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Effect of *Panchavalkaladi Taila Yoni Pichu* in the management of *Paripluta Yoni Vyapad* w.s.r. to Pelvic Inflammatory Disease - A Review Article

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ABSTRACT

Health is an important factor that contributes to human well-being and economic growth. Wisdom, art, strength and wealth are no use if health is lacking. Nidation of seed will grow only in satisfactory environment. Creation of good offspring highly depends on the woman's reproductive health. *Yoni Shuddha* is one among the major essential for a healthy offspring. Twenty types of *Yoni Vyapad* mentioned as the major cause of disease of the female reproductive tract. *Paripluta Yoni Vyapad* is one of them and in this, *Vata* and *Pitta Dosh* is considered the primary cause. It can be correlated with Pelvic Inflammatory Disease. PID is a disease of the upper genital tract. The main clinical features of Pelvic inflammatory disease are purulent vaginal discharge with foul smell, fever, pelvic pain and dyspareunia. It affects approximately 10% of women of reproductive age. Delayed management of PID may result in higher rates of miscarriage, chronic pelvic pain, STD, progressive organ damage and long-term reproductive disability due to its recurrence. There is a need to solve this emerging problem. In modern medicine antimicrobials, analgesics, NSAIDs are often prescribed in the treatment of Pelvic inflammatory disease which can be cause of many sides effect as headache, dizziness, drowsiness etc. So, the proper solution is made to find the safe and curative remedy in the form of *Panchvalkaladi Tail Yoni Pichu* for *Paripluta Yoni Vyapad*.

Key words: *Paripluta Yoni Vyapad*, *Pelvic Inflammatory disease*, *Panchvalkaladi Taila*, *Yoni Pichu*.

INTRODUCTION

Since the evolution of the life in universe, women have been placed an extreme worshipping place due to her power of "Janani" (capability of creation and care of new offspring of human beings). That's why *Acharya*

Manu has stated that, for happiness of the human society, it needs to give proper care and respect to women. In female, the reproductive system is of great importance and any disease in this system will seriously affect her health and happiness and also it proves to be great discomfort to the female and her family. Not only this, the power of progeny will be seriously affected.

In *Ayurveda*, diseases related to the female reproductive system are collectively grouped or described under the heading of *Yoni Vyapada*. There are twenty types of *Yoni Vyapada* in our classics. *Yoni Vyapad* is diseases of female genital tract i.e., Gynecological disorders are available in *Ayurveda* texts. The *Acharyas* have included almost all gynecological disorders under broad heading of '*Yoni Vyapada*'.

The word "*Yoni*" in *Ayurvedic* classics is used to denote genital tract as a whole and uterus, vagina and vulva

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separately. The word 'Vyapada' means the disorder, affliction, disease or derangement. So, in brief *Yoni Vyapada* means that which afflicts the genital tract and hampers reproductive power. *Paripluta* is one among the twenty *Yoni Vyapada* mentioned in classics i.e., seen in women of reproductive age group.

In *Ayurveda* this painful condition can be compared to *Paripluta Yoni Vyapad* based on the clinical feature i.e., Pain abdomen, fever, dyspareunia, abnormal vaginal discharge etc. In *Paripluta Yoni Vyapad* involved *Dosha* are mainly *Vata* and *Pitta*.

In modern science antimicrobials, analgesics, NSAIDs are used is the treatment of PID. But there are many side effects.

The present study is under taken keeping in the view of the drug which is cost effective easily available, without adverse effect and easy preparation.

Various local and oral medicine are available in our classic.

Pichu is consider a topical treatment of *Paripluta Yoni Vyapad*

Panchvalkaladi Tail Yoni Pichu described in classics in composing of drugs having an efficacy to treat *Vata Pittaj Vyadhi* by the virtue of its *Kashaya & Madhura Rasa, Ruksha, Guru, Laghu Guna, Sheetavirya, Katu Vipak* properties.

AIM AND OBJECTIVES

Aim

Evaluation of *Panchvalkaladi Taila Yoni Pichu* in *Paripluta Yoni Vyapad*.

Objectives

To evaluate the efficacy of *Panchvalkaladi Taila Yoni Pichu* in the management of *Paripluta Yoni Vyapad*.

METHODOLOGY

The matter related to the present conceptual study was collected from the different *Ayurvedic Samhita*, research papers and journals.

Description of *Paripluta Yoni Vyapad*

According to *Acharaya Charaka* when a woman having predominance of *Pitta* (either due to her *Pitta Prakriti* or consumption of diet) which aggravates *Pitta* withholds her natural urge of sneezing and eructation (Belching) at the time of coitus, then the vitiated *Pitta*, getting mixed with *Vayu* and reaches *Yoni* (reproductive system) and produces its abnormalities. The *Yoni* becomes inflamed and tender and the patient gets painful menstruation having yellowish or bluish colour of menstrual blood. Patients also suffers from pain in lumbosacral groin region, backache and fever.

According to *Acharaya Sushruta*, the condition is characterized with severe pain during dyspareunia.

Both the *Acharaya Vridha Vaghatta* and *Vagbhatta* have followed *Acharaya Charaka*, but they have included heaviness in the regions of bladder and lower abdomen, diarrhoea and anorexia etc.

A lot of treatment has been mentioned in classics for *Yoni Vyapada*. But in this study we have selected *Panchvalkaladi Taila* as a *Sthanika* treatment by *Yoni Pichu*.

Samanya Hetu

Mithaachara (include abnormal diet & abnormal mode of life), *Pradustta Aartav* (hormonal disorders), *Beeja Dosha* (abnormalities of sperm and ova), excessive indulgence in coitus, *Daiva Prakop* (idiopathic) etc.

Vishesha Hetu

Acharaya Charaka and *Vagbhatta* has discussed about *Vishesh Hetu* of *Paripluta Yoni Vyapad*.

Pittala - It means women having predominance of *Pitta* due to her *Pitta Prakriti* and consumption of diet which exaggerate *Pitta*.

Pitta Prakriti - Women having *Pitta Prakriti* develop *Pittaja Roga* quickly even by less etiological factors and the *Roga* are *Kasthasadhya*

The word *Nrisamvaase* shows that excessive coitus in abnormal position is very important cause.

Swayathu-Udgara Dharanata - suppression of natural urges leads to *Vata Prakopa*.

Description of Pelvic Inflammatory Disease

Pelvic inflammatory disease is a common reproductive tract infection seen in active reproductive woman. PID is caused by multiple organism like Neisseria Mycoplasma hominis, non-hemolytic streptococcus etc. This disease manifests with the irregular, excessive vaginal bleeding, lower abdomen pain, abnormal vaginal discharge, dyspareunia, nausea, vomiting, fever etc.

Samprapti Ghataka

Dosha - Vata, Pitta

Dushya - Rasa Dhatu

Agni - Jatharagni, Rasadhatvagni

Srotus - Rasavaha, Aartavvaha

Srotodushti - Sanga and Vimarggaman

Marga - Aabhantar

Samprapti

Nrisamvase (Excessive coitus) + Shwayathu-Udgar
Vegadharana + Mithyaachara



Doshavaishyamyaa



Dushya Rakta & Mamsa



Kha Vaiguna with Rasavaha, Raktavaha, Aartavavaha
Shrotas



Kshuddha Yoni



Disturbances of normal defense mechanism of Yoni



Paripluta Yoni Vyapad

Rupa

In Paripluta Yonivyapad there is vitiation of Vata-Pitta.
The symptoms of Paripluta Yonivyapad are -

- Yonishool / Yonishotha - vagina / uterus gets inflamed
- Yonisparsha Asakshama - tenderness in vagina / uterus
- Nila-Peeta Asrak Strava - painful menstruation having yellowish or bluish discoloration of menstrual blood
- Shronimandal Vedana - severe pain in lumbosacral, pelvis and groin, backache
- Vankshanapradesh Vedana
- Jwara - Fever

Other symptoms include-

- Dharme Ruja Bhrusham Gramya - severe pain during coitus (Sushruta)
- Vasti Kukshi Gurutwam - heaviness in urinary bladder and lower abdomen (Vagbhata)

Description of drug

The Drug was described in Charaka Samhita Chikitsa Sthana, Yonivyapatchikitsa Adhyaya. This formulation is used to cure Vipluta in the text. The word Pluta has been used all the diseases having Pluta as suffix i.e., Uppluta, Vipluta and Paripluta. So Pichu of this Taila can be advised to the patient.

SN	Name of drug	Family	Latin name	Part Used	Quantity
1.	Shallaki	Burseraceae	Boswellia serrata Roxb.	Twak	1 Part
2.	Manjishta	Rubiaceae	Rubia cardifolia Linn.	Twak	1 Part
3.	Jamuna	Myrtaceae	Syzygium cumini Linn.	Twak	1 Part
4.	Dhav	Combretaceae	Anogeissus Latifolia Wall.	Twak	1 Part
5.	Vat	Moraceae	Ficus benghalensis Linn.	Twak	1 Part

6.	Ashwatha	Moraceae	<i>Ficus religiosa</i> Linn.	Twak	1 Part
7.	Udumbra	Moraceae	<i>Ficus racemosa</i> Roxb.	Twak	1 Part
8.	Plaksha	Moraceae	<i>Ficus lacor</i> Buch.	Twak	1 Part
9.	Parisha	Malvaceae	<i>Thespesia populnea</i> Soland.	Twak	1 Part
10.	Til	Pedaliaceae	<i>Sesamum indicum</i>	Taila	64 Part

Pharmacological Properties of Drugs

SN	Dravya	Rasa	Guna	Virya	Vipak	Karma
1.	Shallaki	Kashaya, Tikta, Madhura	Laghu, Ruksha	Ushna	Katu	Kaphapittas hamak
2.	Manjishta	Kashaya, Tikta	Guru, Ruksha	Ushna	Katu	Kaphapittas hamak
3.	Jamuna	Kashaya	Laghu, Ruksha	Sheeta	Katu	Kaphapittas hamak
4.	Dhav	Kashaya	Laghu, Ruksha	Sheeta	Katu	Kaphapittas hamak
5.	Vat	Kashaya	Guru, Ruksha	Sheeta	Katu	Kaphapittas hamak
6.	Ashwatha	Kashaya	Guru, Ruksha	Sheeta	Katu	Kaphapittas hamak
7.	Udumbra	Kashaya, Madhura	Guru, Ruksha	Sheeta	Katu	Kaphapittas hamak
8.	Plaksha	Kashaya	Guru, Ruksha	Sheeta	Katu	Kaphapittas hamak
9.	Parisha	Kashaya	Laghu, Ruksha	Sheeta	Katu	Kaphapittas hamak

10.	Til	Madhura	Guru, Snigdha	Ushna	Madhura	Vatashamak
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Drugs of this formulation possess *Rasa* like *Kashaya Rasa*, *Madhura Rasa*, *Tikta Rasa*, *Ruksha*, *Guru*, *Laghu Guna*, *Sheeta Virya*, *Ushna Virya*, *Katu Vipaka*.

Kashaya Rasa - Majority of drugs of this formulation have *Kashaya Rasa*. It has *Samshamana*, *Samgrahi*, *Sandhankara*, *Ropana*, *Shoshana*, *Stambhana*, *Sleshmapitta Prashamana*, *Kleda Upshosgana*. It has the predominance of *Vayu* and *Prithvi Mahabhuta*.

Madhura Rasa - It has the predominance of *Prithavi* and *Jala Mahabhuta*. It is *Satmya* for the body so cause *Vardhana* of *Rasa*, *Rakta*, *Mamsa*, *Meda*, *Asthi*, *Majja*, *Sukra* and *Oja*, *Balya*, *Pitta-Vishanashaka*, *Dahaprashmana*, *Twachya*, *Tarpana*, *Brihana*, *Sthairyakara*, *Sandhanakara* also improves vitality, stamina and general debility. It causes *Vata-Pitta Shamana*.

Tikta Rasa - It acts as *Vishaghna*, *Krimighna*, *Dahanashana*, *Kandughna*, *Jwaraghna*, *Lekhana*, *Kleda-Puya-Pitta-Sleshma*, *Upshoshana*, *Sthirakarana* of *Mamsa* and *Twaka*. *Tikta Rasa* is also *Akash Mahabhuta* and *Sukshama Guna Pradhan* so through its removes the inflammatory secretion. *Tikta Rasa* specifies *Pitta Dosh* mainly.

Ruksha Guna - acts as *Kapha-Shamana*, *Vranaropana*, *Srotoshodhaka*, *Mala-Kshaya*, having the predominance of *Vata*.

Guru Guna - cause *Vata Shamana*, *Brinhana* having the predominance of *Prithvi* and *Jala Mahabhuta*.

Laghu Guna - Predominance of *Agni* and *Akasha Mahabhuta* in *Laghu Guna*. It acts as *Shoshana*. So, its properties of *Shoshana* help in excessive secretion of vaginal discharge.

Sheeta Virya - causes *Pittashamana*, *Stambhana*, *Balya*, *Viahyandana*, having the predominance of *Prithavi* and *Jala Mahabhuta*. It pacifies mainly *Pitta Dosh* dominance.

Ushna Virya - *Vata Kapha Shamana*, *Pittajanana* properties.

Katu Vipaka - Vata-Pitta Vardhaka**The overall effect of Panchvalkaladi Taila**

Panchvalkaladi Taila (oil) has mainly *Kashaya Rasa* (astringent taste). *Panchvalkaladi Kashaya* used in its preparation has *Ruksha*, *Kaphapittahara*, *Shothahara*, *Sheeta Guna* and has wound healing properties.

Acharya Charaka has mentioned that *Kashaya Rasa* is having pharmacological properties like *Samshamana*, *Shoshana* (drying), *Samgrahi*, *Stambhan* and *Kaphanashaka*, *Kashaya Rasa* is mainly formed by conjugation of *Vayu* and *Prithvi Mahabhuta*. *Vayu* is *Ruksha* in quality and dries up the excessive fluids in tissue while *Prithvi* by virtue of *Kathina* and *Sthira Guna* which are opposite to *Drava* and *Sara Guna* reduces the *Srava*. *Tikta Rasa* has *Krimighna* property which directly inhibits the growth of *Krimi* and finally diminishes *Srava*. On the basis of researches carried out on the ingredients of *Panchvalkaladi Taila*, it has been postulated that pharmacological properties like anti-inflammatory, antimicrobial, antiviral, antiprotozoal, antibacterial are present which cure the Pelvic inflammatory disease.

Dose - 15 ml of *Panchvalkaladi Taila Yoni Pichu* till 45 min or urge of micturition (after the cessation of menses).

Duration - 28 days

Pichu Kalpana

Pichu Kalpana has been described by *Acharya Charaka* for treating the *Gudabhransha* (Rectal prolapse) in *Atisara* - (*Chikitsaadhyay*). *Pichu* is made up of cotton ball covered with a gauze piece and *Taila* is made using the gauze. Its shape like a *Pottali*.

Mode of Administration of Yoni Pichu

Under aseptic precaution sterile *Pichu* soaked in medicated oil should be inserted in vaginal canal with the help of index finger and thumb or with the help of swab holding forceps in such a way that the thread of *Yoni Pichu* should be lying out of vagina. It will facilitate easy removal of *Yoni Pichu*.

Mode of action of Yoni Pichu

According to *Ayurveda* classics *Pichu* helps in *Lekhna Karma* and thus removes slough. In *Yoni Pichu* mostly medicated *Kashya*, *Sarpi* and *Taila* are used. These preparations have two main functions i.e., *Shodhana* and *Ropana*. *Pichu* helps the medicine to remain at that particular site for a longer period for better action. *Yoni Pichu* can act as an antibacterial, control vaginal discharge and help in wound healing.

DISCUSSION

Paripluta Yonivyapad can be considered as a condition of infection and inflammation of pelvic region. PID may affect vaginal pH and hamper entire pelvic environment. It disturbs the sexual life of couple. Once if a woman has pelvic infection, chances of recurrent infections are high. Pelvic Inflammatory disease is a most common female genital organ disorders which may lead to infertility. *Ayurveda* treatment helps in preventing from recurrent infection. *Acharya Charaka* has mentioned *Panchvalkaladi Taila* for *Yonipichu* in *Paripluta Yoni Vyapad*. *Pichu Kalpana* is convenient for patient to administer by own. The drugs of this formulation have *Vata-Pitta Shamak*, *Shothaghna* and *Ropana* properties. *Pichu* have promising role in the treatment of Pelvic Inflammatory Disease and prevention of infertility and any other complications.

CONCLUSION

Paripluta Yoni Vyapad is a *Vata-Pittaj* disorder characterized by *Gramyadarmaruja*, *Shotha*, *Sparshakshamatwa*, Painful menstruation, *Vedna* in *Sroni*, *Vankhahana*, *Prusta*, *Kati*. Aggravated *Pitta* associated with *Vata* reaches *Yoni* leads to *Paripluta Yoni Vyapad*. The management is based on *Doshic* vitiation i.e., *Vata Pitta Shamak*, *Shothaghna* and *Ropana* properties. From this study it can be concluded that *Panchvalkaladi Taila Yoni Pichu* is an effective treatment in the management of the *Paripluta Yoni Vyapad*.

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