



Case Study

EFFICACY OF GUDUCHYADI KWATHA YONI PRAKSHALANA ON ACHARANA YONIVYAPAD

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ABSTRACT

Acharana Yonivyapada is related to inflammatory conditions of reproductive system. On reviewing its features it can be possibly considered as Vulvovaginitis. Vulvovaginitis is defined as infections of vulva and vagina causing vulvar and vaginal itching, burning sensation, irritation and vaginal discharges of various types. Present study was framed to establish an Ayurvedic way of management to vulvovaginitis requiring minimal hospital visits. Considering the prevalence of this disease, we have planned this study and selected *Guduchyadi Kwatha Yoni Prakshalana* as *Sthanika chikitsa*.

INTRODUCTION

Acharana Yonivyapada which includes the inflammatory conditions of reproductive tract occurring due to *Vata Dosha Prakopa* by internal and external causes. On reviewing the features of the *Acharana Yonivyapada* such as *Yoni Kandu* (Vulval Itching), *Yoni Srava* (Vaginal Discharges) etc it can be possibly considered as vulvovaginitis. The commonest infectious causes of vaginitis are bacteria, candida and trichomonas. It is diagnosed using combination of symptoms, physical examination, vaginal pH, vaginal fluid microscopy and whiff test. Its treatment varies by cause and is directed towards treating the relevant pathogens comprising mainly of antibiotics which follows reoccurrence and resistant to disease. Ayurveda places great emphasis on prevention and encourage the maintenance of health through close attention to balance of *Dosha*, right thinking, diet and use of herbs. The treatment of *Acharana Yoni Vyapada* vis a vis vulvo-vaginitis is planned on the basis of this strategy in the present research work. Prevention of disease is encouraged among women with history of recurrent vaginal discharges by counselling for

maintaining hygienic conditions, awaring women for physiological and pathological discharges, seasonal and cyclic changes of vaginal pH, etc. The treatment of the disease was done by using the herbs in the form of *Kwatha kalpana* (formulations) for Vaginal route i.e. *Guduchyadi Kwatha* for *Yoni Prakshalana*. In *Yogaratanakar, Yoni Vyapada Chikitsa, Acharya* has mentioned *Guduchyadi Kwatha* for *Yoni Prakshalana* in the treatment of *Yoni Kandu* which is the *Pratyatma lakshana* of *Acharana Yoni Vyapada*.

Case Report

A 24year old married woman visited the OPD of Prasuti Tantra and Stree Roga, Rishikul Ayurvedic Medical College and Hospital, on 9 April 2024 with the complaint of thick white discharge p/v, lower abdomen pain and itching in vulval region since 8 days.

Past history: No H/O DM/HTN/Thyroid dysfunction or any other medical or surgical history. **Family history:** No history of similar problem in any of the family members.

Personal History


Diet – Non-vegetarian

Appetite- Good

Bowel- Once/day

Micturition – 5-6 times/day 1-2 times/night.

Sleep – Sound

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Menstrual history

Age of Menarche- 12 yrs
 Menstrual cycle – 3-5 days / 28-32 days
 L.M.P – 02/04/2024

Obstetric history – G0P1A0L0

Married life – 2 year

Ashta Sthana Pareeksha

Nadi – 76 BPM
 Mootra- 5-6 times/day 1-2 times/night.
 Mala – Once a day
 Jihwa- Alipta
 Shabda – Avisesha
 Sparsha – Anushna sheeta

Druk – Avishesha

Aakruti – Madhyama

Dashavidha Pareeksha

Prakruti – Vata-Kapha

Vikruti - Madhyama

Sara – Madhyama

Samhanana – Madhyama

Pramana – Dhairgya – 150cm

Dehabhara – 56kg

Satmya – Madhyama

Satva- Madhyama

Aahara Shakti - Abhyavaharana Shakti – Madhyama

Jarana Shakti – Madhyama

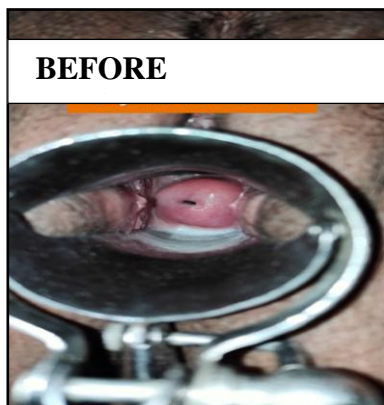
Vyayama Shakti – Madhyama

Vaya –Madhayama

OBSERVATION AND RESULTS

Table 1: Changes in signs and symptoms before and after treatment

Signs and symptoms	Before treatment On 9/4/24	After treatment On 18/4/24
Yoni srava Sweta varna (thick mucoid white discharge)	Present	Absent
Yoni Kandu	Present	Absent
Lower abdomen pain	On and off	Absent
Foul smell	Present	Absent
Pap smear	Suggestive of candida albicans	No pathogens detected
Report	Plenty of budding yeast cells	No pathogens detected



General examination

- Built – Moderate
- Nourishment - Moderate
- Temperature – 98.F
- Respiratory rate -18/min
- Pulse rate – 74 bpm
- B.P – 110/80 mm of hg
- Height – 150 cm
- Weight – 56kg
- Tongue: Uncoated

Systemic examination

CVS: S1 S2 normal

CNS: Well oriented, conscious

RS: Normal bronchovesicular breathing, no added sounds.

P/A:

Inspection: Normal contour of abdomen, umbilicus is centrally placed.

Palpation: Soft abdomen, tenderness absent, No organomegaly present.

Percussion: No fluid thrill present

Auscultation: Bowel sound present

P/S: Thick mucoid discharge ++, cervix- hypertrophied, Os- parous, fornices clear.

P/V: AV uterus, thick mucoid discharges ++, tenderness absent on all vaginal walls intervention: Guduchyadi kwatha yoni prakshalana once a day, morning, for 7 days.

DISCUSSION

Vata is the primary factor in the cause of all *Yoni Roga*, according to Acharyas, particularly because of the reproductive system *Sthana* is *Vata dosha*.

Thus, any *Yoni Vyapad's Chikitsa Sutra* ought to be connected to *Vata Shamana* therapies. Based on the involvement of *Doshas, Sthanika chikitsa* in *Yoni* such as *Prakshalana, Parisheka, Pichu, Pralepana, Abhyanga*, and *Uttaravasthi* are advised.

Therefore for this instance, *Guduchyadi Kwatha yoni Prakshalana* was chosen. *Guduchyadi Kwatha (Guduchi, Triphala, Danti)* is a medication that contains qualities such as *Tridoshhara, Balya, Stambhana, Kandughna, Yonisodhana, Vedanasthapana, Shothahara, Dahaprashamana, Vranashodana, and Vranaropana*. It also has *Tikta Kashaya Rasa, Guru Snigdha Guna, Ushna Virya, and Madhura Vipaka. Katu rasa, Guru, Tikshna guna, Ushna virya, Katu Vipaka, Kaphavatahara*, properties are all present in the drug *Danti. Tridoshahara, Rasayanam, Bhedana, and Anulomana* properties are present in the medications in *Triphala*. The *Stambhana* Property of *Guduchyadi kwatha yoni prakshalana* is helpful to lessen *Yonistrava*. Drugs that balance the *Vata dosha* and relieve *Yonitoda* are known to have *Ushna virya. Yonikandu* decreased as a result of the *Krimi* or *Jantughna* properties of the medicine.

CONCLUSION

While many effective Ayurvedic treatments have been proposed for a variety of gynecological problems, most of them still need systematic clinical and biological research using the most ideal standards that would rationalize them. Bacterial and fungal infections most commonly manifest as vulvovaginitis. Based on the case study, it was discovered that the medicine *Guduchyadi Kwatha yoni prakshalana* has immunomodulatory, antibacterial, and anti-inflammatory qualities, which make it useful in treating *Acharana yonivyapada*.

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