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## RESEARCH ARTICLE

### A SINGLE CASE STUDY ON EFFECT OF PANCH VALKAL KWATHA IN THE MANAGEMENT OF KAPHAJA YONIVYAPDA (VAGINITIS)

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#### ABSTRACT

Vaginitis is the inflammation of the vagina characterized with symptoms such as abnormal vaginal discharge with foul smell, itching vulva and lower abdominal pain. The common types of vaginal infections are vaginal candidiasis, trichomoniasis and bacterial vaginosis. In Ayurveda, female genitalia diseases are explained mainly under the heading of "yoni vyapat". Yoni vyapats are mainly characterized with symptoms of abnormal vaginal discharge with foul smell such as in slaishmiki, paittiki, paripluta, upapluta yonivyapat etc. **Methods:** This is a single case study of a 29 years female patient, came with complaints of vaginal discharge with foul smell, itching vulva associated with backache. So yoniprakshala was done with panchvalkal kwath for 7 days. **Discussion:** Yoniprakshalan was carried out with panchvalkal kwath twice a day for 7 days. Patient got gradual improvement in subsiding the symptoms and cure after 1 week. So she advised for follow up after 1 week and also advised to maintain local hygiene. **Result:** Patient showed the remarkable improvement in severity of symptoms. **Conclusion:** The dravya of Pancha valkal kwatha is kapha shamaka, stambhaka and having the properties (guna-karma) such as astringent (kashaya rasatmka), antiseptic (roganu-nasaka) and wound healing (vrana ropana). Because of these properties it helps in increasing local cell immunity and prevent recurrence of symptoms.

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## INTRODUCTION

In Ayurveda, the Gynecological disorders has elaborated under the entity of Yoni-vyapadas. Kaphaj yoni vyapat is one among the twenty types of Yonivapadas, which shows the symptoms such picchila yonisrava (thick discharge) along with yoni kandu (vulval itching). Now a days, Vaginitis is a very common Gynaecological problem which is reported by women irrespective of their age and socio economic status. Vaginitis is the condition which is characterized as inflammation of the vagina associated with abnormal vaginal discharge, itching vulva, lower abdominal pain and irritation of vulva due to its close proximity to vagina. The acidic environment of vagina created by naturally occurring bacteria in the normal vaginal flora which prevents infection. But when this acidic medium get disturbed then it leads to infection<sup>(1)</sup> The common types of vaginal infections are vaginal candidiasis, trichomoniasis and bacterial vaginosis. The primary based precaution should be taken for early diagnosis and proper management of this condition as there is a great possibility of recurrence of these infections which may lead to further complications such as ascending infections, PID (pelvic inflammatory disease), irregularities in menstruation, infertility and septicemia<sup>(2)</sup> etc.

In Ayurveda, female genitalia diseases are explained mainly under the heading of "yoni vyapat". Yoni vyapats are mainly characterized with symptoms of abnormal vaginal discharge with foul smell such as in slaishmiki, paittiki, paripluta, upapluta yonivyapat etc. It can be correlated as the explanation for vaginitis<sup>(3)</sup>. The primary precaution should be taken in the early diagnosis and prior management of this condition as there is a great chances of recurrence of this infections which may lead to further complications such as ascending infections to genitalia, PID (pelvic inflammatory disease), irregularities in menstruation, infertility and septicemia<sup>(4)</sup> etc. In Ayurvedic texts, the physiological and pathological aspects of female reproductive system are explained under various prakaraṇas (chapters) like Yonivyapat, Artavaduṣṭi, Garbhini vijñana and Sutiko- Upakramaṇiya-Adhyaya. The cardinal symptoms of vaginitis such as Yoni srava (vaginal discharge), Yoni kaṇḍu (itching), Daurgandhya (foul smell) are exclusively mentioned under Kaphaja Yonivyapat. All Acharya's of br̥hatreyī, has given detail description of Yonivyapat or Gynaecological disorders.<sup>(5)</sup> The aim of this article is to present the role of Panchvalkala Kashaya in the Vaginitis by Yoni-prakshalana through the lens of Ayurveda. Pancha Valkal Kwath is used for sthanika chikitsa i.e, local treatment (Yoni prakshalana),

these drug having the qualities of stambhana, Kashaya rasa, Sothahara and Kapha shamak, <sup>(6-7)</sup> So beneficial for Yonirogas. In this clinical study Pancha Valkal Kwath has shown significant improvement in the symptoms such as White discharge with foul smell, Itching vulva Lower abdominal pain and Backache.

## MATERIALS AND METHOD

**Plan of work:** The clinical study for this research work was conducted in the OPD of M.L.R. Ayurvedic college & hospital, Charkhi Dadri. Patient was suffering from Kaphaja Yonivyapad. Previously she has taken the allopathic treatment for this complaints but not got significant relief.

**Case report:** A female patient of age 29 years with Central Registration No. 0332 visited OPD of Stree Roga and Prasooti tantra, M.L.R. Ayurvedic College And Hospital, Charkhi Dadri. She is presenting with complaint of Kaphaj yonivyapat such as vaginal discharge with foul smell, itching vulva associated with backache and presence of Candida albicans was proved by vaginal smear. She got allopathic treatment since long time but not got significant relief.

### On examination

G.C – Stable  
Appetite- Normal  
Urine - Increased in frequency  
Bowel- Normal  
Sleep –Disturbed due to irritation

### General Examination

Pulse Rate- 70/ min,  
B.P. - 120/84 mmHg,  
R.R.-22/Min  
Pallor- Present  
Tongue- Coated (Lipta)

### Systemic Examination

B/L chest-equal A/E  
CNS-NAD  
P/A-Soft, mild tenderness in lower abdomen

### Method

Research conducted on patient from OPD of Prasuti Tantra & Stree Roga dept. of MLR Ayurvedic college, Ch. Dadri. The selection of patient was made on the basis of chief complaints of Kaphaj yonivyapat such as vaginal discharge with foul smell, itching vulva associated with backache and presence of Candida albicans in vaginal smear. Sthanik chikitsa (local therapy) as yoniprakshalan was done with Panch Valkal Kwatha for duration of 7 days and patients was asked to maintain local hygiene as well. Follow up was taken for 1 week.

### Nidana Panchaka<sup>(8)</sup>

**Dosha:** Kapha & Vata Dosha

**Srotas:** Vimarga Gamana

**Roga marga:** Bahyam Roga Marg

### Ashta vidha Pariksha<sup>(9)</sup>

Nadi Pariksha	Vata kaphaja prakriti
Mutra Pariksha	Prabhoota (sufficient)
Mala Pariksha	Nirama( without ama)
Jivha Pariksha	Nirlipta (uncoated)
Shabda Pariksha	Madhyam
Sparsha Pariksha	Anushna sheeta
Drik Pariksha	Madhyam
Akriti Pariksha	Madhyam

**Diagnosis and Assessment:** On the basis of symptoms diagnosed is made as Kaphaja Yonivyapad, and assessment was done by clinical features of Kaphaja Yonivyapada mention in text. Such as <sup>(10)</sup>:

Vaginal discharge	Thick vaginal discharge +++
Itching in vulval area	Continuous intense itching +++
Backache	Moderate ++
Lower abdominal pain	Moderate ++

**Conditions of patients at the time of discharge:** Patient condition was improved and was discharged in a stable condition.

Smptoms	Before treatment	After treatment
Vaginal discharge with foul smell	Thick vaginal discharge +++	Mild +
Itching in vulval area	Continuous intense itching +++	Absent
Backache	Moderate ++	Mild+
Lower abdominal pain	Modrate ++	Absent

## DISCUSSION

Yoniprakshalan (Vaginal washing) was carried out with Panchvalkal kwath twice a day for a duration of 7 days. Patient got gradual improvement in subsiding the symptoms and cure after 1 week. Mild discharge and backache was there at the time of discharge. So she advised for follow up after 1 week and also advised to maintain local hygiene as well.

## CONCLUSION

Kaphaj Yonivyapda is commonest problem in women of reproductive age. The Better management of Kaphaj Yonivyapda is Kaphaghan chikitsa by using the Dravya of opposite guna of Kapha dosha. Proper hygiene and proper dietary habit helps in managing the kaphaja yonivyapada. Sthanik chikitsa like Yonidhavan (vaginal washing) is acts as a boon in such condition like Kaphaj Yonivyapda, and helps in maintaining healthy localised environment in vaginal area and preventing growth of bacterial infection. The dravya of Pancha valkal kawatha is kapha shamaka, stambhaka and having the properties (guna-karma) such as astringent (kashaya rasatmka), antiseptic (roganu-nasaka) and wound healing (vrana ropana). Because of these properties it helps in increasing local cell immunity and prevent recurrence of symptoms.

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