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A Case Study on *Yonivrana* (Vaginal Ulcer)

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ABSTRACT

Vaginal infections are a burning problem in today's era. Vaginal discharges serve an important housewife function in the female reproductive system. It affects the whole reproductive as well as general health of the women. *Ayurvedic* texts have described about various *Sthanik Chikitsa* for *Yonigata Rogas*. Despite wide range of treatment modalities in contemporary medicine search for safe option, non-surgical, effective and without any adverse effect is needed. This article describes the case report of 35yrs old woman who was complaining of vaginal discharge, itching at vagina. It was observed that *Sthanika Chikitsa* along with oral medications has provided significant relief in all symptoms.

Key words: *Yonivrana, Sthanika Chikitsa, Yonigata Roga, Chandranshu Rasa, Vaginal Ulcer.*

INTRODUCTION

Women are the key to sustainable development and quality of life in the family. The varieties of role the women assume in the family are those of wife, leader, administrator, manager of family income and last important the mother. Day to day stress at work and at home also adds to the hostile environment against good health. All the authors described *Yonivyapad* in separate chapter but description of *Yonivrana* as a disease or as a symptom directly not mentioned in *Ayurvedic* classics. There is reference of *Yonivrana* is available in *Ashtanga Sangraha* in the context of "*Yoni Vranekshan Yantra*".^[5] The phenomenon, which causes the destruction of the tissue in a particular

part of the body, is termed as *Vrana*.

CASE REPORT

A 35yrs old female Hindu patient, Housewife by occupation came to the OPD of Uttaranchal Ayurvedic Hospital on 7/8/2018 with Complaints of *Yonivrana*, *Yonikandu* and *Yonivrana* since 2 months.

History of fever was there 15days back.

Past History: Patient was having same complaints since 2 months and she took contemporary medication for that but did not got relief. She was known case of Hypertension and on was Amlopin 5mg OD.

Family History: No significant history

Personal History

- Food - Mixed
- Appetite - normal
- Bowels - Once/day
- Micturation - 3-4times/day
- Sleep - disturbed

Menstrual History

- Menarche - 13yrs

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- LMP - 22/7/18
- M/C - 3-4/30days, regular cycle

Obstetric History

- P1 - FTND- Male 15yrs
- P2 - FTND- Male- 13yrs
- P3 - FTND- Female-10yrs

General Examination

- Built - Moderate
- Pulse - 76/min
- BP - 140/84mm of Hg
- Temperature - 98.6F
- RR - 18c/min
- Height - 160cm
- Weight - 75kg
- Tongue - Coated
- Pallor/Icterus/Edema - Absent

Systemic Examination

- CVS : S1 S2 Normal
- CNS : Conscious, Oriented with TPR
- RS : Air entry bilaterally clear, No added sounds
- P/A : Soft, Non tender, No Organomegaly

Asthavidha Pariksha

- *Nadi* - 76/min
- *Mala* - Once/day
- *Mutra* - 3-4 times/day
- *Jivha* - *Alipta*
- *Shabda* - *Avishesha*
- *Drik* - *Avishesha*
- *Akriti* - *Madyama*

Lab Investigations

- Hb - 13.2gm/dl

- TLC - 9700/cumm
- RBS - 91mg/dl
- VDRL - Non-Reactive
- HIV - Non-reactive
- USG Abdomen - Fatty infiltration Liver Grade 1
- PAP Smear - Inflammatory smear

Intervention

- Tab. *Chandrashu Rasa* 1 - 0 - 1 for 15days
- *Haridrakhand* 3gms - 0 - 3gms for 15days
- *Yonidhavan* with *Triphala Kwatha* for 7days
- *Yonipichu* with *Jatyadi Taila* for 7days

Follow up was done after 15days.

Date	Treatment given	Complaints	Observations
07/08/2018	Tab. <i>Chandrashu Rasa</i> 1 - 0 - 1 for 15days <i>Haridrakhand</i> 3gms - 0 - 3gms for 15days <i>Yonidhavan</i> with <i>Triphala Kwatha</i> for 7days <i>Yonipichu</i> with <i>Jatyadi Taila</i> for 7days	<i>Yonisrava</i> , <i>Yonikandu</i> , <i>Yonivrana</i> since 2 months.	<i>Yonisrava</i> , <i>Yonikandu</i> , decreased
14/08/2018	Tab. <i>Chandrashu Rasa</i> 1 - 0 - 1 <i>Haridrakhand</i> 3gms - 0 - 3gms 7days	<i>Yonivrana</i>	<i>Yonivrana</i> decreased
21/08/2018	Tab. <i>Chandrashu Rasa</i> 1-0-1 <i>Haridrakhand</i> 3gms - 0 - 3gms 7days	No fresh complaints <i>Yonivrana</i> healed completely	<i>Yonivrana</i> healed



Fig. 1: Before Treatment



Fig. 2: Before Treatment



Fig. 3: After Treatment



Fig. 4: After Treatment

DISCUSSION

Chandrashua Rasa is used for the treatment of vaginal pruritis, infection and burning sensation. It balances *Vata* and *Pitta*. It has ingredients like *Shuddha Gandhak*, it has antimicrobial activity. *Vanga bhasma* is also mentioned in genito urinary diseases. *Abhrak bhasma* inhibits the growth of yeast cell.

Haridra Khanda is indicated in inflammatory disorder. Various ingredients of *Haridra Khanda* are having *Vatashamak* and *Tridoshashamaka* properties. It also act as blood purifier. *Haridra* is having the properties like *Tikta Rasa*, *Katuvipaka*, *Ushnavirya*, *Laghu Ruksha Guna* act as *Lekhana Dravya*. Digest the *Aama*, *Kapha* and *Meda* has anti-inflammatory and anti allergic effect. Other ingredients has *Deepana* and *Pachana* property.

Triphala Kwatha is anti-inflammatory,^[5] antiviral, antibacterial^[6] improves circulation and possesses astringent property. It also has *krimigna*^[7] and *vranaropak*^[8] properties. *Yonidhawan*^[9] is one of the form of *Prakshalana* will clean the wound of vagina and washes out the secretions & discharges of the vagina. *Kashaya Dravyas* are having cleaning property and reduces the oozing from the wound.^[10]

Jatyadi Taila Pichu helps the medicines to remain at the site for longer period for better action. Most of the ingredients of *Jatyadi Taila* are having *Shodhana*, *Ropana* and *Vedanasthapana* property.

CONCLUSION

On the basis of above study it is concluded that, in Ayurveda there is no direct reference of Yonivrana. Yonivrana can be compared to *Twak-Mamsajvrana*. The internal medications like *Chandrashua Rasa* and *Haridra Khanda* along with *Yonidhavan* by *Triphala Kwatha* and *Yonipichu* with *Jatyadi Taila* provided significant relief in all symptoms of Yonivrana. No adverse drug reactions were noted during the study period.

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