

AYURVEDIC MANAGEMENT OF VAGINAL WHITE DISCHARGE (*KAPHAJ YONIVYAPADA*) - A CASE STUDY

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ABSTRACT

The term Leucorrhoea and vaginal white discharge may use synonymously. But leucorrhoea is nothing but excessive secretion of normal vaginal discharge, while the term vaginal white discharge used in conditions where vaginal discharge is excessive and normal or abnormal. Vaginal discharge is said to be abnormal when it causes discomfort to women and when it hampers her normal day to day activities. Mainly abnormal vaginal white discharge is seen due to, unhygienic conditions. Unhygienic conditions leads to pelvic organ infections and inflammations which ultimately result into excessive abnormal vaginal white discharge. Here in modern medicine, the choice of treatment is antimicrobials in case of pathogenic vaginal

white discharge. This treatment having its own side effects and chance of recurrence is more. In ayurvedic texts all the gynaecological disorders are explained under the heading of yonivyapada. *Kapahj yonivyapada* can be correlated with abnormal vaginal white discharge. Ayurveda having holistic approach to cure disease. After ayurvedic treatment chance of recurrence is very less with minimal side effects. In this article, a case of abnormal vaginal white discharge is successfully treated with ayurvedic management. Internal medicines along with *sthanik chikitsa* plays a key role here in this case.

KEYWORDS: Vaginal white discharge, *Kapahj yonivyapada*, *Sthanik chikitsa*.

INTRODUCTION

Vaginal discharge is very much commonest symptom in women in India.^[1] Abnormal vaginal discharge is a common problem in reproductive age group. Abnormal vaginal white discharge may be non-pathological and pathological. Non-pathological vaginal discharge can be classified into cervical discharge and vaginal discharge. Conditions like chronic cervicitis, cervical ectopy, mucous polyp and ectropion, results into excessive cervical secretions. While excessive vaginal white discharge seen in chronic pelvic inflammatory disease, acquired retroversion of uterus, uterine prolapse, vaginal adenosis, increase pelvic congestion etc.^[2]

Pathological Vaginal discharge is due to different pathogenic infections, they are classified as follows.^[3]

- 1] Gonococcal
- 2] Trichomonal
- 3] Monilial
- 4] Chlamydial
- 5] Bacterial Vaginosis.

According to Ayurveda *Kaphaj yonivyapada* is much similar to that of abnormal vaginal discharge. *Kapha prakopaka ahar vihara* leading to vitiation of *kapha dosha*. This vitiated *kapha dosha* along with *vata dosha* get *sthanasamshraya* in *tryavarta yoni* (Female reproductive organs) and causes *kandu* (Itching), *Alpavedana* (Mild pain), *Pandu- Shweta strava* (White discharge), *Picchila strava* (Sticky or mucoid secretion).^[4] In *kaphaj yonivyapada Charaka* acharya mentioned line of treatment as *Ushna karma* and *Ruksha karma chikitsa*.^[5]

MATERIALS AND METHODS

Case Report

- Name of Patient- XYZ
- Age- 29 years
- Sex- Female
- Occupation- House wife
- Presenting Complaints-

- 1] *Yonigata Shweta Strava* (Vaginal white discharge) – Excessive with foul smelling
- 2] *Yonikandu* (Itching at vulval region)

2] *Katishool* (Backache)

3] *Kwachit alpa adhodara shool* (Sometimes mild lower abdominal pain)

Patient suffering from above complaints since 1 to 2 years, she had previously taken allopathic treatment but did not get any relief. Detail history of patient taken along with thorough clinical and gynaecological examination as follows.

- Medical History- No any physiological or psychological illness
- Surgical History- No history of any major or minor surgery.
- Family History- Father is known case of HTN & DM-2—since 5-6 years
- Marital Status- Married since 4 years
- LMP- 24/09/2020
- Menstrual History

1] Regular Cycle

2] With the interval of 30-32 days

3] Duration of bleeding- 4-5 days

4] Amount of bleeding- 2-3 pads/day

5] Associated complaints- Abdominal pain, Backache.

- Obstetrical History- G₂ P₁ L₁ A₁ D₀

G₁- 2 months Spontaneous Abortion

G₂- 2 years old Male child- FTND at hospital

- Contraceptive History-

1] Use of barrier method- Male condom since 1 year

2] Use of Emergency Contraceptive pills- Unwanted 72 hours pills 1-2 times.

- Clinical Examination-

1] BP- 110/70 mmHg

2] Pulse- 74/ min

3] Temperature- Afebrile- 98.4⁰F

4] General Condition- Fair

- *Ashtavidha Parikshana*-

1] *Jivha*- *Nirama*

2] *Nadi*- 74/ min- *Madhyama Gati*

3] *Mala*- *Samyak Pravartana*- 1-2 times/day

4] *Mutra*- *Samyak Pravartana*- 6-7 times/day

5] *Druk- Prakrut*

6] *Sparsha- Anushna*

7] *Shabda- Spashta, Prakrut*

8] *Akruti- Madhyam*

- Other *Parikshana-*

1] *Nidra- Samyak*

2] *Agni- Vishamagni*

3] *Koshtha- Madhya*

4] *Kshudha- Vishama*

5] *Trushna- Prakrut*

- *Prakruti Parikshana-*

1] *Sharir Prakruti- Kaphapradhana Pittanubandhi*

2] *Manas prakruti- Tamasik*

- Systemic Examination-

1] CNS- Conscious, oriented

2] CVS- S1S2 Normal

3] RS- Air Entry Bilaterally Equal- Chest Clear.

- Per Abdominal Examination-

Mild tenderness in infra-umbilical and hypo-gastric region.

- Per Speculum Examination-

Cervix- Hypertrophied, Mild cervical Erosion

White curdy discharge seen ++

- Per Vaginal Examination-

Uterus- Anteverted, Anteflexed, Bulky

Cervical Motion tenderness +

No tenderness in fornices. No mass felt at vaginal fornices

- Investigations done-

1] *USG- Abdomen and Pelvis-*

Bulky Uterus. Rest Normal

2] *CBC*

Hb- 12.2 gm%

WBC- 9,800 per cu.mm

3] *Blood Sugar Level- Random- 110 mg/dl*

4] Urine- Routine- 1-2 Pus cells/ hpf, Rest Normal.

5] HIV- Non-Reactive

6] HBsAg - Non-Reactive

7] PAP Smear- Normal

- *Samprati Ghataka-*

1] *Dosha- Kapha, Vata*

2] *Dushya- Rasa, Mamsa*

3] *Strotas- Rasavaha, Mamsavaha*

4] *Marga- Abhyantara*

5] *Udbhavsthana- Pakvashaya*

6] *Ashaya- Tryavartayoni*

7] *Vyaktisthana- Tryavartayoni*

8] *Samprapti Prakara- Atisrava & Vimargagamana*

9] *Vyadhi Vinishyaya- Kaphaj Yonivyapada*

- **Assessment Criteria**

Table 1: Assessment criteria of *kaphaj yonivyapada*.

Observation	Criteria	Grades
<i>Strava pramana</i>	Heavy white discharge (pad required)	3
	Cloths get wet	2
	Slight discharge	1
	No discharge	0
<i>Strava gandha</i>	Present	1
	Absent	0
<i>Yoni Kandu</i>	Extreme itching (can't resist itching)	3
	Hamper daily activity	2
	Doesn't hamper daily activity	1
	No itching	0
<i>Katishoola</i>	Present	1
	Absent	0

- **Treatment**

- *Bahya Sthanik Chikitsa* (Local Therapies)

1] *Yonidhawana- Triphala Kashaya* 500ml for 10- 15 min. – For 7 days with interval of 30 days for 3 consecutive cycles.

2] *Yonipichu- Udumbar taila pichu-* After *yonidhawana-* for at least 30 min.- For 7 days with interval of 30 days for 3 consecutive cycles.

- *Abhyantar Chikitsa* (Internal Medicines)

1] *Pushyanuga Churna* 3gm BD with *Tandulodaka*

2] Tab. *Gandharva Haritaki* 1 HS with warm water.

OBSERVATIONS AND RESULT

Table 2: Follow up observation and result in patient.

Sr.No.	Symptom	0 Day	1 st F/U	2 nd F/U	3 rd F/U
1	<i>Yonigata shweta strava pramana</i>	2	2	1	0
2	<i>Yonigata strava gandha</i> (Smell)	1	1	0	0
3	<i>Yonikandu</i>	2	1	1	0
4	<i>Katishoola</i>	1	1	1	0

DISCUSSION

Probable Mechanism of action

1] *Triphala Kashaya Yonidhawana*

- *Yonidhawana* clears the vaginal path along with cervix.
- *Triphala* has anti-inflammatory^[6], antiviral- antibacterial properties.^[7]
- According to Ayurveda it has *krumighna*^[8] and *vranaropaka* properties.^[9]

2] *Udumbara Taila Yonipichu*

- *Udumbara taila* acts as *kaphagna*, *kandughna*, *varnya*, *shothhara*, *shoolhara* for *kaphaja yonivyapada*.
- *Kasaya rasa* of *udumbara phala* causes *sthanika sira sankoch* which reduces *strava* in vagina thereby reducing *kandu*.
- *Ushna virya* of *tila taila* causes *kleda pachana* which is responsible for decrease in *strava* and *kandu*.
- *Ruksha guna*, *katu vipaka* causes *kapha shamana* and *lekhana* of vitiated *kapha*.

3] *Pushyanuga Churna*

- *Tikta-kashaya rasa* and *sheeta virya* of many ingredients of *pushyanuga churna* causes *stambhana* of *yonigata shwetastrava*.
- Due to *laghu ruksha gunas* it cures vitiated *kapha dosha*.
- Many ingredients of *pushyanuga* are *vedana sthapana* and *yonidosahara* which improves uterine condition and reduce inflammations.

4] *Gandharva Haritaki*

- It relieves constipation.
- It causes *vatanulomana* and hence *vata dosha shamana* is there.

CONCLUSION

In above case the treatment given was really effective and useful. All the symptoms of patient get completely relieved by above management. Local treatment options such as *Yonidhawana* and *Yonipichu* gives local symptomatic relief while internal medicines gives systemic relief to patient. In this way holistic approach of Ayurveda gives miraculous results.

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