

A STUDY OF AYURVEDIC HERBAL COMPOUND TAB 'DHATAKI - HARIDRA' IN YONIGATA SHWETA STRAV**Dr. K. S. Mandave^{1*}, Dr. A. A. Nikam², Dr. A. A. Kore³ and Dr. R. P. Mane⁴**¹Asso. Professor Dept. of Ptsr, Riarch, Mayani, Tal- Khatav, Dist- Satara, Maharashtra.²Asso. Professor Dept. of Kriyasharir, Riarch, Mayani, Tal- Khatav, Dist- Satara, Maharashtra.³Asso. Professor Dept. of Samhita Sidhdhant, Annasaheb Dange Ayurved Medical College Ashta, Dist-Sangli, Maharashtra.⁴Asst. Professor Dept. of Rognidan, Riarch, Mayani, Tal- Khatav, Dist- Satara, Maharashtra.**ABSTRACT**Article Received on
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Ayurveda, the holistic science, described various diseases. Yonigata shwetastrava is one of these diseases which is very common in Indian woman. Faulty diet and negligence are main causes of it in woman. The present clinical project is exploratory observational open trial. We planned minimum of 25 patients of Yonigata shwetastrava as our sampling unit of age group 16 to 60 years. The criteria for selection of patient based on clinical features like Yonigata shwetastrva (White Vaginal Discharge), Yoni kandu (Itching sensation at vulva), Yoni daha (Burning sensation at vulva), Yoni prathamavart shoth (Vaginitis), Kati shool. etc & on laboratory investigations. The efficacy of herbal compound i.e. tab dhataki haridra in yonigata shwetastrava is

seen in present study. 25 cases of "Yoniqata Shwetastrava" were treated with the Ayurvedic herbal combination – Tab 'Dhataki - Haridra'. Patients were observed according to vaya (age), prasava sankhya (parity), Socio - economical status, Educational status, Religion, Constitution, Contraception, Clinical findings, Labaratory investigations and result of treatment. It is seen that tab.dhataki haridra is effective in yonigata shwetastrava.

KEYWORDS: Yonigata shwetastrava, Ayurvedic herbal combination, Tab 'Dhataki - Haridra'.

INTRODUCTION

Still it remains secret to everyone in the world that this world has been created and developed. The natural tendency, which maintains health and finds treatment in disease, is present in living animal. Creation, Organization and destruction of life is nature. Ayurveda exists from creation of human being. Knowledge of life and mankind is Ayurveda and it is a part of Veda, which is most ancient literature. The preservation of health, prevention of diseases and treatment of diseases are the main objectives of this science. To achieve these objectives, Ayurveda being a Holistic system offers ways to balance the fundamental energies called tridoshas which play a vital role from birth to the last breath. Tridoshas play a vital part in disease process. From the vedic period we come across description of various diseases and treatment. Yonigata shwetastrava is one of these diseases.

India is still not reached to that level; where the actual equality between man and woman is achieved in Indian tradition. The Indian woman still follows faulty diet and remains busy in her work even though we speak of human rights, civilized society, literacy for woman etc.

Ayurveda described Dinacharya (daily regimen) & Ritucharya (seasonal regimen). This science has given importance to diseases of woman and described in detail causes and treatment of the same. Due to today's fast and modern lifestyle above regimen not be followed resulting in "Aatura" woman. An Indian woman can not express her problems. Many a times physician has to search & treat her problems of health. It is observed that yonirगत श्वेताश्रवा i.e. white discharge is common problem in woman.

AIM AND OBJECTIVES

- 1) To study yonigat shwetastrava from bruhatrayi
- 2) To study dhataki and haridra from bruhatrayi
- 3) To study efficacy of herbal compound i.e. tab dhataki haridra in yonigata shwetastrava.

MATERIAL AND METHODS

25 women suffering from yonigata shwetastrava and their treatment with Ayurvedi herbal compound were studied.

SELECTION OF CASES

25 cases were selected for the present study.

CRITERIA FOR SELECTION

The patients attending outpatient department (O.P.D.) from menarche to menopause and belonging to all Socioeconomic status. Also patients belonging both rural and urban population will be registered for the treatment.

The chief presenting symptoms are (one or all)

- i) Yonigata shwetastrva (White Vaginal Discharge)
- ii) Yoni kandu (Itching sensation at vulva)
- iii) Yoni daha (Burning sensation at vulva)
- iv) Yoni prathamavart shoth (Vaginitis)
- v) Kati shool.

PATIENTS EXCLUDED FROM STUDY

- i) Before menarche
- ii) Garbhashaya greeva arbud (Carcinoma of cervix)
- iii) Garbhashyagat gulm (Fibroid)
- iv) Garbhasgt antastwacha shoth (Endometritis)
- v) Rakta pradar (O.U.B)
- vi) Mahayoni (Procedentia)
- vii) Greevagata arsha (Cervical polyp)
- viii) Garbhashaya shoth (Myometritis)
- ix) yoni asha
- x) Artava-vahini shoth (Salpingitis)
- xi) Tumours of supports of uterus
- xii) Ovarian cyst& tumours

General case taking history physical and the other of patients were carried out on the basis of special case paper proforma prepared for this project .

LABORATORY INVESTIGATION

All patients undergoing treatment were investigated for haemoglobin percentage & urine examination for albumin sugar and microscopy was done to rule out prameha of any associated pathology of mootravaha srotas.

DIAGNOSIS

The diagnosis was mainly based on history taking i.e. symptoms & signs of the patient. Past history of any other illness was noted. Then through general examination of the patients done to rule out any above mentioned contraindications. Rasavaha and Raktavaha stotasas were specially examined. Yonipariksha (Bimanual palpation & per speculum examination) was done to rule out above mentioned contraindications.

Patient was asked to empty her bladder. She was asked to come to the edge of table in dorsal position and she was asked to flex her thighs slightly on her abdomen. Painting of vulva & vagina was not done. Only drapping was done with sterile linen. Aseptic precautions were followed through out procedure.

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An unlubricatedusco's speculum was used to expose the cervix & vagina. Cervical & vaginal examination done. Before that amount of discharge, varna (Colour), Gandha (Odour) & physical properties of strava noted. The cervix examined for cervicitis, erosion or any growth (Garbhashaya greevagata arbud.) Yoin bhitti (vaginal walls) examined for any lesion and vaginitis. A thorough Yonipariksha (Par Vaginal examination) was done to note.

- The Position of cervix
- The Position of uterus
- Exact size of uterus

- Mobility of uterus
- The presense of any mass in the fornices

All the cases having active infection of uterus up to fallopian tubes are strictly excluded from the present study.

PROCEDURE OF SLIDE - TAKING

After all basic investigations and her linical examination, patient was asked to empty her bladder. She was asked come to the edge in dorsal position and she was asked to flex her thighs slightly on her abdomen. Paintiing of vulva and vagina not done. Only drappms was done with sterile linen. An unlubricaed cuscols speculum was u asked sed to expose cervix & fornices. hanoi drop and another Two swabs were taken from poste nor forix one for anglng for slide preperation.

HANGING DROP PREPARATION: In a sterile test tube 5 ml. of normal saline was talen and one swab taken from vaginal fornices and dipped into the test tube and it is stirred and then one to two drops of solution obsered under microscope. Wet saline mount of vaginal discharge was examined under 40x fo microscope for presense of clue cells. (vaginal epithlial cells), pus cells, yeast like cells, trichomonos vaginalis.

SMEAR ON GLASS SLIDE: Vaginal discharge from fornices was taken by sterile swab and was spread on two sterile glass slides. One slide was taken for gram stain and second smear was taken for Toluident blue (methylene blue) stain. When the smears become partially dried, they were fixed by alcohol dipping them into it (denatured spirit) The smear was examined under oil immersion lens of the microscope for the detection of varous morphological forms of gram positive and gram negative, organisms, clue cells, pus cells etc.

OBSERVATIONS

Table Showing Distribution Of Patient According To Vaya(Age)

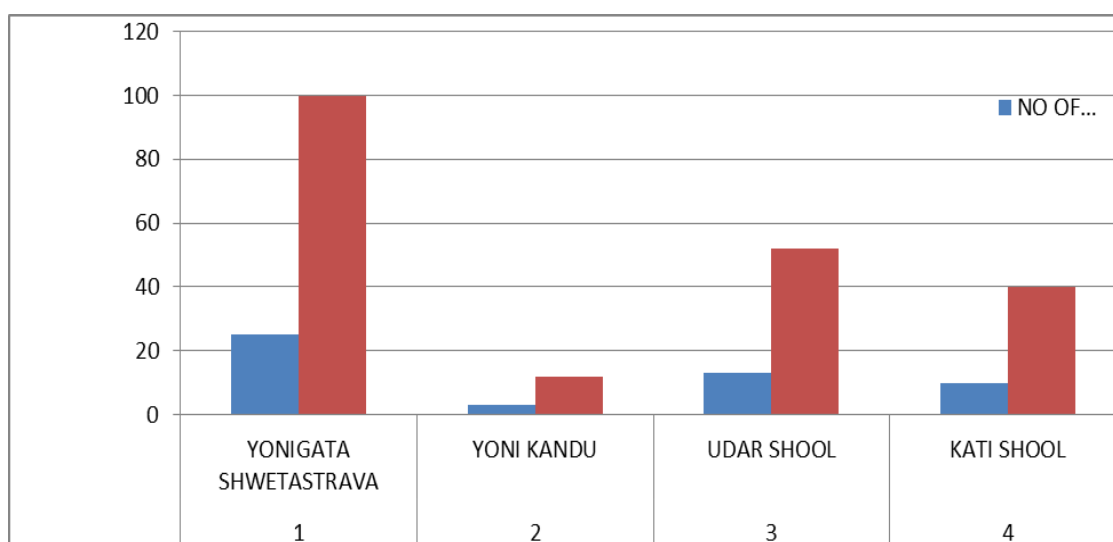
NO.	AGE GROUP	NO OF PATIENTS	PERCENTAGE
1	LESS THEN 20 YRS.	3	12
2	21 TO 30 YRS.	12	48
3	31 TO 40 YRS.	8	32
4	41 TO 50 YRS.	2	8

Table Showing Distribution Of Patient According To Prakriti

NO.	PRAKRITI	NO OF PATIENTS	PERCENTAGE
1	VATA PRADHAN	13	52
2	PITTA PRADHAN	11	44
3	KAPHA PRADHAN	1	4

Table Showing distribution of patients According to Educational status

NO.	Education	NO OF PATIENTS	PERCENTAGE
1	Educated	15	60
2	Non-Educated	10	40

**Showing distribution of patients According to SYMPTOMS**

NO.	Education	NO OF PATIENTS	PERCENTAGE
1	YONIGATA SHWETA STRAVA	25	100
2	YONI KANDU	3	12
3	UDAR SHOOL	13	52
4	KATI SHOOL	10	40



Table Showing Distribution Of Patient According To Grade Of Symptoms (Yonigata Shwetastrava) Before Treatment

NO.	GRADE OF SYMPTOMS BEFORE TREATMENT	NO OF PATIENTS	PERCENTAGE
1	GRADE-4	3	12
2	GRADE-3	22	88

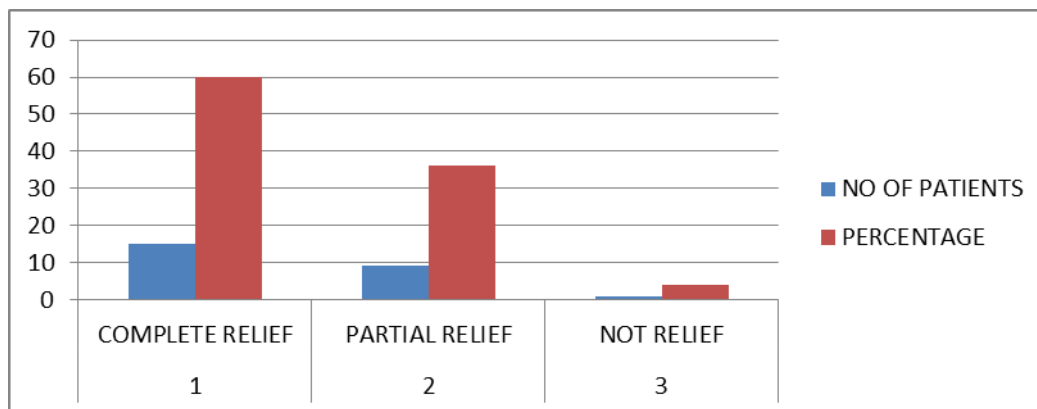


Table Showing Distribution of Patient According To Relief Obtained After Treatment.

NO.	RELIEF AFTER TREATMENT	NO OF PATIENTS	PERCENTAGE
1	COMPLETE RELIEF	15	60
2	PARTIAL RELIEF	9	36
3	NOT RELIEF	1	4



Table Showing Distribution Of Patient According To The Presence Of Micro Organisms In Vaginal Smear Before Treatment

NO.	SLIDE	NO OF PATIENTS	PERCENTAGE
1	EPITHELIEL CELLS	22	88
2	STREPTOCOCCI	2	8
3	STAPHYLOCOCCI	1	4

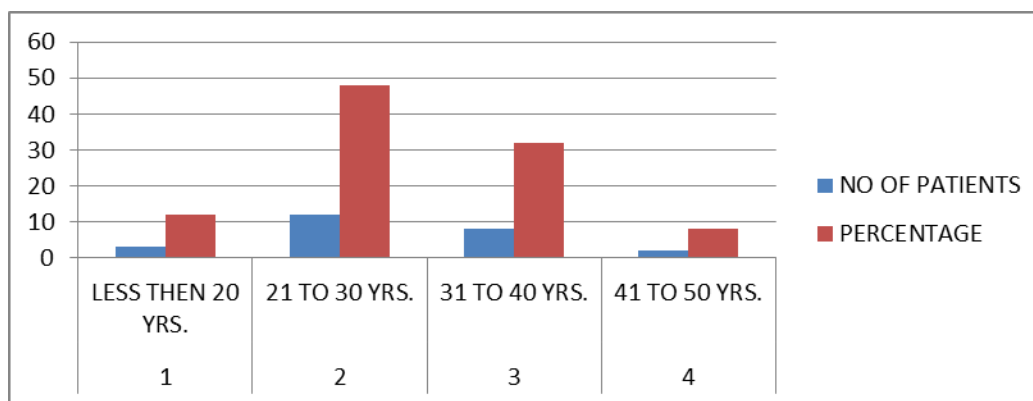


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DISCUSSION

25 cases of "Yoniqata Shwetastrava" were treated with the Ayurvedic herbal combination - Tab 'Dhataki - Haridra'. Patients were observed according to vaya (age), prasava sankhya (parity), Socio - economical status, Educational status, Religion, Constitution, Contraception, Clinical findings, Labaratory investigations and result of treatment.

Showing incidance of Age (vaya) - Shows agewise distribution of patients complaining of 'Yonigata Shwetastrava'. For this study patients from menarche to menopause were taken into consideration. The maximum number of patients i.e. 12 of total number of patients were from the age group 21 to 30 years. Next to it 8 patients i.e. 32% of total number of patients were from age group 31 to 40 years. 3 Patients i.e. 12% of total number of patients were found from age group less than 20 years. 2 patients i.e. 8% of total number of patinets were from age group 41 to 50 years.

Showing Distribution Of Patients According To Religion - 20 number of patients i.e. 80% of total number of patients were from Hindu religion and 5 number of patients i.e. 20% of total number of patients were from Muslim religion. But there is no bar for religion as the figures showing the distribution according to religion co-relate with the population of Hindus and Muslims of Satara city.

Showing Distribution According To Contraception -None of the patients were taking oral contraceptive pills. Maximum number of patients i.e. 60% of total number of patients were tabectomised. Next to it 9 patients i.e. 36% of the total number of patients were 'T' users. 1 patient i.e. 4% of total number patients were having no any contraception. Maximum number of patients having Yonigata Shwetastrava were tabectomised and found common in age group 21-30 year because the frequency of intercourse is greater in this age group. Next to it 'T' user's were more in number having Yonigata Shwetastrava ~ 'T' as a foreign body, and inflammatory reaction takes place in endometrium due to inflammation, uterine & all secretions increase. Cervical Show Distribution Of The Patients According To Prakriti.

In our study, maximum number of patients i.e. 52% of the total number of patients were from 'Vata' pradhan prakriti. '11' number of patients i.e. 44% of the total number of patients were from 'Pitta' pradhan prakriti. 1 patient i.e. 4% of the total number of patients were from Kapha pradhan prakriti.

Showing Distribution of Patients According To Educational Status. In our study out of 25 patients 15 patients i.e. 60% of total number of patients were educated & remaining 10 patients i.e. 40% of the total number of patients were uneducated.

Showing Distribution of Patients According To Symptoms.

Along with Yonigata Shwetastrava 3 patients i.e. 12% of the total number of patients were having symptom Yonikanda (Itching at vulva)

Maximum number of patients i.e. 13 - 52% of the total number of patients were having udarshool (Lower abdominal pain).

Next to it 10 patients i.e. 40% of the total number of patients were having katishool (Low backache).

CONCLUSION

25 patients of Yonigata Shwetastrava were treated with the Ayurvedic Herbal compound 'Tab Dhataki - Haridra' attending out patients department from menarche to menopause.

The Study Reveals the Following Points.

1) The incidence of disease is seen more in the age group of 21 to 30 year.

- 2) Having one or two children
- 3) Poor & lower middle socio - economic class.
- 4) Tubectomised patients.
- 5) Vatapradhan Prakriti
- 6) No religion is a bar to the disease.

In present study number of cases of Vata pradhan prakriti & Pitta pradhan prakriti are more i.e. 520/0 & 44% respectively.

Regarding to the etiology of this disease the local bad hygiene is found to be the main causative factor. Also incidence of this disease is seen in poor class. of patients. Abnormal diet, hard work may be the causative factor. Tubectomised patients are maximum in number. In this group (Age group 21-30 included) frequency of intercourse is more than other women.

Cu'T' users were 36% of total number of pts. In this group due to cu'T' inflammatory changes occur and uterine & cervical secretion increase. Efficacy of treatment was observed with the help of laboratory investigations out of that vaginal smear before & after treatment observed for microbial etiology. Total number of patients was 25. Out of that only in 2 patients vaginal smears found streptococci & 1 patient having staphylococci. Vaginal smears of remaining patients found plenty of epithelial cells. After treatment of 1 month smear taken and observed under micro OSCOpe, In those patients, vaginal smear showing bacteria before treatment. also Shows bacteria after treatment.

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