

## EFFICACY OF *PANCHVALAKALA YONI VARTI* IN *PITTALA YONIVYAPADA* W.S.R. to VULVOVAGINITIS – A HYPOTHETICAL STUDY

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### ABSTRACT

*Ayurveda* is considered by many scholars to be the oldest healing science. In *Sanskrit*, *Ayurveda* means “The Science of Life.” *Ayurvedic* knowledge originated in India more than 5,000 years ago and is often called the “Mother of All Healing.” It stems from the ancient *Vedic* culture and was taught for many thousands of years in an oral tradition from accomplished masters to their disciples. In our classics, *Acharya's* have mentioned twenty *Yonivyapada* which attribute as a major cause in affecting the normalcy of the female reproductive tract. *Pittala Yonivyapada* is caused by *Pitta Dosha* dominancy which can be correlated with Vulvovaginitis. The Vulvovaginitis is the disease of vulva and vagina. Today's era Vulvovaginitis disease is rising in an alarming way and its recurrence decreases the fertility rate. If it goes

untreated it causes infertility, chronic pain, itching, foul smell discharge, dyspareunia etc.

**Aim:** Evaluation of proper management of the disease not only to cure but to reduce recurrence rate through *Ayurvedic* management. **Materials and Methods:** In this article, we will use *Panchvalkala Yoni Varti* vaginally at bed time after cessation of menstrual bleeding for 21 days.

**KEYWORDS:** *Yonivyapada, Pittala Yonivyapada, Vulvovaginitis, Panchvalkala.*

## INTRODUCTION

Health is an important factor that contributes to human well-being & economic growth. Creation of good offspring highly depends on the women reproductive health. In the classics, twenty types of *Yonivyapada* mentioned which are the major causes in hampering the normalcy of the female reproductive tract. *Acharya Charaka* says- *Yoni* (vagina) of women with *Doshas*, does not retain *Shukra* or the female becomes infertile.<sup>[1]</sup> *Yoni Shuddhata* (purification) is one among the major essentials for the healthy offspring.<sup>[2]</sup>

*Pittala Yonivyapada* is caused by *Pitta Dosha Prakopa* and characterized by *Yoni Daha* (burning sensation in vagina), *Yoni Paaka* (local suppurative changes), *Jwara* (fever), *Kunapgandhi Srava* (foul smelling vaginal discharges) etc. on the basis of textual discretion, it seems that *Pittala Yonivyapada* can be compared to vulvovaginitis. It is an inflammation of vulva & vagina. It is clinically characterized by itching, pain, burning, dyspareunia and abnormal vaginal discharge. It occurs in 1-14% of all women of reproductive age throughout the world. In India, it covers about 30%. The main causes are infections, specifically bacterial vaginosis (most prevalent), vaginal yeast infection, and trichomoniasis. Other causes include allergies to substances such as spermicidal or soaps or as a result of low estrogen levels during breast-feeding or after menopause. It can lead to severe vulvovaginal inflammation.

In *Ayurvedic* classics, *Pittala Yonivyapad*.<sup>[3,4,5]</sup> is explained by the *Acharyas* i.e., Factors like eating large amount of *Katu*, *Amla*, *Lavana*, *Ksharahar* vitiates *Pitta Dosha*. Vitiated *Pitta* reaches *Tryavarta Yoni* and causes *Daha*, *Paka*, *Ushnata*, *Neel* (bluish), *Peet* (yellowish), *Ashita* (blackish) *Varna Raja Strava* and *Ushna Kunapa Gandhi Yoni Strava*.

## Introduction of drug

### AYURVEDIC PHARMACOLOGY<sup>[6]</sup>

Drug	Latin name	Rasa	Guna	Veerya	Vipaka	Karma
Vata	<i>Ficus bengalensis</i>	Kashaya	Guru- Ruksha	Sheeta	Katu	Kaphapittashamak
Udumbara	<i>Ficus glomerata</i>	Kashaya	Laghu-Ruksha	Sheeta	Katu	Kaphapittashamak
Plaksha	<i>Ficus lacor</i>	Kashaya	Guru- Ruksha	Sheeta	Katu	Kaphapittashamak
Parisha	<i>Thespesia populnea</i>	Kashaya	Laghu-Ruksha	Sheeta	Katu	Kaphapittashamak
Ashwatha	<i>Ficus religiosa</i>	Kashaya Madhura	Guru- Ruksha	Sheeta	Katu	Kaphapittashamak

**a) According to Rasa**

*Kashaya Rasa* has *Stambhana*, *Shoshana*, *Kledahara*<sup>[7]</sup> properties by virtue of which *Dravata* of *Pitta* and excessive secretion of *Shleshma* and *Kleda* gets pacified. *Kashaya Rasa* is mainly formed of *Vayu* and *Prithvi Mahabhuta*. *Vayu* is *Ruksha* in quality and dries up the excessive fluids present in the tissues while *Prithvi* by their *Kathina* and *Sthira Guna* which are opposite to *Drava* and *Sara Guna* reduces the *Srava*. So, *Kashaya Rasa* with its *Guna* restrains *Srava*. *Tikta Rasa* is a combination of *Vayu* and *Akasha Mahabhuta*. These two *Mahabhuta* having qualities opposite to *Kapha Dosha*. *Tikta Rasa* is having *Kandughna*, *Kleda*, *Puya* and *Kaphashoshna* pharmacological properties. A *Katu Rasa* drug pacifies *Kapha Dosha*, which is the most important *Dosha* responsible for *Yoni Srava* and is *Krimighna*, *Kandughna*, *Shodhaka*, *Sroto Vispharaka*, *Shothhara* and *Kleda Upshoshaka*. *Katu Rasa* is formed by *Vayu* and *Agni Mahabhuta* having qualities opposite to *Kapha* (*Prithvi & Jala*), thus it lessens *Srava*. *Madhura Rasa* has *Vata* and *Pitta Shamaka* properties and has *Vranaropaka*, *Prinana*, *Jeevaniya* properties also.

**b) According to Guna**

*Ruksha Guna* also restrains *Srava* by asset of its *Stambhana Karma*. It may pacify vitiated *Kapha* and *Kleda*. *Laghu Guna*, drug pacifies the *Snigdha* and *Pichchila* properties of vitiated *Kapha Dosha*.

**c) According to Veerya**

*Ushna Veerya* pacifies *Kapha Dosha*.

**d) According to Vipaka**

*Katu Vipaka* is *Kapha Shamaka* which is the most important *Dosha* responsible for *Yoni Srava*.

**Photochemistry of Panchavalkala:** – *Panchavalkala* is an *Ayurvedic* preparation that has been reported to be used against inflammation, to clear ulcers, dress wounds, as a douche in leukorrhea and other vaginal diseases.<sup>[8]</sup> *Panchavalkala* has been reported to be used as an adjunct in the treatment of leukorrhea.<sup>[9]</sup> The bark of the individual components of *Panchavalkala*.<sup>[10,11,12,13]</sup> have been reported to possess antioxidant and anti-inflammatory activities. The present work reports the anti inflammatory activity of *Panchavalkala Yonivarti* in vulvovaginitis.

*Panchavalkala* is one of the ideal combinations for a vast range of therapeutics focused in *Ayurveda* like *Vranaropana* (Wound healing), *Shothahara* (Anti-inflammatory), *Graahi*, *Visarpahara*, *Vedanasthapan* (Pain reliever), *Stambhana* (striking action), *Raktashodhak* (hemostatic), etc. *Panchavalkala* i.e., bark of five trees viz. *Vata*, *Udumbara*, *Ashwatha*, *Parisha* and *Plaksha*.

*Panchavalkala* showed presence of around 77 phytocompounds. Acacetin is a flavonoid with anti-inflammatory<sup>[14]</sup> and anticancer properties.<sup>[15]</sup> Leucopelargonidin 3-O-alpha-L-rhamno-beta-D-glucopyranoside is a flavonoid with reported antidiabetic property.<sup>[16]</sup> Naringenin-7-O-Glucoside, epicatechin, and proanthocyanidin B1 are flavonoids with reported antioxidant.<sup>[17,18,19]</sup> and antitumor<sup>[20,21,22]</sup> properties. Bergenin is a glycoside with antihepatotoxic<sup>[23]</sup>, antiulcerogenic, anti-HIV, antifungal, hepatoprotective, antiarrhythmic, neuroprotective, anti-inflammatory, immunomodulatory, and burn wound healing properties.<sup>[24]</sup> Chlorogenic acid is a bioflavonoid which exhibits pharmacological activity such as antioxidant<sup>[25]</sup>, antidiabetic<sup>[26]</sup>, and antiobesity.<sup>[26]</sup> Gallic acid is a phenol with antiviral<sup>[27]</sup>, anti-inflammatory<sup>[28]</sup>, anticancer<sup>[29]</sup> and antidiabetic<sup>[30]</sup> properties. Caffeic acid and catechin are polyphenols with anti-inflammatory<sup>[31]</sup>, anticancer<sup>[32]</sup>, and antiviral<sup>[33]</sup> properties.

The presence of proanthocyanidin B1, chlorogenic acid, caffeic, and epicatechin acid present in *Panchavalkala* could be contributed to the components of *F. religiosa* as reported earlier.<sup>[10]</sup> The presence of leucopelargonidin 3-o-alpha-l-rhamno-beta-d-glucopyranoside, leucocynidin, naringenin-7-o-glucoside, and mesoinositol could be contributed to the phytocompounds reported in the bark extract of *F. benghalensis*.<sup>[34]</sup> The compounds behenic acid and bergenin PV have been reported in the bark extract of *F. glomerata*.<sup>[35]</sup> The phytocompounds acacetin and gallic acid in PV have been reported in *T. populnea*.<sup>[36]</sup> Thus, these data show the presence of marker compounds in the *Panchavalkala* that could be used for confirming the authenticity of the formulation to avoid batch-to-batch variation.

**METHOD OF PREPARATION**– Bark of *Panchavalkala* drugs are taken in equal quantity and powdered then sieved them and added with binding agent i.e *Babool Gondh* and later rolled into elongated round *Varti* which is equal to half *Karsha Pramana* (5 gm) with the help of 5ml dispovan.

**QUANTITY AND DURATION:** - 1 *Panchvalkala Yoni Varti* will be used daily per vaginally at bed time after cessation of menstrual bleeding for 21 Days.

## CONCLUSION

*Panchavalkala* is an *Ayurvedic* formulation, was reported to exhibit anti-inflammatory, antioxidant and antiulcer activity with their effectiveness on local area as drugs or formulations with local applications having higher absorption and thus higher efficacy. The phytochemical evaluation of the *Panchvalakala* has shown the presence of phytochemicals that have reported anti inflammatory activity and also with the use of this formulation; we can reduce the infertility rate, recurrence rate and can improve the female's health with better living standard. There by signifying the importance of this formulation as a prospective drug candidate in the management of vulvovaginitis. However, detailed experimentation is required in the future for understanding the underlying mechanism of its action.

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