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TO STUDY THE COMPARATIVE CLINICAL ROLE OF SAHACHARADI TAILA AND GOKSHURA CHURNA IN MANAGEMENT OF YONI ROGA

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ABSTRACT

Vaginal infection is one of the most common gynecological affections and vaginal discharge is one of the most common reasons for which women seek medical attention. [1] Leucorrhoea is an abnormal vaginal discharge often associated with irritation and is non-hemorrhagic in nature. The discharge may be white, yellow or greenish in colour. It is a symptom of underlying pelvic pathology. In the present article we are discussing regarding the role of sahacharadi taila and gokshura churna in management of yoni roga

Keywords: Nil



INTRODUCTION

Vaginal infection is one of the most common gynecological affections and vaginal discharge is one of the most common reasons for which women seek medical attention. [1] Leucorrhoea is an abnormal vaginal discharge often associated with irritation and is non-hemorrhagic in nature. The discharge may be white, yellow or greenish in colour. It is a symptom of underlying pelvic pathology. It accounts for more than an estimated of 1/4th Gynec patients visits to Gynecologist. [2] Leucorrhoea is physiological when associated with various phases of the menstrual cycle. It is considered by changes seen in the vaginal epithelium; changes in the normal bacterial flora and pH of the vaginal secretion predispose to leucorrhoea. [3] But when it turns into the pathological condition it produces associated problems like low backache, itching and burning sensation of vulva, poor appetite, discomfort, general weakness, pain in both legs etc. [4] Nonspecific Leucorrhoea a white discharge from the vagina may be physiological or pathological. It may also be noticed without any disease. Normally, vaginal discharge happens in regular variations of amount and consistency during the course of the menstrual cycle. A greater than usual amount is normal in pregnancy, and a decrease is to be expected after delivery, during lactation and after menopause. [5] Globally, Leucorrhea occurs in 1-14% of all the women in the reproductive age group and

is responsible for 5-10 million OPD visits per year. [6,7] The prevalence of excessive vaginal discharge in India is estimated to be 30%.³ The NFHS -3 results show that 11% of women in India report at least one reproductive health problem related to vaginal discharge.[8,9] Causes of leucorrhoea include chronic illness, fatigue, malnutrition, emotional disturbance, unhygienic condition, improper diet, constipation and chronic retroverted uterus.[10] Leucorrhoea usually presents with low backache, vulval itching, abdominal pain, pain in legs, general weakness and loss of appetite. It also affects psychology of the female unless treated properly. Health and efficiency of women are also affected. This psychological bearing makes it imperative for the physician to do his utmost for its relief. [11] Leucorrhoea is not a disease but a symptom of lot many other diseases. But sometimes these symptoms become so severe that they overshadow the underlying cause and leucorrhoea itself enhances to a stature of disease. White discharge is a common problem woman experience and hesitate to seek the treatment. This occurs as a result of improper reproductive system and if not controlled on time, can progress to a chronic stage and lead to other problems. It can be due to infection with *Trichomonas vaginalis*, *Candida albicans* or mixed bacterial infections, chronic cervicitis, cervical dysplasia, malignancy, or due to senile vaginitis. These are treatable as well as preventable as 25% of

infections are asymptomatic.[12] Syndromic approach or management that is routinely followed in managing leucorrhoea will not be able to identify or treat these infections unless the clinical management algorithm includes treatment for such infections. More than 75% women experience leucorrhoea during their lifetime and 45% of them has recurrence. Nowadays, a much greater number of young people suffer from leucorrhoea which hinders their ability to grow and develop to their full potential. Many people are still ignorant and unaware of prevent leucorrhoea which threatens their health not only for recent time but also for the future. [14] A healthy woman is a promise of healthy family. The concept of healthy yoni has been asserted in various phases of woman's life from puberty to marriage to childbirth and thereafter. Kaphaja yonivyapad is one of the problems which ruin both physically and psychologically. Due to change in lifestyle, modern food habits of fast food, junk food women is unable to follow the rules of Dincharya, Rutucharya, Rajaswala, Rutumati and Sutikaparicharya which are explained by Acharyas for women's health. Thus she is prone to various Yoni Rogas one of which is Yonigata Shweta Picchilsrava, Yonikandu, Yonigata Alpavedana which are the features of Kaphaja Yonivyapada and is neglected by women as minor symptoms.[15] Ayurveda always treats the diseases from the root cause with its unique therapies to prevent and to avoid the recurrence of the diseases. Major ailments affecting the female reproductive system are the Yoni

Vyapads which are said to be caused due to the indulgence of Mithya Ahara Vihara, Artava Dusti, Shukra Dushti and influence of daiva. Kaphaja Yonivyapad is one among the twenty Yonivyapads described by the Ayurveda Acharyas. Kaphaja Yoni Vyapad can be correlated to nonspecific leucorrhoea based on its characteristic features. In Kaphaja yoni vyapad, intake of Mithya Ahara, Ati Snigdha and Abhishyandi Ahara vitiates Yoni Pradesha leading to excess Sweta Srava which is Snigdha (unctuous), Pandu varna (whitish in colour) and Picchila (sticky in nature) associated with Kandu (severe itching). Acharya Sushruta has described Atisheeta Srava, Pandu Varna And Kandu as the Lakshanas of Kaphaja yoni vyapad. Whereas, Acharya Vagbhata adds yellowish discharge per vagina with or without mild pain in addition. Regarding the management of Kaphaja yoni vyapad, various unique therapies have been mentioned in Ayurveda, in which Yoni Pichu is one among them. In the present study, Sahacharadi taila has been used for The health of global society is prime concern of ayurveda and ancient philosopher of ayurveda paid huge attention towards the health of female. The ancient ayurveda physician believed that if women get affected with disease then not only she suffers lot but her family also gets affected. The good health of women is very important for healthy society prime and ayurveda paid great concern towards the health management of female. Stree mainly faces gynecological problems such as; itching at vulva, white discharge, foul smelling,

burning sensation, micturation, vaginal discharge and vaginal infections, etc. Ayurveda described many therapies for the management of common gynecological disorders (Stree Roga) and Sthanik Chikitsa is one of them. Sthanik Chikitsa (local therapies) helps to relieve itching, burning pain, discharge and bad smelling. Table 1 mentioned some examples of Sthanik Chikitsa along with drugs and therapeutic indications of specific therapy. Sthanik Chikitsa provides significant relief from inflammation and vaginal infections thus cure several Yoni-Roga. Present article mentioned some vital aspects related to the Sthanik Chikitsa. Yonidhawana Yonidhawana means vaginal cleaning with water or medicated liquids. This procedure helps to clean vaginal passage and opening of uterus. Pure water, Kwatha, Kshirpak and oil, etc. can be used for Yonidhawana. Yonidhawana offers health benefits in Yoni Kandu, Yoni Strava, Yoni Kleda, Yoni Arsha and Yoni Paicchilya. Enema pot, cotton, hand gloves and sterile catheter, etc. can be used for same purpose. Patient advised to lie down in lithotomy position for procedure, sterile rubber catheter can be inserted into vagina and vagina is washed out with decoction. Vulva should be dried up with cotton after completion of procedure and procedure can be repeated as per requirements. Uttarbasti Uttarbasti means insertion of medicated materials into uterine and vaginal cavity, Basti given through Uttarmarga. Uttarbasti helps in infertility, urinary disorders and inflammatory conditions. Yoni Pichu Dharan Yoni Pichu Dharan means uses of

medicated Tampoon made by cotton swab and wrapped with piece of gauze. It is circular and elongated in shape and possesses optimum capacity to retain and deliver medications. Yonidaha, Yoni kandu, Yoni Paka and Yoni Srava, etc. are some conditions in which Yoni Pichu can be used. Sterile Pichu soaked in medicated oil inserted into vagina in aseptic conditions. Yonidhupan Yonidhupan means fumigation of vaginal region with medicated smoke. Yonidhupan mainly used to disinfect Bhaya yoni. Yonidhupan mainly used for Shweta Pradara, Yoni Kandu, Garbha Sanga and Aparasanga. Kushta, Nimbapatra, Guggul, Vacha, Agar and Vidang, etc. can be used for fumigation purposes. Patient advised to sit on chair having hole in the middle that after smoke of Dhupan Dravyas allowed reaching up to the genitalia. Yoni Lepana Yoni Lepana means vaginal painting used for external application with medicated paste made with powdered Churna in water. The Lepa are three types based on consistency; Pralepa, Pradeha and Alepa. Yoni Lepana mainly indicated for Yoni shaithilya, Yoni Arsha and Aparasanga. Yonivarti Vartis means wicks made by powdered drugs with binding agent. Yonivarti mainly indicated for Karnini yonivyapad, Upapluta yonivyapad and Rakta pradara. Various types of Vartis such as Karpas varti and Kalka varti can be used for different therapeutic purposes. Varti generally soaked in Ghrita and honey, inserted into vagina and removed after sometimes followed by vaginal washing with luke warm water. Yoni Puran Yoni Puran means vaginal packing in

which vagina covered/filled with pastes, oils and powdered medicine. Pastes (kalkas) used mainly for this purpose for the management of inflammatory and infectious conditions. Advantages of Sthanik Chikitsa ॐ Pichu helps to deliver medicine for longer period of time. ॐ It offers antiseptic and antibacterial property. ॐ Yoni Varti offers long lasting action thus minimizes chances of recurrence. ॐ Yoni Dhavan maintains hygienic conditions thus prevent infections. ॐ Yoni Dhupana offers complete disinfection or eradication. ॐ Yoni Lepana offers higher penetration into vaginal cavity and prevents external as well as internal infections. ॐ Yonipuran provide local therapeutic action. ॐ Uttar Basti helps to removes Srotosangha and maintains menstrual cycle. ॐ Uttar Basti helps to clears tubular blockage and relief infertility. ॐ Sthanik Chikitsa helps to cure disorders of reproductive tract.

CONCLUSION

Sthanik Chikitsa provides many therapeutic benefits in Stree rogas, however Ayurveda strongly recommended uses of aseptic conditions for the application of Sthanik Chikitsa. Sthanik chikitsa helps to treat various Yoni Rogas including Yoni Kleda, Yoni Strava, Yoni Paicchilya and Yoni Arsha. Ayurveda described many Sthanik Chikitsa for various therapeutic purposes such as; Uttar Basti, Yonidhawan, Yoni-Pichudharan, YoniPuran, Yoni-Lepan, Yoni Dhupan, Yoni-Parisheka and Yoni-Varti. These Sthanik Chikitsa not only considered as effective therapy for disease

management but also provides advantages of being cheap and easily to use.

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