

**TO EVALUATE THE EFFICACY OF PANCHVALKAL IN THE  
MANAGEMENT OF PITTAJ YONIVYAPAD: A CASE STUDY****\*Vd. Paithankar (Joshi) Medha. D.**

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CSMSS Ayurved  
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Prasuti Tantra Dept.**ABSTRACT**

Woman is a backbone of society. In 21st century she became multitasking. So she have to pay attention on household work as well as officework. She can not concentrate on her own health and lands in to various gynecological health problems. Such as<sup>[1]</sup> PCOS,<sup>[2]</sup> PID, Various<sup>[3]</sup> *Yonivyapad* etc .Amongst various *Yonivyapad*<sup>[4]</sup> *Pittaj Yonivyapad* is commonest one. According to Ayurveda *Pittaj Yonivyapad* occur due to excessive use of hot, sour, salty, and alkaline substances. The vitiated *pitta* reaches reproductive organs produces burning and suppuration associated with fever and heat. Her menstrual blood becomes more black in colour and excecive in amount, hot. According to *Sushruta pittaj yonivyapad* is excecive burning

suppuration and heat and fever. To overcome this problem *Ayurveda* suggests the very effective treatment. A 42 years old patient came in OPD of *Streerog Prastutitantra* Department on 14-2-2017 having complaint continous *Yonipradeshi daha, sparshaashatva*, feeling hot redness at vagina from 3 months. She was treated by ayurvedic line of treatment i.e.<sup>[5]</sup> *Deepan* – <sup>[6]</sup>*Pachan* – <sup>[7]</sup>*Panchvalkal kalka pooran at yonipradeshi* and *Panchvalkal kwath parishek*. and got result. Hence presented a case.

**KEYWORD:** PCOS, PID, *Yonivyapad*, *Pittaj yonivyapad*, *Deepan*, *Pachan*, *Panchvalkal kalka*, *Panchvalkal kwath*.

**INTRODUCTION**

Woman is a backbone of society. In 21st century she became multitasking. So she have to pay attention on household work as well as officework. She can not concentrate on her own health and lands in to various gynecological health problems. Such as PCOS, PID, Various *Yonivyapad* etc. Amongst various *Yonivyapad* *Pittaj Yonivyapad* is commonest one.

According to Ayurveda *Pittaj Yonivyapad* occur due to excessive use of hot, sour, salty and alkaline substances. The vitiated pitta reaches reproductive organs produces burning and suppuration associated with fever and heat. Her menstrual blood becomes more black in colour and excessive in amount, hot. According to *Sushruta pittaj yonivyapad* is excessive burning suppuration and heat and fever.

To overcome this problem *Ayurveda* suggests the very effective treatment.

### AIMS AND OBJECTIVES OF CASE STUDY

To evaluate role of *Panchvalkal kalka and kwath* in the management of *Pittaj Yonivyapad*.

### TYPE OF STUDY

Observational single case design without control group.

### MATERIALS AND METHODOLOGY

**Study Center:** C.S.M.S.S. Ayurved Hospital, Aurangabad.

#### Study Details

Name of pt	:	xxx
Reg. No	:	O.P.D. No. – 5556
Date of First visit	:	14-12-2016
Age	:	42 years
Gender	:	Female
Religion	:	Hindu
Occupation	:	Housewife
Diet	:	Veg & Nonveg

#### Chief Complaint

1. *Yonipradeshi daha*,
2. *sparshaashatva*,
3. feeling hot
4. redness at vagina

**Marriage Life** : 29 years

**Menstrual History**  $\frac{15-20 \text{ days}}{30-45 \text{ days}}$  Regular, moderate 1 – 2pad per day, no clots

**Obstetric History:** G<sub>5</sub>P<sub>3</sub>L<sub>3</sub>A<sub>2</sub>D<sub>0</sub>

### Brief History

42 years old patient having married life 29 years having 2 male and 1 female child complaining of Continuous:

1. *Yonipradeshi daha,*
2. *sparshaashatva,*
3. feeling hot
4. redness at vagina. She had taken treatment for the same at private Hospital but had not got result so she came to C.S.M.S.S. Ayurvedic Hospital Aurangabad for management.

### General Examination

- 1) Obesity ++

### Ashtavidha Parikshan

1. *Nadi* = 90/min, *madhyama bala, niyameet.*
2. *Mala* = *Grathit Malapravrutti.*
3. *Mutra* = *Samyaka*
4. *Jivha* = *Saam*
5. *Shabdha* = *Avishesha*
6. *Sparsha* = *Anusha*
7. *Druka* = *Alpashwetata*
8. *Akruti* = *Sthul*

*Udar parikshan* - *Udarasthambha, Aanaha, & other lakshanas Agnimandya, Aruchi, Udar shool*

### Local Examination

PS = *sparshasahatva*, redness at vagina.

No any abnormal discharge

PV= ut. AVAF / Bulky / Mobile fornices clear

### Srotas Parikshan Dushita Srotas Are

- Rasa Vaha* - *Aruchi, Sarvang Gaurav jwara.*
- Annavana* - *Agnimandya*
- Aartavvaha* - regular menstrual cycle, locally redness at vagina

**Diagnosis - Pittaj Yonivypad**

**Treatment On 14/012/2016:** 1) As the patient was complaining of *Agnimandya*

She was advised to take<sup>[8]</sup> *Hingvashatak Choorna* 2gm twice a day with *Ghruta* before meal for *Deepan* karma for 3 days

2) For<sup>[9]</sup> *Aamapachan Ampachakvati* 500 mg twice a day after meal for 3 days

Then she visited on 17/012/2016 and further was advised for *panchvalkal kalka pooran at yonipradeshi and panchvalkal kwath parishek*. For 7 days and also given<sup>[10]</sup> *Chandraprabha vati* 500 mg twice a day and<sup>[11]</sup> *Kamdudha rasa* 500mg twice a day,<sup>[12]</sup> *Chandanasav* 15 ml twice a day. for 15 days.

This therapy was advised for 3 consecutive cycle.

**Total Duration Of Therapy**

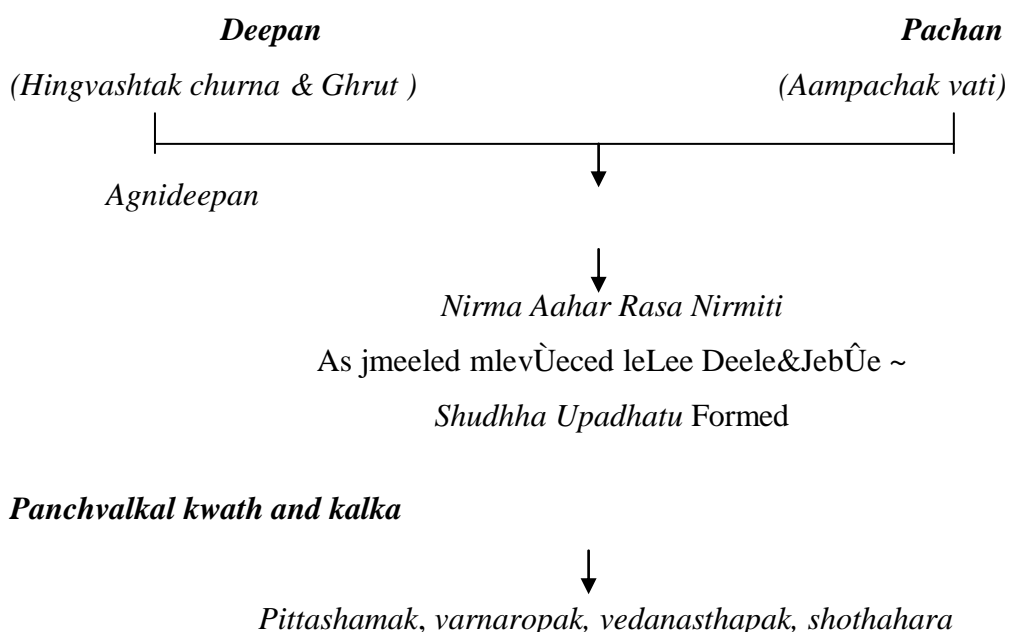
This line of treatment i.e. *Deepan Pachan Panchvalkal kalka pooran and Panchvalkal kwath parishek* was performed for 3 consecutive cycle.

**OBSERVATION/RESULT**

When she visited again in next month she was completely relived from all symptoms.

**DISCUSSION**

Probable. mechanism of action



***Kamdudha and chandanasav***

Acts as a *pittashamak*.

***Chandraprabha vati***

Acts as a *rasayan, balya, shamak*,

So by *Deepan (Hingvashtak Choorna & Ghrut) & Pachan (Ampachak vati) Shudhha Raja updhatu* formed, by *Panchvalkal kwath parishek and Panchvalkal kalka pooran shanik pittashaman* done. And by *Chandraprabha vati, kamdudha and chandanasav Sarvadehik Pittashaman* done.

**CONCLUSION**

Thus we can conclude that as compare to modern view the holistic approach of *Ayurvedic* system of medicine & *Sthanik Chikitsa* plays an important role and gives relief to patient from *pittaj yonivyapad*.

**TREATMENT PLAN**

Sr.No.	Karma	Drug	Dose	Duration
1	Deepan	Hingavashtak Choorna with Ghrut	2gm BD	3 days
2	Pachan	Ampachak Vati	500 mg BD	3 days
3	Yonipooran	Panchvalkal kalka	As required	7 days
4	Yoniparishek	Panchvalkal kwath	As required	7 days
5	Abhyantar	Chandraprabha vati ,	500mg BD	15 days
6	Abhyantar	Kamdudha	500mg BD	15 days
7	Abhyantar	Chandanasav	15 ml BD	15 days

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