



Ayurvedic Management of Trichomonas Vaginalis Infection: A Case Report

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Women are caretakers of health for their family; these roles can increase their risk for various infections and increase obstacles to appropriate and timely management. Vaginal infections are common problems for women for all ages. In that Trichomonas vaginalis is considered as one of the most common cause of symptomatic vaginitis in women. The classic symptoms associated with Trichomonas vaginalis include greenish-yellow frothy discharge, pruritis, dysuria, dyspareunia and strawberry cervix. Strawberry cervix is characterised by punctate haemorrhagic lesions. Although, it is uncommon sign, strongly indicates of Trichomoniasis. In Ayurveda classics, the cardinal symptoms of vaginal infections such as Yonisrava (abnormal vaginal discharge), Yonikandu (pruritis), Yonivedana (dyspareunia), Dourgandya (foul smell) etc. are mentioned under different Yonivyapath includes Slaishmiki, Paittiki, Upaplutha and Pariplutha etc. In the present case, a 45yrs old female patient came with complaints of foul smelling yellowish white discharge per vagina, itching and frequent micturition since 15 Days, on per speculum examination yellowish white discharge, cervical congestion and strawberry spots were present on the cervix and vagina. Both Sthanika and Shamana Chikitsa was adopted to manage this condition by using medicines with Kaphapittagna, Sravagna, Kandugna, Krimighna, Vruna Shodana and Ropana properties.

Keywords: Trichomoniasis, Strawberry spots, Yonivyapath, Sthanika Chikitsa, Shamana Chikitsa

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Introduction

Trichomoniasis is one of the most common sexually transmitted infections (STIs) among the women of reproductive age worldwide, caused by a protozoa *Trichomonas vaginalis*.^[1]

WHO has estimated that, this infection accounts for almost half of all curable sexually transmitted infections. The actual burden of the disease remains unknown in India. As per published literature, the prevalence of *Trichomonas vaginalis* is 0.4 - 27.4% in women.^[2] Due to its high prevalence worldwide and the frequency of co-infection with other STI's make *Trichomonas* is an important public health concern.^[3]

The classic symptoms associated with *Trichomonas vaginalis* includes greenish-yellow frothy discharge, pruritis, dysuria, dyspareunia and strawberry cervix, which is characterised by haemorrhagic lesions. The classic strawberry cervix is seen in approximately only 2% of patients, although this finding is uncommon, it is highly indicative of Trichomoniasis.

Accurate diagnosis is necessary, since it will lead to appropriate treatment and facilitates that control the spread of *Trichomonas vaginalis* infection. The consequences of untreated *Trichomonas vaginalis* infection may include pelvic inflammatory disease (PID) and adverse outcomes of pregnancy.^[4]

In Ayurveda classics, diseases of female reproductive system are explained mainly under the heading of "Yoni Vyapath". Various vaginal infections are mentioned under different Yoni Vyapath's such as *Slaishmiki*, *Paittiki*, *Upaplutha* and *Pariplutha* etc. Foul smelling infective yellowish-green vaginal discharge present in Trichomoniasis having close similarity with *Peeta* and *Kunapa Srava* mentioned under *Paittiki* and *Pariplutha Yonivyapath*.^[5]

Pruritis in Trichomoniasis can be considered as *Yonikandu* mentioned in *Slaishmiki Yonivyapath*.^[6] Strawberry cervix is due to tiny capillary haemorrhages, here *Raktha* get vitiated by vitiated *Pitta*. By considering these *Lakshanas*, we can conclude that *Trichomonas vaginalis* infection is a *Kaphapitta* predominant condition. So, both *Sthanika* and *Shamana Chikitsa* with *Kaphapittagna*, *Sravagna*, *Kandugna*, *Krimighna*, *Vruna Shodana* and *Ropana* properties play an important role in its management.

Aim and Objectives

To assess the effect of Ayurvedic management of *Trichomonas vaginalis* infection with *Sthanika* and *Shamana chikista*.

Materials and Methods

Informed written consent has taken from the patient in her own language and case was recorded as per case proforma.

Case Report

A 45 years old female patient came with the complaints of foul smelling yellowish white discharge per vagina, itching, dyspareunia and frequent micturition since 15days associated with low back ache since 10 years, but aggravated since 10days. So, she visited the OPD of Department of *Prasuti Tantra* and *Stri Roga*, Alva's Ayurveda Medical College and Hospital, Vidyagiri, Moodubidire on 06/06/2024 for further management.

Purva Vyadhi Vrittanta (Past History):

K/C/O Hypertension since 5years (on Tab. Amlopin AT 1-0-0)

She underwent surgery for Umbilical hernia 6 years back

Kula Vrittanta (Family History): Nothing significant

Vayaktika Vrittanta (Personal History):

Diet	Vegetarian
Appetite	Reduced
Bowel	2 times /day
Micturition	Increased frequency 8-9 times/day
Sleep	Sound
Addiction	Nil

Rajo Vrittanta (Menstrual History):

LMP	04/05/2024
Cycles - Regular	Duration - 4 to 5 days Interval - 28 to 30days
Clots	Present
Dysmenorrhoea	Present in 1st 2 days of menses
No. of pads used	3 to 4 pads / day

Prasava Vrittanta (Obstetric History):

P2L2	1st Male (26yrs)/FTND 2nd Male (19yrs)/FTND
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Contraceptive History:

Natural methods and OC pills

General Examination

Built - Well	Temperature - 98.4°F
Nourishment - Good	Height - 154 cms
BP - 130/80 mm Hg	Weight - 70.4kg
Pulse rate - 88 bpm	BMI - 29.5
Respiratory rate - 17cpm	

Systemic Examination:

RS	B/L Normal Vesicular Breathing Sounds, no added sounds
CVS	S1, S2 heard
P/A	soft, non-tender, no organomegaly
CNS	Conscious, oriented well

Sthanika Pariksha (Pelvic Examination):

Inspection	Excoriation on labia majora
Per-vaginal examination	Uterus - Anteverted Fornices - free Cervical motion tenderness - positive
Per-speculum examination	Vagina - Yellowish white discharge+++ Cervix - Strawberry spots+++ Bleeding on touch++ Cervical congestion++

Prayogashala Pareeksha (Investigations):

Cervical smear cytology (07/06/2024) (Fig. 1)

Smears are showing numerous acute inflammatory cells in the form of neutrophils. Few RBC's are seen in the background.

No atypical squamous/glandular cells seen.

No dysplastic cells or malignant cells seen.

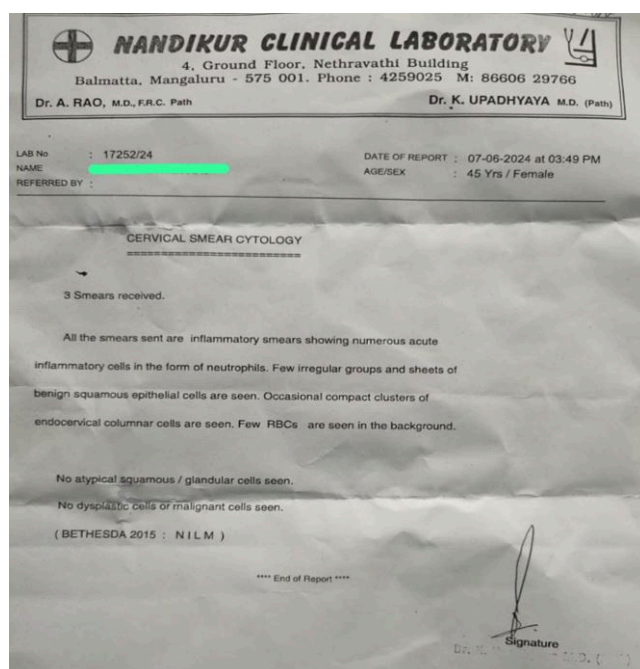


Figure 1

Vyadi Vinischaya (Diagnosis):

Based on the Signs and Symptoms, the present case diagnosed as Trichomonas vaginalis.

Chikitsa (Treatment):

07/06/2024 to 20/06/24	Externally 1.Yoni Prakshalana - Panchavalkala Kashaya2.Yonipichu - Jathyadi Taila	14 Days
07/06/2024 to 10/07/2024 (except during menses)	Internally 1.Pushyanuga Churna (2-2-2tsp) 2.Chandraprabha Vati (2-2-2)	30 Days
11/07/2024	Follow up	

Observations and Results

SN	Signs	Day - 1 (Before treatment) (figure 2)	Day - 7 (During treatment) (figure 3)	Day - 14 (After treatment) (figure 4)
1.	Yellowish white discharge	+++	++	+
2.	Itching	++	+	Absent
3.	Cervical congestion	++	+	Absent
4.	Strawberry spots	+++	++	+
5.	Bleed on touch	++	+	Absent



Figure 2



Figure 3

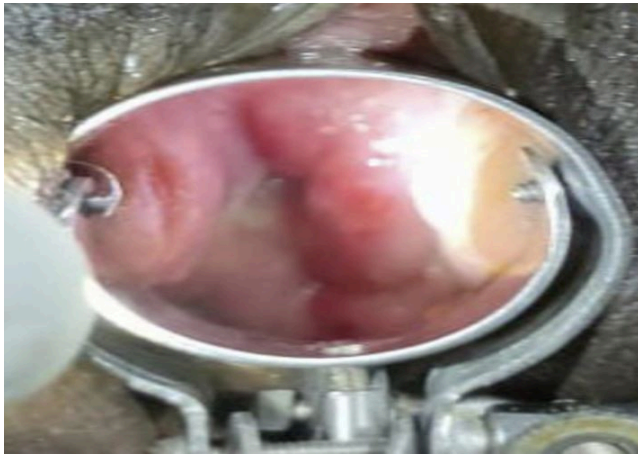


Figure 4

Discussion

In Ayurvedic classics, various conditions giving rise to *Yonirava* /discharge per vaginum have been described. The treatment for any type of infective vaginal discharge is to cure the underlying disease and its cause. Yellowish white discharge per vaginum along with itching is mainly due to vitiated *Kapha* and *Pitta dosha*. For this *Kaphapittagna*, *Sravagna*, *Kandugna*, *Sothagna*, *Vedanasthapana*, *Vrunaropana dravyas* were advised.

Yoni Prakshalana: *Panchavalkala Kashaya*[7] having *Kaphapittagna*, *Yonidoshahara*, *Sthambana*, *Kandugna*, *Sothahara*, *Vruna Shodana* and *Ropana* along with anti-inflammatory, anti-microbial, astringent, immune-modulatory, purifying and healing properties.[8] These properties of *Panchavalkala Kashaya* helps in reducing the signs and symptoms like yellowish white discharge, itching, strawberry spots, bleed on touch and cervical congestion. It prevents the re-occurrence this infection by restoring the normal vaginal flora and also inhibits the growth of pathogens.

Yoni Pichu: *Jathyadi Taila*[9] having *Tikta*, *Kashaya Rasa*, *Kaphapittagna*, *Sothahara*, *Rakthasthambaka*, *Vedanasthapana*, *Vruna Shodhana* and *Ropana Karma*, it also possess anti-inflammatory, anti-septic, wound healing properties. The studies suggested that phytochemicals present in *Jathyadi taila* such as flavonoids, terpenoids, tannins, glycosides, steroids and alkaloids which helps in wound healing and re-epithelization.[10] Hence it helps to reduce the inflammatory changes in the cervix and vagina such as cervical congestion, strawberry spots, bleed on touch and also to restore the normal cytology of reproductive tract.

Pushyanuga Churna[11] having *Tikta*, *Kashaya Rasa*, *Katu Vipaka*, *Sheeta Virya*, *Kaphapittahara*, *Sravahara* and *Sthambana* properties along with anti-inflammatory, astringent and anti-microbial action which helps to reduces inflammation and yellowish white vaginal discharge in this case. It also does *Rakta Prasadana* and *Raktha Sthambana Karma* and haemostatic action, which is useful to reduce features such as Strawberry cervix and bleed on touch. Its *Sothahara Karma* is useful to reduce cervical congestion in this case and its *Yonidoshahara* property helps to reduce diseases of female reproductive system.[12] *Chandraprabha Vati*[13] possess *Madura*, *Tikta*, *Kashaya Rasa*, *Ushna Virya* and *Laghu*, *Ruksha*, *Tikshna* and *Ushna Guna*, *Tridosahara*, *Vatanulaomana*, *Moothrala*, *Kandugna*, *Krimigna*, *Vruna Shodana*, *Vruna Ropana* and *Rasayana* properties along with anti-inflammatory, anti-oxidant, anti-bacterial, Anti-septic, diuretic, astringent, healing and cooling actions.[14] Hence it helps to reduce urinary symptoms as well as inflammation of cervix and vagina. It also improves immunity of patient by its *Rasayana Karma*.

ALVA'S AYURVEDA MEDICAL COLLEGE HOSPITAL

MOODUBIDIRE - 574 227

PROCEDURE CONSENT FORM

Patient Name _____ Sex FEMALE
 Age 45 yrs Bed No. _____
 Adm. No. 21679/24 Patient No. 21679/24
 Admitting consultant DR. VEENA Date 05/06/2024

PROCEDURE :

I have explained to the patient the nature of his/her condition, the nature of the procedure and the benefits be reasonably expected compared with alternative approaches.

I have discussed the likelihood of major risks or complications of this procedure including (if applicable) but not limited to loss of limb function, Brain damage, Paralysis, Hemorrhage, Infection, drug reactions, Blood clots and Loss of life, I have also indicated that with any procedure there is always the possibility of an unexpected complication.

Additional comments (if any): _____

All questions were answered and the patients to the procedure YONI PRAKSHALANA
AND YONI PICHU

Dr. VEENA R has explained the above to me and I consent to the procedure.

Patient Signature: [Signature]

Witness: HUSBAND

Signature [Signature]

If signature cannot be obtained indicate reason in comments section above.

Famililar, Friendly, like family ...

Figure 5

Conclusion

Trichomoniasis is one of the curable sexually transmitted infections; its management aims to treat the infection and to prevent its reoccurrence. In the present case, the patient treated with both *Sthanika* and *Shamana chikitsa* with *Kaphapittahara*, *Sravahara*, *Vruna Shodana*, *Ropana*, *Kandugna* and *Krimigna* properties. Improvement was noted in signs and symptoms within short period of time. The study providing a promising option for managing Trichomoniasis by comprehensive Ayurvedic treatment modalities.

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