



A CLINICAL STUDY ON AMALAKI CHOORNA (ORALLY) & SARALADI YONI DHOOPANA IN SWETA PRADARA W.S.R. VAGINITIS

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ABSTRACT

Background: Vaginitis can be compared to *Sweta Pradara* owing to the similarity in symptomatology like *Picchila Yoni Srava*, *Kandu*, *Durgandha*. It is the commonest symptom of most of the conditions explained in *Stree Roga*. If not treated adequately; may develop complications such as cervicitis, pelvic inflammatory disease etc. with higher risk or recurrence. **Material and methods:** In a clinical study with pre-test & post-test design, 20 female patients aged between 18 to 45yrs suffering from *Sweta Pradara* (vaginitis) were administered with *Saraladi Yoni Dhoopana* for 7 days & simultaneously were given *Amalaki Choorna* orally with *Madhu* for 15 days for 3 consecutive cycles. **Result:** There was considerable relief in subjective symptoms like *Srava*, *Kandu*, *Dourgandha*. Considerable reduction was noted in vaginal congestion. There was no recurrence of disease in any patient during follow up period of next 6 months. **Conclusion:** The result of the study confirms that *Amalaki Choorna* orally & *Saraladi Yoni Dhoopana* as local treatment are effective in treating *Sweta Pradara*.

KEYWORDS: *Sweta Pradara, Vaginitis, Saraladi Yoni Dhoopana, Amalaki Choorna.*

INTRODUCTION

Vaginitis is an inflammatory condition of vagina resulting in discharge, itching and pain. It is often associated with irritation or infection of the vulva.^[1] More than 80% of women suffer from vaginitis condition during their reproductive age and 96% of all increased vaginal discharges or infections are result of bacterial vaginosis ranging from 12%-61%, vulvovaginal candidiasis ranging from 85%-90%, trichomonas colpitis ranging from 16% to 30%.^[2] Treatment trial reports that the cure rates of vaginitis is around 80% at 1 week, but recurrence rates are more than 40% within 3 months. This not only upsets the female sexual life but also the social life & if it continues to reoccur, it may lead to complications like cervicitis, endometritis, salphangitis, PID or even infertility.^[3]

In Ayurveda, looking into the features such as *Picchila Yoni Srava, Kandu* etc., *Shweta Pradara* is considered and compared with vaginitis. *Shweta Pradara* develops due to vitiation of *Kapha* or *Kapha-Vata*. *Bahya & Abhyantara Prayogartha Yogas* have been explained in our classics to treat this condition effectively. In the present study, the time tested Ayurvedic formulation^[4], *Amalaki Choorna* is selected as *Abhyantara Prayogartha Yoga & Saraladi Yoni Dhoopana* is selected as *Bahya Prayogartha Yoga* to see their efficacy in *Shweta Pradara*.

MATERIALS AND METHODS

Source of Data

20 married patients, aged between 18-45years attending OPD and IPD of S.D.M. Ayurvedic Hospital, Udupi, fulfilling the diagnostic criteria of vaginitis were taken for study.

Source of Drug:- The required drugs for the study were procured from the SDM Pharmacy, Udupi.

Study Design

Single arm clinical study with pre-test & post-test design.

Inclusion Criteria

- Female married patients aged between 18-45yrs, diagnosed with vaginitis.

Exclusion Criteria

- Pregnancy, STD, PID, Malignancies, Systemic disorders like DM, Anaemia.

Investigations

- High vaginal swab culture for aerobic and anaerobic organisms.
- USG to rule out the conditions like- PID, Fibroid tissue, Pelvic endometriosis (if necessary).

Assessment Criteria

- Severity of *Srava* (vaginal discharge)
- Severity of *Kandu* (itching)
- *Mutra Daaha* (burning micturition)
- *Maithuna Asahishnutha* (dyspareunia)
- *Durgandha* (foul smell)
- Excoriation.

Intervention

The patients were treated with *Saraladi Yoni Dhoopana* for consecutive 7 days & simultaneously were given *Amalaki Choorna* with honey orally for 15 days (Table 1).

Table 1: Posology of the drugs used in for study.

Drugs	Dose	Route of administration	Duration	Treatment period
<i>Saraladi Yoni Dhoopana</i>	-	Vaginal	10-15 minutes	7 consecutive days
<i>Amalaki Choorna</i>	4 grams TID (12 grams/day)	Oral	-	15 consecutive days

Yoni Dhoopana**Table 2: Drugs present in *Saraladi Yoni Dhoopana*.**

Drugs	Botanical Name	Family Name	Form
Sarala	<i>Pinus Longifolia</i> (Roxb. P. roxburghii sarg.)	Pinaceae	Resin
Yava	<i>Hordeum vulgare</i> Linn.	Poaceae	Dry coarse powder
Guggulu	<i>Commiphora mukul</i>	Burseraceae	Resin

Table 3: Drug for oral usage.

Amalaki	<i>Phyllanthus emblica</i> Linn.	Euphorbiaceae	Dry fine Powder
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Procedure of Yoni Dhoopana

Patients were taken in lithotomy position & both the legs were covered with leggings in order to protect the thigh region from heat. Vulval region was cleaned with antiseptic solution. *Abhyanga* of the vaginal canal was done using cow ghee. With gloved hands, vagina exposed using sim's speculum & anterior vaginal wall retractor. Course powder of the *Yava* was mixed with the small pieces of *Guggulu*, *Niryasa* of *Sarala* & *Go Ghrita*. This mixture was put on red hot charcoal in a *Dhoopana Yantra* to form fumes. It was kept at a distance of approx. 15 to 20 cm/ 10-12 inch from the vagina. All the 4 walls of vagina were exposed to the fume by gently changing the position of speculum & retractor. Direction of flow of *Dhooma* into the vaginal canal was maintained by constant blowing of air from the opposite direction. The procedure was stopped when the patient complians of intolerance of heat. Patients were instructed not to wash the vagina at least for 2 hrs or till next micturation. Patients were instructed abstinence for at least 7 days & later compulsorily use of barrier method for 1 month.

Statistical Analysis

The mean \pm S.D before treatment of each signs and symptoms was compared with that of the after treatment. The paired "t" test was used for the purpose of test of significance. The effectiveness of different signs and symptoms were assessed through P value.

OBSERVATION AND RESULT

Comparing before and after treatment values, it was found that *Srava*, *Kandu*, *Mutra Daaha*, *Maithuna Asahishnuta*, P/V discharge, excoriation showed statistically significant results (Table 3). Even the vaginal swab culture showed significant results in reducing the growth of organisms (Table 4).

Table 3: Result of *Shweta Pradara* features in patients.

	Mean		Difference in mean	Paired 't' test			
	BT	AT		SD	SE	t	P
<i>Srava</i>	1.850	0.250	1.600	0.598	0.134	11.961	< 0.001
<i>Kandu</i>	0.600	0.1000	0.500	0.513	0.115	4.359	<0.001
<i>Mutra Daaha</i>	0.200	0.000	0.200	0.410	0.0918	2.179	= 0.042
<i>Maithuna Asahishnuta</i>	0.500	0.01	0.500	0.513	0.115	4.359	<0.001
<i>Durgandha</i>	1.700	0.250	1.450	0.605	0.135	10.722	<0.001
<i>Excoriation</i>	1.200	0.000	1.200	0.632	0.200	6.000	<0.001

Vaginal swab culture

Except for the polymorphs, other vaginal swab cultures such as Epithelial Cells, Gram Positive Bacilli, Organisms values showed statistically significant result. There was a significant decrease in the growth of organisms.

Table 4: Result of the vaginal swab culture.

	Mean		Difference in mean	Paired 't'test			
	BT	AT		S.D.	S.E.	t	P
Polymorphs	1.211	1.000	1.158	0.375	0.0859	1.837	0.0859
Epithelial Cells	2.300	0.900	1.400	1.392	0.311	4.499	<0.001
Gram Positive Bacilli	1.150	0.650	0.500	0.827	0.185	2.703	0.014
Organism (Candida Albicans)	0.450	0.000	0.450	0.510	0.114	3.943	<0.001

DICUSSION

Excess discharge from the vagina was effectively decreased due to the drugs used in the dhoopana procedure. The fumes produced possess *Laghu Ruksha Tikshna Sukshma & Usna Guna & Kaphahara* property which helps in penetration of the drugs deep into the tissues and facilitate in *Vilayana* of the *Dravamsha* of *Kapha* thereby drying the excess *Srava*. The *Krimighna Putighna Kanduhara Karma & Kaphaghna* properties of the drugs successfully cured the *Kandu*. The *Snigdha Guna, Sita Virya* of the *Ghrita & Tridoshahara Dahahara* property of the *Amalaki Choorna* brought down the *Mutra Daaha*. As the drugs possess *Shothahara, Vatahara Karma* which are effective in treating *Maithuna Asahishnuta, Durgandhara, Swedahara* property alleviated the foul smell from the vaginal discharges.

Table 5: Action of the drugs used in the study.

	Drugs	Doshagnata	Karma	Pharmacological action
Local therapy	<i>Sarala</i>	<i>Kapha Vatahara</i>	<i>Swedahara Durgandhahara, Kanduhara, Krimighna, Soothaghna, Vranaropaka, Putihara, Vranashodhaka.</i> ^[5]	Anti-allergic, wound healing, anti-microbial, anti-inflammatory, anti-fungal, anti-perspirant, deodorant. ^[6]
	<i>Yava</i>	<i>Vata Pittahara, Kapha Raktahara</i>	<i>Vranaropana, Lekhana, Mutrala, Sandhanakaraka, Varnakara.</i> ^[7]	Scraping, wound healing, diuretic, imparts complexion. ^[8]
	<i>Guggulu</i>	<i>Kapha Vatahara</i>	<i>Rasayana, Sandhanakara, Krimighna, Shoophaghna.</i> ^[9]	Anti-microbial, immunomodulatory, anti-inflammatory
Oral therapy	<i>Amalaki</i>	<i>Tridosha Shamaka</i>	<i>Rasayana, Raktapittahara, Mrudurechaka Anulomana,</i>	Rejuvenating, immunomodulatory,

			<i>Shophahara, Dahahara, Pittahara.</i> ^[10]	analgesic, antioxidant mild purgative, anti-microbial
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The drugs having *Laghu Tikshna Sukshma Ruksha* properties & *Usna Virya*, spreads fast & deep into the tissues causing *Vilayana* of vitiated *Kapha* and drying it. This helps to cleanse the *Srotasas* completely. Anti inflammatory action along with wound cleansing and healing properties alleviate the cervical or vaginal lesions and infections. Diuretic action helps to flush out the excess secretions and relieves burning micturation. Anti allergic activity aid in relieving itching. Anti microbial, anti fungal action prevents growth of organisms thereby decreasing the chances of its recurrence. *Krimighna Putighna* properties facilitate to de-odourize the foul smell. *Snigdha Guna* of *Ghrita* pacifies the *Vata* and prevents excess dryness of the cavity.

Rasayana effect of the *Amalaki* & its *Tridosahara* property helps to improve the general immunity of the patient. Anti inflammatory action helps to reduce the congestion of the vagina, anti microbial effect helps to fight against the micro-organism & prevent their further growth. *Durgandhahara* property helps to prevent foul odour from the vagina.

CONCLUSION

The trial drugs showed significant reduction in the symptoms like *Srava, Kandu, Mutradaha, Yonishoola, Durgandha, Maithuna Asahisnutha* in almost all the patient. Based on the results obtained in the present study, it can be concluded that *Saraladi Yoni Dhoopana*, due to its *Ruksha Laghu Tikshna Usna Guna, Shothahara Krimighna Shoolaghna Karma & Amalaki Choorna* due to its *Tridosahara* and *Rasayana* property, has immense value in the treatment of vaginitis without any untoward effects.

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