



Research Article

EFFECT OF YONIDHAVAN ON DIFFERENT GYNAECOLOGICAL DISEASES - A RETROSPECTIVE STUDY

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ABSTRACT

Gynecological diseases are increasing day by day. Among all, female genital infections bear a major component. It carries the specific attention of underlying diseases such as vaginitis, cervical erosions PIDs, to malignancies. Ayurveda highlights these disorders under *Yonivyapadas*. Classics have highlighted 20 types of *Yonivyapadas* where pathogenesis takes place in genital areas. Local treatments such as *Yonidhavan*, *Picu*, *Varti* are described for the same. *Yonidhavan* refers to drug delivery through genital areas. The medicated fluid of *Yonidhavan* helps to clean genital areas, reduce inflammation and help to regrowth healthy tissue. Understanding these, a retrospective study on the effect of *Yonidhavan* with *Panchavalkal Kwath* for a sample of 100 patients was done for 1 year. Analysis of the symptoms as well as the result, with clinical evidence and statistical evaluation, proved that overall *Yonidhavan* gave excellent outcomes in 94.9% patients in relieving the symptoms. The therapy proved to be promising on criteria such as per vaginal discharge (*Srava*), tenderness (*Sparasahatwa*), and tissue swelling (*Shoph*). It proved most significant on per vaginal profuse discharge (96.5%) and tenderness (*Sparasahatwa*) (74.3%). The study revealed that no recurrence of the symptoms was noticed after one year in 73% of the patients. Twenty-two percent of patients showed recurrence of symptoms in one year. The use of *Panchavalkal Yonidhavan* not only gave symptomatic relief but helped to cure *Yonivyapadas*. *Yonidhavan* proved helpful, economical, and accessible Ayurvedic treatment.

INTRODUCTION

The incidence of female genital diseases increasing day by day. As per female genital infections contributed 69.6%.<sup>[1]</sup> General presentations compromising PV white discharge, itching, burning, and pain in genitals. Apart from its uneasy nature this also points towards underlying serious conditions such as PID, TB, infertility, and malignancy. Ayurvedic classics highlight these conditions under *Yonivyapad*.<sup>[2]</sup> Dietetics faults, misleading lifestyles, hormonal disorders, and genetical faults are the group of factors for this.<sup>[3]</sup> The treatment protocol of *Yonivyapad* includes local treatments such as *Yonidhavan*, *Dhupan*, *Varti*, *Pichu*, etc.<sup>[4]</sup>

*Yonidhavan* means cleaning the genital with medicated fluid media which targets local pathology.

AIM

To understand the efficacy of *Yonidhavan* in different gynecological disorders.

OBJECTIVE

To study the effect of *Panchavalkal Kwath* on genital pathology.

MATERIALS AND METHOD

**Material:** All available Ayurveda text, modern literature, articles, journals, research papers, internet was referred for study.

Study Design

A retrospective study was done in the timeframe from January 2022 to December 2022. Subjects were selected, screened, and included in the study. Their data was collected via Google forms through the questionnaire, outcome of the procedure, progression or regression of the condition and the recurrence of the symptoms were observed. The

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assessment was done on the subjective and objective parameters. Urine analysis was done in patients having uro-genital infections. Internal medications of other major diseases as well as *Pathyaahar* were continued during the course of the treatment. Follow-up was taken on the 8th day or the 15<sup>th</sup> day. Data was analyzed by Paired T-test.

**Sample Size:** 100

Patients who met the inclusion criteria for various gynaecological were selected.

**Inclusion Criteria:** Married women between 20-45 years, having complaints related to the genital tract including per vaginal white discharge, vaginal itching,

burning sensation, vaginal soreness, pain in the vagina and dyspareunia were selected for the study.

**Exclusion Criteria:** Unmarried women, pregnant women, patients with a major illness, and known cases of malignancy were excluded.

**Assessment Criteria:** Assessment of the therapy was done through the special scoring pattern (table 1) as well as overall assessment criteria (table 2).

**Procedure:** SOP for *Yonidhavan* of KAD was followed for 7 days.

**Trial Drug:** *Panchavalkala Kwath* was prepared using standard Ayurveda preparatory methods.

**Drugs Used:** Table 1- Shows *Rasa Panchaka* of *Panchavalkala Kwatha*- (supplementary table no. 1)

**Table 1: Scoring criteria used to assess the improvement of vaginal disorders during this study**

Scoring criteria	
1. <i>Yonigata Srava</i> (per vaginal white discharge)	Scoring
No discharge	0
Slight/occasional discharge	1
Moderate discharge	2
Severe discharge	3
2. <i>Yonigata Kandu</i> (per vaginal itching)	Scoring
No itching	0
Occasional/mild feeling of irritability	1
Moderate	2
Severe/constant	3
3. <i>Yonigata Daurgandhya</i> (per vaginal smell)	Scoring
No offensive smell	0
Occasional /mild smell	1
Moderate smell	2
Constant smell	3
4. <i>Yonigata Daha</i> (per vaginal burning sensation)	Scoring
No burning sensation	0
Mild burning sensation	1
Moderate burning sensation	2
Severe burning sensation	3
5. <i>Yonigata Vedana</i> (per vaginal pain)	Scoring
No pain	0
Mild pain	1
Moderate pain	2
Severe pain	3
6. <i>Yonigata Shopha</i> (per vaginal inflammation)	Scoring
No inflammation	0
Mild inflammation (redness edematous soreness )	1
Moderate inflammation (redness edematous soreness) wounds)	2
Severe (redness edematous soreness wounds severe tenderness)	3

**Table 2: Assessment criteria used to decide on reduction in overall symptoms of vaginal disorders during this study**

Reduction percentage	Assessment Criteria
<25%	No improvement
26-50%	Mild improvement
51-75%	Moderate improvement
76-100%	Marked improvement

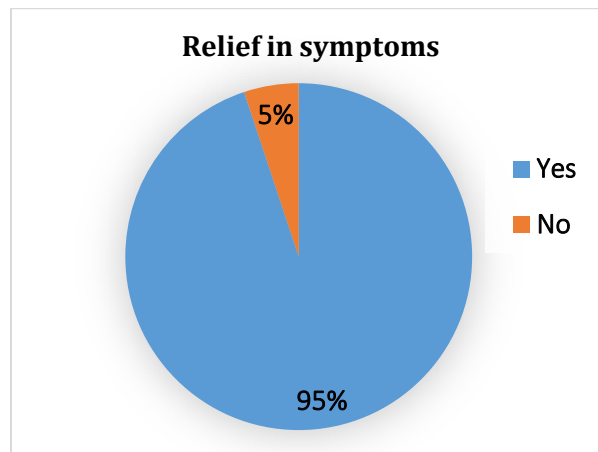
**OBSERVATIONS**

The patient with different *Yonigata Srava* were encountered in this study and the relief in this symptom was 94.9% (table no. 3).

**Table 3: Observation of Srava in percentage**

Observation of Srava (%)											
Colour of Srava			Odour of Srava		Consistency of Srava		Matra of Srava			Relief of Srava	
Sweta	Pita	Krishnabha	Sagandhi	Nirdandhi	Ghana	Tanu	Alpa	Madha	Ati	Upashya	Anupashaya
78	9	13	68	32	73	27	30	57	13	94.9	5.1

Patients with *Yonigata Vrana, Shopha, Srava, Durgandhya, Kandru, Sparshasahatwa, Daha, Shool, Maithunaasahatwa, Twakdushti*, etc. symptoms were decreased. All together 95% patients got the relief in above symptoms (Fig. 1).



**Fig. 1: Relief of symptoms observed in Yonivyapad patients**

**Outcome:** Overall therapy proved 95% relief in symptoms (table 4). There was statistically significant reduction of foul smell, itching, pain, discoloration, and wound (erosion) (table 5). Upon observing the patients for recurrence of the *Yonivyapad*, it was seen that in 73% patients recurrence of the symptoms did not occur for up to one year (Fig. 2).

**Table 4: Symptoms wise observation of patients**

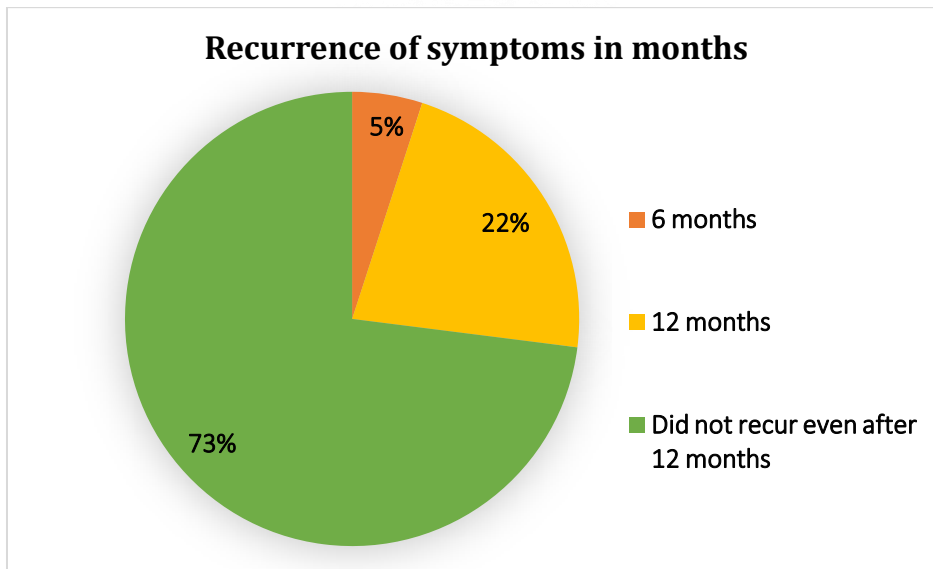
S.no.	Symptoms	Score	BT	AT
1	Cervical erosion/ <i>Vrana</i>	3	14	0
		2	9	6
		1	3	18
		0	74	76
2	Cervical edema/ <i>Shoph</i>	3	40	1
		2	11	8
		1	2	32
		0	47	59
3	Discharge/ <i>Srava</i>	3	60	0
		2	20	4

		1	4	38
		0	16	58
4	<i>Smell/Durgandha</i>	3	3	0
		2	3	0
		1	0	3
		0	94	97
5	<i>Itching/Kandu</i>	3	14	0
		2	9	0
		1	0	10
		0	77	90
6	<i>Sparshasahatwa</i>	3	13	0
		2	3	1
		1	1	7
		0	83	92
7	<i>Burning/Daha</i>	3	6	0
		2	0	0
		1	0	2
		0	94	98
8	<i>Prolapse /Yonibhramsha</i>	3	0	0
		2	2	2
		1	0	0
		0	98	98
9	<i>Pain/Shool</i>	3	0	0
		2	1	0
		1	0	1
		0	99	99
10	<i>Maithunaasahatwa</i>	3	3	0
		2	0	1
		1	0	1
		0	97	98
11	<i>Chronic cervicitis</i>	3	4	0
		2	2	1
		1	0	3
		0	94	96
12	<i>Twakdusti of genitals</i>	3	1	0
		2	1	0
		1	0	2
		0	98	98
13	<i>Granthi</i>	3	0	0
		2	1	1
		1	0	0
		0	99	99

Note: Score 3= Highly present, 2= Moderate improvement, 1= Mild improvement, 0= Completely absent; BT: Before treatment, AT: After treatment

**Table 5: Overall effect of therapy as per statistical analysis**

Lakshana/Observations	P-Value	Result
Cervical erosion/Vrana	1.94x10 <sup>-6</sup>	Significant
Cervical edema/Shoph	3.28x10 <sup>-15</sup>	Highly significant
Discharge/Srava	9.66x10 <sup>-31</sup>	Highly significant
Smell/Durgandha	0.03x10 <sup>-7</sup>	Significant
Itching/Kandu	1.59x10 <sup>-06</sup>	Significant
Sparshasahatwa	7.43 x10 <sup>-05</sup>	Highly significant
Burning/Daha	0.01 x10 <sup>-07</sup>	Significant
Prolapse /Yonibhramsha	-----	Non-significant
Pain/Shool	0.3 x10 <sup>-08</sup>	Significant
Maithunaasahatwa	0.1x10 <sup>-08</sup>	Significant
Chronic cervicitis	0.01x10 <sup>-07</sup>	Significant
Twakdushti of genitals	0.18x10 <sup>-06</sup>	Significant
Granthi	-----	Non-significant



**Fig 2: Re-occurrence of the symptoms in patients (percent)**

None of the symptoms reoccur in any of the patients in 2 months, only 5% patients showed symptoms from 2-6 months, 22% patients showed symptoms from 6-12 months and 73% patients did not showed any symptoms even after 12 months.

**DISCUSSION**

Yonivyapad, female genital diseases shall be taken care of properly. Local pathology is a major targeted pathological event; local treatment proved promising. Yonidhavan is a local procedure that eliminates secretions and helps in the reduction of local tissue swelling, and suppuration. It cleans the part of the genitals, especially the vagina and portio cervix. The procedure promotes the healing of wounds, and lacerations if the appropriate drug is selected.

Sukhoshna kwath helps to stimulate glands of vaginal mucosa and absorption of fluid and maintains pH. Vaginal absorption of fluid is direct.

Panchavalkal is Kashay, Ruksha drug.<sup>[5,6]</sup> It helps to absorb Srava, Kleda so it does Stambhan, Kleda- Kandu Haran, and does the repair of tissue (Ropana). Being Sheetavirya it reduces inflammation of local tissue. Panchavalkal contains tannin which is a low molecular water-soluble substance so it can easily cross vaginal cells.<sup>[7]</sup>

The total procedure is found to be positive in keeping the system fit structurally and functionally. The therapy proved highly significant in relieving symptoms of per vaginal profuse discharge (96.5%) and tenderness (Sparasahatwa) (74.3%). As can be

seen in table 6, marked improvement was seen in 88.2% patients. Recurrence of the symptoms was not found up to 1 year in 73% patients, it showed therapy proved excellent. It not only gave symptomatic relief but also worked for the breaking of pathology

(*Sampraptibhang*), as cleansing and healing tissue. Discharge, burning, itching, and pain were reduced. Two *Lakshanas* were Insignificant which were prolapse and *Granthi* which has *Sthanika Vikruti*. Hence only *Yonidhavana* cannot make a big difference.

**Table 6: Results on objective parameters of the patients**

Reduction of symptoms (percentage)	Assessment Criteria	Number of patients in percent (n=100)
<25%	No improvement	1
26-50%	Mild improvement	1.8
51-75%	Moderate improvement	9
76-100%	Marked improvement	88.2

## CONCLUSION

Therapy *Yonidhavan* proved promising, cost-effective, non-invasive, and easily accessible Ayurvedic treatment in gynecological diseases. This analysis may prove a benchmark for further evaluation and study.

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