



AYURVEDIC MANAGEMENT OF GARBHINI UPAPLUTA W.S.R TO VULVOVAGINITIS

¹Dr. Reena Rohilla and ²Dr. Papiya

¹PG Scholar, ²Professor, Dept. of PG Studies in Prasooti Tantra and Stree Roga, Skamch & Rc, Bangalore, Karnataka, India.

Article Received on
29 Nov. 2018,

Revised on 19 Dec. 2018,
Accepted on 09 Jan. 2019

DOI: 10.20959/wjpps20192-13109

*Corresponding Author

Dr. Reena Rohilla

PG Scholar, Dept. of PG
Studies in Prasooti Tantra
and Stree Roga, Skamch &
Rc, Bangalore, Karnataka,
India.

ABSTRACT

Motherhood is the cherished desire deep down in the heart of every women which adds new meaning to her life and existence. Pregnancy is accompanied with many discomforts like nausea, constipation and sometimes vaginal infections. *Upapluta* is one such disorder occurring in *Garbhini* with symptoms like *Pandu Varna Srava* or *Shweta Kaphayukta Yonirava* associated with *Toda*. This can be compared to copious, mucoid vaginal discharge present during pregnancy. The increased vaginal secretion during pregnancy can be because of increased vascularity and hyperestrinism or can also be due to Vulvovaginitis. During pregnancy, vaginal infections are increased due to increase in cell glycogen and reduced pH under the influence of high levels of estrogen. If left untreated, it can cause complications like

Chorioamnionitis, PROM and preterm labor. The infection is difficult to eradicate and recurrence is also frequent.

KEYWORDS: Pregnancy, upapluta, vaginal infection, complications.

INTRODUCTION

The white discharge per vaginum is commonly seen complaint during pregnancy. This is described as *Upapluta Yonivyapad* in our classics. *Upapluta* has been described by *Acharya Charaka*^[1], *Sharangadhara*^[2] and both *Vagbhattas*.^[3,4] *Acharya Charaka* has described it especially in *Garbhini*. It is caused by vitiation of *Vata* and *Kapha*, wherein symptoms like *Pandu Varna Srava*, *Sweta* or *Kaphayukta Srava* associated with *Toda* are seen. It can either be physiological because of hormonal changes during pregnancy and increased blood supply

to vagina or pathological. In condition of Vulvovaginal infection during pregnancy, local route is better as compare to oral, because the high concentrations are attained at the desired site without exposing the rest of body. Many of systemic drugs are capable of penetrating the placental barrier therefore adverse effects of these drugs on the fetus are a valid concern. Treatment modality in the Allopathic medicine includes Antifungal, Antibacterial, Antiprotozoal drugs which have unsatisfactory results and also not devoid of side effects. Here a case of garbhini upapluta is being present, successfully managed by ayurvedic preparations, Panchavalkala yoni prakshalana^[5] and kasisadi oil.^[6]

CASE REPORT

A 26-year-old married woman visited the OPD of Prasooti Tantra And Stree Roga, SKAMCH & RC, on 18th sep. 2018 with the history of 5 months of amenorrhea and complaining of severe white discharge from vagina, lower abdomen pain and itching in vulval region since 10 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 – mixed

Appetite- Good

Bowel- Once /day.

Micturition – 6-7times/day 1-2times/Night.

Sleep – Sound

Menstrual history

Age of Menarche- 13 yrs

Menstrual cycle – 3-4 days / 28-32 days

L.M.P – 20/04/2018

Obstetric history – G₁P₀A₀L₀

Married life – 1 year 4 months

ASHTA STHANA PAREEKSHA

Nadi–76bpm

Mootra- 6-7times/day 1-2times/Night.

Mala –Once a day.

Jihwa- *Alipta*

Shabda–*Avisesha*

Sparsa–*Anushnasheeta*

Druk–*Avishesha*

Aakruti – *Madhyama*

DASHAVIDHA PAREEKSHA

Prakruti – *Vata-Kapha*

Vikruti - *Madhyama*

Sara – *Madhyama*

Samhanana– *Madhyama*

Pramana–*Dhairgya* – 154 cms, *Dehabhara*– 61 kg

Satmya– *Madhyama*

Satva- *Madhyama*

Aahara Shakti - *Abhyavaharana Shakti* – *Madhyama*

Jarana Shakti – *Madhyama*

Vyayama Shakti – *Madhyama*

Vaya–*Madhyama*

General examination

- Built – Moderate
- Nourishment - Moderate
- Temperature – 98.F
- Respiratory rate -18/min
- Pulse rate – 76 bpm
- B.P – 110/80 mm of hg
- Height – 154cms
- Weight – 61 Kg
- Tongue: Uncoated

Systemic examination

CVS: S1 S2 Normal.

CNS: Well oriented, conscious.

RS: normal vesicular breathing, no added sounds.

P/A: uterus corresponds to 20 weeks

Fetal movement – present

Contraction- nil

P/AUS- FHR – 138 bpm

P/V Cervix status – Os closed

Thick mucoid white discharge ++

Foul smell – Mild

Intervention

Panchavalkala kwatha yoni prakshalana once a day, Morning For 7 days from 18 sep 2018 to 24 sep.2018. Gentle Vaginal anointing with kasisadi tailam for 4 days from 25 sep.2018 to 28 sep.2018 in morning.

OBSERVATION AND RESULTS**Table 1 –Changes in signs and symptoms before and after treatment.**

Signs and symptoms	Before treatment On 18/9/18	After treatment On 29/9/18
Yoni srava Swetavarna (Thick mucoid white discharge)	Present	Absent
Yoni kandu	Present	Absent
Lower abdomen pain	On and off	Absent
Foul smell	Present	Absent
Vaginal swab Report	☞ Suggestive of candida albicans ☞ Plenty of budding yeast cells	No pathogens detected

DISCUSSION AND PROPABLE MODE OF ACTION OF DRUGS

According to classical books, in vatika disorders, vata-alleviating measures such as unction, fomentation, enema should be prescribed. In pattika ones cold measures and those pacifying raktapitta should be employed. In kaphaja ones, one should administer rough and hot remedy. In sannipata and combination of two dosas mixed treatment should be given. Here in upapluta, vata and kapha are in vitiated form. So *chikitsa sutra* should be associated with *vata and kapha shamana* therapies. Hence, here *snehana*, *svedana* along with *mrdu sodhana*

should be followed, as *teekshna sodhanais* contraindicated in *bala*, *vridha* and *sukumara*. Then *sthanikachikitsa* in *yoni* like *parisheka*, *pichu*, *pralepana*, *abhyanga*, *uttaravasthi* are indicated on the basis of involvement of *doṣhas*. Hence Panchavalkala *yoni prakshalana* and *kasisadi oil* anointing were selected for present case study.

Table showing content description of Panchavalkala kwatha choorana.

S.N	DRAVYAS	RASA	GUNA	VEERYA	VIPAKA	DOSHAGNATA
1.	<i>Vata</i>	<i>Kashaya</i>	<i>Guru, ruksa</i>	<i>Sita</i>	<i>Katu</i>	<i>Kapha-pittahara</i>
2.	<i>Asvattha</i>	<i>Kashaya, madhura</i>	<i>Guru, ruksa</i>	<i>Sita</i>	<i>Katu</i>	<i>Kapha-pittahara</i>
3.	<i>Plaksa</i>	<i>Kashaya</i>	<i>Ruksa, guru</i>	<i>Sita</i>	<i>Katu</i>	<i>Kapha-pittahara</i>
4.	<i>Udumbara</i>	<i>Kashaya</i>	<i>Guru, ruksa</i>	<i>Sita</i>	<i>Katu</i>	<i>Pitta-kaphahara</i>
5.	<i>Parisa</i>	<i>Kashaya</i>	<i>Laghu, snigdha</i>	<i>Sita</i>	<i>Katu</i>	<i>Kapha-pittahara</i>

Kasisadi tailam contents: *Kasisa*, *saindhva*, *Krishna*, *shunthi*, *kustha*, *langli*, *shilajatu*, *jantughana*, *chitraka*, *haratala*, *manashila*, *svarnakshiri*, *snuhi paya*, *arka paya*, *tila taila*, *gomutra*.

All contents are collectively having *krimihara*, *jantuhara*, *shothahara*, *yonishodhaka*, *vedanasthapaka*, *dahaprashaman*, *vranashodana*, *Vranaropana* and *tridosahara* properties.

CONCLUSION

If the *garbhini* follows *garbhini paricharaya* and neglects *garbhopaghatakara bhavas*, most of the disease in pregnancy may be prevented. Meticulous description of various regime for preconception, antenatal and post delivery are for the purpose of prevention of different disease and allow mother to deliver a healthy baby. *Vulvovaginitis* is most common bacterial, fungal infection seen during pregnancy. Pregnancy induced changes may predisposes to the development of lower genital tract infection and it will cause maternal and fetal problems. Ayurvedic preparation i.e *Panchavalkala kwatha choorana* and *kasisadi tailam* are found effective in this case study.

REFERENCES

1. Agnivesa, Caraka Samhita, Ayurvedadipika commentary by Sri Cakrapanidatta edited by Vaidya Yadavji Trikamji Acharya, Published by Chaukhambasurbharatiprakashan, Varanasi, Reprint 2009, Chikitsasthana, chapter- 30th, pg- 635.
2. Sharangdhara, Sharangadharasamhita by Dr. BrahmanadTripathi, Choukhambha Surbharti Prakashan, Varanasi, Edition 2nd, Poorvakanda, Chapter 7th, pg-119.

3. Vagbhata, AstangaHrdaya, Sarvangasundara commentary of Arunadatta edited by Pt. Hari Sadasiva Sastri Paradakara Bhisagacarya, Published by Chaukhamba surbharati prakashan, Varanasi, Reprint 2010, Uttara sthana, chapter – 33, pg-896.
4. Vrddha Vagbhata, Astanga Sangraha, Indu commentary, edited by Dr. Shivprasadsharma, Published by Chaukhamba Sanskrit series office, Varanasi, Reprint 2008, Uttara sthana, chapter – 39, pg- 836.
5. Agnivesa, Caraka Samhita, Ayurvedadipika commentary by Sri Cakrapanidatta edited by Vaidya Yadavji Trikamji Acharya, Published by Chaukhamba Sanskrit, Varanasi, sixth edition, 2000, Chikitsasthana, chapter- 30th, verse 62, pg- 759.panchavalkala.
6. Kaviraj Govind Das Sen, Bhaisajaya ratnavali commented by Dr.G.Prabhakara Rao, Published by Chaukhambha Orientalia, Varanasi, first edition, 2014, Chapter 9th, verse 203, pg- 411.