



**ORIGINAL RESEARCH PAPER**

**Ayurveda**

**A CONCEPTUAL STUDY OF TUVARAK KWATH YONIDHAWAN IN THE MANAGEMENT OF KAPHAJ YONIVYAPADA.**

**KEY WORDS:** Kaphaja Yoni Vyapad , Ayurveda

**Dr. Sayali Belage\***

PG Scholar, department Of Prasutiantra Evum Streerog ,Dr.D.Y.Pail Ayurvedic College ,Pimpri ,Pune,India. \*Corresponding Author

**Dr. Hridaynath Lad**

Guide And Professor, Department Of Prasutitantra Evum Streeroga, Dr. D .Y Patil College, Pimpri ,Pune ,India.

**ABSTRACT**

A healthy woman is a promise of a healthy family. In different phases of a woman's life, from puberty to menopause the concept of healthy yoni has been mentioned in Ayurveda as well as in modern. Infection related to yonis a burning problem irrespective of their age or socioeconomic status. Due to infection, there may be sign and symptoms like vaginal discharge, itching, coldness. In Ayurveda, these types of sign and symptoms are found in Kaphaja yoni vyapad and some of symptoms are similar with Non specific vulvovaginitis Gynaecological disorders have found its immense importance in the field of Medicine due to fact that women have a unique function of giving birth. In Ayurveda, women health care is related in separate section, where the term yoni vyapad includes majority of gynaecological disorders.

**INTRODUCTION**

A healthy woman is a promise of healthy family. The concept of healthy yoni has been asserted in various phase of woman's life from puberty to marriage to child birth and thereafter. Due to change in lifestyle, modern food habits of fast food, junk food she is unable to follow the rules of *Dincharya*, *Rutucharya*, *Rajaswala*, *Rutumati* and *Sutikaparicharya* which are explained by Acharyas for women's health. Thus she is prone to various yonirogas, one of which is *Yonigat Shewta-Picchilsrava*, *Yonikandu*, *Yonigata Alpa vedana* which are the features of *Kaphaja yonivyapada* and is neglected by women as minor symptoms.

**AIM**

A Conceptual study of Tuvarak Kwath yonidhawan in the management of Kaphaj yonivyapada

**OBJECTIVES**

1. To study the effect of Tuvarak Kwath Yonidhawan in the management of Kaphaj Yonivyapad.
2. To study the detail literature about kaphaj yonivyapad from ayurveda and modern texts.

**MATERIALS AND METHODS**

Ayurvedic literature related to Leucorrhoea i.e. *Kaphaj Yonivyapada* was searched. Books related to pharmacology of Ayurvedic drugs which are used in formulation and related research papers also searched for their mode of action. Other research journals, papers, books related to abnormal uterine bleeding are also explored to collect the matter.

**INTRODUCTION OF DRUG - DRUG CHART**

**General Principle Of Locally Acting Drug:-**

Locally acting or tropical drugs bypass the first pass metabolism. Hence they have fast onset of action. These tropical drugs always act as on mucus membrane of vaginal wall so the use of pungent & harsh drugs exercise & coitus should be avoided during treatment.

Thus keeping in mind the above explained principle Tuvarak Kwath Dhawan is used in Kaphaj Yonivyapad.

Tuvarak is Kaphaghna & Vatghna. Katu & Kashay rasa of Tuvarak acts as Kaphaghna which decreases picchilta of Kaphaj Yonivyapad. It has Ushna Virya which work against sheet guna of Kapha.

Tuvarak karma is Shoshan & Lekhan. Tuvarak also acts as Kandughna.

Tuvarak has Katu rasa which also helps to decrease the Shwetstrava.

Tuvarak is quoted as sharp & unctuous quality with hot virility & pungent taste. these attributes aid in liquefying excess Kapha Dosha responsible for many diseases.

**TREATMENT DETAILS**

Group	Trial Group
Treatment	Tuvarak kwath Yonidhawan
Dose	500 ml ,once a day
Route	Per vaginal
Treatment Duration	7 Days

**SELECTION CRITERIA**

**1] INCLUSIVE CRITERIA**

1. Patients within 20 to 45 years of age group.
2. Only married patients.
3. Patients willing for treatment.
4. Patients having complaint of shwetstrava.

**2] EXCLUSIVE CRITERIA**

1. Age < 20 years & > 45 years.
2. Patient with intrauterine contraceptive device & ring pessaries.
3. Pregnancy.
4. Patient not willing for treatment.
5. Known patient with major illness ( Hypertension, Diabetes, severe anaemia)
6. Known case of Diabetic patient suffering from other major systemic disorders AIDS, TB, Malignancy, Hepatitis, Retinopathy, Nephropathy, Endocrine disorders.
7. Known case of STD's.

**3] WITHDRAWAL CRITERIA**

If any adverse drug reaction these patients are excluded from the study and they have been given management accordingly.

Patient who failed to report follow up or irregular medication.

**CRITERIA FOR ASSESSMENT**

**SUBJECTIVE CRITERIA**

Observations	Criteria	Grades
1) Strav praman	Pad is required	3
	Cloths get wet	2
	Slight discharge	1
	No discharge	0
2) Strav Gandha	Present	1
	Absent	0
3) Sthanik kandu	Can't resist itching	3
	Hamper daily activity	2
	Doesn't hamper daily activity	1
	No itching	0

**Objective Parameters:**

Strava Praman

**DISCUSSION**

Tuvarak is Kaphaghna & Vatghna. Katu & Kashay rasa of Tuvarak acts as Kaphaghna which decreases picchilta of Kaphaj Yonivyapad. It has Ushna Virya which work against sheet guna of Kapha.

Tuvarak karma is Shoshan & Lekhan. Tuvarak also acts as Kandughna.

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Tuvarak is quoted as sharp & unctuous quality with hot virility & pungent taste. these attributes aid in liquefying excess Kapha Dosha responsible for many diseases.

so consideration above properties of this drug combination is used in Kaphaj Yonivyapad.so in present study Tuvarak Kwath yonidhawan was selected. hence Tuvarak Kwath Yonidhavan has proven to help to break the samprapti of kaphaj Yonivyapad.

**CONCLUSION**

the above treatment protocol is found effective in Kaphaj Yonivyapad according to ayurveda.there is no recurrence of such type of infections .this study shows encouraging result in Kaphaj Yonivyapad .

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