



PANCHAVALKAL KWATH YONIDHAVAN IN SHWETA PRADAR -A REVIEW STUDY

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ABSTRACT Shwetapradar is correlate in modern science with leucorrhoea, leucorrhoea means Leuco= white, rrhoea=discharge i.e. white discharge per vagina. Discharge may be watery, thick curd, greenish, Whitish. It is a common symptom in woman particularly in the reproductive age group. It is caused due to change in life style, like junk food, fast food, Dinicharya, ratricharya is not suitable according to life. Cervical cancer, reproductive tract infection including STD (Sexually transmitted diseases) Panchavalkal is one of the commonest therapies for shwetpradar and cervical erosion. It is used in antibacterial, antifungal and anti-inflammatory in gynaecological practice and also has been documented in recent times by research of biological science to have remarkable antibacterial and anti-inflammatory activity hence a conceptual type of study of panchavalkal kwath, yonidhavan in shwetpradar was conducted.

KEYWORDS : Shwetpradar, Panchavalkal, Yonidhavan.

INTRODUCTION

Panchavalkal "means 5 barks" i.e. panch =5, and Valkal = Barks, in Sanskrit, and in several regional languages. Ayurveda is a life science. Even a single drug is enough to cure signs and symptoms. But combination according to same related Guna and karma is one of the best part used in Ayurveda for treating various yonivyapad like shwetapradar, this herbal medicine seems to have potential according to their mode of action. Panchavalkal kwath is prepared from the barks of 5 specified medicinal plants from the five families and is extensively used for the treatment of woman's diseases, specially leucorrhoea, uterine discharge and cervical erosion and also for wounds and ulcer in other part of the body.

न्यग्रोधोदुम्बराश्वत्थपारीषलक्षपादपाः ।
पञ्चेते क्षीरिणो वृक्षास्तेषां त्वक् पंचवल्कलम् ॥

भा.नि

Panchavalkal, a combination of five astringent drugs named Nyagrodha (Ficus bengalensis Linn), Udumbara (Ficus glomerata Roxb), Ashvatha (Ficus religiosa Linn), Parishat (Thespesia populanea Solan ex correa), Plaksha (Ficus lacor Buch-Ham) is one of the best combination it shows properly like antiseptic, anti-inflammatory, immuno-modulatory, antioxidant, antibacterial, antimicrobial wound purifying and healing. The combination of bark of five medicinal plants namely in equal proportion are known as the classical Panchavalkal. Its use is described in Ayurvedic texts, Charak, Sharandhar, Kashyap Samhita, Bhaisajya, Ratnakar, Bhava-Prakash, and in books on traditional practice.

Need Of Study

The allopathic treatment of leucorrhoea depends on the symptoms, sign and causative organisms. Resistance to antibiotics is well known phenomenon and may occur in 5 to 15% of cases in view of the cost, side effects and possible drug resistance with antibiotics. While allopathy focuses on treating symptoms. The treatment plan is holistic natural and safe and doesn't cause any side effects to the recipient. Ayurveda uses only natural ingredients and herbs to create medicines, this reduces the chances of having side effect.

Major consequence of incomplete treatment.

- Drug resistance.
- Chronic PID.
- Life threatening condition- Ectopic gestation, septicemia.
- Horizontal transmission and vertical transmission.

Aim and Objective

To assess the effect of panchavalkal kwath, Yonidhavan in shwetpradar.

MATERIAL AND METHOD

The current study is based on ancient Aurvedic Samhita grantha, research journal and various websites.

Causes Of Leucorrhoea/ Shwetpradar

Leucorrhoea or white discharge is the symptoms, caused by cervicitis or vaginitis and often both are co-exist.

Physiological and pathological causes of leucorrhoea and its usual therapy

Cause	Example	Usual therapy
Physiological	Physiological midcycle mucorrhea, pregnancy, sexual stimulation, intrauterine device Sterile	No treatment required counseling
Systemic Nongenital causes	Anemia, Protein deficiency, Congestive cardiac failure, Uncontrolled Hypertension	Treatment of the cause
Non -infectious genital diseases	Prolapse, Fibroids, Ovarian tumours	Gynecological Surgery
Non Sexual Transmitted infections	Bacterial Vaginitis Pseudomonas infection, Mycoplasma genitalis (STD also), Staphylococcal infections, Streptococcal infections due to poor hygiene or iatrogenic	Specific antibacterial therapy: Local / and /or Systemic, Plant extracts
Sexually Transmitted Infections	Gonorrhoea, Syphilis, Chlamydia, Trichomonas Vaginitis, Herpes Simplex Virus infections etc	Specific antibiotics, Plant extracts, partner treatment essential

It is logical to derive that PVK will act more effectively against infection causes and not against physiological or other gynaecological pathologies.

20 types of woman's diseases and that arise from basic causes,

- Defective behaviour or life style.
- Affections of the artava (Menses and discharge).
- Genetic causes like fate, wrath of the gods are the causes of genital

diseases in woman as per Charak Samhita.

The dominant vitiated dosha can lead to different associated with gynecological disease. In Charak, Ashtang Sangrah later Vagbhata specified having coitus in different posture cause different dosha like :

- In flexed position Vayu gets aggravated and compresses the yoni,
- In right lateral position the kapha getting displaced obstructs the garbhasaya
- In left lateral position displaced pitta burn (vidaha) the rakta (ovum) and sukra (sperms).

Symptoms of Shweta pradar is described on the basis of vaginal discharge like Ayurvedic etiology.

- Pittaja (dominated by pitta dusti)- burning, yellowish discharge.
- Kaphaja shwetapradar-bed smell, itching and thick mucoid discharge.
- Vataja shwetapradar- yellow mucopurulent or bubbly (budbuda) discharge and pain (ruja).
- Sanipatik shwetapradar – when vitiation of all 3 dosha occurs. This may cause all symptoms like burning, itching, pain, swelling (shopha and shotha) and may indicate multiple cause.

In severe cases it may be associated with fever (jwara), dyspareunia (maithuna -asahanta) backache weakness etc.

According to Charak all gynecological diseases have vitiated vata (vata prokopa) as a causative factor.

न हि वाताहते योनिः नारीणां संप्रदुष्यति । च.चि. ३०-११५

Investigations

The following investigation should be done to confirm the diagnosis and for proper treatment to cure the disease.

- 1) Cytological examination (Pap smear)
- 2) Cervical Punch biopsy
- 3) Cervical culture
- 4) Heamatological investigation: Hb%, TLC, DLC, ESR, etc
- 5) Serological investigation: VDRL, HIV
- 6) Urine examination: Routine and microscopic.

Treatment

Panchavalkak kwath have properties like anti-inflammatory, antibacterial, antiparasitic, antifungal or wound healing properties. Antibacterial properties plants have been shown by several researchers. Astringent activity which leads to reduced Vaginal discharge and reduced wetness.

List of Ingredients of Panchavalkal kwath

Drug	Latin name	Rasa	Vipak	Virya	Guna	Karma
Vata	Ficus bengalensis	Kashaya	Katu	sheeta	Guru, ruksha	Kaphaghna and Pittaghna
Udumbara	Ficus racemosa	Kashaya	Katu	sheeta	Guru, ruksha	Kaphaghna and Pittaghna
Ashwaththa/peepal	Ficus religiosa	Kashaya, Madhura	Katu	sheeta	Guru, ruksha	Kaphaghna and Pittaghna
Plaksha	Ficus infectoria	Kashaya	Katu	sheeta	Guru, ruksha	Kaphaghna and Pittaghna
Parisha	Thespiea populnea	Kashaya, Madhura Tikta	Katu	Slightly ushna	Laghu	Trido-shaghna

As Kapha is main causative factor for vaginal discharge. Restoration of Agni in order to cleanse the accumulated toxin and bring kapha dosha back towards equilibrium and tone up the muscles of reproductive organs with the help of rejuvenating herbs are consider main principale of treatment through Ayurveda.

Panchavalkal kwath is prepared by ancient method described by sharangdhar in madhayam khand under guidance of Rasashastra Bhaishajya Department.

Yonidhavan

Yonidhavan Dhavan karma of yoni is term as Yonidhavan i.e cleaning of Yoni. It is a procedure in which vaginal canal, vagina, cervical lip are washed with medicated kwath.

Dravya used for the dhavana does there work through rasa virya vipaka guna and reduces sthandushti by dosh prakopa. Sushruta and Vagbhata consider Dhawan as yoni prakshalan.

Procedure

1. Proper aseptic precaution should be taken before starting the procedure.
2. Patient is given lithotomy position.
3. The rubber mackintosh is placed under neath patient's waist, one end of which lies in the bucket.
4. Sterile rubber catheter is inserted in to vagina.
5. Enema pot filled with lukewarm Panchavalkal decoction is kept at 5 feet distance, Prathamavarta (Vagina) is washed out.
6. After the procedure the vulva is dried with cotton.
7. Then procedure is repeated on the daily for 7 days.

Mode of Action

The panchavalkal kwath used for yonidhavana has antiseptic, antibacterial as well as pain relieving action. It prevents the growth of bacteria organism and helps in restoring Ph of vagina. Drugs used for yonidhavan absorb through mucosa and blood circulation and also have beneficial effect on uterus. All the dravyas in kwath are Kashaya rasatmak so having properties like stambhan, grahi guna helps in reducing vaginal discharge and also contains kandughan and krimighan action.

CONCLUSION

- Shwet- Pradar is commonest problem in woman in reproductive age.
- Better management of Shweta -pradar is kaphaghan chikitsa using dravya of opposite guna of kapha dosha.
- Sathanik chikitsa like yonidhavan is a boon in such condition like Shweta-pradar, helps in maintaining healthy localised environment and preventing growth of bacterial infection.
- Above study shows the plants used in modified panchavalkal have phytoconstituents which have antimicrobial, antifungal and anti-inflammatory activities justifying the biological plausibility of therapeutic use of panchavalkal in leucorrhoea. After using panchavalkal kwath yonidhavan symptoms like itching, white discharge reduced significantly.

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