

VatajaYonivyapada (gynecological condition): Scope in Ayurveda

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Abstract

Vatajayonivyapada having signs and symptoms such as pain along with abnormalities in menstrual bleeding matches with many of the gynaecological disorders in women of reproductive age group. It hampers their day-to-day chores and disturbing their interpersonal relationship and most importantly compromises quality of life. Therefore, an instant relief of symptoms is required along with an overall improvement in the general condition of those women. In such conditions, a better alternative non-hormonal Ayurvedic management is planned. *Ksheerapaka* (medicated milk preparations) of *Rasna*, *Gokshura* and *Vasa* having *vedanahara* (analgesic effect) is used in the study. In this research work our objective was to evaluate the therapeutic efficacy of oral *RasnadiKsheerapaka* in *Vatajayonivyapada*. Total 30 patients within 20-40 years of age irrespective of the marital status having classical symptoms of *Vatajayonivyapada* have been selected randomly from Prasuti Tantra OPD, S.S. Hospital, BHU, Varanasi. After detailed history, complete examination and investigations patients selected for the study on the basis of selection criteria. Patients were treated with *Rasnadiksheerapaka* 50ml orally once in a day for total duration of 45 days. Study was assessed after completion of follow-up period. Among the 28 cases, 5 patients became cured and 6 remained without any improvement and all the remaining 17 patients have got mild to marked improvement in the signs and symptoms. It is concluded that *Rasnadiksheerapaka* has got the therapeutic efficacy in the *Vatajayonivyapada* management. Also helps in improving the overall health status and quality of life in such women.

Key words: *Vatajayonivyapada*, gynecological disorders, *Rasnadiksheerapaka*

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Introduction:

Ayurveda is categorized into eight different branches collectively known as *ashtangas* of Ayurveda. *Ashtanga* means eight parts or limbs. They are *kaya*, *bala*, *graha*, *urdwanga*, *shalya*, *damshttra*, *jara*, *vrisha*.¹ Among these the second branch *bala* deals with the pre-and post-natal care of baby and the woman before, during and after the pregnancy. Most of the gynecological disorders besides *asrigdara*, *artavadushti*, *raktagulma*, *yoni arsa*, *yoni kanda* are described *as yonivyapada* in Ayurvedic classics.²

The term *yonivyapada* includes majority of gynaecological disorders in ayurveda. Ayurveda described twenty *yonivyapada* and among these the *brihatrayees* have given primary importance to *Vatajayonivyapada* and all the Acharyas mentioned it as the first one in all the classics. It is also mentioned that a woman never suffers from diseases of *yoni* and related structures except as a result of affliction by the aggravated *vata*.³ *Vata* alone is the most predominant *dosha* in most of the *yonivyapada*.

VatajaYonivyapada having signs and symptoms such as pain along with abnormalities in menstrual bleeding matches with many of the gynecological conditions in women of reproductive age group. It hampers their day-to-day chores and disturbing their interpersonal relationship and most importantly compromises quality of life. Therefore, an instant relief of symptoms is required along with an overall improvement in the general condition of those women. Keeping in view the above symptoms, a better alternative non-hormonal Ayurvedic management is planned. *Rasnadiksheerapaka* (medicated milk preparations) is used in the study.

Rasnadiksheerapaka contains *Rasna*, *Gokhura* and *Vasa*. According to various studies on these drugs, *Rasna* (*Pluchea lanceolata*) and *Vasa* (*Adathodavasica*) are having analgesic effect and also considered valuable in the anti-inflammatory diseases management.^{4,5,6} *Gokshura* (*Tribulus terrestris*) is having antioxidant, analgesic, antibacterial and anti-inflammatory activities and has got positive effect on the female reproductive system due to the presence of a secondary metabolite called protodioscin; a steroidal saponin compound.^{7,8} These drugs which have authentic reference⁹ and economically low cost and safe. These are also easily available drugs in almost all seasons.

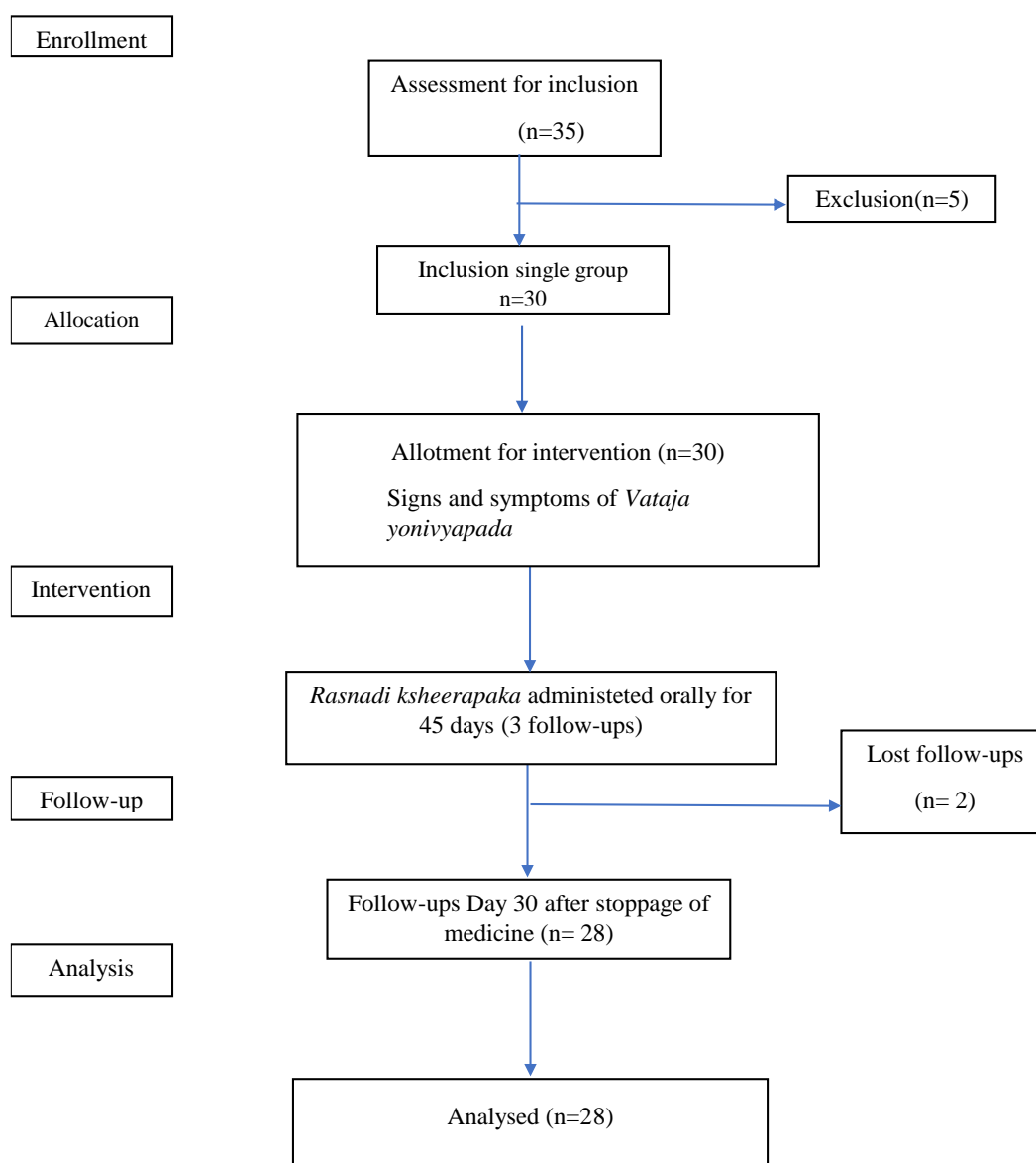
According to Ayurveda, *Rasnatikta rasa*, *guru guna*, *ushnavirya*, *katuvipaka*, *kaphavatashamanadoshakarma* and indicated in *inswasa*, *shotha*, *amavata*, *udarashoola*, *kasa*, *jwara*, *visha* and *asheetivata* vikara.¹⁰ *Gokshura madhura rasa*, *guru*, *snigdha* guna, *shitavirya*, *madhura vipaka*, *tridoshashamanadoshakarma* and indicated in *sotha*, *mutraroga*, *bastiroga*, *prameha*, *swasa*, *kasa*, *ashmari*, *arsa* and *vataroga*.¹¹ *Vasa hastikta rasa*, *laghuguna*, *sheetavirya*, *katuvipaka*, *kaphapittaasrashamanadoshakarma* and indicated in *jwara*, *kushta*, *kshaya*, *kasa*, *swasa*, *meha*, *aruchi*, *chardi* etc.¹² In general all are having effect in *vataroga*, and *ksheera* is found to be beneficial in the management of *yonivyapada* that is why these drugs are selected for the present study.

Objective:

In this research work our objective was to evaluate the therapeutic efficacy of oral *RasnadiKsheerapaka* in *Vatajayonivyapada*.

Materials and methods**Research Design**

A research study is a single group pretest-posttest quasi-experimental clinical trial with a sample size of 30. The CONSORT Flow diagram of the study is provided in Chart 1.

Chart 1. The CONSORT Flow diagram of the study

Ayurvedic literature, research papers, scientific journals and authentic web sources related to this concept have been referred for the study.

Research Participants

A total of 30 patients who are fulfilling the inclusion criteria were selected from the Prasuti Tantra OPD, SS Hospital, BHU, Varanasi as research participants for the present study.

Inclusion criteria

(i) Age group 20- 40 years. (ii) Patient complaining of *toda* and *vedana* of *yon*i (pricking and other pain of vagina), *stambha*(stiffness), *pipeelikasrupthim*(sensation of creeping of ants), *karkashata*(dryness), *supti* (numbness) and *ayasa* (fatigue or lethargy) and also *phenila* (frothy menstrual blood), *arunakrishna*(reddish black menstrual blood), *alpa* (hypomenorrhea), *tanu*(thin menstrual blood), *rukshaartavasruti*(menstruation appears dry), associated with *vyadha* of *vankshana* and *parsva*(pain in groins and flanks) for minimum 2 consecutive cycles.

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Criteria for exclusion of cases

(i) Pregnant women, women with chronic ailments (systemic diseases like Tuberculosis, Diabetes mellitus, jaundice, bronchial asthma, cardiovascular diseases, renal problems) piles, fistula, fissure or having any history of psychological disorders. (ii) Women who are suffering from *svasa*, *kasa*, *hikka*, *alaska*, *visuchika*, *madhumeha*, *kushta*, *shleepada*, *galaganda*. (iii) Patient not giving consent to participation in the study. (iv) Patient who can't attend follow-up regularly.

Diagnostic criteria

The recruited participants in the research study were clinically examined and detailed history was taken. The data were recorded systematically. Recruitments were done on *lakshana*.

Investigations

CBC, ESR, Random blood sugar, LFT, RFT, HIV 1 and 2, VDRL, HBsAg, Urine – Routine & Microscopic

Treatment Protocol

The proper written consent was taken from each participant after orienting the nature and course of the study. During the study, the patients were asked to follow the treatment protocol and report any adverse event to the investigators.

Table. 1. Showing the treatment plan of the study

Drug	Dose	Route	Time of Administration	Duration	Follow ups	Follow ups Plan
<i>RasnadiKs heerapaka</i>	48 ml	Oral	Early morning before taking food	45 days	Total 5 follow ups with a regular interval of 15 days	3 follow ups with medication and 2 follow ups without medication.

Drug preparation**Rasnadi ksheerapaka**

Rasnadiksheerapaka which contains *Rasna*, *Vasa* and *Gokshura*. Coarse powder of equal quantity of *Rasna*, *Vasa* and *Gokshura* was prepared in the Pharmacy, Department of Rasashastra, Banaras Hindu University, Varanasi. The patients were given instructions to prepare *ksheerapaka* as follows. Take $\frac{1}{4}$ *pala* (12 g) of coarse powdered drug and boil with 1 *pala* (48 mL) milk and 1 *pala* (48 mL) water and reduced till the quantity of milk remains and filtered.¹³

Assessment Criteria

Primary outcomes- Parameters were assessed with various grading systems. Grading of the signs and symptoms of *Vatajayonivyapada* are given below

Scoring and grading Toda and Vedana of Yoni (Pricking and other pain of vagina)

- 0 Nil: No pain
- 1-2 Mild: Can be ignored
- 3-6 Moderate: Interferes with tasks
- 7-8 Severe: Interferes with basic needs
- 9-10 Worst pain: Bed rest required

Scoring and Grading of Stambha (Stiffness)

- 0 Absent: No complaint of stiffness in vagina
- 1 Present: Complaint of stiffness in vagina

Scoring and Grading of Pipeelika srupim (Sensation of creeping of ants)

- 0 Absent: Intensity of sensation of creeping of insects 0
- 1 Mild: Intensity of sensation of creeping of insects 1
- 2 Moderate: Intensity of sensation of creeping of insects 2
- 3 Severe: Intensity of sensation of creeping of insects 3

Scoring and Grading of *Karkashata* (dryness)

- 0 Absent: No complaint
- 1 Mild: Dryness causing no or minimal interference with usual sexual, social and functional activities
- 2 Moderate: Dryness causing greater than minimal interference with usual sexual, social and functional activities
- 3 Severe: Not applicable

Scoring and Grading of *Supti* (Numbness)

- 0 Absent: Intensity of numbness 0
- 1 Mild: Intensity of numbness 1
- 2 Moderate: Intensity of numbness 2
- 3 Severe: Intensity of numbness 3

Scoring and Grading of *Ayasa* (Fatigue or lethargy)

- 0 Absent: None
- 1 Mild: Fatigue without interfering normal activities
- 2 Moderate: Difficulty in carrying out some activities
- 3 Severe: Loss of capacity to carry out some activities

Scoring and Grading of *Phenilaartava* (Frothy menstrual blood)

- 0 Absent: No complaint
- 1 Present: Complaints of froth in menstrual blood

Scoring and Grading of *Arunakrishnaartava* (Reddish black menstrual blood)

- 0 Absent: Blood red color
- 1 Mild: Dark red color
- 2 Moderate: Reddish brown color
- 3 Severe: Reddish black color

Scoring and Grading of *Alpaartava* (Hypomenorrhea)

- 0 Absent: >2 days duration of menses
- 1 Mild: 2 days duration of menses
- 2 Moderate: 1 day duration of menses
- 3 Severe: Only spotting during menses

Scoring and Grading of *Tanuartava* (Thin menstrual blood)

- 0 Absent: Normal consistency of menstrual blood
- 1 Present: Thin and watery menstrual blood

Scoring and Grading of *Rukshaartavasruti* (Menstruation appears dry)

- 0 Absent: Normal appearance of menstrual blood
- 1 Present: Menstrual blood appears dry

Scoring and Grading of *Vamkshana* and *parsvavyadha* (Pain in groins and flanks)

- 0 Absent: No pain
- 1 Mild: Bearable pain
- 2 Moderate: Requirement of oral analgesics
- 3 Severe: No relief after analgesics

Criteria for overall assessment – relief in signs and symptoms

(i) Cured: Patient gets 80-100% relief. (ii) Marked improvement: Patient gets 60-80% relief. (iii) Moderate improvement: Patients gets 40-60% relief. (iv) Mild improvement: Patients gets 20-40% relief. (v) Unchanged: Patient gets less than 20 % relief.

Observation and Results

Table 2: Effect of the therapy

<i>Toda and vedana</i> grade	BT		AT		Within the group comparison (Initial v/s follow-up) Wilcoxon Signed Rank Test
	No	%	No	%	
0	9	30.0	14	50.0	Z=3.891 p=0.000 HS
1	0	0.0	10	35.7	
2	15	50.0	4	14.3	
3	0	0.0	0	0.0	
4	5	16.7	0	0.0	
5	1	3.3	0	0.0	
<i>Supti</i> grade	BT		AT		Within the group comparison (Initial v/s follow-up)
	No	%	No	%	
0	24	80.0	28	100	Z=2.070 p=0.038 S
1	2	6.7	0	0.0	
2	4	13.3	0	0.0	
3	0	0.0	0	0.0	
<i>Karkashata</i> grade	BT		AT		Within the group comparison (Initial v/s follow-up)
	No	%	No	%	
0	26	86.7	27	96.4	Z=1.409 p=0.159 NS
1	0	0.0	1	3.6	
2	4	13.3	0	0.0	
3	0	0.0	0	0.0	
<i>Ayasa</i> grade	BT		AT		Within the group comparison (Initial v/s follow-up)
	No	%	No	%	
0	24	80.0	26	92.9	Z=2.251 p=0.024 S
1	1	3.3	2	7.1	
2	5	16.7	0	0.0	
3	0	0.0	0	0.0	
<i>Arunakrishna</i> grade	BT		AT		Within the group comparison (Initial v/s follow-up)
	No	%	No	%	
0	15	50.0	17	60.7	Z=3.127 p=0.002 HS
1	5	16.7	10	35.7	
2	10	33.3	1	3.6	
3	0	0.0	0	0.0	
<i>Alpaartava</i> grade	BT		AT		Within the group comparison (Initial v/s follow-up)
	No	%	No	%	
0	13	43.3	18	64.3	Z=3.624 p=0.000 HS
1	0	0.0	9	32.1	
2	17	56.7	1	3.6	
3	0	0.0	0	0.0	
<i>Vyadha</i> grade	BT		AT		Within the group comparison (Initial v/s follow-up)
	No	%	No	%	
0	15	50.0	19	67.9	Z=1.342 p=0.180 NS
1	1	3.3	8	28.6	
2	14	46.7	1	3.6	
3	0	0.0	0	0.0	

<i>Pippeelika asrupti</i> grade	BT		AT		Within the group comparison (Initial v/s follow-up)
	No	%	No	%	
0	27	90.0	25	89.3	Z=1.732 p=0.083 NS
1	0	0.0	3	10.7	
2	3	10.0	0	0.0	
3	0	0.0	0	0.0	

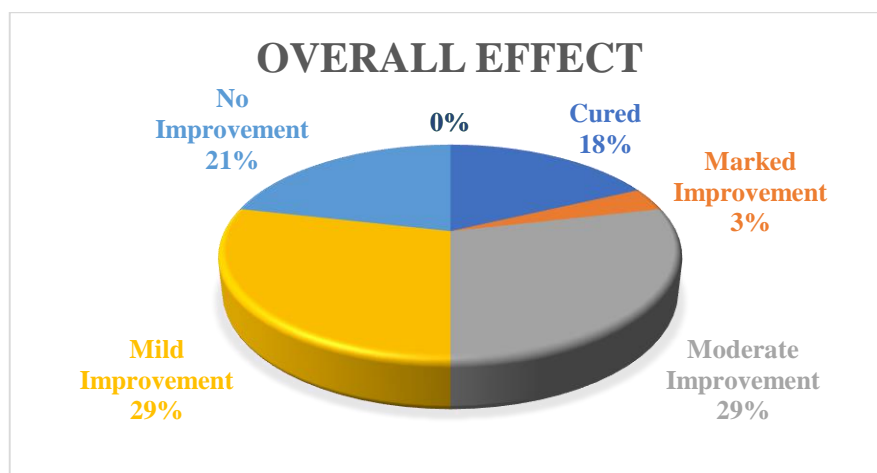


Figure 1: Overall effect of the treatment

Discussion

In Ayurveda, most of the gynaecological disorders are included in broad term '*Yonivyapada*'. The total number of *yonivyapada* described as twenty in all the classics. *Vatajayonivyapada* is one of them. It cannot be directly compared with any of the gynaecological conditions but it matches with many of the gynaecological conditions mentioned in the comprehensive textbooks of conventional medicine. Looking to the pathogenesis of *Vatajayonivyapada* it is a cluster of symptomatology in which vitiated *vata dosha* greatly aggravated by *vata* inducing diet and other activities and this *vata* reaches the reproductive system of the woman of *vata prakriti* and process troublesome signs and symptoms of *Vatajayonivyapada*.¹⁴ *Ksheerapakakalpana* is one of the unique dosage forms of Ayurveda which is an *upakalpana* of *kwathakalpana*. *Ksheerapaka* is useful as a medicament as well as nutrient. *Ksheerapakakalpana* is recommended in *shoola* and *amajanya vyadhi*.¹⁵ for the present study *Rasnadiksheerapaka* is prepared in 1:4:4 proportion of drug, milk and water and it reduces till milk part is remain. *Rasna*, *Gokshura* and *Vasa* having *vata kapha shamana* and *vedanahara* attributes can play significant role in the management of *Vatajayonivyapada* by the counteracting the *guna* of *vata*.

Discussion on the clinical results

The result was calculated by statistical analysis by using the Wilcoxon Signed-Rank test. It was used for the assessment of improvement in subjective nonparametric symptoms of the trial group. In respect of *yonitoda* and *vedana*, *alpaartava* and *arunakrishneaartava* it was observed that these symptoms were seen in 21, 17 and 15 patients respectively. The drug is found highly significant after 5 follow-ups i.e., $P < 0.01$. Hence the effect of the drug is highly significant. In respect of *ayasa* and *supti*, it was observed that both the symptoms were present in 6 patients and the drug is found significant after 5 follow-ups i.e., $P < 0.05$. Hence its effect is significant. In respect of *karkashata*, *pipeelikaasrupti* and *vankshana* and *parshwavyadha*, it was observed these symptoms were present in 4, 3 and 15 cases respectively. The drug is found non-significant after 5 follow-ups i.e., $P > 0.05$. Hence the effect is non-significant here.

Probable mode of action of the trial drug

Pain in any part is always due to vitiation of *vata dosha*. *Rasna*, *Gokshura* and *Vasa* having *vata shamana* and *shulahara* property and the *Rasnadiksheerapaka* is mentioned in classics specially as a formulation in *yonishula*. All these attributes of the drug have played the role in the relief of pain in the subsequent follow-ups. *Ksheera* having *snigdha* *guna* can counteract the *ruksha* *guna* and *kharatva* of *vata* which

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caused the *rukshata* or dryness in the *yonis*. *Rasnais brimhana* and *rasayana*, *Gokshurais balya*, *brimhana* and *vrishya* and *ksheerais* also *brimhana*, *balya*, *vrishya* and *rasayana*. All these can collectively alleviate *ayasabya* the intake of *ksheerapaka*. Vitiating *vata* can cause *karshnya* or blackish discoloration as well as impaired flow of *artava*. All the drugs having *vata* properties can normalize the color and flow of *artava*.

Conclusion

From the observation and result it can be concluded that oral administration of *Rasnadiksheerapaka* can give significant relief from majority of the signs and symptoms of *Vatajayonivyapada* without causing any adverse drug reaction and toxicity in the body. *Rasnadiksheerapaka* can be an effective oral medicine in *Vatajayonivyapada* management. It is concluded that *Rasnadiksheerapaka* has got the therapeutic efficacy in the treatment of *VatajaYonivyapada*. Also helps in improving the overall general health and quality of life in such women.

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