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Research Article

Abnormal Vaginal Discharge

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Effect of Dhatakyadi Oil & Kasishadi Churna on Yoni Srava with special reference to Abnormal Vaginal Discharge

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Yoni Srava (abnormal vaginal discharge) is the most common gynaec complaint in reproductive age group. In India, vaginal discharge is one of the most frequently reported symptoms. An estimated 333 million new cases of treatable vulvo-vaginal infections (VVIs) occur annually, according to the World Health Organization. According to a study conducted in India, the prevalence of reproductive tract infections was 37.0% based on symptoms and 36.7% based on laboratory tests. These infections included 31% candidiasis, 3% gonorrhea, 2% trichomoniasis, and 45% bacterial vaginosis. The scattered references are compiled about this, as there is no direct reference of Yoni Srava as a disease condition in our classics. Fourty (40) patients were divided into two groups i.e, Group A and Group B with clinical features of Yoni Srava, Kati shoola, Daurbalya, Yoni Kandu, Yoni Daha, Durgandha. Group A was treated with Kasisadi Churna orally. Group B was treated with Kasisadi Churna orally along with Yoni Pichu (Vaginal Tampon) by a Dhatakyadi oil. This study was conducted to evaluate the efficiency of Dhatkyadi tail & Kasishadi Churna for prevention of Yoni Srava with special reference to abnormal vaginal discharge. This study was a comparative and observative. This study observe significant reduction in mean scores of clinical feature and overall compliance to the treatment was very effective in the both group.

Keywords: Yoni Srava, Kasisadi Churna, Dhatakyadi Oil, Yoni Pichu, Abnormal vaginal discharge

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Introduction

Yoni Srava is described as a symptom in *Kaphaja*[1] or *Slaismiki, Upapluta*[2] and *Karnini Yonivyapad.*[3] *Yoni Srava* is also mentioned by Acharya Kasyapa in *Parisruta Jataharni.*[4] *Yoni Srava* is mainly due to vitiation of *Kapha dosha* as it is heaving whitish colour, *Pichhilata* and sometimes *Kanduta* in nature. Normally vaginal secretion is very small in amount, sufficient to make the surface moist. It may be little excess in mid-menstrual or just prior to menstruation, during pregnancy and during sexual excitement. A healthy vaginal pH value is somewhere between 3.8 and 4.5. As soon as the vaginal pH value is increased above the value of 4.5, bad bacteria take the opportunity to develop and grow, eventually causing an infection, resulting in symptoms such as discharge, odor, itching & other vaginal discomforts. According to ayurveda, *Yoni Srava* as a symptom is due to vitiation of *Kapha Dosha*. Hence, in this case study group A was treated with *Kasishadi Churna* and group B was treated with *Dhatakyadi oil* and *Kasishadi Churna* both. Most of the drugs of this *Yoga* have *Kashaya Rasa, Ruksha Guna* and *Kapha Dosha Shamaka* properties.

Aim and Objectives

The present research work has been undertaken with the following objectives.

1. To study the detailed aetio-pathogenesis of *Yoni Srava* with special reference to Abnormal vaginal discharge.

2. To evaluate the efficacy of *Kasisadi Churna* and *Dhatakyadi Taila Yoni Pichu* in the management of *Yoni Sarva* (Abnormal vaginal discharge).

3. To compare clinically the effect of *Kasisadi Churna* and *Dhatakyadi Taila Yoni Pichu* in the management of *Yoni Sarva.*

Materials and Methods

Study design: Comparative and Observational

The study was conducted in the Department of *Prasuti Tantra* and *Stri Roga,* Government Ayurvedic College and Hospital, Patna, Bihar, in which 40 patients were selected and were divided in two equal groups. 20 patients were taken in group A and another 20 patients were taken in group B.

Selection of Cases

Total 40 clinically diagnosed and confirmed cases of *Yoni Srava* were registered for the present clinical trial. The cases were selected from the O.P.D./ I.P.D of P.G Department of *Prasuti tantra* and *Stree Roga*, Government Ayurvedic College and Hospital, Kadamkuan Patna.

Inclusion criteria

1. Married women
2. Age in between 18 to 50 years, were registered for the present clinical trial
3. Clinically diagnosed and confirmed patient by per speculum examination and having sign & symptoms of *Yoni Sarva* were registered for the present clinical trial.
4. Patient willing for trail and agrees to participate and signs informed consent.

Exclusion criteria

1. Unmarried women
2. Women of age less than 18 and above the age of 50 years.
3. Pregnant and lactating women in Bleeding phase
4. Patient having systemic disease such as Diabetes mellitus, Hypertension, tuberculosis etc.
5. Sexually transmitted diseases like VDRL, Syphilis, Herpes Genitalis, Gonorrhoea etc.
6. HIV, HCV, HBSAg positive patients.
7. Patient having Displacement of uterus.
8. Patient having organic pathology of uterus and adnexae like Cervical carcinoma, or any other malignant growth.

Selection and Preparation of the Drug

A compound medicine *Dhatakyadi Oil*[5],[6] has been mentioned in Charaka Samhita Chikitsasthan (Ca. Sa. Chi. 30/78-82) and *Kasishadi Churna*[7] has been mentioned in Astanga Hrdayam, Uttar Sthana (As. Hr. Ut. 34/51-53) was selected for the study.

Most *Dhatakyadi Tail* preparations has the properties of *Kashaya Rasa, Ruksha Guna, Kapha Dosha Shamaka.* They have been reported as *Stambaka, Garbashayashotahara, Kanduguna, Twagdoshahara, Krimighna, Dahaprashamana.*

They have pharmacological effects such as Analgesic, Anti-inflammatory, Antibacterial, and Antiprotozoal effects, Hypoglycemic, antiviral, and antifungal effects.

Most of the preparations of *Kasisadi Churna* includes property of *Kashaya Rasa, Ruksha Guna* and *Kapha Doshanasaka, Vranaropan, Vranashodhan, Vedanasthapana, Shotahara, Dahaprashamana.* They were reported to it exhibits Astringent, Analgesic, Anti-inflammatory, Antibacterial, and Antiprotozoal effects and Antifungal properties.

There are many routes of administration for medicines, and the choice depends on the situation about the doctor, the disease, and the patient's condition. The use of any medication in the treatment of reproductive age women, the following advantages should be carefully consideration of risks to women and her reproductive health.

Collection of Crude Drugs

Most of the *Dhatakyadi Tail* and *Kasisadi Churn* of herbal medicines are Collected from Government Ayurvedic and Unani Pharmacy, Budh Murti, Kadamkua, Patna, Bihar. *Amra Beeja* sample was collected from Charak Aushadhi Lanka Varanasi, Uttar Pradesh.

Jambu Beeja, Jambu Twak and *Dadima Twak* samples were collected from Lakshmi Aushadhi Bhandar Gandhi maidan Ptana Bihar. *Utpala Patra* is collected from the flowers of Sri Siddhanath from Patna City. *Dhava Twak, Jingini Twak* and *Tinduka Phala* gathered at Herbarium of Government Ayurvedic College and Hospital, Bahadurpur Gumti, Rajendra Nagar, Patna, Bihar.

The ingredients of the *Dhatakyadi Oil* are -

1. Dhataki (fl) - 1 Part
2. Amalaki (fr) - 1 Part
3. Patra - 1 Part
4. Srotanjana - 1 Part
5. Madhuka - 1 Part
6. Utpala - 1 Part
7. Jambu (seed) - 1 Part
8. Amra (seed) - 1 Part
9. Kasisa - 1 Part
10. Lodhra - 1 Part
11. Katphala - 1 Part
12. Tinduka - 1 Part
13. Saurastrika - 1 Part
14. Dadima (St bark) - 1 Part
15. Udumbara (fr) - 1 Part
16. Goat's urine - extract
17. Groat's milk - extract
18. Tila Taila - 64 Part

All the above herbs (1-15) were taken in equal parts a paste form *(Kalka*) then mixed with goat's urine & goat's milk-2 *Prasthas* in each and then it should be mixed with oil - 1 *Prasthas* and cooked properly. This oil used as Vaginal Tampon (*Yoni Pichu*.)

The ingredients of the *Kasishadi Churna* are-

1. Kasisa - 1 Part
2. Amalaki (fr) - 1 Part
3. Haritaki (fr) - 1 Part
4. Bibhitaki (fr) - 1 Part
5. Sudha Sphatika - 1 Part
6. Amra (Seed) - 1 Part
7. Jambu (Seed) - 1 Part
8. Dhataki (flow.) - 1 Part

All the above ingredients (1-8) were taken in equal parts and a powder form (C*hurna*) was prepared. This *Churna* was taken orally.

Ethical clearance

The study obtained Institutional Ethical committee clearance From GACH Patna Memo no-08, Serial no-3, dated 03-01-2025 and registered with CTRI (CTRI/2025/02/080788)

Study Procedure

Administration of Drugs

All the 40 registered patients of *Yoni Sarva* were randomly divided into the two groups:

- **Group 1:** 20 registered patients of *Yoni Sarva* were administered with the *Kasisadi Churna* 3-gm was used for oral intake after the meal (twice a day) with *Madhu* (Honey) up to the next menstrual cycle. (after cessation of the active bleeding phase of menses). This drug was administered for maximum two consecutive menstrual cycles.
- **Group 2:** 20 registered patients of *Yoni Sarva* were administered with *Dhatakyadi Tail Yoni Pichu* was given Locally (10ml) OD for the first 7 days for maximum two consecutive menstrual cycles (after cessation of the active bleeding phase of menses). Along with this, patients will also be given *Kasisadi Churna* in the same dose as mentioned in group A.

All groups were similar with regard to the demographic data and baseline parameters. Total score was based on *Yoni Srava, Kati Shoola, Daurbalya, Yoni Kandu, Yoni Daha, Durgandha* in the same parameters.

Note:

- In all the patients the treatment was started in between the 2nd to 3rd day after completion of menstrual phase to keep the uniformity.
- All the patients were advised to abstain from sex during the trial period.
- Instruction about maintenance of genital cleanliness was given.
- Patients were strictly advised not to use any other Allopathic or Ayurvedic medicine during the trial period.
- All the patients were advised strictly to follow *Pathya* and to avoid *Apathya* diet and regimen.
- Patients were advised to report side effect or complaint, if any with the use of medicine immediately.

Discussion

As a health science, Ayurveda has discussed a wide range of illnesses and how to treat them. *Dosha, Dushya, Samprapti* (etiopathogenesis), and other factors must be taken into consideration when interpreting certain modern disorders, but some of the disorders mentioned in the classics are exactly present today. and *Yoni Srava* is one of them.

The term *Yoni Srava* means a running of flow of white substances. It should be restricted to those conditions where the normal vaginal secretion is increased in amount and the discharge is macroscopically and microscopically non-purulent. But in generic term abnormal vaginal discharge is used to describe any white or yellowish – white discharge from the vagina.

Yoni Srava is *Kapha Vata* predominant *Tridoshaja Vyadhi* and *Kasisadi Churna* and *Dhatkayadi Tail* drug, which is *Pitta-Kaphanashaka* and the rest are *Tridoshanashaka*. Most of the drugs of this *Yoga* have *Kashaya Rasa, Ruksha Guna* and *Kapha Dosha Shamaka* properties. They have been reported as *Stambhaka* (styptic), *Garbhashayashothahara* (anti-inflammatory), *Kandughna* (antipruritic), *Twagdoshahara* (dermatic), *Krimighna* (anthelmintic), antibacterial, antifungal, and antimicrobial.**[8]** Thus the trial drugs alleviate the *Tridosha* by their *Tridoshahara* properties.

Comparative study of the effectiveness between the Group A and Group B in different signs and symptoms before & after treatment. (Table 1and 3)

Table 1: Result of the treatment in Group A.

SN	Sign & Symptoms.	Mean		Diff.	t' value	Effectiveness
		BT	AT			
1.	Yoni Srava	2.15	0.45	1.70	8.79	79.06
2.	Kati Shoola	2.05	0.50	1.25	10.16	60.97
3.	Daurbalya	2.21	1.00	1.21	8.87	54.75
4.	Yoni Kandu	2.00	0.43	1.57	7.67	78.12
5.	Yoni Daha	1.75	0.37	1.37	8.88	78.57
6.	Daurgandha	2.05	0.36	1.69	9.34	79.48

Table 2: Result of the treatment in Group B.

SN	Sign & Symptoms	Mean		Diff.	t' value	Effectiveness
		BT	AT			
1.	Yoni Srava	2.15	0.35	1.75	9.95	81.39%
2.	Kati Shoola	2.00	0.62	1.37	6.21	68.75%
3.	Daurbalya	2.10	0.36	1.73	16.73	82.50%
4.	Yoni kandu	2.00	0.25	1.75	10.24	87.50%
5.	Yoru daha	1.62	0.25	1.37	10.84	84.61%
6.	Daurgandha	1.91	0.55	1.40	9.19	73.18%

Table 3: Result of the percentage improvement of sign & symptoms in both groups.

Cardinal Symptoms	Result is percentage	
	Group A	Group B
Yoni Srava	79.06%	81.39%
Kati Shoola	60.97%	68.75%
Daurbalya	54.75%	82.50%
Yoni Kandu	78.12%	87.50%
Yoni Daha	78.57%	84.61%
Dourgandha	79.48%	73.18%
Average percentage of relief	71.82%	79.65%

From the statistical point of view, it was observed that out of 40 patients in Group A, 07 patients (35%). showed excellent relief while in Group B, 13 patients (65%) showed excellent relief.

In group A, 13 patients (65%) showed significant relief while In Group B, 06 patient (30%) showed significant relief.

In group B, 01 patients (5%) showed Moderate relief.

Table 4: Overall effect of Therapy.

SN	Effect of therapy	Result	No. of Patients			
			Group A	%	Group B	%
1.	No relief	0%	0	0%	0	0%
2.	Mild relief	25%,	0	0%	0	0%
3.	Moderate relief	26-50%	0	0%	1	5%
4.	Significant relief	51-75%	13	65%	6	30%
5.	Excellent relief	76-100%	07	35	13	65%

Conclusion

The term *Yoni Srava* means, abnormal vaginal discharge.

However, it becomes a generic term covering any purulent vaginal discharge. It is the most common complaint for which reproductive age women consult the gynecologist, which is not directly mentioned in classics, but *Yonisrava* and *Shwetasrava* word has been used to indicate abnormal discharge per vagina.

Kasisadi Churna Yoga - A combination of *Kasisa, Triphala, Jamuna, Aama, Dhatki* and *Su. Sphatika* and *Dhatkyadi Tail Yoni Pichu* have been found very effective in curing excessive vaginal discharge, foul smell, itching, redness, inflammation also reducing infections like Candida and Trichomonas Vaginalis.

It restrains *Srava* by *Kashaya, Tikta* and *Katu Rasa; Laghu* and *Ruksha Guna; Stambhana, Shoshana, Sangrahi* and *Tridoshahara* property. It's antimicrobial, antifungal, antibacterial property helps in curing the infection. It also repairs the damaged epithelium by rejuvenative and antioxidant property and it improves the vaginal defence mechanism by immuno-modulatory property.

Hence, *Kasisadi Churna* and *Dhatkyadi Tail* both are highly effective modalities for the management of *Yoni Srava*. But *Kasisadi Churna* and *Dhatkyadi Tail* in combination is found more convenient and effective in *Yoni Srava* and *Kandu* with no apparent evidence of complications.

The study observed a significant relief in the mean of *Yoni Srava, Kati shoola, Daurbalya, Yoni Kandu, Yoni Daha* and *Durgandha.* Hence, it can be concluded that the *Kasisadi Churna* and *Dhatkyadi Tail* both are highly effective modalities for the management of *Yoni Srava.* But *Kasisadi Churna* and *Dhatkyadi Tail* in combination is found more convenient and effective in *Yoni Srava, Kati Shoola, Daurbalya, Yoni Kandu* and *Yoni Daha* due to no side effect, anti-inflammatory, anti-bacterial and very cheap in cost.

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