



## AYURVEDIC MANAGEMENT OF PARIPLUTA YONIVYAPADA WITH SPECIAL REFERENCE TO PELVIC INFLAMMATORY DISEASE

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### ABSTRACT

Paripluta is one among the twenty Yoni Vyapads mentioned in the classics. In this disease pitta and vatadusti are considered as primary cause. It can be correlated to pelvic inflammatory disease due its resemblance of clinical features. PID is of public health issue, especially in developing countries because of its high prevalence, economic and social implication. Delayed management of PID may result in higher rates of miscarriage, chronic pelvic pain, STD, progressive organ damage and long term reproductive disability due to its recurrence.

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## INTRODUCTION

Pariplutayonivyapad is disease seen in women of reproductive age group. Many women have silent clinical features of Paripluta which has effect on her personal, interpersonal relationship between husband and wife. In the developing countries Pelvic Inflammatory Disease is clinical presentation frequently encountered in women of reproductive age. Every year more than 1 million women are exposed to pelvic infection. Many women have clinically silent spread of infection to the upper genital tract which results in subclinical Pelvic Inflammatory Disease affecting her health & productivity resulting in economic burden over family and thereby on the nation. Incidence of PID among sexually active women is 1-2% per year. About 85% are spontaneous infection in sexually active females of reproductive age.<sup>1</sup> Modern medicine provides local symptomatic treatment which sometimes does not completely cure the condition but show some amount of lacunae. Many of modern treatment includes endometrial biopsy, curettage, insertion of IUD and HSG.<sup>2</sup>

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The remaining 15% follow procedures which favors the organisms to ascend up.<sup>3</sup> Two-thirds are restricted to young women of less than 25 years and the remaining 1/3<sup>rd</sup> limited among 30years or older. Pelvic Inflammatory Disease is defined as ascending, often recurring infections of female genital tract, which involves uterus & adnexae. Acute PID is a polymicrobial infection caused mainly by N.Gonorrhoea, chlamydia trachomatis and mycoplasma hominis.<sup>4</sup>

### Any factor which upsets the vaginal pH including

- ) Feminine hygiene products
- ) Repeated douching,
- ) IUCD,
- ) Frequent change of sexual partners

Which altered the vaginal defense mechanism & leading to over growth of pathogens causing upper genital tract infection. Delayed care of PID has a risk factor for impaired fertility, ectopic pregnancy, repeated abortions, chronic pelvic pain, STD and there are chances of recurrence.<sup>5</sup> Pelvic inflammatory disease could be one of the hidden cause for infertility. Treating and preventing PID are important steps to overcome infertility. Paripluta yonivyapada has shown similar shroni

vankshana arati and inflammatory changes in pelvis similar to that of PID.

**DISEASE REVIEW:** According to Ashtangasangraha, pariplutayonivyapad is caused due to vitiated pitta with vata characterised by inflammation of yoni, tenderness, painful menses, pain in lumbosacral and groin region, backache, fever.<sup>6</sup> Shushrutaacharya says that the condition is characterised by severe dyspareunia and other pain ache etc caused due to vitiated vayu.<sup>7</sup> In madhukosha, it is explained that the features of vata that is pain etc. are present with extreme severity (pluta) and all around (pari) that is in entire external and internal reproductive organs.<sup>8</sup> Hence it is termed as paripluta, besides pain during coitus. It can be co-related with pelvic inflammatory disease. PID is the disease of upper genital tract typically involving uterus, fallopian tubes, ovaries, pelvic peritoneum.

## MODERN CORRELATION

### Pelvic inflammatory disease

#### Pathophysiology

The microorganisms that are implicated in PID are thought to spread in three ways:

- ) Intra abdominally, travelling from the cervix to the endometrium through the salpinx into the peritoneal cavity.
- ) Through the lymphatic system, such as infection of the parametrium from an intra uterine device (IUD).
- ) Through hematogenous routes, such as with tuberculosis

#### Signs and symptoms<sup>9</sup>

##### Women will present with following

- ) Some degree of mild lower abdominal pain
- ) Abnormal vaginal discharge
- ) Fever or chills
- ) Cramping
- ) Dyspareunia
- ) Abnormal or post coital bleeding.

##### Clinical diagnostic criteria for PID

One or more of the following minimum criteria must be present on pelvic examination to diagnose PID.<sup>10</sup>

- ) Cervical tenderness
- ) Uterine tenderness
- ) Adnexal tenderness

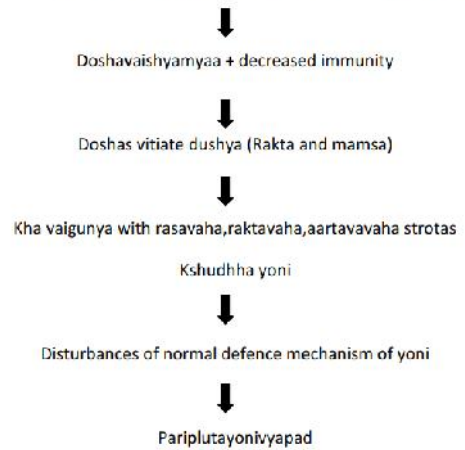
The following criteria can improve the specificity of the diagnosis.

- ) Oral temperature >101F
- ) Abnormal cervical or vaginal mucopurulent discharge.
- ) Presence of abundant numbers of white blood cells on saline microscopy of vaginal fluid.
- ) Elevated C Reactive protein level
- ) Laboratory documentation of cervical infection with gonorrhea or Chlamydia.

Inflammation of reproductive organs associated with painful coitus- the expalantion by charaka and sushruta are quite contrasting. While charaka opines that paripluta is caused vitiated vata and pitta presents with inflammatory symptoms fever, backache.<sup>11</sup> Sushruta opines that is caused only due to vitiated vata and presents with dyspareunia.

## SAMPRAPTI OF PARIPLUTA YONIVYAPADA

Nrisamvase (excessive coitus) + shwayathu-udgar or any vegadharana +Mithyaachara



## SYMPTOMS / RUPA OF PARIPLUTA YONIVYAPADA

In Pariplutayonivyapad there is vitiation of vata-pitta. Increase in amount of pitta causes atiraktastrava, nila peeta yonistrava and jwara.

Whereas abnormal increase of vata causes shoola. The symptoms of paripluta yonivyapada are-<sup>6,7,11</sup>

- ) Yonishoola/ Yonishotha- vagina/uterus gets inflamed
- ) Yonisparsa asakshama- tenderness in vagina/uetrus
- ) Nila-peeta yonistrava- painful menstruation having yellowish or bluish discoloration of menstrual blood.
- ) Shronimandal vedana- severe pain in lumbo-sacral, pelvis and groin, backache
- ) Vankshanapradesh vedana
- ) Jwara – fever

#### Other symptoms include

- ) Gramya dharme ruja bhrusham- severe pain during coitus(sushruta)
- ) Anil vedana- pain,ache etc symptoms caused by vitiated vata (sushruta)
- ) Vasti kukshi gurutwam- heaviness in urinary bladder and lower abdomen (vagbhata)
- ) Atisara- diarrhea (vagbhata)
- ) Arochaka- anorexia(vagbhata)
- ) Gramya dharme ruchih- interest for coitus (madhukosha)

## MANAGEMENT

**Panchawalkal kwatha:** According to charakaacharya, kashaya rasa has properties like, shoshan, samgrahi, stambhana.<sup>12</sup> It has quality of drying kleda. So it stops strava, kashayarasa, is mainly formed by conjugation of vayu(air) and prithvimahabhuta. Vayu is ruksha in quality and dries up the

excessive fluids in tissues, whileprithvi by virtue of katina and sthiraguna which are opposite of drava and saraguna.

Table NO. 1<sup>14</sup>

<i>Kanchnar Guggulu</i>	Shothahara, vrana ropana, galganda, apache, arbuda, granthi, gulma, kushta, bhagandhara.	Anti-inflammatory, Antioxidant, Muscle relaxant, Antibacterial, Anticancer, Anti-tumour, Thyroid stimulant, Analgesic, Anti-mutagenic.
<i>Pushyanug Churna</i>	<i>Vrana Ropana, Krimighna, Rakta Shodhaka, Pittaghna, Artava Janana, Shothaghna Pachana, Vedanastapana, Rasayana, Garbhashaya Shodhaka, Pradarahara, Balya, Deepana, Jwarahara</i>	Immune stimulant, Amoebicidal, Diuretic, Anti inflammatory, Anti bacterial, Anti spasmodic, Uterine stimulant, Anti oxidant, Anti pyretic, Analgesic, Anti-ulcer genic, Antiseptic, Anti helminthic
<i>Chandraprabha Vati</i>	<i>Balya, Vrushya, Sarwa Rogpranashini, tridosha nashak.</i>	Antacid, Anti-inflammatory, Anti arthritic, Digestive Stimulant, Haematonic, Fat burner, anti-gout, Analgesic, Muscle relaxant, Anti-helminthic, mild anti-hypertensive.
<i>Dashmula kwath</i>	<i>Shothaghna, Jwaraghna, Shula Prashamana, Mutrala, Vrana Ropana, Vatashamana</i>	Anti inflammatory, Antibacterial Anti-pyretic, Spasmolytic, Uterine Stimulant

Tikta rasa has krimighna property which direct inhibits growth of krimi and finally diminishes strava. On the basis of research carried out on ingredients of panchavalkalataila, it has been postulated pharmacological properties, like anti inflammatory, antimicrobial, antiprotozoal, antibacterial are present which cure pelvic inflammatory disease.

## YASHTIMADHU GHRUTA

The drug possesses karma like shothahara (anti-inflammatory) & ropana (healing). Its having sheetaveerya, vata-pitta hara property which helps to reduce Shoona, Sparsha- ashatwa, mutradaha & gramyadharmaruja, vedana in shroni, vamkshana, prushta, kati.<sup>13</sup>

## CONCLUSION

Pariplutayonivyapad is a vata-pittaja disorder, characterized by gramyadharmaruja, shotha, sparshakshamatwa, painful menstruation having yellowish or bluish color of menstrual blood, vedana in sroni, vankshana, prusta, kati. Aggravated pitta associated with vata reaches yoni leads to Pariplutayonivyapad. Pelvic Inflammatory Disease presents with bilateral lower abdomen pain associated with tenderness, dyspareunia, vaginal discharge which is mucoid or mucopurulent in nature & menstrual irregularities. Similar clinical presentation can be seen in Pariplutayonivyapat. The management is based on the doshic vitiation i.e. vata-pitta shamaka and shothghna and ropana property.

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