



RESEARCH ARTICLE

CLINICAL STUDY ON EFFICACY OF TRIPHALADI YONI VARTI IN SLAISHMIKI YONI VYAPAT (VULVO VAGINAL CANDIDIASIS)

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ABSTRACT

Slaishmiki Yonivyapat is considered as one among the 20 Yonivyapat and the symptoms of this condition can be co-related to vulvo vaginal candidiasis which is the commonest infection with an incidence of 75%. Slaishmiki yoni vyapat is characterized by clinical features of Kapha Vriddhi³. The aggravated Kapha along with abnormal functions of Vata reaches the reproductive organs of women results in Kandu (itching in vulva and vagina), Sheeta (discharge without warmth), Picchila (slimy mucoid discharge), mild pain and pallor of the Vulva. For this condition anubhuta yoga of Triphaladi yonivarti was prepared and standardized. The Varti was easy to administer and didn't revealed any adverse drug reaction too. The drugs posses Vipareeta guna like Rooksha, Teekshna etc. Which combats the Slaishmiki Yonivyapat lakshanas. The study was carried out among 30 subjects where there was highly significant result in relieving the clinical features like Picchilasrava, Sheetasrava, Yoni Kandu, Yoni Vedana and the objective parameter of the pap smear for presence of pseudohyphae of candida albicans too. Triphaladi Yonivarti was administered vaginally to the patient for 7 days twice a day. Follow up vaginal smear was taken on 8th day after treatment to assess presence of candida species. Thus Triphaladi Yonivarti was found highly effective in the management of Slaishmiki Yonivyapat (Vulvo Vaginal Candidiasis).

INTRODUCTION

Stree plays a vital role in genesis of human race. (RajaRadhakanthadeva *et al.*, 1967) When women indulges in Mithya Aahara –Vihara it leads to dushti in Yoni pradesha leading to Yoni Roga. Most of the gynecological disorders like different types of vaginal discharges, infections, congenital anomalies and displacements (Janet and Claudia, 2005) are explained under 20 Yonivyapats. Slaishmiki Yonivyapat is characterized by clinical features of Kapha Vriddhi (Sharma *et al.*, 2009). The aggravated Kapha along with abnormal functions of Vata reaches the reproductive organs of women; results in Kandu (itching in vulva and vagina), Sheeta (discharge without warmth), Picchila (slimy mucoid discharge), mild pain and pallor of the Vulva (Sharma *et al.*, 2009). The symptoms of Slaishmiki Yonivyapat mentioned in Ayurveda literature appear similar to the clinical features of vulvo vaginal candidiasis. It is the second most common infections among reproductive aged women with a single incidence of 75%, and two or more episodes in 45% of women (Jonathan *et al.*, 2008). Candida albicans is responsible for 85% to 90% of the vaginal yeast infections. The pathogen can be differentiated by certain clinical criteria like thick curdy whitish discharge as well as microscopically by the presence of pseudohyphae. (Howkins and Bourne, 1994) Nature and quantity of discharge varies from

mild to severe which may hamper even daily routine activities; as well the symptoms of discharge per vagina are most often stubborn which need effective treatment. Topical treatment modalities in Ayurveda for treatment of gynaecological complaints (Sthanika Chikitsa) are better in efficacy than the drugs administered orally (Usha, 2010). The mode of approach through the topical route with or without oral medicaments is aimed to provide optimum relief to the morbidity of women. Varti Prayoga is one such intervention among which "Triphaladi Varti" has been taken in the context of Slaishmiki Yonivyapat. Vulvo Vaginal Candidiasis need effective treatment procedures because it is stubborn organism (http://drexelmed.edu/portals/0/pharmacology/self_study%20lecture%20notes.pdf). Varaha Pitta Varti, Arka Varti, Pippalyadi Yoni Varti are also explained for the same. These drugs have Teekshna Ushna Ruksha properties which are Kaphahara in nature. All of these drugs are known to have potent antimicrobial actions and used in the treatment of Twakgata vyadhi like Kushta. Triphaladi yoni varti is one of the anubhuta yoga with its ingredients as Amalaki, Haritaki, Vibhitaki, Haridra, Nimba, Tankana, is a safe and convenient option using the easily available drugs. All the drugs possess Ruksha, Ushna properties which are Kaphahara in nature. Though oral medications can provide relief, the intense pruritus and irritating discharge needs to be tackled effectively and quickly as it hampers the routine life style of the woman. The intravaginal Varti helps to clear the vagina of its discharges and re-create optimum vaginal health by providing cleansing effect.

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Aims and Objectives

To study the effect of Triphaladi Yoni Varti in Slaishmiki Yonivyapat.

MATERIALS AND METHODS

Source of data

The present study was carried out in accordance with ethical principles by following international conference of harmonization – good clinical practices guidelines (ICH-GCP). Drugs were collected from the herbal garden of SDM College of Ayurveda, Udupi and identified by Department of Dravya Guna SDM College of Ayurveda and Hospital, Hassan, Karnataka, India.

Preparation and place of work

Medicine was prepared in the teaching pharmacy of the department of Rasa Shastra and Site of collection of drug and processing in Bhaishajya Kalpana SDM College of Ayurveda and Hospital, Hassan, Karnataka, India. Analytical study was carried out at SDM Center for Research in Ayurveda and Allied Scinces, Udupi, Karnataka, India. Clinical trial was conducted at SDM College of Ayurveda and Hospital, Hassan, Karnataka, India.

Source of patients

Patients were selected after through clinical examinations from OPD and IPD of department of Prasooti Tantra and Stree Roga, SDM Ayurveda college and hospital, Hassan, Karnataka, India. Ethical clearance number was obtained as SDMCAH/IEC/58/2014-2015

Preparation of Triphaladi Yonivarti

The ingredients of Amalaki, Haritaki, Vibitaki, Haridra, Suddha Tanka are separately pounded and sieved to obtain the fine powder of all drugs. Then they are mixed together uniformly. The mixed fine powder was triturated with Nimba Swarasa (BHAVANA DRAVYA- NIMBA). When this mixture attains appropriate consistency, then desired sized- (Index finger thickness) Varti were prepared (2-6 inch long, 1/4th to 1/2 inch thick). Then it was dried in shade and stored in air tight containers at room temperature. Though the Tarjani Pramana was standardized, it was tough to maintained uniformity in size as they were manually prepared.

Method of collection of data

Written and informed consent was taken based on classical signs and symptoms of Slaishmiki Yoni Vyapat (Vulvo Vaginal Candidiasis) and the patients were selected from the OPD and IPD of SDM College of Ayurveda and Hospital, Hassan. Total 33 patients were selected for the study by random allocation method in accordance with the criteria of exclusion and inclusion.

Research design

33 patients of Slaishmiki Yonivyapat (Vulvo Vaginal Candidiasis) were randomly selected and Triphaladi Yonivarti

was administered per vaginally twice a day after cessation of menstruation in midcycle.

Duration of treatment: 7days twice a day

Inclusion criteria

The married women who had clinical signs and symptoms of Slaishmiki Yonivyapat like Unctuous (Picchila) and Cold (Sheeta) discharge, itching in vagina (Kandugrastha) Mild pain (Alpa vedana) with vaginal smear positive for candida albicans pseudohyphae and who agreed to participate and signed in written and informed consent form were incorporated for the study.

Exclusion criteria

Unmarried women, pregnant women, women with cervical erosion, Sexually Transmitted Diseases, Diabetes mellitus, Anaemia, women with history of prolonged use of antibiotics, with genital skin lesions, PID were excluded from the study.

General investigations

Hb%; TC, DC; ESR; R.B.S; HIV, HbSag, VDRL, Urine Routine and Microscopic examination was carried out in all the patients. Wet Vaginal smear- before and after treatment.

Specific investigations

- Wet vaginal smear was carried in all the patients before and after treatment (8th Day).
- Vaginal swab culture was carried out before registering the case.
- Ultra Sonography for uterine and adnexal study was carried if required.

Assessment criteria

The improvement in the patient was assessed mainly on the basis of relief in the signs and symptoms of the disease. To assess the effect of therapy, all the signs and symptoms were observed in parameters for every alternate day during treatment.

Treatment protocol

Triphaladi Yonivarti administered Vaginally 1 tab of 3gm (approx) for 3 hours twice daily for a period of 7 days.

Method of administration of Yoni Varti

Patient was advised to empty the bladder. Then asked to lie on her back with thighs flexed and Yoni Varti was inserted deep in vagina (Posterior Fornix). After 3 hour, the varti was douched with luke warm water.

Advice

Patient was advised to maintain hygiene, wear clean sun dried undergarments, clip fingernails, wash the vaginal area with warm water after every vaginal insertion of varti, as well as after use of wash room, avoid spicy, fried, bakery items and

Table 1. Result of Fredman's Test for Subjective and Objective parameters

Parameters	N	Chi-square	Mean Df	Asymp.sig	Level of significant
Picchila srava	30	15.207	0.70	0.001	HS
Sheeta srava	30	14.286	0.66	0.001	HS
Yoni kandu	30	9.308	0.36	0.002	S
Yoni vedana	30	12.800	0.54	0.001	HS
Candida	30	22.000	0.74	0.001	HS

fermented items and over eating, avoid mental stress and advised to take green leafy vegetables, simple food and milk. They were also advised to maintain abstinence during the duration of treatment and the follow up period.

Follow up

After the duration of treatment for 7 days, the patients were reviewed on 8th day and later follow up after one week of termination of treatment to ascertain if the relief provided was sustained.

Statistical Analysis

Statistical analysis was done using SPSS VER.20. Friedman's test was applied to analyze the significance of the change in subjective parameters. Wilcoxon's signed rank test was applied for post hoc which showed significance in Friedman's test, to interpret the time of significant change.

Observation

A total of 33 patients were registered, out of which 30 completed the study and 3 were drop out due to some family issues. The observation was done on 33 patients in which maximum patients (15) 45.5% were between the age group of 20-30 years. It was seen from the study that (30) 90.9% patients were Hindus; Among which maximum patients (13) 39.4% were uneducated and (20) 60.6% were from lower socio- economic group, It was observed that maximum patients (27) 81.8 doesn't had any past history of Vulvo Vaginal Candidiasis; About(20) 60.6% are having sedentary life style; maximum (18) 54.5% had poor hygiene; maximum subjects i.e (23) 69.7 % used synthetic undergarments; (20) 60.6% subjects were multiparous; (30) 90.01% were having VataKapha Dosh Pradhanya Vikriti. Among 33 subjects three dropped out due to their personal problems. Among 30 subjects 78.8% (25 subjects) had got relief from picchila srava, 84.4% (28 subjects) were relieved from Yoni kandu and Yoni vedana after the treatment. Microscopic study revealed negative smear for pseudohyphae among 84.8% i.e 25 subjects.

RESULTS

The parameters in Fredmen's test showed highly significant result with P value ≤ 0.001 on Picchila srava, Sheeta srava, Yoni vedana and in eradication of candida species in microscopic evidence. The details are as tabulated in Table 1.

DISCUSSION

Triphaladi varti is one of anubhuta yoga. Different references are available in our classics regarding individual drugs of the yoga with Kaphahara, Lekhana and Krimighna action. All the

drugs show Kaphahara property individually by virtue of Laghu, Rooksha, Teekshna guna. Triphala (Prakash *et al.*, 2011) possess Kaphaghna, Tridoshaghna, properties Haridra (Sastry *et al.*, 2005) is Kandughna, Nimba (Sastry *et al.*, 2005) is having Krimighna, Tankana (Ravindra angadi, 2014) has Sraava-hara action. In this Yoni Prakshalana with Ushna jala drained the whitish discharge and the Varti which was introduced transvaginally imparts the dryness and denatures (Prakritivighata) the bacterial colonies of candida and helps in the maintenance of the pH and by regaining normal vaginal pH. All drugs are having Vipareeta Guna like Laghu, Ushna, Ruksha and Karma Like Krimighna, Kandughna, Kaphaghna; Anti Fungal, Anti Bacterial, properties combacts Lakshanas of Shlaishmiki Yoni Vyapat and Candida species effectively. It helps to restrain the Srava and provide relief from itching. Thus Prakritivighata chikitsa as well as Shodhana augments the process of healing in Slaishmiki Yonivyapat. Drugs administered intravaginal route have a higher bioavailability compared to the oral route as it bypasses the hepatic circulation. The high vascularity of vaginal wall and the pelvic tissues enables faster absorption of drugs than oral administration. The anatomical position of vagina also enhances the drug action in situ for a period of approximately 3 hours.

Conclusion

Based on the cardinal features Slaishmiki Yonivyapat can be co-related to the clinical manifestation of candidiasis. It is evident from the statistical analysis and clinical validation that the signs and symptoms of Slaishmiiki Yonivyapat were relieved within 7 days of treatment, the probable mode of action may be higher rate of absorption of the Sthanika chikitsa (topical application) through the vaginal mucosa, alteration in vaginal pH and without any adverse drug reaction like vaginal irritation or burning sensation. Thus, we may conclude that Triphaladi Yonivarti showed highly significant results in both the clinical and microscopic parameters in the management of Slaishmiki Yonivyapat. No adverse drug reactions were observed during the treatment period and the follow up period.

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