

**REVIEW ON CHANDRAPRABHA VATI IN VARIOUS
GYNECOLOGICALDISORDER****Ashwini Ramsaran Kanaujiya^{1*} and Pradnya P. Deshmukh²**

¹PG Scholar (Streeroga Evum Prasutitantra) SMBT Ayurved College and Hospital, Igatpuri,
Nashik.

²Prof and H.O.D (Streeroga Evum Prasutitantra) SMBT Ayurved College and Hospital,
Igatpuri, Nashik.

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***Corresponding Author**

Dr. Ashwini Ramsaran

Kanaujiya

PG Scholar (Streeroga evum
Prasutitantra) SMBT
Ayurved College and
Hospital, Igatpuri, Nashik.

ABSTRACT

Women's health is of prime importance to have a healthy society. In Ayurveda, gynecological disorders have been described under the umbrella of Yonivyapad. The term Yoni- Vyapada includes majority of gynaecological disorders in ayurveda, The basic causes for Yoni Rogas are considered as Mithya Ahara, Vihara and Dosha, Beeja Dosha and Daiva (Misfortune). Disorder like menstrual disorder (Rajastrav vikara), polycystic ovarian syndrome, uterine fibroid (Granthi), yonivyapad, such as vataj yonivyapad (Endometriosis), kaphaj yonivyapad (Trichomonas vaginitis), urinary tract infection (Mutrakricha) etc. Herbal and Herbo-mineral drug are been widely use in ayurveda. This is a review study on Chandraprabhavati is carried out to know the action of drug on various vyadhi of streeroga. Chandraprabhavati has Rasayana, balya, tridosha shamaka properties, it is truly a medicine for all diseases and hence called as sarvaroga

pranashini and it is also used in aliments of reproductive health in women. All relevant data related to this review study on Chandraprabha Vati are going to take from classics and peer view journal like Research gate, Pubmed, Scopus, recent article and journal.

KEYWORDS: Gynecological Disorder, *Striroga*, *Chandraprabhavati*.

INTRODUCTION

A Woman's Reproductive Health is a delicate and complex system in the body, Women's health is of prime importance to have a healthy society. Ayurveda mainly concentrates on the

doshas and dushyas involved, in understanding the manifestation of the disease rather than its nomenclature. In Ayurveda, gynecological disorders have been described under the umbrella of Yonivyapad. The term Yoni- Vyapada includes majority of gynaecological disorders in ayurveda. Twenty Yonivyapadas from various texts of Ayurveda is classified into four categories – (i) inflammatory diseases (Shothaj Yoni Rogas), (ii) Dysfunctional uterine diseases, (iii) sterility and habitual abortions, (iv) Anatomical defects. The basic causes for Yoni Rogas are considered as Mithya Ahara, Vihara and achara, artava Dosha, Beeja Dosha and Daiva (Misfortune). Disorder like menstrual disorder (rajastrav vikara), polycystic ovarian syndrome, uterine fibroid (Granthi), yonivyapad, such as vataj yonivyapad (endometriosis), kaphaj yonivyapad (Trichomonas vaginitis), urinary tract infection (mutrakricha) etc. Gynecological Disorder (Striroga) is a condition that affects the normal function of female reproductive organs, including breast and organ in the abdominal and pelvic area, namely the uterus, ovaries, fallopian tube, vagina and vulva. Herbal and Herbo-mineral drugs are widely used in ayurveda. This is a review study on Chandraprabhavati is carried out to study the action of drug on various vyadhi of streeroga. Chandraprabhavati has Rasayana, balya, tridosha shamaka properties, it is truly a medicine for all diseases and hence called as sarvaroga pranashini and it is also used in ailments of reproductive health in women. Chandraprabhavati is extensively used drug to cure many gynaecological disorders.

AIMS

To review the various study of *Chandraprabhavati* on various gynecological disorder.

OBJECTIVE

- Review of published clinical data in view of effectiveness of *Chandraprabhavati* in various gynecological disorder.
- To study the mode of action of *Chandraprabhavati*.
- To update recent studies of *Chandraprabhavati* on various gynecological disorder.

MATERIAL AND METHOD

चंद्रप्रभा वटी

Properties of *chandraprabhavati*

Rasa- Katu (73.38%) tikta (69.78%)

Guna- Laghu (76.98%) ruksha (74.10%)

Virya- Ushna virya (70.50%).

Doshagnata- Tridosha shamak predominantly Vata kapha shamak (91.37% and 84.89% respectively).

Roganata- Prameha, Mutravahasrotaja vyadhi, Anaha, Shoola, Shwasa, Kasa, Shukradosha, Pandu, Kamala, GudagataVyadhi, Netraroga, Dantaroga, Kushtha, UTI, dysmenorrhoea, PCOD, female infertility,

OBSERVATION

- I have studied various clinical articles and journals and following observation are:-

PCOD (POLY CYSTIC OVARIAN DISEASE)

- The study has been carried out 30 patient who diagnosed PCOD and observation show that the percentage of patient got result as follow
- Patients with the age group of 15 – 20 years was found to be 33.3%,
- 43.3% belonged to the age group of 21 – 25 years,
- 20% belong to the age group of 26 – 30 years
- 3.3% of patients belong to the 31 – 35 years

❖ Single case study carried out on various disease

Granthi (Uterine fibroid)	Dosha-Vata Kapha Dushya-Rasa, kta, Masa, Meda Srotas-Raktavaha, Masavaha medavaha	Tridosahara, Lekhan, Balya, Apaanvayu anulomana	Scrapping property due to shilajit, Haematinic
Vataj yonivyapad (Endometriosis)	Dosha –Vata Dushya- Rasa, Rakta, Updhatu- Aartava, Srotas- Rasavaha, Raktavaha, Aartavaha	Trishosha, Balya, Vrishya, Rasayana, Vataanuloman	Antispasmodic, Analgesic Vatapitta balancing Muscle relaxant
Kaphaj yonivyapad (Tricomonas vaginitis)	Dosha-Vata, Kapha Dushya – Rasa Srotas- Rasavaha, mutravaha	Katu kashaya, Ushna, Ruksha Dravya guna, rasayan	Diuretic, Antioxidant, immune-modulatory action., Antiseptic Astringent.
Mutrakrucha	Dosha- Pitta dominant Tridosha Dushya - Mutra Dhatu, Kleda Srotas : Mutravahasrotas	Mutrara, Tridoshaghna, Rasayana , Deepana, pachana,	Anti-inflammatory, Analgesic, correct digestion and metabolism, improve kidney function.

DISCUSSION

From various study by clinical journal and classics it shows that

➤ PCOD

- The study shows that the drug is effective only when it provides symptomatic relief and tackles the disease at the *samprapti* level.
- It shows good result in *kaphavata prakruti* patient because of the close proximity of these *doshas* with the disease entity.
- The study show significant result on interval of cycle. The result might be an effect of *Ushna*, *teekshna* drugs which relieves the *avarana* and there by the *Artava Pravrutti* Most of the patients had considerable improvement in the interval of cycle which was regularised than before.
- Patients had normal flow and therefore showed improvement in the amount of bleeding after treatment
- In this study it also show the no significant change in LH: FSH Ratio.

➤ Uterine fibroid (*Granthi*)

Uterine fibroid is considered as *Garbhashyagata* (Intrauterine) *Granthi* (Encapsulated growth). The symptoms are similar to the condition “*pradara*” which is menorrhagia. Treatment was aimed at reduction of symptoms of menorrhagia as well as treating the fibroid.

- *Chandraprabhavati* is a herbomineral ayurvedic formulation indicated in *Striroga* (Gynaecological disorders), *ArtavaRuja* (Dysmenorrhoea) and other genitourinary disorders.
- It mainly contains *Shilajathu* (Bitumen) and *Guggulu* (Commiphora mukul) which exert scraping action, thereby help in reduction of fibroid. *Lohabhasma* (Ferrous compound) and *Makshika* (Copper pyrite) helps in balancing hematopoetic component

➤ *Kaphaj yonivyapad*

Trichomonas vaginitis can be correlated with “*Kaphaja Yonivyapad*” as characterized by *Yonigat shwetastrav* (White discharge), *Yonikandu* (Vaginal itching).

- *Chandraprabha Vati* treats urinary tract infections, urinary bladder-related problems very effectively, muscle strengthening, and associated general weakness.
- Its herbal component has diuretic properties, which can help the purification of blood and remove toxins.
- The natural resources present in the drug are multivitamins for the strengthening of muscle

and boosts immunity. In the present case, it helps to minimize the burning sensation, itching, and associated pain

- From this study it has been observed that *chandraprabhavati* help to treat *kaphajyonivyapad* symptoms and also treat urinary tract diseases.

➤ **Mutracrucha**

In *Mutrakrichha*, the vitiated *Pitta dosha* along with *Apana Vayu* reaches the *Vasti* (bladder) and afflicts the *Mutravaha Srotas* due to which the patient feels painful and burning micturition.

- *Chandraprabha vati* indicated in all type of *mutrakrichra*. The drugs like *vacha*, *Gaudchi*, *Haridra*, *Pippali*, *Gajpippali*, *Maricha*, *Shunti*, *Kshara*, *Guggulu* etc. These *vati* act as a diuretic, antiinflammatory, antispasmodic, antiseptic and antibacterial, as a *rasayana*, improve Bladder tone.
- This herbal remedy is extremely effective against urinary calculi, urinary tract infection and painful urination.

➤ **Vataj yoniyapad**

Vataja Yonivapad in which *rasa dhatu kshaya* creates general weakness and causes oligomenorrhoea associated with dysmenorrhoea.

- *Chandraprabha Vati* contains 37 ingredients.
- It mitigates *Tridosha*. It is also *Balya*, *Vrishya*, *Rasayana*.
- *Chandraprabha Vati* helps in managing menstrual problems like pain, cramps, etc due to its antispasmodic property.
- It relaxes the muscles and relieves spasms and cramps in the abdomen.
- It also helps to reduce pain associated with menstruation due to its analgesic activity.
- Menstrual problems like pain, cramps, or abnormal bleeding generally occur due to an imbalance of *Vata-Pitta Dosha*.
- *Chandraprabha Vati* helps to manage menstrual problems due to its *Vata-Pitta* balancing.

➤ **Contraindication**

Chandraprabha Vati should not take it in following conditions due to presence of iron.

- Stomach ulcers
- Ulcerative colitis
- Iron overload

- Thalassemia

Due to presence of iron (*Loha Bhasma*), should not take it with following modern medicine.

1. Bisphosphonates
2. Levodopa
3. Levothyroxine
4. Methyldopa
5. Mycophenolate Mofetil
6. Penicillamine
7. Tetracycline antibiotics
8. Quinolone antibiotic

CONCLUSION

Several study conducted on Chandraprabha vati on various gynecological diseases and it shows significant result in various diseases. The study shows that, drug have significant improvement when use with other formulation in disease like Granthi, vataj yonivyapad, kapaj yonivyapad. Clinical studies have also proved its efficacy in various diseases. It is anti-diabetic, anti-inflammatory, antitumour, renal protective, hepato protective, effective in jaundice and genitor-urinary diseases like UTI, dysmenorrhoea, PCOD, female infertility due to high prolactin, effective in hypothyroidism, has antibacterial, antiseptic, astringent, diuretic, healing and cooling properties. Hence it is called as sarvaroga pranashini. Chandraprabha Vati may reduce the absorption and effectiveness of the above medicines.

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