



TO EVALUATE CLINICAL EFFICACY OF LAGHU PHALA GHRITA ORALLY & LOCALLY IN PITTAJ YONIVYAPAD.

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ABSTRACT

Now today in 21st century lifestyle of women has been changed a lot. Today's women are equal or doing more work than men. She has to face all stages of mental & physical hardships. She has to face all responsibilities such as school, college, offices, children, cooking etc. She is always in hurry and uses mithya aahara – vihar like eating spicy food, fast food, oily food, pitta prakopak, abhishyandi aahar, travelling in hot polluted atmosphere.

Considering above factors the present study is planned to evaluate the role of Laghu Phala Ghrita orally & locally in pittaj yonivyapad having easily available, easily administered & cost effective & no major side effect. 60 Selected patients will be divided randomly into two groups of 30 patients each. 30 diagnosed patients of pittaj Yonivyapad will be administered Laghu Phala Ghrita orally for 7 days and Laghu Phala Ghrita pichudharan (Vaginally) for 7 days in group A. 30 diagnosed patients of pittaj Yonivyapad (PID) were administered Tab. Clindamycin 450 mg orally for 7 days and Clindamycin 100 mg (Cleocin) vaginal pessary at night for 7 days in group B. It can be concluded that laghu phala ghrita preparation, effective potent, easily administrable type treatment.

KEYWORDS : Laghu Phala Ghrita, Pittaj Yonivyapad.

Introduction:

A healthy woman can make a healthy family & ultimately a healthy nation, Healthy state of women is very much needed for the society, its growth & prosperity. The concept of healthy yoni has been asserted in various phases of women's life from puberty to marriage to child birth & thereafter.

Today modern lifestyle people changes their habits like mithya aahara vihara like eating spicy food, fast food, junk food, travelling in hot polluted atmosphere & also for family planning taken repeated oral contraceptive pills, procedure like Cu.T Insertion, recurrent dilatation & curette. With these reasons pitta dosha increases & it affects "stree – yoni" In Ayurvedic classics majority of gynecologic disorders have been described under heading of "yoni vyapad". Twenty types of Yonivyapad mentioned in the classics- Pittaj yonivyapad is described by Acharya Charak, Shushruta, Vagbhata & Susruta.

The CDC (Centers for Disease Control and Prevention) has estimated that more than 1 million women experience an episode of pelvic inflammatory disease every year. Sexually transmitted organisms associated with PID about 70-90% of cases. Considering above factors the present study is planned to evaluate the role of Laghu Phala Ghrita orally & locally in pittaj yonivyapad having easily available, easily administered & cost effective & no major side effect.

Review of Literature:

The conclusions that have been drawn from the study are – Features of pittaj yonivyapad have close resemblance with pelvic inflammatory disease. The treatment which includes laghu phala ghrita locally (pichudharan vaginally) and orally has been used based on their properties like sheeta veerya, madhur rasa dahi prashamana srava hara and vedana shamaka – all these objectives are fulfilled to the greater extent.

MATERIALS AND METHODS:

Inclusive Criteria :-

- Married females
- Patients within the age group of 20-40 years.
- Diagnosed cases of pittaj Yonivyapad
- Chronic pelvic inflammatory disease
- Patients willing for regular follow up

Exclusive Criteria:-

- Unmarried Females
- Pregnant females
- Acute pelvic inflammatory disease
- History of Hypertension/ Diabetes Mellitus/ Asthma
- Patient who requires surgical intervention in cases like pelvic abscess, tubo ovarian mass etc.
- Patients with PID when seen associated with prolapsed uterus.
- PID associated with tubercular infections, syphilis
- Patient with exclusively vulvitis & Bartholin's.
- HIV, HbSAG, VDRL Positive
- Patients with benign & malignant tumors of the uterus
- Fever

Grouping:

60 Selected patients will be divided randomly into two groups of 30 patients each.

Trial Group:

30 diagnosed patients of pittaj Yonivyapad will be administered Laghu Phala Ghrita orally for 7 days and Laghu Phala Ghrita pichudharan (Vaginally) for 7 days in group A.

Control Group:

30 diagnosed patients of pittaj Yonivyapad (PID) were administered Tab. Clindamycin 450 mg orally for 7 days and Clindamycin 100 mg (Cleocin) vaginal pessary at night for 7 days in group B.

Result and Discussion:

Parameter	Group A	Group B	Comparative efficacy	Group A	Group B
Yonidaha	Significant	Significant	Equally effective	79.31%	87.93%
Strava - Praman	Significant	Significant	Equally effective	72.78%	70.11%
Mutradaha	Significant	Significant	Group B	81.33%	88.27%
Dyspareunia	Significant	Significant	Equally effective	63.33%	80.77%
Backache	Significant	Significant	Group B	62.07%	70.69%
Adhauushool	Significant	Significant	Equally effective	74.71%	73.56%

Aartava Gandha	Significant	Significant	Equally effective	88.24%	100.00%
Paka Of Vulva	Significant	Significant	Group B	83.33%	82.76%
Character of Bleeding	Significant	Significant	Equally effective	78.89%	81.11%
Tenderness	Significant	Significant	Equally effective	81.41%	79.76%
			Overall	76.54%	81.50%

In group A, 21 patients (70%) were observed with marked improvement while 9 patients (30%) were seen with remarkable improvement.

In group B, 23 patients (77%) were observed with marked improvement while 7 patients (23%) were seen with remarkable improvement.

Conclusion:

- The treatment which includes laghu phala ghrita locally (pichu dharan yaginally) and orally has been used based on their properties like sheeta veerya, madhur rasa daha prashamana srava hara and vedana shamaka – all the objectives are fulfilled to the greater extent.
- Among the available treatment for pittaj yoni vyapad the laghu phala ghrita pichu take orally is beneficial in curing the vitiated pita dosha.
- Total effect of the combined therapy on data contributes about 76.54% after treatment and 81.50% for paka.
- So it can be concluded that laghu phala ghrita preparable, effective potent, easily administrable type treatment.

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