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Effect of *Dhatakyadi Oil* on *Upapluta Yoni Vyapad* with special reference to *Candida albicans*

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ABSTRACT

Upapluta Yoni Vyapad has mentioned in many Samhita. The genital organs are afflicted by *Kapha & Vata*, the ailment of the woman is called *Upapluta* which clinical features are simulated description of Monilial Vulvovaginitis specially caused by *Candida albicans*. Sixty (60) patients were divided into two groups i.e., Trial group and Control group with clinical features of curdy thick white vaginal discharge, vulval pruritis, vulval itching, vulval oedema. Trial group was treated with *Yoni Pichu* (Vaginal Tampon) by a *Dhatakyadi Oil*. Control group was treated with Clotrimazole vaginal gel. This study was conducted to evaluate the efficacy of *Dhatakyadi Oil* on *Upapluta Yoni Vyapad* with special reference to candida albicans. This study was a prospective, comparative and observative. This study observe significant reduction in mean scores of clinical feature and overall compliance to the treatment was excellent in the both group and p value of < 0.001 was considered highly significant.

Key words: *Upapluta Yoni Vyapad, Dhatakyadi oil, Candida albicans.*

INTRODUCTION

Upapluta Yoni Vyapad has mentioned in *Caraka Samhita, Astanga Samhita, Astanga Hridaya* also. The word of *Upapluta* has many meaning i.e., over flowed, invaded or afflicted. Though *Dosas* always invade *Yoni* in all the conditions, however special mention of the word denotes that here whitish thin or thick curdy vaginal discharge, vaginal pain, itching etc. features of *Vata & Kapha* invade entire vaginal canal. Thus, all the clinical features of monilial vulvovaginitis specially caused by candida albicans simulate description of

Upapluta Yoni Vyapad. In this study Trial group was treated with *Dhatakyadi Oil* and Control group was treated with Clotrimazole vaginal gel.

AIM AND OBJECTIVES

To evaluate the efficacy of *Dhatakyadi Oil* on *Upapluta Yoni Vyapad* with specially candida albicans.

MATERIALS AND METHODS

Study design

Prospective and comparative and observative.

The study was conducted in the Department of Prasuti Tantra and Stri Roga, B.S.R.G.M.A.C & Hospital, West Bengal, in which 60 patients were selected and were divided in two equal groups. 30 Patients were taken in Trial group and another 30 Patients were taken in Control group.

Selection criteria

60 Patients of female with clinical sign & symptoms of curdy white thick vaginal discharge, vulval pruritis, vulval itching, vulval oedema and laboratory investigation specially candida albicans, were taken in the study.

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Exclusion criteria

Patients who were suffering from positive VDRL, carcinoma, positive pap smear, presence of other infective organism, were excluded from the study.

Selection and preparation of the drug

A compound medicine *Dhatakyadi* oil has mentioned in *Caraka Samhita Chikitsasthan (Ca.Sa.Chi.30/78-82)*^[1] was selected for the study in Trial group. The ingredients of the *Dhatakyadi* oil are -

1. *Dhataki* (fl) - 1 *Aksa*
2. *Amalaki* (fr) - 1 *Aksa*
3. *Patra* - 1 *Aksa*
4. *Srotanjana* - 1 *Aksa*
5. *Madhuka* - 1 *Aksa*
6. *Utpala* - 1 *Aksa*
7. *Jambu* (seed) - 1 *Aksa*
8. *Amra* (Seed) - 1 *Aksa*
9. *Kasisa* - 1 *Aksa*
10. *Lodhra* - 1 *Aksa*
11. *Katphala* - 1 *Aksa*
12. *Tinduka* - 1 *Aksa*
13. *Saurastrika* - 1 *Aksa*
14. *Dadima* (St bark) - 1 *Aksa*
15. *Udumbara* (fr) - 1 *Aksa*
16. Goat's urine - 2 *Prasthas*
17. Goat's milk - 2 *Prasthas*
18. Oil - 1 *Prastha*

[1 - *Aksa* means 12 gm and 1 - *Prastha* means 768 gm]

All the above herbs (1-15) were taken in equal parts a paste form (*Kalka*) then mixed with goat's urine & goat's milk - 2 *Prasthas* in each and then it should be mixed with oil - 1 *Prastha* and cooked properly. This Oil used as vaginal Tampon (*Yoni Pichu*).

Study procedure

Total patients were equally divided in to two groups i.e., Trial group & Control group.

Trial Group - This group was treated with *Yoni Pichu* (vaginal tampon) by *Dhatakyadi Oil* for 15 days.

Control Group - This group was treated with Clotrimazole Vaginal Gel - 5 gm intravaginally daily at night for 6 days.^[2]

All groups were similar with regard to the demographic data and baseline parameters. Total score was based on curdy white vaginal discharge, vulval pruritis, vulval itching, vulval oedema and vaginal smear examination (*Candida albicans*), in the same parameters.

DISCUSSION

Comparative study of the effectiveness between the Trial group and Control group in different signs and symptoms with laboratory investigation before and after treatment (Table 1 and 2).

Table 1: Result of the treatment in Trial Group

Sign & Symptoms	Mean ± S.D		df	't' value	Effectiveness
	BT	AT			
Curdy White vaginal discharge	2.54 ± 0.6	0.42 ± 0.8	24	9.56	75%
Vulval Pruritis	1.13 ± 0.2	0.15 ± 0.1	22	12.32	65%
Vulval itching	2.4 ± 0.6	0.68 ± 0.2	24	12.55	65%
Vulval oedema	1.50 ± 0.2	0.58 ± 0.3	16	10.10	60%
Vaginal smear Exa. (<i>Candida albicans</i>)	2.78 ± 0.4	0.6 ± 0.5	24	11.75	70%

Table 2: Result of the treatment in Control Group

Sign & Symptoms	Mean \pm S.D		df	't' value	Effectiveness
	BT	AT			
Curdy White vaginal discharge	2.21 \pm 0.3	0.60 \pm 0.2	24	12.75	75 %
Vulval Pruritis	1.8 \pm 0.4	0.21 \pm 0.4	14	8.82	65 %
Vulval itching	1.22 \pm 0.6	0.62 \pm 0.3	18	10.23	60 %
Vulval oedema	1.21 \pm 0.21	0.22 \pm 0.5	12	9.21	65 %
Vaginal smear Exa.(Candida albicans)	2.32 \pm 0.3	1.10 \pm 0.5	24	15.50	60 %

From the statistical point of view it was observed that out of 30 patients in Trial Group, 21 (70%) patients were cured, 5 (16.7%) patients were maximum improved, 2 (6.6%) patients were moderately improved, 2 (6.6%) patients were mildly improved and out of 30 patients in Control Group, 20 (66.6%) patients were cured, 6 (19.8%) patients were maximum improved, 3 (9.9%) patients were moderately improved, 1 (3.3%) patients were mildly improved, (Table 3).

Table 3: Overall clinical assessment of the treatment.

Result	Trial Group		Control Group	
	No. of pt	% of pt	No. of pt	% of pt
Cured	21	70 %	20	66.6 %

Maximum improved	5	16.7 %	6	19.8 %
Moderately improved	2	6.6 %	3	9.9%
Mildly improved	2	6.6 %	1	3.3%

CONCLUSION

The study observed a highly significant reduction in the mean of curdy white vaginal discharge, vulval pruritis, vulval itching, vulval oedema and vaginal smear examination (Candida albicans). The overall compliance to the treatment was excellent in the both group and the p value of <0.001 was considered highly significant. Hence, it can be concluded that the drug *Dhatakyadi Oil* can be recommended for satisfactory management of *Upapluta Yoni Vyapad* with special reference to candida albicans due to its inhibitory effect on candida albicans, no side effect, anti-inflammatory, anti-bacterial and very cheap in cost.

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