INTRODUCTION:
Pelvic inflammatory diseases also known as pelvic inflammatory disorder (PID) is an infection of the upper part of the female reproductive system, namely the uterus, fallopian tubes, and ovaries, and surrounding structures (1). PID is caused by bacteria that spread from the vagina and cervix, mostly Neisseria gonorrhoea or Chlamydia trachomatis (2) or by changes in the cervical mucus during ovulation, menstrual cycle (3). PID presents with lower abdominal pain, vaginal discharge, fever, burning with urination, dyspareunia, or irregular menstruation (4). Untreated PID can result in long-term complications including Infertility, ectopic pregnancy, chronic pelvic pain (5). In modern medicine treatment for pelvic inflammatory diseases are antibiotics, NSAIDS, antimicrobials. They cause dizziness, drowsiness, headache and nausea. Pelvic inflammatory diseases also known as pelvic inflammatory disorder (PID) is an infection of the upper part of the female reproductive system, namely the uterus, fallopian tubes, and ovaries, and surrounding structures (1). PID is caused by bacteria that spread from the vagina and cervix, mostly Neisseria gonorrhoea or Chlamydia trachomatis (2) or by changes in the cervical mucus during ovulation, menstrual cycle (3). PID presents with lower abdominal pain, vaginal discharge, fever, burning with urination, dyspareunia, or irregular menstruation (4). Untreated PID can result in long-term complications including Infertility, ectopic pregnancy, chronic pelvic pain (5). In modern medicine treatment for pelvic inflammatory diseases are antibiotics, NSAIDS, antimicrobials. They cause dizziness, drowsiness, headache and nausea.

According to Ayurveda, inflammatory pathologies take place with the involvement of Pitta, as inflammation or Paaka is the inherent karma of Pitta. So PID can be correlated to the Pittapradhana Yoniyapad. Symptoms of various Yoniyapad like Vata, Pitta, Kapha, Sanipataja, Udavarta and Paripluta Yoniyapad resemble with PID with main symptom of pelvic pain and mucopurulent discharge but Paripluta Yoniyayapad show most convergence with PID. Different symptoms like Shroni Vamkshana Prushta Vedana (lower backache ache), Vasthi and Kukshi Gurutwam (heaviness of lower abdomen) Grammyadharme Ruja (dyspareunia), Yonisrava (copious vaginal/ cervical discharges due to inflammation and infection of lower genital tract), Daaha, Shoonam (inflammatory signs such as redness, local rise in temperature and congestive changes of cervix or vaginal canal) mentioned in the context of Paripluta Yoniyayapad can be related to the symptoms of PID. Sparshakshamatwa can be correlated to the lower abdominal tenderness, cervical motion tenderness, adnexal/ornecele tenderness or the uterine tenderness which can be elicited in PID. According to Ayurveda, Samanya Chikitsa of Yoniyapad is said to be Shodhana Chikitsa, Shanika Chikitsa like Urantra Basti, Abhyanga, Parisheka, Pichu etc. Owing to the deep rooted nature of the disease and high recurrence rate, a combination of oral and local treatments are considered in this study. The main aim of the treatment is to cure and reduce recurrence through Ayurvedic management. Materials and Methods: In this article, a case report of patient age 33 years married since 6 years, nulligravida with c/o lower abdominal pain which aggregates before and during menses since one and half years along with vaginal discharge. Treatment planned was Shodhana Chikitsa through Virechana and Basti, while shamana chikitsa through Pushyayog Churna, Kanchnar Guggul and Chandraprabha Vati and sthanik chikitsa through Dashmul Kwath. Result: Patient symptoms were reduce, hence it can be stated that pelvic inflammatory diseases can be treated through proper Ayurvedic management.

MATERIAL AND METHODS:
A 33 years subject married since 6 years was having primary infertility.

- Occupation- Software Engineer
- Menarche – 15 years, spontaneous.
- MH- Regular,
- 28-30days, 2-3days, scanty flow, ½ pad /day
- Coitus history - Dyspareunia
- No h/o any major illness and surgery
- No h/o any major illness and surgery
- No h/o any major illness and surgery
- No h/o any major illness and surgery

**Samprapti of Paripluta Yoniyayapad:**
Excessive coitus, or Adharniya Vega Dharrana, Mitly Acharya

ApanaVata & Pitta Prakopa
Reaches the site of Khavaigunya with dushki of Rasavaha, Rachhavaha and Artava Srota
Disturbance in normal defence mechanism of Yoni
PariplutaYoniyayapad / Pelvic inflammatory diseases.

**Treatment Protocol:**
Shodhana Chikitsa: Virechana Karma (6) and Basti Karma
Shamana Chikitsa: Kanchnar Guggul, Pushyayog choorna,
Sthannika Chikitsa: Yonidhavan through Dashmula Kwath

The main aim of the treatment is Vata Pitta Shamana, Vedana Shapana,Yonisodhana and Vranaropana.

Shodhana Chikitsa:

<table>
<thead>
<tr>
<th>Sr. No</th>
<th>Drug</th>
<th>Matra</th>
<th>Anupan</th>
<th>Kala</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Aampachach yag (avittkara, musta, haritaki, shunbhi)</td>
<td>Aampachach yag (avittkara, musta, haritaki, shunbhi)</td>
<td>Each time 250mg=1gm, 2 times</td>
<td>Kashna jala</td>
</tr>
<tr>
<td>2</td>
<td>Snehabana</td>
<td>Panchakita gruta</td>
<td>Day 6-30ml</td>
<td>Kashna jala, if Kshudha Prachiti (mudga push)</td>
</tr>
<tr>
<td>3</td>
<td>SarvangaAbhyanga &amp; Bashpa peti Sweda</td>
<td>Tiltaila</td>
<td>For 2 days</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Virechana</td>
<td>Trivritta awaleha</td>
<td>30gm</td>
<td>Kashna jala</td>
</tr>
</tbody>
</table>

Virechana given with Trivritta awaleha results madhayamshuddhi (10-12vegas), so 3days of sansarjana krama had given. Then next cycle yog basti was given.

Days | 6th | 7th | 8th | 9th | 10th | 11th | 12th | 13th |
<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>AB</td>
<td>NB</td>
<td>AB</td>
<td>NB</td>
<td>AB</td>
<td>NB</td>
<td>AB</td>
<td>AB</td>
<td>AB</td>
</tr>
</tbody>
</table>

Basti karma was given as follows, 1st anuvashan with Sacharadi taila (9) then niruha basti with dashmuladi niruha next day in morning in these way Yoga basti was given.


After completion of basti, internal medicine was started as follows:

Shamana Chikitsa Drug Review: Given for 45 days

<table>
<thead>
<tr>
<th>Drug</th>
<th>Form</th>
<th>Dosage</th>
<th>Anupan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kanchnar Guggulu</td>
<td>Tablet</td>
<td>2 tablet bd</td>
<td>Lukewarm water</td>
</tr>
<tr>
<td>Chandraprabha Vati</td>
<td>Tablet</td>
<td>2 Tablet bd</td>
<td>Lukewarm water</td>
</tr>
<tr>
<td>Pushyanug hoorna</td>
<td>Choorna</td>
<td>10 g twice daily</td>
<td>Tandulodaka (rice washed water) and honey</td>
</tr>
</tbody>
</table>

Sthanika Chikitsa

Started after the 8th day of menses given with Dashmula Kwath of 500 ml for 2 minutes.

Drugs gain entry into the systemic circulation through the blood vessels of lamina propria. Vaginal canal is richly supplied by arterial and venous plexus and this property makes it an ideal route of drug administration. Moreover, it bypasses portal circulation, increasing the bio availability of the drug. The existence of direct local transport from the vagina to the uterus, termed the „first uterine pass effect also support the absorption of drugs [12]. Yonidhavan with lukewarm Kwath of Dashmula does Vata Shamana, Vedana Shapana and promote circulation, which helps in the reduction of congestion which in turn reduces the overall pain and tenderness in the pelvis. The cleansing effect created by Yonidhavan and the antiseptic properties of the drugs are responsible for the reduction in the quantity of vaginal discharges.

**DISCUSSION:**

**Pain:**

Lower abdominal pain and back ache have shown significant relief. These effects can be attributed to the Vata Shamana achieved by the Vatahara property of majority of the drugs.

**Vaginal Discharges:**

Vaginal discharges are the result of accumulation of fluid in the extra vascular space, as a result of tissue response to microbes. The combined effect of local and systemic drugs has decreased the inflammation.

**Tenderness:**

Cervical motion tenderness, adnexal tenderness and uterine tenderness showed significant improvement. Tenderness or Sparnaashkhamatwa can be attributed to the Pitta and Vata Dosh, Vatapittahara, Shothahara, Vranaropana, Vedanahara (anti inflammatory, analgic) properties of the drugs efficiently reduced the tenderness.

**RESULT:**

Patient symptoms i.e. lower abdominal pain got reduce, no vaginal discharge, there were changes in the p/s examination i.e. no more tenderness in fornixes, cervix healthy no oedematous structures.

**CONCLUSION:**

The study has shown fruitful results over the pain related signs and symptoms, vaginal discharges, congestive changes of cervix. PID can be managed in Ayurveda by following an extensive treatment protocol by oral and local therapy, thereby its complications and recurrence can be cured effectively.

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