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Effect of *Sthanika Chikitsa* in the management of *Kaphaja Yoni Vyapath* w.s.r to *Candida Albicans* - Case Series

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ABSTRACT

Background: *Kaphaja Yoni Vyapath* is a common condition in present days which can be correlated with Vulvo vaginal candidiasis which stands as second most commonest genital infection in world wide. It is a distressed condition that woman face and also it affects the interpersonal relationship. In India the incidence rate of vaginal candidiasis is of 70-75% and Worldwide 80 %. According to *Acharyas* it is due to *Kapha Vrudhi* and usage of *Abhisyandi Aharas* with symptoms like *Kandu*, *Alpa Vedana*, *Pichila Srava* in *Yoni*. Hence *Kapha Hara Chikitsa* with *Ruksha* and *Ushna Guna Dravyas* are helpful. Among *Sthanika Chikitsa*, *Yoni Prakshalana* and *Yoni Varthi* are treatment modalities which can be adopted to clear the *Sthanika Kapha Dusti* in *Yoni*. By these treatment there will be quick and faster absorption of drugs through vaginal mucosa which clears the symptoms easily. Hence drugs having *Tikta*, *Kashaya Rasa* with *Kandughna*, *Krimighna*, *Tridosha Hara Karmas* are beneficial in the management of *Kaphaja Yoni Vyapath*. **Objective:** Management of *Kaphaja Yoni Vyapath* by *Yoni Prakshalana* with *Guduchadi Kashaya* and *Guduchyadi Yoni Varti*. **Materials and Methods:** Subjects of 3 Married women aged between 20-40 years having symptoms of *Kaphaja Yoni Vyapath* and with vaginal smear positive for pseudo hyphae were selected from PTSR OPD and IPD from SDMCAH Hassan, treated with *Yoni Prakshalana* by *Guduchyadi Kashaya* for 7 days twice daily and *Guduchyadi Varti* kept in *Yoni* till *Aamutra Kala* for 7 days. After treatment vaginal smear was repeated and subjective and objective symptoms were assessed. **Result:** After 7 days of treatment there was a considerable improvement noticed and vaginal smear found negative for pseudo hyphae. **Conclusion:** Herbal formulation which is cost effective, easily available can be very well made use in the management of *Kaphaja Yoni Vyapath* which pacifies *Kapha- Vata Doshas*.

Key words: *Kaphaja Yoni Vyapath*, *Vulvo Vaginal Candidiasis*, *Yoni Prakshalana*, *Yoni Varti*.

INTRODUCTION

Women's life undergoes many physiological changes according to age, season etc. So importance to be given to maintain her health if not then lands up in various problems. In this era, the life style, food habit,

stress, unhygienic practices also one of the causes. In that curdy white discharge per vagina is the most common problem which is associated with other clinical symptoms like back ache, itching in vulval region, dull pain, dyspareunia.^[1]

Approximately in India 70-75% of female is suffering by vaginal candidiasis and up to 50% suffers from recurrent candidiasis and in worldwide incidence is 80% who were affected. In present era it is the second most infection which is disturbing the women.^[2]

Kaphaja Yoni Vyapath

Kapha is vitiated due to *Abhisyandi Aharas* which leads to aggravates the *Kapha Dosh* along with *Vata Dosh*, its abnormality will reach to *Yoni Pradesha* and develops *Yoni Rogas*. It shows clinical features like *Kandu* (itching in vulval region), *Sheeta* (without warmth discharge), *Pichila* (slimy discharge), *Alpa*

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Vedana (mild pain).^[3] According to our classics *Kaphaja Yoni Vyapath* is similar to clinical features of vulvo vaginal candidiasis.^[4]

Vaginal Candidiasis

It is a Gram positive yeast fungus infection in vaginal region. It involves infection of vaginal lumen and often in vulva region. The symptoms include thick curdy discharge adherent to vaginal wall, tenderness in vulva, itching, dyspareunia.^[1-5] This infection has been considered the predominant host defense mechanism against mucosal candida infection.

Yoni Rogas can be managed with usage of medicines locally (vaginal route) than oral route to give fast relief to women. Among various treatments *Sthanika Chikitsa* is one of the treatment modalities which is beneficial.^[6] Based on this, according to our *Acharyas* drugs which are having *Teekshna, Ushna, Ruksha Guna* properties which are *Kapha Hara* in nature is used.^[6-7]

Guduchyadi Yoni Varti and *Guduchyadi Kashaya* for *Yoni Prakshalana*, it contains *Guduchi, Haritaki, Amalaki, Vibhitaki* drugs which is of *Anubhootayoga*. It is having the properties of *Kandugna, Krimihara, Rasayana* and these drugs also have action of antimicrobial, anti-fungal, antipyretic actions.^[8-9] So it is selected to treat *Kaphaja Yoni Vyapath* conditions (vaginal candidiasis) to make womens life comfortable with an Ayurvedic modalities.

AIMS AND OBJECTIVES

Management of *Kaphaja Yoni Vyapath* by *Yoni Prakshalana* with *Guduchyadi Kashaya* and *Yoni Varti* with *Guduchyadi Varti* and its efficacy.

MATERIAL AND METHODS

Sample size - 3

Source of collection of data: Subjects visited to SDM college of Ayurveda and Hospital, OPD and IPD, Hassan, Karnataka.

Subjects diagnosed with *Kaphaja Yoni Vyapath*, advised for admission in the in-patient unit of Department of Prasoothi Tantra and Stree Roga.

Vaginal swab was collected from all 3 subjects and sent for culture evaluation. All three subjects were found to have vaginal smear positive for pseudo hyphae and also after 7 days of treatment vaginal swab was re-collected to know the status of candida growth.

Inclusion Criteria

- Married women, age - 20 to 45 years
- Abnormal vaginal discharge with itching , foul smell, mild pain in genital region, low back ache
- Negative - HIV, HBsAg, VDRL
- Positive for pseudo hyphae (candida growth) - vaginal swab culture

Exclusive Criteria

- Un married
- Negative for candida growth
- Any systemic illness

CASE SERIES

Case Series O.H	Local Examination	Swab Report
Case 1 Nulliparous	PS- cervix(cx) mild congestion, thick white discharge ++, foul smell+ PV- Antiverted/normal size/free fornices	Positive for pseudo hyphae Candida growth +
Case 2 P2L2A0 L1-M, 26years ftnd L2-F, 24 years, ftnd	PS-Cx erosion+, Hypertrophied, watery discharge+ PV- Antiverted/mild bulky/free fornix	Positive for pseudo hyphae Candida growth +
Case 3 P2L2 L1-M,10 years L2-F, 4 years LSCS	PS- CX congestion+, Brown discharge+ Foul smell+ PV- Antiverted/normal size/free fornix	Positive for pseudo hyphae Candida growth +

Investigation

- Blood routine - TC, DC, ESR
- HIV, HBsAg, VDRL
- Vaginal smear
- Urine routine

Intervension

Preparation of Varti

According to classics Preparation of *Guduchyadi Yoni Varti* is done.^[10] Ingredients are *Guduchi*, *Haritaki*, *Vibhitaki*, *Amalaki Choorna*, each 25 grams was taken. Fine powder of *Guduchi*, *Triphala* taken in *Khalva Yantra*, Mixed with sufficient quantity of *Jala* (water) and *Mardana* done till absorption of water, then rolled to *Varti* shape, which is weighing of 5 grams each. *Varti* on drying completely was stored in sterile air tight container.



Bhavana in Khalva Yantra



Weighing 5 grams



Varthi Shape



Stored in air tight container



Mixing Jala in Guduchi + Triphala powder

Preparation of Guduchyadi Kashaya

Ingredients - Guduchi, Haritaki, Vibhitaki, Amalaki Choorna

Quantity - 25 grams of all above drugs.

- 1 part of drugs and 8 part of water taken^[11]
- Reduced to 4 part - Kashaya was prepared



Guduchyadi Kashaya

Treatment Plan

- Yoni Prakshalana with Guduchyadi Kashaya which is freshly prepared, twice in a day, which is in Sukoshna (mild warm) form.
- Yoni Varti - Guduchyadi Yoni Varti

Treatment Duration

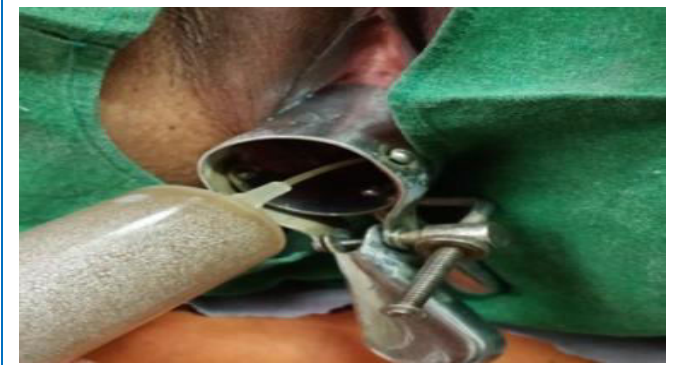
- Yoni Prakshalana twice daily 15 min, 500 ml Kashaya
- Yoni Varti - 5 grams of One Varti, in morning time (10 am), kept per vaginally, till Aamutra Kala
- Duration - 7 days

Procedure

Poorva Karma: Subject to empty the bladder, Supine with knee flexed position advised, Vagina and Cervix exposed with speculum.

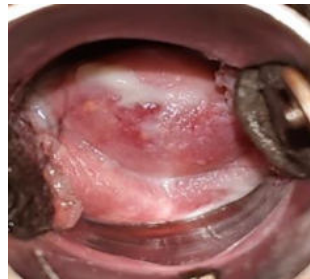

Pradhana Karma: Yoni Prakshalana with Sukoshna Guduchyadi Kashaya - 500ml for 15 min, After draining the area Guduchyadi Yoni Varti kept in Yoni.

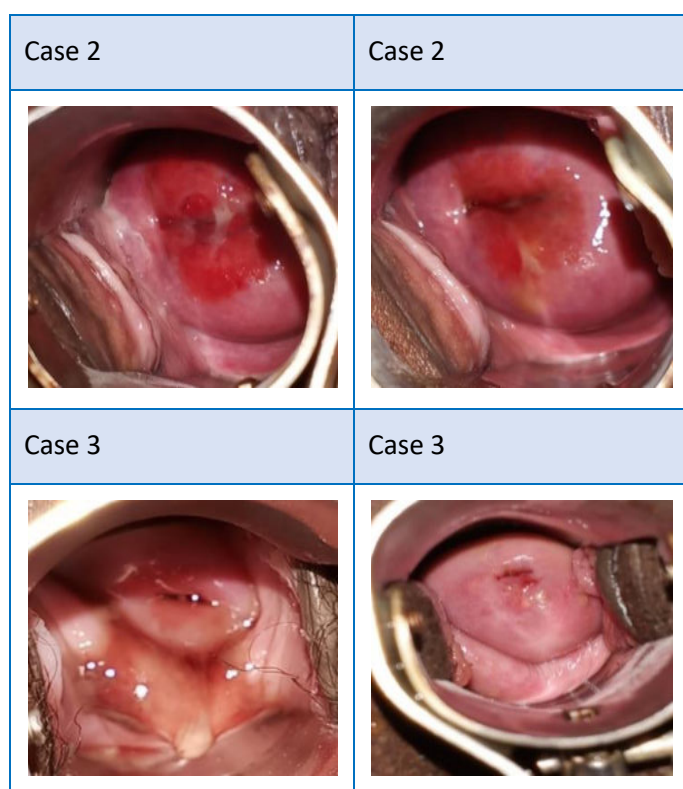
Paschyath Karma: Retain Varti til Aamutra Kala and advised to maintain hygiene.



Procedure of Sthanika Chikitsa

OBSERVATIONS

Before Treatment (Cervix)	After Treatment (Cervix)
Case 1	Case 1
	



RESULT

Cases	Complaints	PS and PV findings	Swab Report - After Treatment
Case-1	- White discharge per vagina reduced - Itching reduced	-PS - CX healthy, no WDPV -PV - Anti verted/normal size / Free fornix	Impression - Negative for pseudohyphae - No growth
Case-2	- Mild erosion + - White discharge per vagina reduced	-PS - CX Mild erosion +, no discharge, mild hypertrophied -PV - Anti verted / mild bulky/Free fornix	Impression - Negative for pseudo hyphae - No growth
Case-3	- Brownish discharge per vagina reduced - Foul smell reduced	-PS - CX healthy No brownish discharge, no foul smell -PV - Anti verted /normal size/Free fornix	Impression - Negative for pseudo hyphae - No growth

DISCUSSION

Study was carried out to assess the effectiveness of *Guduchyadi Yoni Varti* and *Guduchyadi Kashaya* for *Yoni Prakshalana* in the management of *Kaphaja Yoni Vyapath* with special reference to vaginal candidiasis.^[12] Total 3 cases married women were included for the study with positive for pseudohyphae. *Yoni Prakshalana* with *Guduchyadi Kashaya* and *Yoni Varti* with *Guduchyadi Varti (Anubhuta Yoga)* found helpful in reducing the symptoms of *Kaphaja Yonivyapath*. The drugs are having *Kashaya, Tikta Rasa, Ruksha - Ushna Guna, Kapha-Hara, Kandugna, Krimi Hara* properties.^[13] Also above drugs are proved to have anti-microbial, anti-fungal action thus leading to reduce in the symptoms.^[14]

Mode of action

Yoni Prakshalana with *Guduchyadi Kashya*, helps to kill the microorganisms, promotes the healing of vaginal mucosa, maintains pH, it dissolves in vaginal lumen.^[15]

Yoni Varti with Guduchyadi Varti - drugs administered through intra-vaginal route has a higher bioavailability action than oral route. Vaginal wall and tissues are extremely vascular so absorption of drugs is faster.^[15] The anatomical position of vagina helps to retaining of drug thereby for longer period, so it enhances the drug action. Thus to conclude *Guduchyadi Kashaya* for *Yoni Prakshalana* and *Guduchyadi Yoni Varti* is effective in the management of *Kaphaja Yoni Vyapath*.^[14]

CONCLUSION

Kaphaja Yoni Vyapath is common problem in women's of reproductive age. Proper diet and hygiene is advised. An Ayurvedic formulations which is having *Ruksha* and *Ushna* properties is beneficial. *Guduchyadi Yoni Varti* and *Prakshalana* which is cost effective, easily available, showed significant result. No vaginal irritation or burning sensation was experienced. No adverse drug reaction and side effects were reported.

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