

CASE STUDY

Ayurvedic Management of Yoni Vrana: A Case Study

Margi Patel* and Vasupradha R

Department of PG & PhD Studies in Prasuti Tantra and Stri Roga, Parul Institute of Ayurveda, Parul University, Vadodara

Corresponding Author: Margi Patel

Email: patelmargi2181998@gmail.com

ABSTRACT

A healthy woman is a potential of a sound family as well as society. Vaginal infections pose a considerable health challenge since a long period, significantly affecting women's reproductive health and overall well-being. Healthy Vaginal discharge serves a critical function in the female reproductive health. Disruptions in this natural process can lead to various health issues. Ayurvedic literature provides a wealth of knowledge on local treatments (Sthanika Chikitsa) for vaginal disorders (Yoni-vyapada). Despite the numerous treatment options available, there is a continuous need for safe, non-invasive, effective treatments that have. A 70 years old female patient with chief complaints of severe itching and burning sensation at vulval region and urethral region in the last 2 weeks. Ulcers in external genital area in the last 3 months. External procedures, and some internal medications were given to the patient for twelve days. The patient had 100% relief in 12days treatment. In yoni vrana, yoni parisheka and Bahya yoni pichu, Avagaha swedana administration, using Katu Kashaya, Ushna, Rruksha drugs and internal medication Guduchi + Musta + Haritaki Kashaya, Samshamani vati, Duralabhadi Kashaya Ghanavati plays a substantial role in treating a disease thoroughly.

Keywords: Sthanika chikitsa, Yonigata Roga, Yoni Vrana, Yoni Parisheka, Bahya Yoni Pichu, Avagahana Sweda

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INTRODUCTION

A woman plays a crucial role in society, influencing every individual's life from birth to death through her multifaceted contributions. Throughout different stages of life, women experience various anatomical, physiological, and emotional changes. Understanding and managing these changes are essential for maintaining a woman's health and well-being. Women frequently encounter common gynaecological issues such as white discharge, itching at the vulva, and burning micturition. Antient Acharyas have addressed these and other gynaecological disorders under the term "Yonivyapad". These conditions can significantly impact a woman's quality of life, making it essential to understand and manage them effectively through both traditional and modern medical approaches [1]. The term "Yoni" refers to the female genitalia, and "Vrana" denotes a wound or ulcer. In Ayurvedic samhitas there is no direct reference for Yonivrana is mention. But in Astanga Hridaya and Astanga Samgraha Yonivranavekshana yantra and Yonivranaprakshalana yantra was mentioned [2]. Acharya Sushruta has described Shashtiupakramas (60 measures) for the comprehensive management of Vrana (Wound), which includes local as well as the systematic use of different drugs. [3] Here, we are reporting a case which was treated with Sthanika chikitsa and Abhyantara chikitsa and it has a given promising result.

A CASE REPORT

A 70 years old female visited OPD of Prasuti tantra and Stree roga, Parul Ayurveda hospital, Vadodara, Gujarat on July 2024 with complaints of severe itching and burning in vulval and urethral region for 2 weeks, ulcers in vulval region for 2-3 months and unable to walk and other discomforts due to the same.

Present history: Patient was healthy before 3 months. Since last 3 months she had complaints of severe itching and burning in vulval and urethral region and ulcers in vulval region. She took allopathic

medication for same complaints but get only symptomatic relief. Since last 2 weeks she got more discomfort and unable to walk so, she came to Parul Ayurveda Hospital for the Ayurvedic management.

Past History: Patient was having same complaints in the past 2 week and she took contemporary medication for that but did not got relief. She was known case of Hypertension & diabetes mellitus on medication Tab. Metformin 500mg 1BD, Tab. Glipizide 5mg 1BD, Tab. Aspirin 150mg 1OD, Tab. Enalapril maleate 1BD, Tab. Metoprolol 1OD, Tab. Calcium Gluconate 1OD, Tab. Vit. B complex 1BD.

Family History: No significant history

Personal History:

Diet- Mixed,

Appetite- decreased,

Bowel- Occasionally Unsatisfactory bowel habit,

Micturition- 6 to 8 times /day 5 to 6 times/night, burning sensation present

Sleep- sound

Menstrual History:

Menopause before 30 years (Surgical Menopause due to HMB)

Obstetrical History: P4L4A0D0

L1- Male 45 years FTND @ Home

L2- Female 43 years FTND @ Hospital

L3- Male 40 years FTND@ Hospital

L4- Male 35 years FTND @ Hospital

Ashtavidha Pareeksha:

Table no: 01 (Ashtavidha Pareeksha)

<i>Nadi</i>	98/min
<i>Mala</i>	1 time/day Occasionally Unsatisfactory bowel habit
<i>Mutra</i>	6 to 8 times /day 5 to 6 times/night, burning sensation present
<i>Jihva</i>	<i>Lipta</i>
<i>Drik</i>	<i>Prakrut</i>
<i>Sabda</i>	<i>Prakrut</i>
<i>Sparsha</i>	<i>Anushna-sheeta</i>
<i>Akriti</i>	<i>Madhyama</i>

Dashavidha Pareeksha:

Table no: 02 (Dashavidha Pareeksha)

<i>Prakruti</i>	<i>Vatapradhan pitta</i>
<i>Vikriti</i>	<i>Kapha-vata</i>
<i>Sara</i>	<i>Mamsasara</i>
<i>Samhanana</i>	<i>Madhyama</i>
<i>Pramana</i>	<i>Madhyama</i>
<i>Satmya</i>	<i>Madhyama</i>
<i>Satva</i>	<i>Pravara</i>
<i>Ahara Shakti</i>	<i>Avara</i>
<i>Vyayam Shakti</i>	<i>Madhyama</i>
<i>Vaya</i>	<i>Vrudhdha</i>

General Examination:

Table no: 03 (General Examination)

Built	Moderate
Nourishment	Moderate
Temperature	98.3 °F
RR	20/min
Pulse Rate	98/min
Blood Pressure	130/90mmHg
Height	148 cm
Weight	45 kg

Systemic Examination:

Table no: 04 (Systemic Examination)

RS	B/L, A/E clear
CVS	S1 S2 audible, no added sounds
CNS	Well-oriented to person, place, and time
P/A	Soft, non-tender

Local examination:

On External Examination: ulcer present in labia majora, labia minora, clitoris, perineal area

On per speculum examination: Flea bite spots present

Vaginitis

In first visit the case was diagnosed as case of *Yoni Vrana* and the following investigations were carried.

The reports were as follows:

Blood investigation: (1/07/2024)

Haemoglobin – 10.6 g/dl

Total RBC Count – 3.73 mill/cmm

Total WBC Count – 7400 /cmm

Platelet Count – 281000 /cmm

HbA1c– 6.4 mmol/mol

Urine routine and micro: Epithelial cells: 2-3/hpf

Pus cells: 4-6/hpf

RBC: absent

(05/07/2024)

HIV – Negative

HBsAG – Non-reactive

VDRL - Non-reactive

RBS: 91 mg/dl

Sr. Creatinine: 0.94 mg/ml



Fig 1: After Treatment of Yoni Vrana

Intervention

Table no: 05 (Treatment Day wise according to symptoms)

Date	Chief complaints	Treatment given
01/07/24 On admission Day 1	Ulcer in vulval region severe itching and burning in vulval and urethral region Burning micturition	1] <i>Yoni parisheka</i> with <i>Triphala Kashaya</i> OD 2] <i>Yoni pichu(ext.)</i> with <i>Jatyaditaila taila</i> OD 3] <i>Avagaha swedana</i> with <i>Triphala + Guduchi Kashaya</i> OD 4] <i>Guduchi + Musta + Haritaki Kashaya</i> 50ml TID B/F 5] <i>Samshamani vati</i> 2 TID B/F 6] <i>Duralabhadi Kashaya Ghanavati</i> 2 Tab BD A/F
03/07/24	Ulcer in vulval region +nt Itching at urethral and vulval region decreased by 30% Burning micturition decreased by 40% Constipation	1] <i>Yoni parisheka</i> with <i>Triphala Kashaya</i> OD 2] <i>Yoni pichu(ext.)</i> with <i>Jatyaditaila taila</i> OD 3] <i>Avagaha swedana</i> with <i>Triphala + Guduchi Kashaya</i> OD 4] <i>Guduchi + Musta + Haritaki Kashaya</i> 50ml TID B/F

		5] Samshamani vati 2 TID B/F 6] Duralabhadi Kashaya Ghanavati 2 Tab BD A/F 7] Tab Eranda Bhrushta Haritaki 2tab Hs with hot water
09/07/24	Ulcer in vulval region healed by 70% Itching at urethral and vulval region decreased by 80% Burning micturition decreased by 70%	1] Yoni parisheka with Triphala Kashaya OD 2] Yoni pichu(ext.) with Jatyaditaila taila OD 3] Avagaha swedana with Triphala + Guduchi Kashaya OD 4] Guduchi + Musta + Haritaki Kashaya 50ml TID B/F 5] Samshamani vati 2 TID B/F 6] Duralabhadi Kashaya Ghanavati 2 Tab BD A/F 7] Tab Eranda Bhrushta Haritaki 2tab Hs with hot water
12/07/24 On discharge	Ulcer in vulval region healed by 95% Itching at urethral and vulval region decreased by 100% Burning micturition decreased by 100%	1] Yoni parisheka with Panchavalkala Kashaya OD 2] Guduchi + Musta + Haritaki Kashaya 50ml TID B/F 3] Samshamani vati 2 TID B/F 4] Duralabhadi Kashaya Ghanavati 2 Tab BD A/F

DISCUSSION

EXTERNAL MEDICATION:

Triphala Kashaya - Triphala is a highly efficacious Ayurvedic herbal medicine and is made up of the deseeded fruits of Haritaki, Vibitaki and Amalaki [4]. Triphala kwatha(decoction) has been utilised for Vrana kshalana n ropana (wound cleaning). The ratio chosen for Kashaya- Haritaki:Vibitaki:Amalaki is 1:1:1 as mentioned in classical Ayurvedic textbook *Bhaishajya Ratnavali Upadamsika Vrana chikitsa* and also according to AFI [5]. Among *sapta vidha upakramas* Triphala kwatha is indicated both in 'sodhana (cleansing) and ropana (healing)' upakramas. Considering the *rasa* of individual drugs Haritaki and Amalaki possess all *rasa* except *lavana*(salt). Vibitaki is said to have *kashaya tikta rasa*. Tikta rasa, itself is having properties of *vrana sodhana*, *vrana ropana* and *kleda soshana*. The drug Vibitaki is said to have 'Krimi nasaka' karma, which might point towards the antimicrobial action of Triphala. [6] Vrana prakshalana with triphala Kashaya helps in cleansing and healing of ulcers.

Jatyadi taila - The ingredients of Jatyadi taila are Haridra (*Curcuma longa* L.), Daruharidra (*Berberis aristata* DC.), Jati patra (*Jasminum auriculatum* Vahl.), Nimba (*Azadirachta indica* L.), Patola (*Trichosanthes dioica* Roxb.), Karanja (*Pongamia glabra* L.), Yashtimadhu (*Glycyrrhiza glabra* L.), Kushtha (*Saussurea lappa* C.B. Clarke.), Katuki (*Picrorhiza kurroa*), Manjishtha (*Rubia cordifolia* L.), Padmaka (*Prunus cerasoides* D. Don), Lodhra (*Symplocos racemosus* Roxb.), Abhaya (*Terminalia chebula*), Neelotpala (*Nymphaea stellata*), Shweta sariva (*Hemidesmus indicus*), Suddh tuttha (Copper sulphate), Oil of Tila (*Sesame indicum* L.) [7] The majority of Jatyadi taila's constituents contain Tikta, Kashaya Rasas, and Laghu, Ruksha Gunas. Jatyadi Taila is Tikta and Kashaya Rasa Pradhana, both of which are Pitta Kapha hara and have the properties of Vrana Shodhana, Ropana, Pootihara, and Vedanasthapana [8].

Probable mode of action of Parisheka- The drugs used for Parisheka are antiseptic, have bactericidal action, wound healing property, alleviates pain. Drugs are absorbed through mucosa and blood circulation of vagina. Bactericidal actions of the drugs prevent bacterial growth [9].

Probable mode of actions of Pichu: Pichu helps the medicine to remain at the site for a longer period for better action. Performs the action with the help of the drugs used in the preparation of taila, ghrta etc. Diminishes the chances of infection in the genital tract, as taila is yoni-vishodhana property Softens the vaginal canal [10].

Probable mode of actions of Avagaha Swedana: It increases the local temperature by that dilatation of the blood vessel and ensures proper assimilation of the active principles of the medicine [11]. The drug used are acts as Srototoshodhana, vrana shodhana and vrana ropana.

INTERNAL MEDICATION:

Triphala + Guduchi Kashaya

Guduchi + Musta + Haritaki Kashaya

Triphala- Rasa- Kasaya, Guna - Ruksha, Sara, Virya - Anusna, Vipaka - Madhura, Doshaghnata - Tridoshasamaka. Triphala classified as an important medicine of Rasayana group and is believed to promote the health, immunity and longevity and frequently used to treat chronic ulcer and it is an antioxidant Properties [12].

Guduchi- Rasa- Tikta, Kasaya, Guna- Laghu, Guru, Snigdha, Virya- Ushna, Vipaka- Madhura, Prabhava- Vishaghna, Doshghnta- Tridoshshamaka. *T. cordifolia* showed a significant anti-inflammatory, anti-allergic, antioxidant, antipyretic, immunomodulatory activity [13] and it also acts as a *Mutral* and *Vranaropana*.

Musta: Rasa- Tikta, Katu, Kashaya, Guna- Laghu, Ruksha, Veerya- Sita, Vipaka- Katu, Doshakarma- Pittakaphahara, Shleshmaraktajit. *Cyperus Rotundus* shows Anti-Inflammatory, Wound healing, Anti-Microbial Activity [14] also *Musta* is *Sleshmajita* and *Agnivardhana* in action.

Haritaki: *Haritaki* has five Rasa except *Lavana*, Guna- Laghu, Ruksha, Vipaka is *Madhura* and *Veerya* is *Ushna*. *Terminalia chebula* shows Immunomodulatory, Anti-oxidant, Anti-diabetic, Anti-ulcerogenic, wound healing and Anti-viral activity [15].

Samshamani vati- Samshamani Vati is a formulation made from *guduchi* (*Tinospora Cordifolia*). *Guduchi* satva is having *Madhura* rasa, *Madhura* vipaka, *Laghu* Snigdha Guna and *Vatapitta* samana properties. It is also act as *Raktaprasadaka*, *Pachana* deepana, *Jeevaniya*, *Dahaprasamaka* [16]. It has antipyretic and anti-inflammatory properties. It may relieve symptoms associated with fever and viral infections [17]. This is a classical preparation used as rejuvenation i.e. *Naimitika rasayana*. (manufacturing company)

Duralabhadi Kashaya Ghanavati- The ingredients of *Duralabhadi Kashaya Ghanavati* are *Duralabha* (*Fagonia cretica* Linn.), *Pashanbheda* (*Bergenia ciliate*), *Dhanyaka* (I), *Yasthimadhu* (*Glycyrrhiza glabra*), *Haritaki* (*Terminalia chebula*), *Kantakari* (*S. xanthocarpum*) [18]. The majority of *Duralabhadi Kashaya Ghanavati*'s constituents contain *Tikta-Kashaya-Madhura* Rasa, *Laghu-Sara* Guna. *Duralabhadi Kashaya Ghanavati* acts on movement of *Apana Vayu* and its *karma* like *Vedanasthapana* and *Anulomana* will help to reduce pain & burning in patient.

CONCLUSION

On the basis of above study, it is concluded that, in Ayurveda there is no direct reference of *Yonivrana*. The internal medications like *Guduchi + Musta + Haritaki Kashaya*, *Samshamani vati*, *Duralabhadi Kashaya Ghanavati* along with *Sthanika Chikitsa Yoni Parisheka* by *Triphala Kwatha*, *Yonipichu* with *Jatyadi Taila* and *Avagahana Sweda* with *Triphala + Guduchi Kashaya* provides significant relief in all symptoms of *Yonivrana*. No adverse drug reactions were noted during the study period.

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