



TO STUDY EFFECT OF *KARANJ TAILA* AND *UDUMBARADI TAILA YONIPICHU DHARAN* IN *KAPHAJA YONIVYAPADA*

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ABSTRACT

Recently women have to carry all the responsibilities from domestic point of view and external matters. Women are *Dharan* of *Adharaniya Vega* due to their busy work schedule. The total evidence of night duties, lack of proper nutrient, fast food, junk food, physical and mental stress from house and office gives invite the diseases. Major symptom in *Kaphaja Yonivyapada* is *Yonigat shwetastrav* and *Yonikandu*. *Karanj Taila* acts as good *Kaphashamak* and *Sampraptibhanga*. *Udumbaradi taila* reveals that they possess *Shodhana*, *Ropana*, *Vedanasthapak* properties. Patients reduced the symptoms using *Karanj taila* and *Udumbaradi taila* in *Kaphaja Yonivyapada*. This paper presents, study the effect of *Karanj taila* and *Udumbaradi taila Yoni pichu Dharan* in *Kaphaja Yonivyapada* and successfully used *Karanj taila* and *Udumbaradi taila Yonipichu Dharan* symptoms in *Kaphaja Yonivyapada*. The effect of these *Taila* on 60 patients given this treatment for 21 days, *Karanj taila* has provided relatively better relief in *Yonikandu* than *Udumbaradi taila*. *Udumbaradi taila* has given relatively better relief than *Karanj taila* in *Yonigat shwetastrava* symptom of *Kaphaja Yonivyapada*. The result shows that, *Karanj taila* and *Udumbaradi taila* gave better relief in *Yonikandu* and *Yonigat Shwetastrava* respectively in *Kaphaja Yonivyapada*. To provide better results for women suffering from *Kaphaja Yonivyapada* and to make their life more comfortable with the help of Ayurvedic formulations with minimal side effect.

KEYWORDS: *Kaphaja Yonivyapada*, *Karanj taila*, *Udumbaradi taila*.

INTRODUCTION

Certain diseases may not be life threatening but troublesome and may irritate to an individual in their day to day routine activity. "*Kaphaja Yonivyapada*" is one of among them, having *Yonigat shwetastrav*, *Yonikandu* is *Pradhanlakshan*^[1,2]. If it is neglected, it may lead to ascending infections harming the general health and disturbing to women psychologically.

In modern text of view Non-pathological leucorrhoea have similar symptoms as such like *Kaphaja Yonivyapada*. It is excessive mucous discharge originates in cervix and vagina itself as transudation through cervix and vaginal wall^[3]. This study helps to provide better results for women suffering from *Kaphaja Yonivyapada* and to make their life more comfortable.

Pradumn Ambekar^[4] studied a clinical comparative study of *Udumbaradi taila* on *Yonivedana* and *Yonikandu* in *Kaphaja yonivyapada*.

The null hypothesis^[5] H₀

The effect of treatment of *Karanj taila* (Group A) is not significant than *Udumbaradi taila* (Group B) in *Kaphaja Yonivyapada*.

The alternative hypothesis H_a

The effect of treatment of *Karanj taila* (Group A) is significant than *Udumbaradi taila* (Group B) in *Kaphaja Yonivyapada*.

AIM

To study effect of *Karanj taila* and *Udumbaradi taila yonipichu dharan* in *Kaphaja yonivyapada*.

OBJECTIVES

1. To Study *Kaphaja Yonivyapada* in detail.
2. To Study the efficacy of *Karanj Taila Pichu* and *Udumbaradi Taila Pichu* in *Kaphaja Yonivyapada*.
3. To Study the change in *Yonigat shwetastrav*, *Yonikandu*, before and after 21 days of treatment.

MATERIALS & METHODOLOGY

I Materials

- 1) Diagnosed patients of *Kaphaja Yonivyapada*^[6]
- 2) Drug: *Karanj taila*^[7], *Udumbaradi taila*^[8]
- 3) *Karpas Pichu*

II Methodology

This was an open randomized controlled method. 60 diagnosed patients of *Kaphaja Yonivyapada* were selected by random sampling method.

- 1) Group A- 30 patients with the application of *Karanj Taila Pichu*^[9].
- 2) Group B- 30 patients with the application of *Udumbaradi Taila Pichu*.

Table 1: Assessment Criteria

Sr. no	Topic	Group A	Group B
1)	Form	<i>Karanj Taila Pichu</i>	<i>Udumbaradi Taila Pichu</i>
2)	Dose / <i>Matra</i>	<i>Karpas Pichu</i> soaked in 10 ml <i>Taila</i> for both groups.	
3)	Kala	6-8 hours daily (For both group)	
4)	Therapy Duration	21 days for both groups with weekly follow up.	
5)	Route of administration	<i>Yoni Pichu Dharan</i> for both groups.	

Study Conducted Institute Name: S.V.N.H.T.'s Ayurvedic Rugnalaya, Rahuri, Dist- Ahmednagar, Maharashtra, India.

Selection Criteria

I Inclusion Criteria

- 1) Age (20-40yrs).
- 2) Married patients.
- 3) Non-pregnant.
- 4) Regular menstrual cycle.

II Exclusion Criteria

- 1) Pelvic inflammatory disease, Venereal diseases, Diabetes, Hepatitis.
- 2) Suspected case of AIDS
- 3) Patient taking Hormonal drugs.
- 4) Patient with IUCD and on contraceptive pills ^[10].
- 5) Antenatal and postnatal patients.
- 6) Suspected case of CA cervix.
- 7) Patients suffering from Tuberculosis (TB).

Assessment criteria

Table 2: Yonigat Shwetastrav Criteria ^[11]

Grade	Criteria	Score
I	No discharge seen on P/S & P/V examination	0
II	Mild -Occasional discharge on P/S & P/V examination (Slight wetting of garments on & off)	1
III	Moderate- On P/S & P/V examination discharge present (Wetting of garments present as stated by patient)	2
IV	Severe-excessive vaginal discharge as stated by patient and outpouring discharge during local P/S, P/V examination	3

Table 3: Yonikandu Criteria

Grade	Criteria	Score
I	Absent	0
II	Mild-(occasional)	1
III	Moderate-Disturbs daily routine work/ increase after specific time like menstruation, micturition/relief after application of medicated <i>Pichu</i>	2
IV	Severe - Affects routine activity/No relief after application of medicated <i>Pichu</i> ^[12]	3

STATISTICAL ANALYSIS

The null hypothesis ^[13] H₀

The effect of treatment of *Karanj taila* (Group A) is not significant than *Udumbaradi taila* (Group B) in *Kaphaja Yonivyapada*.

The alternative hypothesis H_a

The effect of treatment of *Karanj taila* (Group A) is significant than *Udumbaradi taila* (Group B) in *Kaphaja Yonivyapada*.

All the values in following tables are calculated by using Mann- Whitney test for every symptom separately ^[14].

Symptoms	<i>Yonigat shwetastrav</i>
N	52
Mean of Group A	1.44
Mean of Group B	1.76
S.D (+) of Group A	0.64
S.D (+) of Group B	0.59
S.E. (+) of Group A	0.123

Symptoms	<i>Yonikandu</i>
N	60
Mean of Group A	1.84
Mean of Group B	1.391
S.D (+), B.T.	0.746
S.D (+), A.T.	0.585
S.E. (+), B.T.	0.149

S.E. (+) of Group B	0.119	S.E. (+), A.T.	0.121
U	240	U	191.5
U'	435	U'	383.5
P	>0.001	P	<0.001

RESULT**To study effect of treatment for the symptom**

Yonigat shwetastrav Udumbaradi taila (Group B) is significant than *Karanj taila* (Group A) in *Kaphaja Yonivyapada*.

To study effect of treatment for the symptom

Yonikandu, Karanj taila (Group A) is significant than *Udumbaradi taila* (Group B) in *Kaphaja Yonivyapada*.

Table No. 8 Total effect of therapy on 60 patients of *Kaphaja Yonivyapada*

Efficacy	Group A		Group B	
	Number of patients	Percentage	Number of patients	Percentage
Excellent (> 75 % relief)	6	20%	7	23.33%
Moderate (51 – 75 % relief)	13	43.33%	17	56.67%
Mild (26 – 50 % relief)	8	26.66%	5	16.66%
Ineffective (\leq 25 % relief)	3	10%	1	3.33%

In Group A of *Karanj taila* out of 30 patients

- 1) Excellent relief (> 75 % relief) was noted in 6 patients i.e. 20 %.
- 2) Moderate relief (51 to 75 % relief) was noted in 13 patients i.e. 43.33%.
- 3) Mild relief (26 to 50 % relief) was noted in 8 patients i.e. 26.66%;
- 4) An Ineffective (\leq 25 % relief) was noted in 3 patients i.e. 10 %.

In Group B of *Udumbaradi taila* out of 30 patients

- 1) Excellent relief (> 75 % relief) was noted in 7 patients i.e. 23.33 %.
- 2) Moderate relief (51 to 75 % relief) was noted in 17 patients i.e. 56.67%.
- 3) Mild relief (26 to 50 % relief) was noted in 5 patients i.e. 16.66%;
- 4) An Ineffective (\leq 25 % relief) was noted in 1 patient i.e.3.33 %.

DISCUSSION**Mode of action*****Karanj taila***

Karanj taila is *Tikta-Katu- Kashaya rasa, Laghu* and *Tikshna Guna* and *Ushana virya* which acts as excellent *Kaphashamak* and *Samprapti bhanga* i.e. *Chikitsa*. In addition to that Bhavaprakash and Dhanvantari nighantu explained it as *Yonirogaha* i.e. which cures the disease related to Yoni. *Karanj taila* acts as *Kandughna* and *Kaphastrava nashak*.

Udumbaradi Taila

Udumbaradi taila is use in the *Yonivyapad chikitsa* in *Charaka samhita*, advised for local application with the help of *pichu* in the management of *Kaphaja, Kaladushta yonivyapada*. While describing the effectiveness of this oil *Acharya Charaka* mentions that, with the use of this oil *Darun Yoni* will be cured in seven days.

Analysis of the various contents of *Udumbaradi taila* reveals that they possess *Shodhana, Ropana, Vedanasthapak* properties, *Shothahara* activity are present in most of drugs, while *Lekhna* property is found in less number of drugs.

Tila taila is the base of both oil formulations. By virtue of *Sukshma, Vyavayi* and *Vikasi guna* of *Tila taila*, the drug is easily absorbed through the vaginal mucosa. *Snigdha guna* of *Tila taila* and *Jaati* help in correction of *Kha-vaigunya* of *Artavavaha srotas*. *Lekhna* and *Kaphashamak* property helps to decrease *Yonigat Shwetasrav* and *Vatakaphashamaka* properties help in breakdown of the *Samprapti* of *Kaphaja Yonivyapada*. It probably helps in regulation of the secretary activity of glands with decrease in reepithelisation process which results in, decrease local glycogen content in vagina. Thus vaginal discharge and vaginal pH is also regulated.

CONCLUSION

On the basis of the study, following conclusions can be observed.

- 1) In the present study, according collected data, it is observed that both the drugs i.e. *Karanj Taila* and *Udumbaradi Taila* show significant relief in all the symptoms of *Kaphaja Yonivyapada*.
- 2) From Table No. 9, *Karanj Taila* shows relatively better relief than *Udumbaradi Taila* in *Yonikandu* but *Udumbaradi Taila* has provided relatively better relief than *Karanj Taila* in *Yonigat shwetastrava* symptom of *Kaphaja Yonivyapada*.

Table 9: Percentage Relief

Symptom	Percentage Relief	
	Group A	Group B
<i>Yonigat Shwetastrav</i>	58.32 %	69.22 %
<i>Yonikandu</i>	72.28 %	55.45 %

- 3) *Karanj Taila* acts as good *Kaphashamak* and *Sampraptibhanga*. *Udumbaradi taila* reveals that they possess *Shodhana, Ropana, Vedanasthapak* properties.
- 4) *Karanj taila* can be used instead of *Udumbaradi taila* in the management of *Kaphaja Yonivyapada*. Because ingredient of *Karanj taila* are less in number, cheap, easily available, as compared to *Udumbaradi taila* contents which are much more in number, costly and not easily available.

- 5) *Kaphaja Yonivyapada* has *Kapha-Vataja* dominance which can be clear by observing its symptoms which are *-Yonigat shwetastrav* and *Yonikandu* which mimic with the features of non-pathological Leucorrhoea.
- 6) *Karanj taila and Udumbaradi taila* provides better results for women suffering from *Kaphaja Yonivyapada* and to make their life more comfortable with the help of Ayurvedic formulations with minimal side effect.

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