



ORIGINAL RESEARCH PAPER

Ayurveda

CONCEPTUAL STUDY OF NIMBPATRA KALKA YONIDHARAN IN THE MANAGEMENT OF PITTAJ YONIVYAPADA.

KEY WORDS: Pittaj Yonivyapad, Bacterial Vaginosis

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ABSTRACT

Bacterial Vaginosis is a polymicrobial, superficial vaginal infection caused by an increase in anaerobic organisms and a concomitant decrease in lactobacilli. Gardnerella vaginalis, once thought to be the sole etiologic agent, is probably one of several endogenous members of the vaginal flora that overgrow in women with bacterial vaginosis. Epidemiological studies have revealed that current or previous infections caused by trichomonas organisms, increased sexual activity and intrauterine device use are risk factors for this condition. Diagnostic efficacy is best achieved by utilizing clinical signs. According to Ayurveda, it can be correlated with Pittaj Yonivyapada. The response to the treatment is recorded and therapeutic effects were evaluated with the help of symptomatic relief. To overcome this problem herbal drugs can be used. This is a conceptual study of Nimbpatra Kalka Yonidharan in the management of Pittaj Yonivyapada.

INTRODUCTION

A healthy woman is a promise of healthy family, women is the centre point of family, Nation, world that's why reproductive healthy of woman is important aspect.

Pittaj Yonivyapad is mostly seen gynecological disorder. Which is affecting both psychological and physiological state. Now a day, with changes in life style people adapted new habits like mithya ahara, vihara like eating spicy food, fast food, travelling in hot polluted atmosphere, use of various types of contraceptives, soaps, perfumes which are harmful to woman's health. Changing life style leading to tridoshavridhi where vitiated vata dosha gives rise to disease of Yonivyapad - A detail description of female genital tract disease is described in Ayurved Yonivyapad Chikitsa. In Ayurved 20 Yonivyapad are explained Pittaj Yonivyapad is one of common & important Yonivyapad. Which shows Daha, Paka, Durgandhi

strava. It is very painful, irritating, hamper their day to day life.

These symptoms are similar to Bacterial Vaginosis - White discharge, Redness of vagina, Burning sensation, Fever. In Yogratnakar, lakshan of Pittaj Yonivyapad has been described - Management of Pittaj Yonivyapad is Raktapittahar Chikitsa like Pichudharan, Kalkadharan, Abhyanga.

AIM

To study the effect of Nimbpatra kalka yonidharan in the management of pittaj yonivyapada.

OBJECTIVES

To study the mode of action of Nimbpatra Kalka Yonidharan in the management of Pittaj Yonivyapad with special reference to Bacterial Vaginosis.

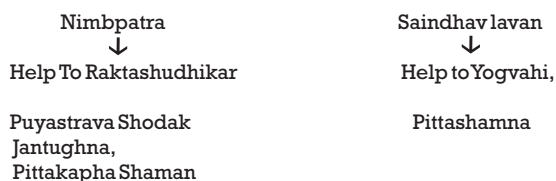
MATERIALS AND METHODS

INTRODUCTION OF DRUG - DRUG CHART

No	Drug	Latin Name	Family	Guna	Rasa	Virya	Vipak	Karma
1)	Nimba ⁹	Azadiracta Indica	Meliaceae	Laghu Ruksha	Tikta Katu Kashay	Sheet	Katu	Pitta Kaphaghna
2)	Saindhav lavan ¹⁰	Sodil chloirdum		Laghu Snigdha Avidahi	Madhur	Sheet	Madhur	Tridoshaghna

FORMULATION

- 1st collection of fresh Nimbpatra is done.
- They are washed with water and dry with cloth
- These drug is pounded well with addition of Sandhav Lavan and little amount of water.



- Thus keeping in mind the above explained principle Nimbpatra Kalka is used in the management of Pittaj Yonivyapada

No. of Patients	30
Treatment	Nimbpatra Kalka Yonidharan
Dose	10 gm
Route	Per vaginal
Kal	Once a day in the morning
Treatment Duration	7 Days

FOLLOW UP	On
	7 th
	14 th
	21 th

SELECTION CRITERIA

1] INCLUSIVE CRITERIA

- A] Married woman's and Non pregnant woman's
- B] Patient with lakshan of Pittaj Yonivyapad
Yonidaha - Burning sensation
Yonipaka - Redness of vagina
Puyastrava - White discharge
Jwar - Fever

TREATMENT DETAILS

Group	Trial Group
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2] EXCLUSIVE CRITERIA

- Garbhini
- Sutika
- Nullipara
- H/O-DM, HTN, Asthama
- Known case of CA cervix, STD
- Unmarried women

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.

Withdrawal of these patients are done after discussion with respected guide.

CRITERIA FOR ASSESSMENT

SUBJECTIVE CRITERIA

OBSERVATION	CRITERIA	GRADE
Yoni Daha (Burning Sensation)	Absent	0
	Mild	1
	Moderate (Subsides on its own)	2
	Severe (Needs medicines to subside)	3
Yoni paka (Redness Vagina)	Normal (light pink)	0
	Mild (Slight deviation towards red)	1
	Moderate (Red)	2
	Severe (Bright red)	3
Puya Praman Strava (White discharge)	Severe (Bright red)	0
	Slight discharge	1
	Cloth get wet	2
Jwar (Fever)	Absent	0
	Mild (97.6° - 99° F)	1
	Moderate (99° - 100° F)	2
	Severe (100° - 101° F)	3

OBJECTIVE CRITERIA

- i. Total leucocyte count
- ii. Urine
 - Routine examination
 - Microscopic examination
- iii. Vaginal swab

DISCUSSION

Herbal remedies of Azadirachta Indica and its medicinal application.

Combination of Nimbpatra, Gomutra, Saindhav lavan has been given in Sushrut Samhita for the treatment of Pittaj Yonivyapad. Nimpatra is Tikta, Katu and kashya ras, sheet virya, saindhav lavan madhur ras, sheet virya, Avidhavi. Gomutra madhur ras, tridoshghan. They are useful for pitta shaman, Dahashaman, Rakshudikar, so consideration above properties of this drug combination is used in Pittaj Yonivyapad. so in present study nimbpatra kalka yonidharan was selected. hence nimbpatra kalka has proven to help to break the samprapti of Pittaj Yonivyapad.

Pittaj Yonivyapad. can be correlate with bacterial vaginosis

CONCLUSION

the above treatment protocol can be effective in bacterial vaginosis, that is Pittaj Yonivyapad according to ayurveda. there is no recurrence of such type of infections. this study shows encouraging result in Pittaj Yonivyapad.

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