“AYURVEDIC MANAGEMENT OF PARIPLUTA YONIVYAPAD ASSOCIATED WITH APRAJA VANDHYATVA – A CASE STUDY”

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ABSTRACT
It is the woman who procreates and propagates the human species. If woman is healthy the family feels secure and future generation will born and brought up with boosted energies. Now a days woman i

KEYWORDS: Dyspareunia, paripluta, apraja vandhyatva.

INTRODUCTION
Dyspareunia is painful sexual intercourse due to medical or psychological causes. The pain can primarily be on the external surface of the genitalia or deeper in the pelvis upon deep pressure against the cervix. It can affect a small portion of the vulva or vagina or be felt all over the surface. Understanding the duration, location and nature of the pain is important in identifying the causes of the pain. The pain can be acquired or congenital. Diagnosis is typically by physical examination and medical history.1)

It has been clinically observed that Ayurveda helps in case of dyspareunia associated with primary infertility. It seems to help by not only treating the symptoms but also by strengthening the reproductive system and improving the local cellular immunity. In Ayurveda different treatment modalities are mentioned for yonivyapad. In this case study phalasarpi, Musali khadiradi kashaya, Cap. Torchnil have been used and proved to be effective.

CASE REPORT
A 33 years female hindu patient, housewife by occupation visited the OPD of SKAMCH & RC, dept of prasooti tantra and stree roga on 23rd Aug 2016 with complaints of white discharge and backache since 2 year and pain during and after coitus since 1 year. Backache was intermittent in nature. Hence patient consulted an Allopathic hospital and took treatment around 6 months but didn’t get any relief in the symptoms. The patient was not satisfied with Allopathic treatment and didn’t get any improvement So she approached SKAMCH and RC for further management.

Past history: No H/O DM/HTN/hypo-hyperthyroidism or any other major medical or surgical history.

Family history: No history of same illness in any of the family members.

Menstrual / Obstetric history
Menarche-13 yrs.
M/C- 3-4 / 28-30 days/bleeding- bright red in colour, without foul smell, with/without clots/ Dysmenorrhoea-Absent
Married life -5 years.
O/H – G0 P0 A0 L0
Contraceptive history- No contraceptive history.

General examination
□ Built: Moderate
Nourishment: Moderate
- Pulse: 76 b / min
- BP: 130/80 mm of Hg
- Temperature: 98.4 F
- Respiratory Rate: 18 cycles / minute
- Height: 145 cm
- Weight: 45 kg
- Tongue: Uncoated

Pallor/Icterus/Cyanosis/Clubbing/Edema/Lymphadenopathy: Absent

Systemic examination
- CVS: S1 S2 Normal
- CNS: Well oriented, conscious.
- RS: normal vesicular breathing, no added sounds
- P/A- Soft, tenderness
- Bimanual examination- uterus retroverted, fornices tenderness present.
- Per speculum examination- vagina normal, cervix healthy and normal size, white discharge present

Ashta Vidha Pariksha
1) Nadi - 82 b / min
2) Mala - Once / day
3) Mutra - 5 - 6times/day
4) Jivha - Alipta
5) Shabda – Madhyama

Dasha vidha pariksha
Prakruti – Vata pittaja
Vikruti – Madhyama
Bala – Madhyama
Sara – Madhyama
Samhanana – Madhyama
Satmya – Madhyama
Satva – Mishra rasa satmya
Pramana – Madhyama
Ahara shakti – Abhyavarana shakti – Madhyama Jarana shakti – Madhyama
Vyayama shakti – Avara
Vaya – Madhyama

LAB INVESTIGATIONS
- Haemoglobin – 11.7 gm/dl (31/07/15)

INTERVENTION
- Phalasarpi[2] 2tsf BD with milk B/F
- Musali khadiradi kashaya[3] 2tsf BD with water B/F.

RESULTS
THERE WAS A CONSIDERABLY CHANGE IN VARIOUS SYMPTOMS AS NOTED BELOW

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Date</th>
<th>Dyspareunia</th>
<th>Backache</th>
<th>White discharge</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>23/01/15 To 30/01/15</td>
<td>+++</td>
<td>+++</td>
<td>+++</td>
</tr>
<tr>
<td>2.</td>
<td>30/01/15 To 19/04/15</td>
<td>++</td>
<td>++</td>
<td>++</td>
</tr>
<tr>
<td>3.</td>
<td>19/04/15 To 05/06/2015</td>
<td>+</td>
<td>+</td>
<td>+</td>
</tr>
<tr>
<td>4.</td>
<td>05/06/2015 To 31/7/2015</td>
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</tr>
<tr>
<td>5.</td>
<td>31/7/2015</td>
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</tbody>
</table>

Patient is free from all the symptoms and got conceived also. And delivered healthy child.

DISCUSSION
Paripluta yoniyapad can be compared with dyspareunia. It is a disease which occurs due to vitiation of vata as well as pitta. Any yoniyapad can lead to gulma, arsha, asrigdara, vandhyatwa and other vata disorders i.e. stambha and shoola as complications if timely not being treated[5]. Here in this case, dyspareunia is one of the cause for primary infertility where Phalasarpi, musali khadiradi kashaya and Cap.Torchnil were used.

Phalasarpi have qualities such as madhura, laghu, sheeta guna, tridosha shamaka, yoni dosha hara, balya and rasayana properties.

Musali khadiradi kasaya acts as Deepana, Pachana, agnivardhaka helping to proper rasadhatu formation and Arvta formation. It is tridosha shamaka. So maintains the equilibirium of doshas. Krimighna, yoni shoolahara, used in yoniyapadhs. And it is artava shodaka. Due to its sheetavirya and madhura, kashaya rasa acts as stambhana.

Cap. Torchnil is a herbal rasayana and works by possessing the anti-inflammatory activity; suppressing the cyclooxygenase activity and prostaglandin formation; retarding the platelet aggregation; possessing the antioxidant activity; suppressing the activity of the tryrosinase enzyme; possessing the saponin triterpenes, flavonoids and other constituents such as coumarins, sugars choline, phytoestrogens. Preventing oxidative stress; promoting insulin secretion; inhibiting gluconeogenesis; inhibiting glycogenolysis; regulating blood glucose concentrations. Reducing the lipid peroxidation in the liver tissue. Possessing the activities due to the presence of piperine, piperlongumine, sylvatin, sesamin, diaeudesmin piperlon, piperlonguminine, piperonaline and pipernudecalidine constituents. Enhancing athletic performance. Possessing antioxidant, anticarcinogenic
and anti-inflammatory properties. Blocking the protein required by virus to replicate.

**CONCLUSION**
In the present case study *Phalasarpi, musali khadiradi kasaya* and *Cap.Torchnil* have been used for the treatment of dyspareunia associated with primary infertility which is found to be very effective. There is drastic improvement in signs and symptoms. Patient is free from all the symptoms and conceived also. Hence *Ayurveda* gives the complete cure by not only relieving the symptoms of illness but also by increasing the defence mechanism and immunity of patient. This in turn prevents the recurrence of disease. But to prove this with greater confidence further studies are to be conducted on this as the present paper is a single case study.

**LIST OF REFERENCES**
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