



**International Journal of Biology, Pharmacy
and Allied Sciences (IJBPAS)**
'A Bridge Between Laboratory and Reader'

www.ijbpas.com

AYURVEDIC MANAGEMENT OF PARIPLUTA YONI VYAPADA- A CASE STUDY

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Received 16th Nov. 2023; Revised 18th Dec. 2023; Accepted 26th May 2024; Available online 1st March 2025

<https://doi.org/10.31032/IJBPAS/2025/14.3.8827>

ABSTRACT

Yoni Vyapada comprises around 70% of Gynaecological problems and is most commonly encountered in the practice of gynecology. Some of them cause painful coitus, dysmenorrhoea, etc., and *Paripluta* is one of them. Among the twenty *Yoni Vyapada* mentioned in the classics, *Paripluta* is one of them. *Pitta* and *Vata Dusti* are presumed to be the main causes of this disease. Given its similarity to clinical characteristics, it may be associated with Pelvic inflammatory disease. PID, in particular, concerns public health. Particularly in developing countries, due to its broad impact on the economy and societies. 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. **Introduction:** A common infection of the reproductive tract in active women is Pelvic inflammatory disease. Multiple organisms such as *Neisseria gonorrhoeae*, and *Chlamydia trachomatis* can cause pelvic inflammatory disease, *Mycoplasma hominis*, non-hemolytic *Streptococcus* etc. In modern medicine, it is commonly treated with systemic antibiotic therapy but this infection does not get under control even after a reasonable course of broad-spectrum antibiotics are administered. Leaving this condition untreated results in hydrosalpinx, pelvic abscess, pelvic adhesions, infertility, dysmenorrhea, etc. This disease manifests with irregular, excessive vaginal bleeding, bilateral

lower abdomen pain, abnormal vaginal discharge, dyspareunia, nausea, vomiting, fever, etc. In *Ayurveda*, this painful condition can be compared to *Paripluta Yoni Vyapada* based on the clinical manifestations i.e., pain in the abdomen, tenderness, dyspareunia, abnormal vaginal discharge, fever, etc. *Dosha* is the masculine *Vata* associated with *Pitta Dosha*, in *Paripluta Yoni Vyapada*. There was tenderness in both quadrants of the abdomen during palpation of the lower abdomen in this patient. Per speculum examination revealed abnormal vaginal discharge which was purulent, congestion of the cervix, and tenderness in fornices especially on movement of the cervix. These are the classical clinical characteristics of *Paripluta Yoni Vyapada*. The Ultrasonography also confirmed this. **Discussion:** Because of the cardinal features of PID, i.e., pain in the lower abdomen, tenderness, dyspareunia, etc., it can be compared with *Paripluta* within an *Ayurveda* system. Because of *Pitta's* predominant status, the treatment with *Vataja Vyadhi* should be developed in conjunction with medicinal products containing *Pitta-Vata-Hara's* properties and this study *Yoni Prakshalana, Yoni Pichu, Pushyanuga Churna*, etc. have chosen a specific reference to *Paripluta* for PID management. **Conclusion:** The case study of *Ayurvedic* management *Paripluta Yoni Vyapada*, with *Sthanik Chikitsa* and *Shaman Chikitsa*.

Keywords: *Ayurveda, Paripluta, Sthanik Chikitsa, Shaman Chikitsa, Yoni Vyapada, Yoni Prakshalana, Yoni Pichu*

CASE REPORT-

30 years aged married woman visited the Outpatient department of Parul Ayurveda Hospital, Vadodara on 20/10/2023 with Complaints of white discharge P/V, lower abdominal pain, dyspareunia, and pedal edema for 2 to 3 months.

MENSTRUAL HISTORY-

OBSTETRIC HISTORY- G₄P₂L₂A₂ – 2
FTND, LD- 5yrs

GENERAL EXAMINATION

1. Blood pressure- 110/70 mmHg
2. Pulse rate- 80/minute
3. Temperature- Afebrile (97.5⁰ F)
4. Respiratory rate- 19/minute
5. Weight- 36 kg

LMP- 19/09/2023

Regularity- Irregular

1. Interval- 30-45 days
2. Duration- 3 days
3. No. of clothes used- 1-2/day
4. Consistency- thin
5. Colour- red
6. Odour- no foul smell
6. Height- 150 cm
7. Faces- Normal
8. Pallor- Absent
9. Icterus- Absent
10. Oedema- Absent
11. Cyanosis- Absent
12. Clubbing- Absent
13. No lymphadenopathies

PERSONAL HISTORY

1. Diet- Vegetarian
2. Appetite- Good
3. Sleep- Sound
4. Bowel- Satisfactory bowel habit (1 time/day)
5. Urine- 4-5 times/1-2 times
6. Addiction- None

No H/O- HTN/DM-2/CAD/Thyroid disorders/Anaemia/or any other chronic illness

No Family history of- DM-2/HTN/CAD

Surgical history- Tubal Ligation done- 3 months back.

LOCAL EXAMINATION**1. Per abdomen**

Inspection- No discoloration was observed.

Palpation- Soft, tenderness present in bilateral iliac region and hypogastrium

No organomegaly Auscultation – bowel sounds present 1 in every 3-4 minutes

Peristaltic sounds were heard well.

2. Per Speculum- White discharge present, Cervix healthy.**3. Per Vaginum-** Uterus Anteverted and Anteflexed, Normal size, Non-tender, B/L Fornices free, Vaginal dryness present.**INVESTIGATIONS-****1. CBC-** Hb- 12.2 gm%

Total count- 8,100/cmm

Platelet count- 4,56,000/cmm

2. Urine analysis

Blood- present

Appearance- clear

Pus cells- 6-8/H.P. F

Epithelial cells- 1-2/H.P. F

3. ESR- 22**4. Pap-smear-** NILM**5. USG-** Abdomen + Pelvis- S/O; Ut.51*54mm, ET- 7.2mm, Lt. Ovary- 24cc volume, Rt. Ovary- 16cc, Both ovaries appear bulky and shows periphery arranged follicle and control echogenic stroma. P/O; B/L Polycystic ovaries.

DIAGNOSIS- *Paripluta Yoni Vyapada*

The patient was admitted to Parul Ayurveda Hospital on 20/10/2023.

CHIKITSA/ TREATMENT ADOPTED

Date	C/O;	Treatment	Investigations
20/10/23	As mentioned above	<ul style="list-style-type: none"> • <i>Yoni Prakshalana</i> with <i>Triphala Kwath</i> [1] BD • <i>Yoni Pich</i> with <i>Murchhita Tila Taila</i> [2] BD • <i>Pushyanuga Churna</i> [3] ½ tsf <i>Madhu</i> + <i>Tandulodaka</i> OD A/F • <i>Chandraprabha Vati</i> [4] 1 BD A/F • <i>Drakshadi Kashaya</i> [5] 10ml + 40 ml WW BD B/F 	-
21/10/23	No any fresh complaints	<ul style="list-style-type: none"> • <i>Yoni Prakshalana</i> with <i>Triphala Kwath</i> BD • <i>Yoni Pich</i> with <i>Murchhita Tila Taila</i> BD • <i>Pushyanuga Churna</i> ½ tsf <i>Madhu</i> + <i>Tandulodaka</i> OD A/F • <i>Chandraprabha Vati</i> 1 BD A/F • <i>Drakshadi Kashaya</i> 10ml + 40 ml WW BD B/F • <i>Gokshura Panaka Muhur Muhur</i> [6] 	-
22/10/23	Thorat Pain	<ul style="list-style-type: none"> • <i>Yoni Prakshalana</i> with <i>Triphala Kwath</i> BD • <i>Yoni Pich</i> with <i>Murchhita Tila Taila</i> BD • <i>Pushyanuga Churna</i> ½ tsf <i>Madhu</i> + <i>Tandulodaka</i> OD A/F • <i>Chandraprabha Vati</i> 1 BD A/F • <i>Tab Septilin</i> [7] 1 BD 	-
23/10/23	Cold and Cough	<ul style="list-style-type: none"> • <i>Yoni Prakshalana</i> with <i>Triphala Kwath</i> BD • <i>Yoni Pich</i> with <i>Murchhita Tila Taila</i> BD • <i>Pushyanuga Churna</i> ½ tsf <i>Madhu</i> + <i>Tandulodaka</i> OD A/F • <i>Chandraprabha Vati</i> 1 BD A/F • <i>Tab Septilin</i> 1 BD • <i>Sitopaladi Churna</i> [8] with ½ tsf <i>Madhu Muhur Muhur</i> 	
24/10/23	No any fresh Complaints	<ul style="list-style-type: none"> • <i>Yoni Prakshalana</i> with <i>Triphala Kwath</i> BD • <i>Yoni Pich</i> with <i>Murchhita Tila Taila</i> BD • <i>Pushyanuga Churna</i> ½ tsf <i>Madhu</i> + <i>Tandulodaka</i> OD A/F • <i>Chandraprabha Vati</i> 1 BD A/F • <i>Tab Septilin</i> 1 BD • <i>Sitopaladi Churna</i> with ½ tsf <i>Madhu Muhur Muhur</i> 	

RESULTS-

- White discharge P/V decreased, No Lower abdominal pain, Pedal Oedema decreased

On Discharge treatment;

S. No.	DRUG	DOSE	TIME OF ADMINISTRATION	
1.	<i>Drakshadi Kashaya</i> 10ml + 40 ml WW	BD	Before Food	For 7 days
2.	<i>Gandharvahastadi Kashaya</i> [9] 10ml +40ml WW with 1 pinch of <i>Sandhava Lavan</i> + 1 tsf Jaggery powder	BD	Before food	For 7 days
3.	<i>Chandraprabha Vati</i>	2 BD	After food	For 7 days
4.	<i>Tab Septilin</i>	1 TDS	After food	For 7 days
5.	<i>Sitopaladi Churna</i> with ½ tsf <i>Madhu</i>	<i>Muhur Muhur</i>		For 7 days
6.	Steam inhalation	BD		For 7 days

DISCUSSION**परिप्लुता योनिव्यापद्ः [10]**According to मा.नि.:

‘परिप्लुतायामिति परि सर्वतो वातविकारेण प्लुतत्वात् परिप्लुता संज्ञा’ (मा.नि. 62/3-4 मधु व्या)

Madhukosa explains that *Pari* means all around or entire and means covered up or filled up i.e., the entire female genital tract is covered up or afflicted by *Vata* type of pain hence the name.

According to चरकः

‘पित्तलाया नृसंवासे श्वयुद्धारधरणात्। पित्तसंमूर्च्छितौ वायुयोनिं दूषयति स्त्रियाः ॥ शूना स्पर्शाक्षमा सार्तिनीलपीतमसृक् स्त्रवेत्। श्रोणिवंक्षणपृष्ठार्तिज्वरातयाः परिप्लुता ॥’ (च.सं.थि. 30/23-24)

Acharya Caraka says that when a *Pittala* woman (due to her *Paitika* constitution of consumption of *Pitta Kara Ahara*, *Vihara*) suppresses her urge of sneezing and eructation during coitus, then vitiated *Pitta* along with *Vayu* vitiates the *yonis* causing inflammation, tenderness and painful bluish yellow bleeding per vagina. There is pain in the pelvic region, groins, back, and fever.

According to सुश्रुतः

‘परिप्लुतायां भवति ग्राम्यधर्मे रुजाभृशम्। चतसृष्वपि चाद्यासु भवन्त्यनिलवेदनाः। (सु.सं.उ. 38/10-11; व.सं., स्वीरोगाधिकार 73/14)

Acharya Sushruta explains that there is severe dyspareunia besides other kinds of aches and pain etc, caused by vitiated *Vayu*.

According to वाग्भटः

पित्तलाया नृसंवासेक्ष्वथूद्धारधरणात्। पित्तयुक्तेन मरुता योनिर्भवति दूषिता ॥ शूना स्पर्शासिहा सार्तिनीलपीतास्त्रवाहिनी।

वस्तिकुक्षिगुरुत्वातिसारारोचककारिणी ॥

श्रोणिवंक्षणरुक्तोदज्वरकृत्सा परिप्लुता। (अ.सं.उ. 38/48, अ.ह.उ. 33/46-48)

(इन्दु. पित्तलायाः पित्तप्रकृतेः स्त्रियाः नृसंवासे मैथुने क्ष्वथोरुद्धारस्य च धारणात् पित्तयुक्तेन वायुना दूषिता योनिः शूनादिगुणा भवति सा व्यापन्नाम्ना परिप्लुता।

(पित्तलायाः प्रभूतपित्तायाः पित्तप्रकृतेरित्यर्थः। नृसंवासे पुंसङ्गतौ क्ष्वथूद्धारयोर्धारणात् पित्तयुक्तेन मरुता दूषिता योनिः शूना शोफयुक्ता स्पर्शासिहा स्पर्श किञ्चिदप्यसहमाना सार्तिः रुजा युक्ता नीलपीतास्त्रवाहिनी नीलवर्ण पीतवर्ण वा अस्त्रं रक्तं वहमाना तथा बस्तेः कुक्षेक्ष्व गुरुत्वमतिसारमरोचकं च कुर्वाणा श्रोण्यां वङ्गणयोः रुक्तोदी च ज्वरं च कुर्वती भवति सा व्यापत् परिप्लुताख्या।) (अ.सं.उ. 38 /51-52, इन्दु टी.)/23-24))

Vagbhatta mentions that when a *Pittala* woman (a *Paitika* constitution or one who indulges in *Pittala Ahara* and *Vihara*) suppresses the urge of sneezing and eructation during coitus, *Pitta* is vitiated and along with *Vata* which in turn vitiates *Yoni* causing inflammation, tenderness and bluish yellow bleeding per vagina with pain. There is pain in the bladder, hypogastric region, heaviness, diarrhea, anorexia, etc. There is pain in the pelvic region, groins, fever, etc.

According to माधव/ भावमिश्र/ यो. र.:

‘पराभवति ग्राम्यधर्मेण भृशम्। चतुसृष्वपि चाद्यासु
भवन्त्यनिल वेदनाः’। (मा.नि. 62/3-4 भा. प्र.चि. 70/7;
यो र., योनिरोग चि.)

मधुकोष -युक्तायाम् । 'ग्राम्यधर्मेणरुग्भृशम्' इत्यत्र
'ग्राम्यधर्मे रुचिर्भृशम्' इति पाठान्तरं तत्र
रुचिरभिलाषः, ग्राम्यधर्मे परिप्लुतायामित परि सर्वतो
वातविकारेण प्लुतत्वात् परिप्लुतासंज्ञा परिप्लुतायां
बाह्याभ्यन्तरवातवेदनाभि मैथुने । (मा. नि. 62/3-4,
मधु व्या.)

It Explains that 'Pari' means all around or entire internal and external genitalia; 'Pluta' means filled up In *Paripluta Yoni Vyapada*, there is severe dyspareunia. In *Madhukosa* it is elaborated or covered up i.e., the entire female genitalia are afflicted with *Vata* type of pain all around, hence the name. *Madhukoṣa* further mentions that pain during sexual intercourse should be interpreted as interest in sexual intercourse.

Chikitsa adopted;

Yoni Prakshalana with Triphala Kwath- contains Haritaki, Bibhitaki, Amlaki. is indicated in *Swet-Pradara*. *Triphala* has a *Tridosha Hara*, mainly *Kapha- Pitta Hara* property. *Triphala Kwath* will help in *Sthanik Dosha Shamana*.

Yoni Pichu with Murchhita Tila Taila – contains *Tila Taila*, *Manjistha*, *Haridra*, *Lodhra*, *Amlaki*, *Haritaki*, *Bibhitaki*, *Suchipushpa*, *Hribera*, *Vata Ankura*, *Musta*, *Nagaramotha*. it has anti-oxidant, anti-inflammatory, astringent properties. Thus,

use in *Paripluta Yoni Vyapada*, *PCOD*, *Swet-Pradara*, *Cystitis etc.*

Pushyanuga Churna contains *Patha*, *Jambu*, *Shalmali*, *Bilwa*, *Musta*, *Lodhra*, *Garika*, *Maricha*, *Shunthi*, *Vatsaka*, *Madhuka*, *Arjuna*, *Rakta-Chandana*, *Annata*, *Dhatki*, *Kathala*, *Murdwika*, *Katvanga*, *Ativisha*, *Samanga*, *Aamra Majja*. This powder should be taken with *Madhu* followed by *Tandulodaka*. It cures *Yonidosha*, *Rajodosha*, *Shyava-Aruna-Nila-Sweta-Pita Srava*.

Chandraprabha Vati contains drugs like *Shilajatu*, *Guggulu*, *Sita*, *Hataloha*, *Triphala*, *Guduchi*, *Bhunimba*, *Trivrutta*, *Danti*, *Twak*, *Ela*, *Vanshalochan*, *Vacha*, *Musta*, *Triphala*, *Daruharidra*, *Ativisha*, *Pippali*, *Chitrakmula*, *Vidanga*, *Vyosha*, *Makshika Dhatu*, *Lavanatray*, *Kshartray*, which all act on *Pitta* and *Vata doshas*. Main ingredients of *Chandraprabha Vati* are *Shilajatu* and *Guggulu*, which are more in quantity than others. *Shilajatu* acts as *Rasayana Dravya*, it has *Kashaya Rasa*, *Katu Vipaka*, *Natyushnashita Veerya*. Its potency gets increased by impregnating it with decoction drugs which alleviate *Vata*, *Pitta* and *Kapha*. In making of *Chandraprabha Vati*, *Shilajatu* is impregnated with other drugs so that it works as a *Vata-Pitta-Har*. *Guggulu* is *Tikta-Katu rasa*, *Ushna Veerya*, *Katu Vipaka*, *Tridosha-Hara Prabhava* 5 and mainly works as a *Vata Shamaka*. Also, it

works as *Vedanasthapana, Vranashodhana-Ropana*. *Chandraprabha Vati* is *Sarvarogapranashini* and *Rasayana* property. It alleviates *Vata, Pitta* as well as *Kapha* and promotes strength as well as virility. It will help to reduce muscle laxity and will strengthen the muscle. contains a blend of natural ingredients that work synergistically to balance the hormones, improve ovarian function, and regulate the menstrual cycle.

Drakshadi Kashaya contains *Draksha, Madhuka, Yastimadhu, Lodhra, Kashmari, Sariva, Musta, Amla, Hribera, Padmakesara, Padmaka, Mrinala, Usheera, Parushaka, Chandana, Jatipushpa*. It balances *Kapha-Pitta*. It is anti-inflammatory, anti-ulcerogenic in nature, has laxative properties and healing properties and has been used as an antiseptic medicine. It stimulates *Pachaka-Agni*, enhances immunity.

Gokshura has antimicrobial, antiurolithiatic, antispasmodic, anti-inflammatory, analgesic, immunomodulatory, anti-oxidant, diuretic, cardiogenic properties. So, it is useful in *Mutrakruchha*, cystitis, gonorrhoea, incontinence of urine, gout, impotence, infertility etc.

Tablet Septilin contains Guggulu, Mulethi, Manjistha, Amlaki, Guduchi. it has immunomodulatory, antioxidant, antimicrobial, anti-inflammatory properties.

It is used for throat, lung and airway infections such as bronchitis, pharyngitis, ear infection, urinary tract infection etc.

Sitopaladi Churna contains *Sitopala, Trugakshiri, Pipali, Bahula, Twacha*. It is useful in *Kasa, Swash, Kapha Vikara, Aruchi, Mandagni, Parshvashoola, Suptajihva*.

Gandharvahastadi Kashaya contains Gandharvahasta, Chirabilva, Chitraka, Pathya, Punarnava, Yavasa, Bhumiamla, Vishwa, Musli. It has Cleansing and healing action through out the GI tract, restoring the health of the gut, prevents gastric irritation by balancing the secretion of digestive enzymes.

CONCLUSION

Ayurveda explains many methodologies for treating gynecological disorders. *Sthanik and Shamana Chikitsa* hold great significance due to their promising results in *Prasuti Tantra* and *Stree Roga*, Thus, it can be concluded that *Sthanik Chikitsa* with oral medications can be used to provide symptomatic relief in patients who may not be fit for surgical correction or do not opt for surgery.

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