*, with its soothing and healing properties, provides lubrication, reduces irritation, and promotes vaginal tissue health.

The results of this study demonstrated a statistically significant reduction in *Srava Pramana* (vaginal discharge), *Yoni Kandu* (itching), *Katishoola* (lower back pain), and normalization of vaginal pH. These findings suggest that the Ayurvedic regimen effectively addresses the root cause of *Kaphaja Yonivyapad* by eliminating excess *Kapha Dosha*, restoring vaginal homeostasis, and alleviating associated symptoms. Previous studies on Ayurvedic interventions for *Yonivyapad* have highlighted the importance of herbal formulations with antifungal and cleansing properties. The current findings align with these studies, further supporting the efficacy of *Triphala Kwath* and *Dhatakyadi Taila* in managing Vulvovaginal Candidiasis. Moreover, this treatment approach offers a natural, cost-effective, and safe

alternative to conventional antifungal medications, minimizing the risk of drug resistance and side effects.

The study, however, has certain limitations, including a small sample size and a relatively short follow-up period. Further clinical trials with larger populations and extended follow-ups are required to establish long-term efficacy and reproducibility of results. *Triphala Kwath Yoni Prakshalana* with *Gomutra*, followed by *Dhatakyadi Taila Yoni Pichu*, provides an effective Ayurvedic intervention for Kaphaja Yonivyapad with special reference to Vulvovaginal Candidiasis. By addressing both symptomatic relief and underlying pathophysiology, this therapy holds promise as a holistic and natural alternative for improving reproductive health in affected individuals.

Mode of Action of the Drugs Used in the Study

The Ayurvedic treatment protocol in this study involved *Triphala Kwath Yoni Prakshalana* with *Gomutra*, followed by *Dhatakyadi Taila Yoni Pichu*. Each component plays a crucial role in managing *Kaphaja Yonivyapad* (Vulvovaginal Candidiasis) through its pharmacological and therapeutic properties.

1. Triphala Kwath (Decoction of Triphala) in Yoni Prakshalana

- *Triphala* is a combination of *Haritaki* (*Terminalia chebula*), *Bibhitaki* (*Terminalia bellerica*), and *Amalaki* (*Embllica officinalis*).
- It possesses *Kaphahara* (Kapha-reducing), *Lekhana* (scraping), *Krimighna* (antimicrobial), and *Shodhana* (purifying) properties.

Mode of Action

- The astringent and antimicrobial nature of *Triphala* helps in reducing excessive vaginal discharge (*Pichhila Srava*).
- The tannins present in *Triphala* have antifungal properties, which help in controlling *Candida albicans*, the primary pathogen responsible for Vulvovaginal Candidiasis.
- It also acts as an immunomodulator, enhancing local immunity and preventing recurrent infections.
- The cleansing action of *Triphala Kwath* removes excessive *Kapha Dosha*, restoring vaginal pH and maintaining a healthy vaginal environment.

2. Gomutra (Cow Urine) in Yoni Prakshalana

Gomutra is known for its *Krimighna* (antimicrobial), *Shodhana* (detoxifying), and *Kaphahara* properties.

Mode of Action

It has natural antifungal and antiseptic properties, which help in reducing *Candida* overgrowth.

It maintains the acidic pH of the vaginal flora, preventing the proliferation of harmful microorganisms.

The *Tikshna* (penetrating) and *Sukshma* (subtle) properties help in deep cleansing of vaginal tissues, removing accumulated toxins and pathogens.

It promotes tissue healing and reduces itching (*Yoni Kandu*) by reducing inflammation.

3. Dhatakyadi Taila in Yoni Pichu

Dhatakyadi Taila is an herbal medicated oil containing *Dhataki* (*Woodfordia fruticosa*), *Lodhra* (*Symplocos racemosa*), and other *Kapha*-reducing herbs. It is used for local application (*Yoni Pichu*) to nourish and heal vaginal tissues.

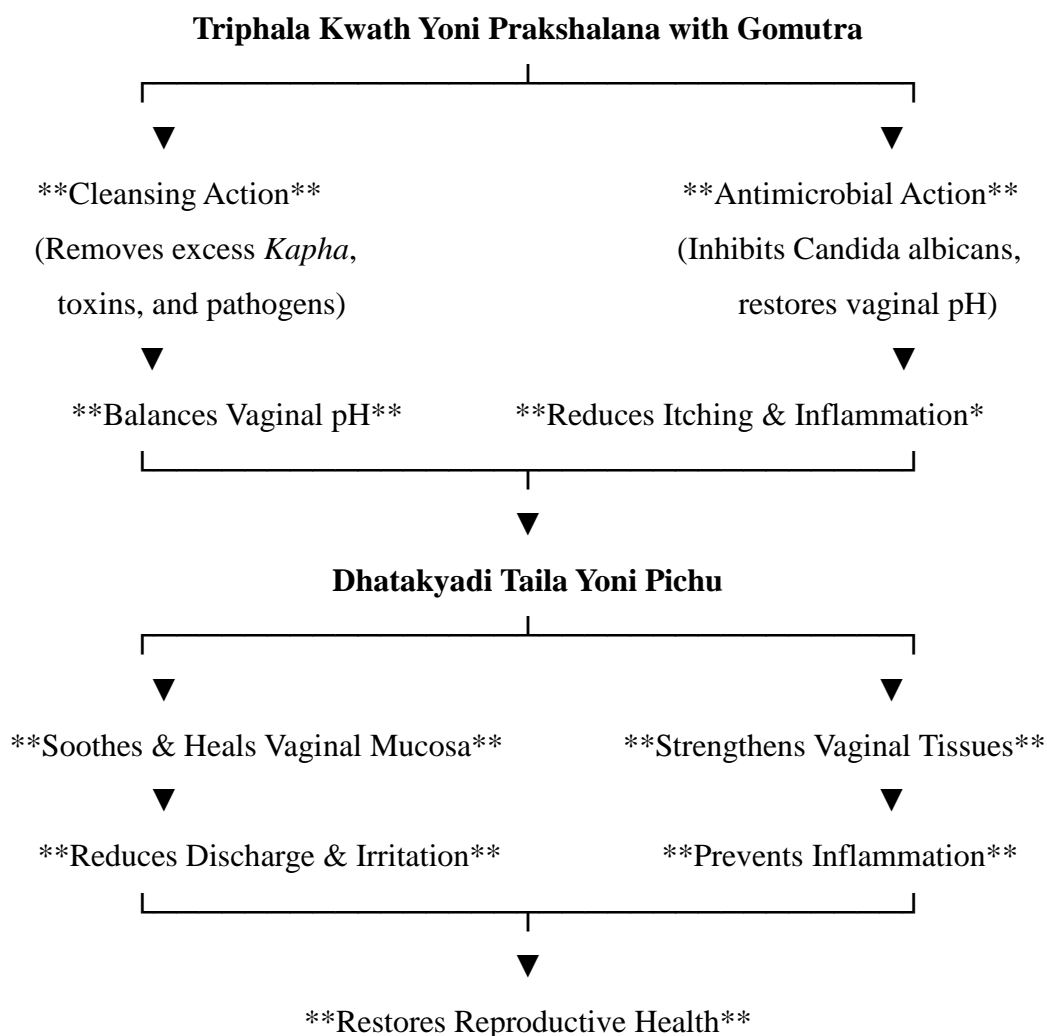
Mode of Action

Dhataki has *Stambhana* (astringent) and *Krimighna* (antifungal) properties, which help in controlling excessive vaginal discharge and preventing infections.

Lodhra is a natural anti-inflammatory and haemostatic herb, which helps in reducing irritation and strengthening vaginal walls.

The oil base provides a soothing effect, reducing vaginal dryness and irritation while promoting tissue regeneration.

Regular application of *Dhatakyadi Taila* restores vaginal integrity and balances *Apana Vata*, ensuring overall reproductive health.



Overall Therapeutic Action of the Treatment Protocol

Reduction of Excessive Vaginal Discharge – *Triphala Kwath* and *Dhatakyadi Taila* are effective in aiding the absorption of excess moisture and in regulating the unusual buildup of *Kapha*.

Antimicrobial and Antifungal Effects – *Triphala*, *Gomutra*, and *Dhatakyadi Taila* work together effectively to suppress the growth of *Candida albicans* and various other harmful microorganisms.

Balancing Vaginal pH – *Gomutra* maintains vaginal acidity, preventing recurrent infections.

Healing and Strengthening Vaginal Tissues – *Dhatakyadi Taila* nourishes and rejuvenates vaginal mucosa, improving local immunity and preventing further infections.

Relief from Itching and Discomfort – The anti-inflammatory and soothing properties of these drugs help in alleviating *Yoni Kandu* and discomfort.

CONCLUSION

The present study evaluates the efficacy of *Triphala Kwath Yoni Prakshalana* with *Gomutra*, followed by *Dhatakyadi Taila Yoni Pichu*, in the management of *Kaphaja Yonivyapad* with special reference to Vulvovaginal Candidiasis. The results demonstrated significant improvement in symptoms such as *Srava Pramana* (excessive vaginal discharge), *Yoni Kandu* (itching), *Katishoola* (lower back pain), and vaginal pH levels. The statistically significant outcomes indicate that this Ayurvedic intervention effectively alleviates the symptoms and improves overall vaginal health. Thus, *Triphala Kwath Yoni Prakshalana* with *Gomutra*, followed by *Dhatakyadi Taila Yoni Pichu*, can be considered a promising, safe, and effective therapeutic approach for managing *Kaphaja Yonivyapad* and associated reproductive health concerns. Further clinical trials with larger sample sizes are recommended to validate these findings and establish this Ayurvedic regimen as a standardized treatment protocol.

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