



EFFECT OF VARTI IN THE MANAGEMENT OF KAPHAJ YONIVYAPAD – A CASE REPORT

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ABSTRACT

Ayurveda is science of life. It always given prime importance to the health of woman honouring her childbearing abilities [1, 2]. Her health was considered important since the health of future generations is dependent on that and always supports woman in all stages of her life, from childhood to old age. Life is stressful today with intense personal and professional demands. She is prone to various diseases, one of which is per vaginal white discharge, per vaginal itching, per vaginal mild pain which are the features of *kaphaj Yonivyapada* and is neglected by women as minor symptoms. So to bring light to the importance of this disease and it's treatment this study was conducted using *Pippalyadi varti* in *kaphaj yonivyapada* as *sthanika chikitsa*.

Keywords: *kaphaj Yonivyapada, Pippalyadi varti, sthanik chikitsa*

INTRODUCTION

Ayurveda is science of life. It always given prime importance to the health of woman honouring her childbearing abilities [1, 2]. Her health was considered important since the health of future generations is dependent on that and

always supports woman in all stages of her life, from childhood to old age. Ayurveda takes care at every phase of her life in respect of *Rajaswala paricharya* (menstrual care), *Garbhini Paricharya* (Ante Natal Care), and *Sutika Paricharya* (Post natal Care). Life is stressful today with intense personal and professional demands. Evolution of lifestyle, lack of exercise, excessive stress as a part of modernization have attributed to increased health issues in women, especially to reproductive health. She is prone to various *yoniroga* one of which is *Yonigat Shewta*, *Picchil strava*, *Yonikandu*, *Yonigata Alpa vedana* which are the features of *kaphaj Yonivyapada* and is neglected by women as minor symptoms. So considering the prevalence of this disease in women, we have planned this study and selected *pippalyadi varti* [3] in *kaphaj yonivyapad* as *sthanika chikitsa*.

CASE REPORT

A 20-year-old married woman visited the OPD of *Stree roga & Prasuti Tantra*, Dr D Y Patil college of Ayurved & Research centre, Pimpri, Pune, on 6th August 2021 complaining of per vaginal white discharge, per vaginal itching and per vaginal mild pain since 1 week.

PAST HISTORY: No H/O DM/HTN/Thyroid dysfunction or any other medical or surgical history.

FAMILY HISTORY: No history of similar problem in any of the family members.

PERSONAL HISTORY:

Diet – Non-vegetarian.

Appetite- Good

Bowel- Once / day.

Micturition – 5-6times/day 1-2times/Night.

Sleep – Sound

Menstrual history - Age of Menarche- 12 yrs

Menstrual cycle – 4-5 days / 28-30 days,

Regular, Medium, No pain

L.M.P – 26/07/2021

Obstetric history – G0P0A0L0

Married life – 1 year

ASHTAVIDHA PAREEKSHA:

Nadi – 74 bpm, Regular

Mootra- 5-6times/day 1-2times/Night.

Mala – Once a day

Jihwa- *Saam*, *Lipta*

Shabda – *Avisesha*

Sparsha – *Anushna sheeta*

Druk – *Avishesha*

Aakruti – *Sthula*

DASHAVIDHA PAREEKSHA:

Prakruti – *Kaphapradhan Vatanubandhi*

Vikruti – *Madhyama*

Sara – *Madhyama*

Samhanan- *Adhik*

Pramana – *Dhairgya* – 150 cms

Dehabhara – 56 kg

Satmya – *Madhyama*

Satva- *Madhyama*

Aahara Shakti –

Abhyavaharana Shakti – Madhyama

Jarana Shakti – Madhyama

Vyayama Shakti – Madhyama

Vaya –Madhayama

GENERAL EXAMINATION

- Built –Obese
- Nourishment - Obese
- Temperature – 98.F
- Respiratory rate -18/min
- Pulse rate – 72 bpm
- B.P – 110/80 mm of hg
- Height – 150 cms
- Weight – 56 Kg
- Tongue: Coated

SYSTEMIC EXAMINATION

CVS: S1 S2 Normal.

CNS: Well oriented, conscious.

RS: normal vesicular breathing, no added sounds

P/A: Soft, Non tender

STHANIK PARIKSHAN (LOCAL EXAMINATION)

1. Prathamavarta –
Darshan - Yonigata Shewtastrava –
Praman -Madhyam ++, Swarup -
Tantool, Gandhayukta.
Sparashan – Asparashasahatwa
Prashana – Yonikandu – Madhyam
++, Vedana -Alpa
2. Dwitiyavarta – Prakrut
3. Tritiyavarta–Garbhashay– Purvapravartita
Aakar – Prakrut
Garbhashayparshwa – Prakrut

NIDAN PANCHAK

Protocol or procedure for diagnosis of disease is called as ‘Nidan Panchak’ which are Hetu, Purvarupa, Rupa, Upashay, Anupashay and Samprapti. Along with this we will discuss Vyadhi Vyavachedda and Chikitsa of Kaphaj Yonivyapada.

1.HETU –

Hetu are food, drinks, habits that suppress natural urges, anger, worry, stress.

A-Samanya Hetu of Yonivyapada-

- 1.Mithyachar
- 2.Pradushta Aartav
- 3.Bija Dosha
- 4.Daiva.

1-Mithyachar-Asamyak Aahar and Vihar.

MITHYA-AAHAR-Mithyaaahar means excessive, inadequate diet along with noncongenial, unwholesome, unhygeinic and incompatible foods .Excessive eating leads to obesity, diabetes, gynecological problems like PCOD. Inadequate eating leads to nutritional deficiency, gyanecac problem like Arajaska.

Thus Mithyaaahar causes Dosha and Dushya Dushti leading to disease state.

MITHYA-VIHAR-Mihyavihar means abnormal coital postures, abnormal coital procedure like use of foreign

bodies for sexual orgasm comes under mithyavihar. This causes various gynaecological problems like local ulceration, infection, psycho-somatic disorders.

2-PRADUSHT AARTAV-Aartav refers to female hormones, disturbance in female hormone system causes yonirogas.

3-BIJA DOSHA-Bija means sperms & ovum. Abnormalities of these causes yonirogas, chromosomal and genetic disorders.

4-DAIVA -Idiopathic Factor.

B-SPECIFIC HETU OF KAPHAJ YONIVYAPADA-KAPHA PRAKOPAK HETU-

1. AAHAR SWAROOP-

RASA- Madhur, Amla, Lawan.

GUNA- Shita, Snigdha, Picchil, guru

DIET- Yawak, Salee, Mash, Mahamash, Gahu, til, milk, milk products, khechadi, dahimandak, mans, Vasa, guda, sita, parusheetanna, excess of carbohydrates, fats & salts.

VIRRUDDHA AAHAR- Fruit salad, milk & banana, paneer dishes, bread butter with milk, Shrikhand.

2.VIHAR SWAROOP-

Deewaswap, aalasya, sitting work, apdravya sevan

Avayayam Atisantarpan, Vaman ayog, athimaithun, unhygiene, repeated garbhavstrav, garbhapat, bahuprasava, contraceptive pills and creams, copper T

3.KALA SWAROOP-

Sheetkala, Vasant Rutu, 1st Prahar of day and night after having food, balyavastha.

4.DESH SWAROOP-

Aanup desh

2.PURVARUPA -

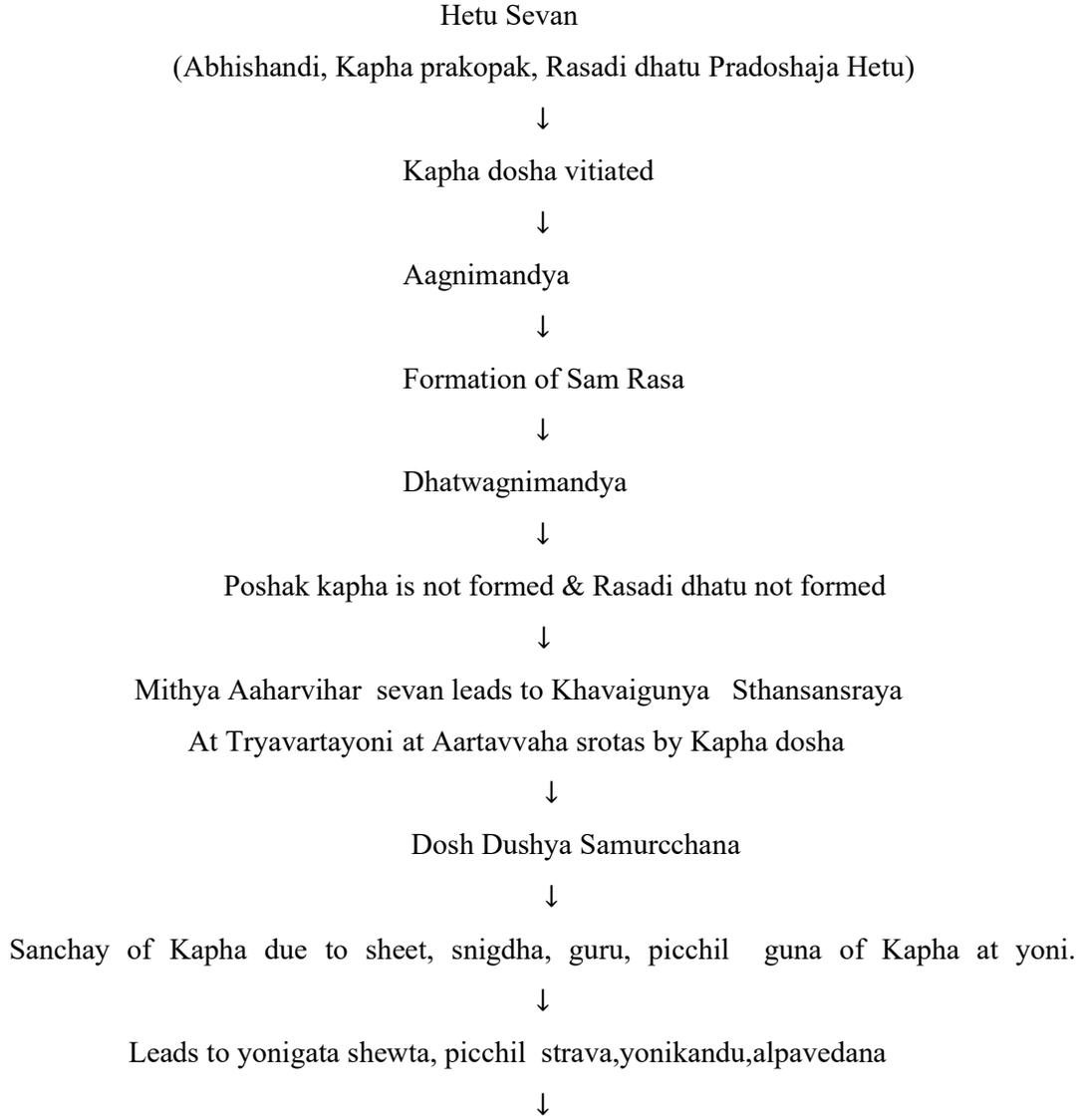
Purva rupa of yonivyapada are not described so kapha doshas sanchaya avastha lakshnas are purvarupas of kaphaj yonivyapada which are considered as yonigata shewta strava, yonikandu in less severity.

3.RUPA-

Yonigata shewta, picchil, strava, yonikandu, alpavedana & panduvarni aartav are rupa of kaphaj yonivyapada.

4.SAMPRAPTI-

The Vitiated kapha Dosha due to Abhishandi hetus get accumulated in yoni where the Kha-vaigunya is present and causes yonigata shewta, picchil strava, yonikandu, alpa vedana.



Kaphaj Yonivyapada

SAMPRAPTI CONSTITUENTS:-

Dosha	– Kapha, Vata.
Dushya	– Rasa, Rakta, Mansa, Meda, Artava.
Udbhavasthana	– Yoni, Garbhashaya.
Adhisthana	– Yoni.
Vyaktisthana	– Yoni.
Rogmarga	– Abhyantar.
Vyadhi swabhav	– Chirakari.

Strotasa	– Artav-vaha,
Rasavaha,	Raktavaha, Mansav, Annavaaha.

5.VYADHIVYAVACHEDA-

Kaphaj yonivyapad, Upapluta yonivyapad, Sannipatik yonivyapad, Acharana yonivyapad, Aticharana yonivyapad, Karnini yonivyapat, Prasransini yonivyapad, Atyananda yonivyapad, Phalini Yonivyapad,

Kaphaj yonikanda, yoniarsha, Raktagulma, Somaroga.

6. UPASHAYA – UNUPASHAYA –

1. Ahar – It should be kaphadi dosha shamak like ruksha, tikshna, katu, tikta, Kashaya ushna & nutritional to Garbhashaya & yoni.
2. Vihar – Divaswap, Awyayama or Ativyayam & Vegdharana should be avoided.
3. Chikitsa – Bahya:- Kalka dharan, Yoni dhavana, Uttarbasti, Yoni Varti.
4. Abhyantar - Drugs which will reduce Kapha.

7. SADHYA-SADHYATVA -

Kaphaj Yonivyapada is a disease difficult to cure (Kasta sadhya) its rogamarga is abhyantar & its delicacy prone for the infection.

8. CHIKITSA

SPECIFIC TREATMENT OF KAPHAJ YONIVYAPADA:-

1. CHIKITSA SIDDHANTA:

In Kaphaj yonivyapada Ruksha & Ushana chikitsa should be given because ruksha & ushana guna are opposite to snigdha, picchil & sheeta guna of Kapha.

Thus dravyas of these guna are used to treat Kaphaja Yonivyapada

acts as follows-Ruksha guna will reduce snigha, picchil guna of Kapha causes rukshana of yoni by its Kaphaghana action reduces yonigata shewta picchil strava & reduces yonikandu. Ushana guna reduces sheeta guna of Kapha thereby reduces atisheetal yoni symptom. Also reduces yonigata vedana as ushana guna is Vataghana. So to treat kaphaj yonivyapad sthanik chikitsa varti kalpna is used.

Varti Kalpana is explained to remove doshas from the applied area [1], one of them is yonivarti which causes yonishuddhi [4-6]. *Pippalyadi varti* is prepared using the equal parts of powder of *Pippali, Maricha, Masha, Kushta, Shatahva and Saindhava* as it is indicated in *Kaphaj yonivyapat* as explained by *Acharya Charaka* [7] and *bhavana* will be given with sufficient quantity of distilled water to make into *varti*. It is then rolled into finger long wicks. The *Pippalyadi varti* is placed in the vagina at night and removed in the morning and *yonis* is cleaned with warm water. Thus *Pippalyadivarti* is kept in the vagina for 7 days.

Table 1: Drugs & properties

S. No.	Sanskrit name	Botanical name	Family	Rasa	Virya	Vipaka	Part used
1	<i>Pippali</i> [8]	<i>Piper longum</i>	Piperaceae	<i>Madhur, Katu, Tikta</i>	<i>Anusna</i>	<i>Madhura</i>	Fruit
2	<i>Marich</i> [9]	<i>Piner niarum</i>	Pineraceae	<i>Katu, Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Beej</i>
3	<i>Mash</i> [10]	<i>Amaranthus tricolor</i>	Amaranthaceae	<i>MadhurTi kta</i>	<i>Sheet</i>	<i>Katu</i>	<i>Beej</i>
4	<i>Shatpushpa</i> [11]	<i>Anthem sowa</i>	Umbelliferae	<i>Madhur</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Panchan</i>
5	<i>Kushtha</i> [12]	<i>Saussurea lappa</i>	Compositae	<i>Katu, Tikta</i>	<i>Ushna</i>	<i>Katu</i>	Stem
6	<i>Saindhav</i> [13]	Rock salt		<i>Madhur</i>	<i>Ushna</i>	<i>Madhur</i>	

DRUG ACTION-

As Varti consists of *Pippali*, *Maricha*, *Masha*, *Kushtha*, *Shatahva* and *Saindhava*, so varti becomes tikta rasa pradhan, katu, kashay rasa, Katu vipaki, ushana virya, laghu, ruksha, tikshna gunatmak.

In kaphaj yonivyapada following symptoms are seen-

1. yonigata shewta, picchil strava
2. yonikandu
3. Yonigata alpavedana

1. Yonigata shewta, picchil strava-

Dusha Kapha causes rasa, mansa, meda, kleda dusti leading to yonigata shewta, picchil strava Pippalyadi varti has kaphaghana action.

By tikta, katu rasa, katu vipak, ushana virya, it causes deepan, aampachana and srotorodha is reduced, srotoshudhi is done.

By laghu, ruksha, tikshna, vishad gunas srotoshadhan is done, pachan

and shoshana of kleda, mansa, meda is done and thereby yonigata shewta, picchil strava is reduced. By Kapha, pitta, rakta shodhan twak and mansa dusti reduced and yonishodhan occurs.

2. Yonikandu-

Kaphadusti causes kledadusti and krimipradurbhava causing yonikandu. Tikta and katu rasa shows kledaghana and krimighana action. Laghu, ruksha, vishad gunas of tikta rasa and laghu, ruksha, ushana, tikshna gunas of katu rasa acts as kaphaghna, kledaghna and srotoshodhak and thereby reduces yonikandu. As sampraptibhanga occurs yonidaurgandhya is also reduced.

3. Yonigata Alpavedana-

Yonigat alpavedana is due to apan vayudusti, Pippalyadi varti is vataghna and vedanasthapak, thus reduces yonigata alpavedana.

OBSERVATION AND RESULTS

Table 2: Observation Table

S. No	Observation	Symptoms	Grade	Score
1	Subjective Parameters	Yonigat shewtstrav	Absent	0
			Drav swarup	1
			Tantool	2
			Granthil	3
		Yonikandu	Absent	0
			Mild	1
			Moderate	2
			Severe	3
		Yonigata vedana	Absent	0
			Mild	1
			Moderate	2
			Severe	3
2	Objective Parameter	Vaginal pH test	Acidic	0
			Alkaline	1

Table 3: Changes in signs and symptoms before and after treatment

Signs and symptoms	Before treatment On 6/8/21	Grade Before treatment On 6/8/21	After treatment On 12/8/21	Grade After treatment On 12/8/21
Yonigat shewtsratva	Present Madhyam, Tantool, Gandayukta	II	Absent	0
Yonikandu	Present Madhyam	II	Absent	0
Yonigat vedana	Present Alpa	I	Absent	0
Vaginal pH test	Alkaline	I	Acidic	0

DISCUSSION –

According to Acharya's, *vata* is responsible in causation of all yoni roga, So chikitsa sutra of any *yonivyapad* should be associated with *vatashamana*. So *sthanika chikitsa* like *varti*, *Dhawan*, *dhupan*, *pichu*, *parisheka*, *pichu*, *pralepana*, *abhyanga*, *uttarabasthi* are explained. Hence *Pipplyadi varti* was selected for this study as per the *sthanvaigunya* is at yoni. As *varti* consists of *Pippali*, *Maricha*, *Masha*, *Kushta*, *Shatahva* and *Saindhava* so *varti* is having properties of *Tikta rasa pradhan*, *Katu*, *Kashay rasa*, *Katu vipaki*, *ushana virya*, *laghu*, *ruksha*, *tikshna gunatmak*. So it causes *sampraptibhang* by its *kaphaghna*,

vataghna, *deepan*, *aampachana*, *srotoshudhi*, *yonishodhan*, *vedanasthapak action* & leads to relief from the symptoms of *kaphaj yonivyapad*.

CONCLUSION-

This case report concludes that, *Pippalyadi Varti* showed significant effect in the management of *Kaphaj yonivyapad* with relief in the symptoms of *yonigat shewtstrav*, *yonikandu*, *yonigat alpa vedana*. *Sthanik Chikitsa Varti* overcomes the drug resistance, recurrence of disease and it is cost-effective.

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