

## **EFFECT OF JATYADI TAILA IN ATROPHIC VAGINITIS: A CASE STUDY**

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### **ABSTRACT**

Women ignore and delay self care as they attain to their family and children's negligence toward her health she is landing with much health related problems. Atrophic vaginitis is the inflammation of vaginal wall occurs mainly after menopause. The main symptoms of atrophic vaginitis is vaginal dryness, burning, itching, discomfort in intercourse, vaginal discharge and burning in urination. Patients often visit the physician for this problem hence, to offer a safe and effective treatment which can be easily affordable for each patient. jatyadi taila local application in management of atrophic vaginitis.

### **INTRODUCTION**

Vaginal atrophy is of the most common problem during menopause with significant psychosocial and medical consequences. atrophic vaginitis is thinning, dryness and inflammation of vaginal wall, that may occur when her body has less oestrogen.

Many women vaginal atrophy not only make the intercourse painful but also urinary symptoms the term uses "Genitourinary Syndrome of menopause" (GSM). Symptoms includes vulvar pleuritis, discharge, burning, dyspareunia. More over susceptible genitourinary infection increase in such patient. Who seek for medication therapy and its effect on quality of life ensure the Necessity of introducing better management strategies. In allopathy only hormonal treatment is available, however oestrogen might associated with complications like long-term use chances of breast cancer and increase endometrial thickness. Hence on oestrogen alternative is needed for management of patients who might suffer from

complications of oestrogen cream.

Jatyadi taila is a potent antiseptic and healing properties act as lubricant to reduce the dryness, inflammation and redness.

## **AIM**

To study the effects of jatyadi taila in atrophic vaginitis.

## **OBJECTIVE**

1. To study the atrophic vaginitis in menopausal women
2. To observe the outcome of jatyadi taila in atrophic vaginitis.

## **MATERIAL AND METHODOLOGY**

This is the case study on menopausal women with complain of atrophic vaginitis symptoms.

## **CASE STUDY**

### **a. Selection of patients**

Routine postmenopausal patients with complains of atrophic vaginitis symptoms, who was ready to give returns voluntary informed consent before starting the trials.

### **b. Study details**

Name of patient xxx

Reg.no.4512

Date: 11/07/2023

First Visit: 03/07/2023

Age: 54yrs

Gender: Female

Religion: Hindu

Occupation: Housewife

### **Chief Complaints**

Vaginal region dryness, burning, itching, discomfort with intercourse, vaginal discharge.

### **History of Present illness**

According to the patient she was asymptomatic before 4month then develop the complaint of

genital region itching, burning, discomfort with intercourse, vaginal discharge these symptoms gradually increase then she comes to Govt. Ayurved hospital, nanded for check up. After examination jatyadi taila was given to the patient for local application in vaginal canal.

This treatment continues for six weeks Personal history:

Diet -mixed

Appetite-satisfactory intakebowel -NAD

Micturation-NADSleep-Sound medication-Nil

Habbit-no history of alcoholic and tobacco chewing

Medical and surgical history: Not significant

Family history: Not significant

Menstrual History: Menopause 3years ago

Obstetric History: G3 P3 L3 A0 D0

G1-FCh FTND 32yrs

G2-Mch FTND 30yrs G3-Mch FTND 27yrs physical examination -Height -155cm

Weight -60kgTPR - Normal

BP-120/70mm of HgPallor-Nil

P/A -Soft, no tenderness

P/S-Minimum white discharge, redness, atrophic changes

P/V- UT-AV, Normal size

Treatment given for 6weeks, follow up every 15days. observe the subjective parameter like Dryness of vagina, vaginal discharge, genital itching and Burning.

Local application of jatyadi taila to vaginal canal twice a day.

## DISCUSSION

Today sedentary life style affect women health .If atrophic vaginitis not treated in early condition may get worsen and causes significant narrowing of vaginal opening. This may make difficult to treat. This study shows that jatyadi taila can improve the sign and symptoms of vaginal atrophy or atrophic vaginitis.

## CONCLUSION

This study shows that jatyadi taila can be safely used as a Best treatment option in atrophic vaginitis of menopause women.

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