

## AN AYURVEDIC MANAGEMENT OF BALANITIS: A SINGLE CASE STUDY

Dr. Minal S. Vaidya<sup>\*1</sup>, Dr. Tejas V. Modhale<sup>2</sup> and Dr. Nisha B. Rathod<sup>3</sup>

<sup>\*1</sup>H.O.D. Kayachikitsa Department, Y.M.T. Medical Ayurvedic College and Hospital,  
Kharghar, Navi Mumbai.

<sup>2,3</sup>PG Scholar, Kayachikitsa Department, Y.M.T. Medical Ayurvedic College and Hospital,  
Kharghar, Navi Mumbai.

Article Received on  
09 June 2025,

Revised on 29 June 2025,  
Accepted on 19 July 2025,

DOI: 10.20959/wjpr202515-37738



**\*Corresponding Author**

**Dr. Minal S. Vaidya**

H.O.D. Kayachikitsa

Department, Y.M.T.

Medical Ayurvedic College

and Hospital, Kharghar,

Navi Mumbai.

### ABSTRACT

Balanitis, an inflammatory condition of the glans penis, is commonly caused by infections, poor hygiene, or irritants. Patients often experience itching, erythema, burning, and sometimes discharge. Although modern topical steroids and antifungals are effective, they may cause recurrence or side effects. This case study presents the Ayurvedic management of Balanitis with a modern topical with Gentamicin, and Miconazole for initial inflammation control, followed by Yashti Ghrut (Glycyrrhiza glabra in ghee base) for its healing and soothing properties. Within 07 days of treatment, symptoms significantly reduced without recurrence over a follow-up of one month.

**KEYWORDS:** Balanitis, Gentamicin, Miconazole, Yashti Ghrut, Shotha, Daha, Ayurveda.

### INTRODUCTION

Balanitis is the inflammation of the glans penis, a condition that may present with symptoms like itching, erythema, burning sensation, pain, and discharge. Among several causative factors, poor hygiene and infections are well-known, but diabetes mellitus remains a significant and often underestimated contributor. Persistent hyperglycemia leads to immunosuppression and poor wound healing, which predisposes individuals—especially uncircumcised males—to recurrent infections and inflammation in the genital region.

Long-standing or recurrent balanitis, particularly in diabetic patients, is also a risk factor for the development of penile cancer, especially squamous cell carcinoma. Chronic irritation and poor local hygiene further exacerbate this risk.

In Ayurvedic literature, such inflammatory and ulcerative conditions of the glans may be understood under Shishnashotha, Daha, or Vrana. While modern treatment often employs topical corticosteroids and antifungals, these do not address underlying healing or recurrence.

Ayurvedic formulations such as Yashti Ghrut—renowned for its vrana ropana (wound healing), daha-shamana (relieving burning sensation), and shothahara (anti-inflammatory) properties—may offer a safer and more holistic approach when combined with modern treatment during acute stages.

## OBJECTIVE

To evaluate the efficacy of combined modern and Ayurvedic local therapy in the management of Balanitis.

## MATERIAL AND METHODS

### Case Presentation

A 54-year-old male reported to the OPD of Kayachikitsa, Y.M.T. Medical Ayurvedic College and Hospital, Kharghar, Navi Mumbai, with complaints of:

- Itching and burning over the glans penis
- Redness and mild swelling
- Discomfort during urination

With history of Diabetes, Hypertension and Parkinson.



**Patient History**

- Allergies: None
- Sexual history: Monogamous
- Hygiene: Occasionally inadequate
- No systemic symptoms

**EXAMINATION****General Physical Examination**

- Pulse: 85/min
- BP: 150/90 mmHg
- Weight: 86 kg
- U-Pus Cells : 6-8

**Local Examination**

- Redness (erythema) on glans
- Mild swelling
- No ulceration or pus discharge
- Tenderness: Mild
- No lymphadenopathy

**INVESTIGATIONS**

- BSL Fasting : 180 mg/dL
- BSL Postprandial : 265 mg /dL
- Urine routine

Pus cells : 6-8

**TREATMENT**

Sr. No	Treatment Component	Duration
1	Gentamicin, Miconazole cream local application (OD)	Day 1-2
2	Yashti Ghrit local application (OD)	Day 1-7
3	General advice on local hygiene	Throughout

**RESULT AND DISCUSSION**

Parameter	Before Treatment	Day 2	Day 7
Redness	+++	++	-
Burning Sensation	++	-	-
Itching	+	-	-
Discomfort on Micturition	++	+	-

The initial application of Gentamicin, Miconazole cream helped in reducing acute inflammation and microbial load. However, for long-term soothing and epithelial healing, Yashti Ghrut was introduced. Yashti (Licorice) is madhura in rasa and sheeta virya, effective in daha and vrana.

Ghee acts as a bio-vehicle, promoting deep tissue absorption and enhancing vrana ropana.

**BEFORE****AFTER**

## CONCLUSION

This case demonstrates that acute balanitis can be effectively managed by integrating initial modern topical therapy with Ayurvedic medicated ghee application. The healing, anti-inflammatory, and soothing properties of Yashti Ghrut make it an ideal follow-up agent after symptomatic relief with Gentamicin, Miconazole cream. This integrated protocol is both effective and safe, with no adverse effects observed.

## REFERENCES

1. Harrison's Principles of Internal Medicine, 20th ed.
2. Vagbhata. Ashtanga Hridaya. Sutrasthana.
3. Sushruta Samhita. Chikitsa Sthana.
4. Charaka Samhita. Chikitsa Sthana.
5. WHO – Balanitis Management Guidelines
6. Pharmacopoeia of India – Betamethasone and Gentamicin monographs
7. Sharma PV. Dravyaguna Vigyan. Vol II. Chaukhambha Publications.