

To study clinical efficacy of Guduchyadi Kwath Parishechan in Vataj Yonirog

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Received : 28 Noveber 2023

Accepted : 18 December 2023

Abstract:

The state of women health is indeed completely tied up with the culture in which she lives, her position in it, as well as the way she lives her life as an individual. During her span of existence, she undergoes different changes in her psyche and body. In spite of this, she performs her duties in all the stages to stand up with the changing demands of the society. As a consequence of this, various health problems arises. The alterations in her body during puberty, reproductive, menopausal and postmenopausal stages, create affinity towards different diseases. Population greatly affects the social, economical, political and health aspects of a country. Women's longer life expectancy and rise in their population throughout most of the world has resulted in rise in their health needs. Men and women reach old age with different prospects for older age. Yoni is a broad concept which includes vagina, cervix and vagina. When appropriate care is not taken, it results in diseases of yoni, termed as Yoniroga in Ayurveda. Guduchyadi kwath is a remedy mentioned in Charak samhita for Vataj Yoniroga. So present study of clinical efficacy of Guduchyadi Kwath Parishechan in Vataj Yonirog has been selected. It was found effective.

Keywords: Women, Yoni, Roga, Guduchyadi

Introduction :

Today's Era is more advance and competitive. In this competitive life the women is trying to compete equally with man. To withstand in this competition and to achieve her goals, she has certain personal problems more than man. These

problems varies from social situation to physiological condition. So she has to do more efforts to counter this extra burden. Moreover, the woman is said to be three times more responsible than the male in the procreation. She has to bear the reproduction and bringing up of children. For those she should be in the perfect healthy condition particularly reproductive healthiness. The health of nation mainly depends upon the health of women because the healthy and happy women lays the first step of a prosperous nation. Any feelings of physical and

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psychological factor directly influence her attitude and efficacy.

Owing to complicated structure of the female body, women are subject to a large number of complaints connected with genital organs. These ailments are frequently of an extremely distressing character. Apart from attending natural processes of menstruation, pregnancy, one of the most inconvenient disease is Yoniroga. To discover the root cause of complaints or to screen the seated disease through examination of female is must which is also distressing for her. Also individual error like self-negligence, shame, hesitation to submit to doctor etc. increase the frequency of the seat of disease. Disease of female reproductive system mainly taken care of in Stiri Roga and majority of symptom complexity is described under caption of Yoni Roga and Yoni Vyapada. Ayurvedic line of treatment is a promising hand; by both palliative and curative aspects. In this 21st century, there has been much development in every system of medicine. Our system of medicine Ayurveda- the science of life, makes use of the advanced modern techniques in the diagnosis and symptom analysis through the Nidana Panchakas helps in assessing the nature, course and chronicity of any disease. Guduchyadi kwath parisheka is a remedy mentioned in Chikitsa sthana of charak samhita for vataj Yoniroga.¹ So present study has been selected.

Aim

To study clinical efficacy of Guduchyadi Kwath Parishechan in Vataj Yonirog.

Objective:

1. To study Vataj yoniroga.
2. To study Guduchyadi kwath.
3. To study clinical efficacy of Guduchyadi Kwath Parishechan in Vataj Yonirog.

Review of Literature:

Causes of vata vitiation:

- Vegavarodha(Suppression of natural urges)
- Ratrijagarana (Vigil during night)
- Madya (Alcohol)
- Uccha Bhashana (Speaking aloud)
- Purvivata (exposure to eastern wind)
- Atimaitihuna (excess sexual indulgence)
- Aghata (Injury)
- Raja (exposure of dust)

Vataja Yoni Roga causes and symptoms :²

If a woman having Vata body type, resorts to Vata increasing food and regimen, it causes Vata increase. The aggravated Vata gets located in the reproductive organs to produce

- Pipilika - a sensation as if ants are crawling
- Supti- numbness and such other ailments caused by Vata in that place (reproductive organs).

Because of aggravated Vata, she gets untimely menstrual bleeding which is

- Phena - frothy
- Ruksha - dry and
- Sa syat sa shabda - is associated with sound and pain.

Yoni – Parisheka

Hot fermentation to vagina is Yoni parisheka. It is done on external part of vagina for 5 to 10 minutes. Medicated oil or lukewarm water is poured from the height of 4 to 5 inches over the vagina. It reduces swelling and pain at vagina.

Guduchyadi Kwath:

It is prepared by boiling 1 part of dravyas (containing equal parts of Guduchi, Amalaki, Bibhitaki, haritaki and Danti) with 16 parts of water. When it remains to 4 liter, it is cooled. The drugs have following properties:

Sr. No.	Drug	Botanical Name	Rasa	Veerya	Vipaka	Guna
1	Guduchi ³	Tinospora Cordifolia (Willd.).	Tikta, Kashaya	Ushna	Madhura	Guru, Snigdha
2	Amalaki ⁴	Emblica officinalis	Madhur, Amla, Katu, tikta, kashaya	Sheeta	Madhur	Laghu, ruksha
3	Bibhitaki ⁵	Terminalia belerica	Kashaya	Ushna	Madhur	Laghu, ruksha
4	Haritaki ⁶	Terminalia chebula	Madhur, katu, amla, katu, kashaya	Ushna	Katu	Laghu, ruksha
5	Danti ⁷	Baliospermum montanum Muell	katu	Ushna	Katu	Guru, Teekshna

Material and Methods:

Study Design: open prospective clinical study.

Location of the study: OPD and IPD Patients of Streeroga and Prasutitantra Department of our college's hospital.

Study Population: Study will be carried out on the patients suffering from the sign and symptoms of Vataj Yoniroga, those attending IPD and OPD of our college's hospital.

Selection Criteria :-

Inclusion Criteria :

The criteria of diagnosis was based on clinical parameters of Vataj Yoniroga i.e.

- Pipilika - a sensation as if ants are crawling in vagina
- Supti- numbness in vagina
- Phena & Ruksha – frothy & dry menses
- Aayas – weakness
- Female having age 15 years to 60 years

Exclusion Criteria:

- Female having age below 15 years and above 60 years age
- Chronic diseases of vagina
- Cervical polyp
- Primary condition of carcinoma of cervix
- Tuberculosis of cervix

Withdrawal Criteria:

The Patients will be withdrawn from the trial if

1. If Patient himself want to discontinue the treatment anytime during the study.
2. If patient have any side effect/adverse drug reaction. Treatment and management of these patients will be done accordingly in our hospital.
3. Patient who fails to report for follow up or shows irregularity in treatment.

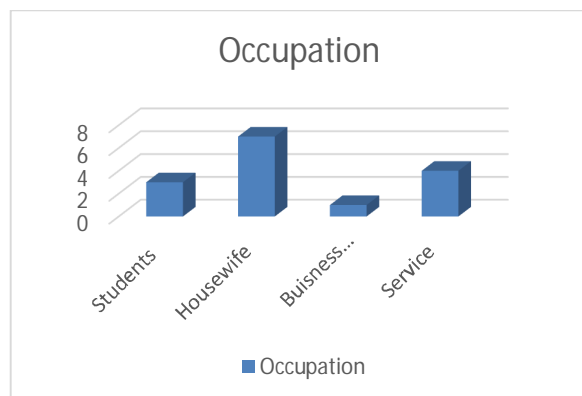
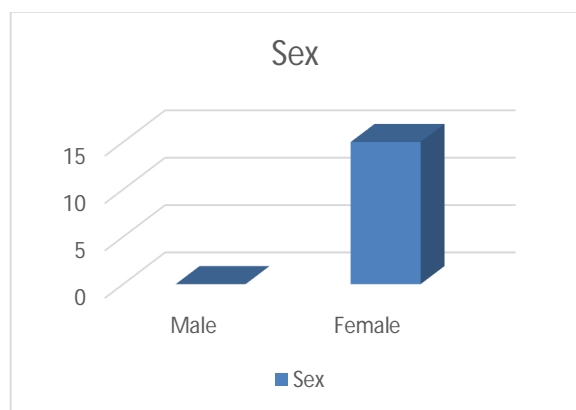
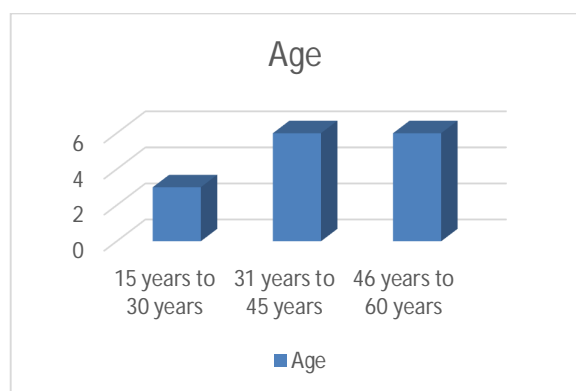
Sampling Technique: Simple Random Sampling Technique

Treatment

No. of subjects	15
Drug	Hot Guduchyadi kwath
Dose	As per required. It is poured from height of 4 to 5 inch on vagina

Time	Once in a day for 4 to 5 minutes
Duration	14 days
Route of administration	External fomentation
Assessment	On 0 th & 14 th Days

Observations and Result:



Result:

Sr. No.	Symptom	Improvement in percentage
1	Pipilika	87 %
2	Supti	74 %
3	Frothy and dry menses	80 %
4	weakness	92 %

Discussion and Conclusion:

- Health of women is a point of concern due to her wrong dietary habits, faulty lifestyle, excessive workloads, family responsibilities and her illiteracy.
- Nearly half of the population is comprised of females.
- Vataja Yoniroga occurs due to consumption of factors responsible for vitiation of vata dosha.
- It leads to Vataj Yoniroga in females which consisted of a sensation as if ants are crawling in vagina, numbness in vagina, frothy & dry menses and continuous weakness.
- Guduchyadi kwath parisheka is a remedy mentioned in Yonivapachchikitsa Adhyaya in Chikitsa sthana of charak samhita for vataj Yoniroga.
- It was prescribed in vataj yoniroga patients with clear diagnosis and found very effective.
- Guduchi, Bibhitaki, haritaki and Danti decreases amount of vitiated vata by its ushna veerya. Amalaki gives strength to patients. Hot

fomentation (Parishechana) assists in alleviating vata dosha.

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