

ROLE OF HARITKI IN YONI VYAPAD CHIKITSA

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ABSTRACT

Gynaecological disorders have found its immense importance in the field of medicine due to fact that women have a unique function of giving birth. In Ayurveda, women health care is related in separate section, where the term *Yoni vyapad* includes majority of gynaecological disorders. Before knowing the management, literature of the disease should be known. Therefore, in this study an effort has been put forth to make a conceptual study covering almost all the aspects of *Yoni vyapad* as per Ayurveda as well as per modern. A healthy woman is a promise of a healthy family. In different phases of a woman's life, from puberty to menopause, the concept of healthy *Yoni* has been mentioned in *Ayurveda* as well as in modern. Now a days,

infection related to *Yoni* is a burning problem irrespective of their age or socioeconomic status. Due to infection, there may be sign and symptoms like vaginal discharge, itching, coldness. In Ayurveda, these types of sign and symptoms are found in *Yoni vyapad*.^[1]

KEYWORDS: Haritki, Terminalia chebula, *Yoni vyapad*, Ayurveda.

INTRODUCTION

The health of woman is important because womanhood represents the capacity to bare the foetus in the womb and to deliver it in a healthy status. Moreover, she has to bring up the child properly and thus she contributes to the overall health of the society. Hence health care of woman is very important. Any disorders that hampers the general, mental as well as the reproductive health of woman should be considered with care and required medical attention. Female body is highly complex and delicate. Because of special reproductive role, women are at risk of some distinct female disorders. Vaginal discharge is one of the most common problem faced by many women. Women do not give much attention towards this Problem unless and until it will make the patient feel uncomfortable in their day to day life. It is not a disease but a symptom which is seen in most of the diseases which are mentioned in classics. A specific group of the diseases of women i.e. Yonivyapad has been mentioned in Ayurvedic classics, which disrupts the women hood in various ways. Vaginal discharge means Yoni srava is seen as a symptom in case of this disease. So, in this study an effort has been put forth to make a conceptual study covering almost all the aspects of yoni vyapad.

DRUG REVIEW

Crowned as the “King of Medicines”, Haritaki is a miraculous ayurvedic fruit that is extensively used for a wide range of traditional remedies. Cultivated from the seeds of Terminalia chebula tree, it is popularly known as Indian walnut for its innumerable benefits or Indian hog plum in English. The holistic science of Ayurveda strongly advocates the uses of haritaki due to its potent laxative, astringent, purgative, anti-bilious and anti-oxidant properties for treating numerous health anomalies.

Haritaki and its Varieties: In Ayurveda seven varieties of *Haritaki* fruits, namely, *Vijaya*, *Rohini*, *Putana*, *Amrita*, *Abhaya*, *Jivanti*, and *Chetaki* has been described.^[2]

1. Vijaya Haritaki

It is used for curing most ailments and is found in the Vindhya mountain ranges.

2. Chetaki Haritaki

The three-layered skin of the fruit is used for purgation and these are mostly found in the Himachal regions.

3. Rohini Haritaki

The fruits of this type of haritaki are round in shape and are mostly used for wound healing and as a remedy to fight the effects consuming harmful substances. These are widely grown in the Sindh regions.

4. Putna Haritaki

The fruits of this variety are small with big seeds and are mostly used for external applications and are usually found in the Himalayan regions.

5. Jayanti Haritaki

The tree bears yellow coloured flowers, and the dried fruits are used for curing all type of disorders and are mostly found in the Saurashtra region of Gujarat.

6. Abhaya Haritaki

The five-layered fruit skin of this variety is used for treating vision problems and are cultivated in the Champa regions of Chhattisgarh.

7. Amrita Haritaki

This Haritaki variety has a thick fruit pulp which has Panchakarma properties and is found in the Champa Bhagalpur regions.

PHARMACOLOGICAL ACTION

The myriad of beneficial properties of Haritaki include

- *Jwaraghna* (treats fever)
- *Kashaghna* (treats cough and cold symptoms)
- *Virechnopaga* (reduces purgation)
- *Vayasthapana* (reduces the ageing process)
- *Grahi* (treats diarrhoea)
- *Chakshushya* (improves vision)
- *Shulahara* (reduces pain)
- *Deepana* (enhances stomach fire)
- *Pachana* (helps in digestion)
- *Rochana* (stimulates appetite)
- *Arshohara* (treats piles)
- *Kusthahara* (treats skin disease)

- *Shothahara* (reduces inflammation).

Thanks to the umpteen powerful properties of haritaki, it holds high significance for treating diarrhoea, dysentery, vision problems, obesity, gingivitis, gout, asthma etc.

EFFECT ON DOSHAS^[3]

The divine fruit characterizes five distinct tastes which are *Katu* (pungent), *Tikta* (bitter), *Kashaya* (astringent), *Madhura* and *Amla Rasa* (sour taste). It shows *Laghu* (light) and *Rukshna* (dry) gunas, *Ushna Virya* (hot potency) and *Madhura Vipaka* (sweet metabolic property). It is Tridoshic in nature i.e. balances all three doshas which are *Vata* (air), *Pitta* (fire and air) and *Kapha* (earth and water) doshas and hence balances and uplifts overall health. The physical characteristics and therapeutic attributes of various types of *Haritaki* are described in the classical texts of Ayurveda, with a view to help in their identification. According to the ancient lexicons of medicinal plants, *Vijaya* has the shape of a gourd, *Rohini* is round in shape, *Putana* contains a proportionately bigger stone, *Amrita* is fleshy, *Abhaya* contains five ridges, *Jivanti* is golden in color, and *Chetaki* has three ridges.

| S.NO. | RASA | GUNA | VIRYA | VIPAKA |
|-------|-----------------------|---------------|-------|--------|
| 1. | Lavan rahit panchrasa | Laghu, Ruksha | Ushna | Madhur |

Haritki balances all three doshas – vaat, pitta, kapha^[4]

1. Because of its sweet, bitter, astringent taste it balances PITTA.
2. Because of its pungent, bitter, astringent taste it balances KAPHA.
3. Because of its sour taste it balances VATA.

RITU HARITKI

Haritki when consumed with different ingredients in different season it is referred as ritu haritki.

| S.NO | RITU | TO BE CONSUMED WITH |
|------|----------|---------------------|
| 1. | VARSHA | SAINDHAV |
| 2. | SHARAD | SHARKARA |
| 3. | HEMANT | SHUNTHI |
| 4. | SHISHIRA | PIPPALI |
| 5. | VASANTA | MADHU |
| 6. | GREESHMA | GUDA |

MODE OF ACTION

Haritki is best vaat anulomak, vaat shamak and in yoni vyapad the vaat is disbalanced hence affecting the menstrual as well as mental and physical health of women. Thus haritki is the best choice for vaat anulomak in females and for yoni vyapad treatment.

CONCLUSION

Haritaki is an important and popular drug used by the practitioners of traditional medicine. In this article, an attempt has been made to review the relevant literature. With regard to the exact botanical standardization of all the varieties of *Haritaki*^[5], it is advisable to explore and collect the samples from all the regions of the country, along with the analysis of their active principles and screening of their pharmacological activities, on the basis of the properties mentioned in the Ayurvedic classics, before giving any conclusive remarks. Haritki is proven to show wonderful effects in yoni vyapad chikitsa.

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