

A CLINICAL STUDY OF YONI-VYAPADAS WITH SPECIAL REFERENCE TO SHOTHAJA YONI ROGAS

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INTRODUCTION:

The term Yoni- Vyapada includes majority of gynaecological disorders in ayurveda. Twenty yoni-Vyapadas form various texts of Ayurveda ma be classified into four categories –(1) inflammatory diseases (Shothaj Yoni Rogas), (ii) Dysfunctional uterine diseases, (iii) sterility ad habitual abortions, (iv) Anatomical defects. The basic causes for Yoni Ragas are considered as Mithya Ahara, Vihara and achara artava Dosha, Beeja Dosha and Daiva (Misfortune). The chief symptoms of vataj yoni rogas are karkaashata, stabdhata, shula toda and shunyata. For pittaja yoni rogas, symptoms are yoni daha paka usnata, neela peeta artava etc. The symptomatology of kaphaja yoni rogas is pichhilita, kandu,

Alpavedana and shitalata Anubhuti Treatment for various types of Yoni-Vyapadas have been described by Ayurvedic scholars. In the present study an attempt as been made to find out a complete cure for these diseases. Yoni prakshakana with specific kwathas and oral kaishore guggulu was given to the patients of Yoni-Vyapada (specifically shothaja Yoni Rogas) in the present study. The treatment was followed by a pichu of Jatyadi Kaira Taila for a definite period. It was aimed to find out some additional effects of kokilaksha garbhapala rasa and swarna Makshika on sterility if any.

MATERIALS AND METHODS:

A single blind clinical study was launched upon 80 patients of Yoni-Vyapadas randomly selected from OPD of CRIA Punjabi 'Bagh. The patients were admitted to IPD and routine investigation including haemogram, Liver function test, B. Urea, Blood sugar, serum cholesterol were carried out. Pap smear and Mac smear were done to exclude malignancy and hormone deficiency. The patients having Beeja Dosha and Artava Dosha were also excluded from the study.

The patients with systemic diseases, obesity, malignancy, tuberculosis, dia-betes were also not taken in the present stud. The patients were selected as per the cardinal symptoms give below:

1. Vaginal discharge (more than normal)
2. Pain in the lower abdomen
3. Dyspareunia (Pain during coitus)
4. Backache
5. Burning micturition

The patients were divided in the following treatment groups:

Group A (Vataja Yoni Rogas)

7 patients of Vataja Yoni Rogas were treated with
-Kaishore Guggulu -2 gm T.D.S. orally with water

- Dashmula Kwatha – ½ litre for Yoni prakshalana followed by a pichu of jatyadi Kairs Taila locally.

The treatment was continued for 30 days

Group B (Pittaja Yoni Rogas)

59 patients of pittaja Yoni Rogas were treated for 30 days with

- Kaishore Guggulu 2 gm. T.D.S. orally with water.
- Pancavalkala Kwatha ½ litre for Yoni Prakshalana followed by a Pichu of Jatyadi Kaira Taila locally.

Group C (Kaphaja Yoni Rogas)

Eleven patients of Kaphaja Yoni Rogas were given the following treatment for 30 days-

- Kaishore guggula 2 gms. TDS for 30 days.
- Triphala Kwatha ½ litre for Yoni prakshalana followed by a pichu of Jatyadi kaira taila.
- Garbha Pala rasa 250 mg TDS
- Swarna Maksika 250mg TDS

And kolilaksha churna 5gm once a day for 40 days.

Criteria of assessment / Response of treatment

The response of treatment was assessed on the basis of symptomatic improvement

Complete response – 100% symptomatic relief

Marked response – 75% symptomatic relief

Moderate response - 75% symptomatic relief

Mild response – 25-50% symptomatic relief

OBSERVATIONS:

Out of 80 patients of yoni Vyapadas, 77 attended so follow-up. There were 3 drop outs. Maximum number of patients belonged to the age group of 20-30 years.

DISCUSSION:

The present study was launched with a view to assess the yoni-prakshalan effect of various herbal decoctions along with ayurvedic medication in various yoni-Vyapadas. Dashmoola kwatha is a well known vatahara decoction in ayurveda, panchvalkala is a pittahara kasaya sue to its astringent nature. Triphala kawatha is advantageous for kaphaj disorders due to vibheetaka – Jatyadi taila is a ropana taila known to heal wounds and ulcers, Its pichu may heal wounds and ulcers of yoni or apatyamarga. Kaishore gugguly taken orally may take care of the inflammation as guggulu is a known shotha Hara. A symptomatic improvement with improvement in general health of the patients was noticed in the present study.

SUMMARY AND CONCLUSION

Yoni Vyapada includes variety of gynaecological disorders characterized by pain lower abdomen, with discharge dyspareunia etc. 80 patients so selected were given treatment orally and locally (Yoni – Prakshalana) with indigenous drugs selected as per the predominance of Doshas. The treatment was followed up by Jatyadi taila pichu locally. A treatment of 30 days gave successful results. The results were assessed on the basis of symptomatic improvement

clinically. A lead was taken to study this treatment in sterility.

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Table 1

Sowing distribution of Yoni-Vyapada patients in various age groups

Age Group	20-30 yrs	30-40 yrs	40-50 yrs	50 and above
No of patients	44	29	2	2

It was also observed that most of the patients were not very chronic (Table II)

Table 2

Sowing distribution of illness of the Yoni-Vyapada patients

Chronity in yrs	0-3 years	3-6 years	6 years and above
No of patients	58	12	7

It was observed that out of 77 patients, 7 patients were of Vataj Rogas, 59 patients of Pittaja Yoni Rogas

TYPES OF YONI VYAPADA

	VATAJA	PITTAJA	KAPHAJA
No of Paitents	7	59	11

Result of Treatment

There was remarkable relief in the symptoms of Yoni- Vyapadas. The relief was progressive but sustained. After one month followup, the following results were observed

No of patients

Relief	Vataja Yoni Vyapada	Pittaja Yoni Vyapada	Kaphaja Yoni Vyapada
No relief	2	2	0
Mild relief	1	8	0
Moderate relief	1	8	2
Marked relief	3	28	6
Complete relief	0	13	3

Additional Effects:

40 patients reported with Yoni Vyapadas. They were treated for 40 days with

- Garbha PalaRasa 250 mg TDS
- Swarna Makshika 250mg TDS and
- Kokilaksha Churna 5gm once a day

Encouraging results were obtained which will be discussed in the successive paper

Types of sterility	Bandhya	Kakbandhya	Putraghni
No of Patients	23	14	3
Cured	7	5	2