



Review Article

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EFFECT OF TWAGADI KSHEERPAKA AND PANCHAVALKALADI TAILA IN THE MANAGEMENT OF PARIPLUTA YONIVYAPAD: A REVIEW

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ABSTRACT

Twenty types of Yonivyapad mentioned in the classics are a major cause in hampering the normalcy of the female reproductive tract. Paripluta is one among them which can be correlated with pelvic inflammatory disease. In the present period, Pelvic inflammatory disease is a burning problem whose incidences are increasing rapidly. Pelvic inflammatory disease is a disease of the upper genital tract. If it goes untreated, it causes scarring around the inflamed organs, which leads to infertility, chronic pelvic pain and blocked fallopian tubes which make an ectopic pregnancy more likely. In modern system of medicine, antimicrobials, analgesics, NSAIDs are often prescribed in the treatment of Pelvic inflammatory disease. Gastrointestinal upsets which are increased by analgesics and anti-inflammatory drugs which also produce headache, dizziness, drowsiness. So the proper solution is awaited yet. Hence this attempt is made to find the safe and curative remedy in the form of Twagadi Ksheerpaka and Panchavalkaladi Taila for Paripluta.

Key words: Paripluta, Pelvic inflammatory disease, Panchavalkaladi Taila, Twagadi Ksheerpaka

INTRODUCTION

Health is an important factor that contributes to human well-being and economic growth. Wisdom, art, strength and wealth, are of no use if health is lacking. Nidation of seed will grow only in a satisfactory environment; likewise creation of good offspring highly depends on the woman's reproductive health. Yoni Shuddhata (purification) is one among the major essentials for a healthy offspring.¹ Twenty types of Yonivyapad mentioned in the classics are a major cause in hampering the normalcy of the female reproductive tract. Charaka says that Yoni (vagina) of a woman afflicted with Doshas or diseases, does not retain Shukra (semen) or the female becomes infertile.²

In the present period, Pelvic inflammatory disease is a burning problem whose incidences are increasing rapidly. Pelvic inflammatory disease (PID) is a disease of the upper genital tract. It implies infection and inflammation of the upper genital tract organs typically involving the uterus (endometrium), fallopian tubes, ovaries, pelvic peritoneum and surrounding structures. It is attributed to the ascending spread of microorganisms from the vagina or cervix to the contiguous pelvic structures.³ PID can develop following a casual abortion that may cause the uterus to rupture. A weak uterus and adhesions may cause future miscarriages for the woman. If PID goes untreated, it causes scarring around the inflamed organs, which leads to infertility, chronic pelvic pain and blocked fallopian tubes-which make an ectopic pregnancy more likely.⁴ Symptoms of various Yonivyapad like Vataja, Pittaja, Kaphaja, Sannipataja, Udavarta and Paripluta Yonivyapad resemble with pelvic inflammatory disease (PID) with main symptom of pelvic pain and mucopurulent discharge but Paripluta Yonivyapad shows most convergence with PID. According to CDC, in United States, more than 1 million women are estimated to experience an episode of PID every year. In modern system of

medicine, antimicrobials, analgesics, NSAIDs are often prescribed in the treatment of Pelvic inflammatory disease. Gastrointestinal upsets which are increased by analgesics and anti-inflammatory drugs which also produce headache, dizziness, drowsiness.⁵ The aim of the study is to find out a safe, potent, cost effective nonsurgical management for PID.

Disease Review

In accordance with Maharshi Charaka, Paripluta Yonivyapad is caused by vitiation of Vata (air) and Pitta (bile) Dosha, characterized by inflammation of yoni, tenderness, painful menstruation, yellowish or bluish color of menstrual blood, pain in lumbosacral and groin region, backache and fever. Sushruta says that the condition is characterized with severe dyspareunia, besides other pain and ache etc. caused by vitiated Vayu are also present. Both the Vagbhatas have followed Charaka, however they have included heaviness in the regions of bladder and lower abdomen, diarrhoea and anorexia etc. also in the list of symptoms. Madhava Nidana, Bhavprakasha and Yogaratnakara etc. have followed Sushruta. In Madhukosha commentary it is explained that since, in this condition the features of Vata i.e. pain etc. are present with extreme severity (Pluta) and all around (Pari) i.e. in entire internal and external reproductive organs, hence it is termed as Paripluta, besides pain during coitus is substituted with liking for coitus, mentioning it as another version. It can be correlated with pelvic inflammatory disease. Pelvic inflammatory disease (PID) is a disease of the upper genital tract. It implies infection and inflammation of the upper genital tract organs typically involving the uterus (endometrium), fallopian tubes, ovaries, pelvic peritoneum and surrounding structures. It is attributed to the ascending spread of microorganisms from the vagina or cervix to the contiguous pelvic structures.

Nidana

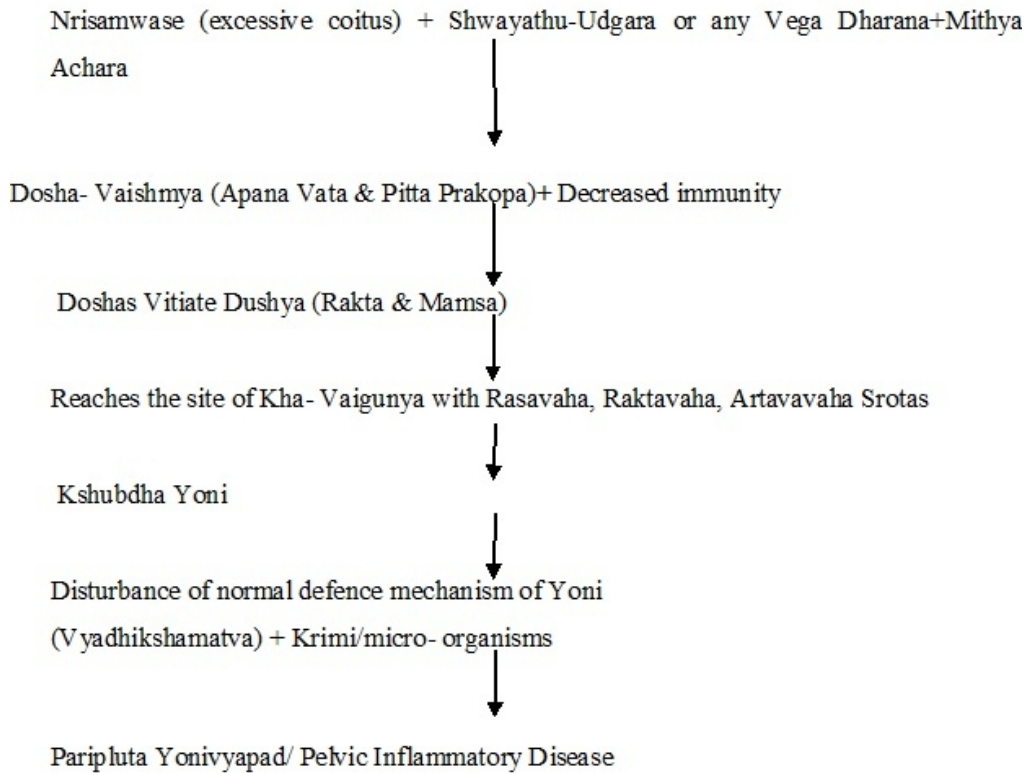
Samanaya Hetu (nonspecific etiology) of Paripluta Yonivyapad: Mithyachara (include abnormal diet and abnormal mode of life), Pradushta Artava (hormonal disorders), Bija Dosha (abnormalities of sperm and ova), Excessive indulgence in coitus, Daiva Prakopa (idiopathic), Apadravya Prayoga (use of iron objects for sexual pleasure) etc.

Vishesha Hetu: Maharshi Charaka and Vagbhata has discussed about Vishesha Nidana (specific etiology) of Paripluta. Charaka and Vagbhata consider it as a Vata-Pittaja Vyadhi while Sushruta has mentioned it as a Vataja Vyadhi.

- Pittala – It means women having predominance of Pitta due to her Pitta Prakriti and consumption of diet which exaggerate Pitta.
- Pitta Prakriti: Women having Pitta Prakriti develop Pittaja Roga quickly even by less etiological factors (Alpa Nidana Sevana) and the Roga are Kashtasadhya.

- The word 'Nrisamvaase' shows that in causation of this disease coitus (due to excessive coitus, coitus in abnormal position) is very important cause.
- Swayathu-Udgara Dharanata: In Charaka Sutrasthana the description of Adharniya Vega and its results are mentioned. Suppression of natural urges, lead to Vata Prokopa but the urges mentioned in Paripluta Yonivyapad have no direct relation in causation of this disease. So we can conclude that by mentioning the two Vega, other Adharniya Vega should be considered and all these lead to Vata Prokopa.
- Since Shotha is very important feature of Paripluta Yonivyapad so we should also know about ShothaNidana which is explained by Acharya Charaka in Sutrasthana, 18th chapter, Trishothiya Adhyaya.

Samprapti of Paripluta



Complications (Upadrava) of Parilputa Yonivyapad

Acharya Charaka has described that when Yoni (reproductive system) of women afflicted with Dosha or diseases, doesn't retain Shukra (sperms) or the females become infertile, besides she also suffer from Gulma, Arsha, Pradara (menometrorrhagia) & other diseases of Vata.⁶

Drug Review

Twagadi Ksheerpaka

This formulation is described as Vata-Pitta Shothahara in Charaka Samhita, Chikitsa Sthana, Shwyathuchikitsa Adhyaya. It can be prescribed in Yavakuta form and given to the patient. It can be advised in the dose of 10 grams twice a day in Ksheerpaka form. The Ksheerpaka is prepared in the ratio of 1:8:32 as per text.⁷

Table 1: Contents of Twagadi Ksheerpaka

Serial No.	Drug	Botanical name	Part used	Ratio
1.	Twaka	<i>Cinnamomum zeylanicum</i> Blume.	Twak	1 Part
2.	Punarnava	<i>Boerhavia diffusa</i> Linn.	Mula	1 Part
3.	Mahoausadha	<i>Zingiber officinale</i> Roxb.	Kanda	1 Part
4.	Devdaru	<i>Cedrus deodara</i> Loud.	Kandsara	1 Part

Panchavalkaladi Taila

This formulation is described in Charaka Samhita, Chikitsa Sthana, Yonivyapatchikitsa Adhyaya. This formulation is used to cure Vipluta in the text. Above formulation has not been

described specifically for Paripluta Yonivyapad; but since in the text word Pluta has been used, all the diseases having Pluta as suffix i.e. Upapluta, Vipluta and Paripluta. So Pichu of this Taila can be advised to the patient.

Table 2: Contents of Panchavalkaladi Taila

Serial No.	Drug	Botanical name	Part used	Ratio
1.	Vata	<i>Ficus bengalensis</i> Linn	Valkala	1 Part
2.	Udambara	<i>Ficus glomerata</i> Linn	Valkala	1Part
3.	Ashvatha	<i>Ficus religiosa</i> Linn	Valkala	1Part
4.	Plaksha	<i>Ficus lacor</i> Buch	Valkala	1Part
5.	Parisha	<i>Thespesia populnea</i> Linn	Valkala	1Part
6.	Shallaki	<i>Boswellia serrata</i> Roxb	Twaka	1Part
7.	Jingini	<i>Rubia cordifolia</i>	Mula	1Part
8.	Jambu	<i>Syzygium cumini</i> Linn	Twaka	1Part
9.	Dhava	<i>Anogeissus latifolia</i> Wall	Twaka	1Part

Drugs of Twagadi Ksheerapaka possess **Rasa** like Katu (75%), Tikta (75%), Madhura (50%), Kashaya (50%) Rasa; Laghu (100%), Ruksha (50%), Snigdha (50%), Tikshna (25%), Sheeta (25%), Sara (25%) **Guna**; Ushna **Virya** (100%); Madhura(50%) and Katu (50%) **Vipaka**.

Katu Rasa: Majority of drugs (75%) of this formulation have Katu Rasa. Katu Rasa causes elimination of Shwayathu, Kledashoshaka, Vriddha Mala Nashaka, Kandu Nashaka, Krimi Nashaka, scrapping of Dushita Mamsa, dilatation of Srotas.⁸ Katu Rasa has the predominance of Vata and Agni Mahabhuta.⁹ Due to its properties, Katu Rasa mainly acts as **Kledashoshaka** therefore helps to relieve in vaginal discharge.

Tikta Rasa: Majority of drugs of this formulation have Tikta Rasa. It acts as Vishaghna, Krimighna, Dahanashana, Kandughna, Jwaraghna, Lekhna, Kleda-Puya-Pitta-Sleshma Upshoshana, Sthirikarana of Mamsa And Twaka.¹⁰ Tikta Rasa is also Akash Mahabhuta and Sukshama Guna Pradhana so through its microcirculation action it removes the damaged epithelial cells, pus, inflammatory secretion like exudates, bacteria's etc. Tikta Rasa pacifies Pitta Dosha mainly.

Madhura Rasa: 2 drugs of this formulation have Madhura Rasa. It is Satmaya for the body so causes Vardhana of Rasa, Rakta, Mamsa, Meda, Asthi, Majja, Shukra And Oja, Shadaindriyaprasadana, Balya, Pitta-Vishanashaka, Dahaprashamana, Twachya, Prinana, Jiwana, Tarpana, Brihana, Sthairyakara, Ksheenakshatasandhanakara also improves vitality, stamina and general debility It causes Vata-Pitta Shamana.¹¹ It has the predominance of Prithavi and Jala Mahabhuta. Madhura Rasa has Saumya and Balaprada Rasa, so, it further empowers the reproductive organs.

Kashaya Rasa: 2 drugs of this formulation have Kashaya Rasa. It has Samshamana, Samgrahi, Sandhanakara, Ropana, Shoshana, Stambhana, Sleshmapittaprashamana, **Kleda Upshoshana**.¹² It has the predominance of Vata and Prithavi Mahabhuta.

Laghu-Ruksha Guna: act as Kapha-Shamana, Vranaropana, Srotoshodhaka, Mala-Kshaya, having the predominance of Vata, Agni, Akasha Mahabhuta in Laghu Guna¹³ and Vayu Mahabhuta in Ruksha Guna.¹⁴ There is increase in Dravata as in excess secretion of vaginal discharge or Laghu- Ruksha Guna do the Shoshana of the increased Jala Mahabhuta.

Snigdha Guna: Vatahara, Balya, Rasayana¹⁵

Sheeta Guna: causes Pitta Shamana, Vardhana of all Dhatus, Stambhana, having the predominance of Jala and Vayu Mahabhuta.¹⁶

Sara Guna: causes Anulomana, Mala-Pravartaka¹⁷

Ushna Virya: All drugs of this formulation have Ushna Virya, Pachana, Vilyana, Vata-Kapha Shamana, Pittajanana properties. It pacifies Vata dominance.¹⁸

Katu Vipaka: 2 drugs have Katu Vipaka. Vatapitta Vardhaka.

Madhura Vipaka: Vatapittahara

Panchavalkaladi Taila

Drugs of this formulation possess Rasa like Kashaya Rasa (100%), Madhura Rasa (22.22%), Tikta Rasa (22.22%); Ruksha Guna (100%), Guru Guna (55%), Laghu Guna (44%); Sheeta Virya (77.77%), Ushna Virya (22.22%); Katu Vipaka (100%).

Guru Guna: cause Vata-Shamana, Brimhana, having the predominance of Prithavi and Jala Mahabhuta.

Sheeta Virya: causes Pittashamana, Stambhana, Balya, Vishyandana, having the predominance of Prithavi and Jala mahabhuta. It pacifies mainly Pitta Dosha dominance.

DISCUSSION

Overall effect of Twagadi Ksheerpaka: This formulation has the pharmacological properties like Shothahara, Jwaranashaka, Krimighna, Stambhana, Vatahara, Pittahara, Vedanasthapana. By virtue of Katu and Tikta Rasa it causes elimination of Krimi and finally diminishes the Srava. By virtue of Kashaya Rasa it dries up the excessive fluids in tissues and reduces the Srava. By virtue of Madhura Rasa it improves general debility, immunity, stamina; Dahtuwardhana; Balya. By virtue of its Gunas, it mainly causes Shoshana of Jala Mahabhuta (excessive vaginal discharge), Vataanulomana, Pittashamana, Dhatuwardhana. By virtue of Madhura Vipaka it pacifies Vata-Pitta Dosha. It possess anti-inflammatory, diuretic, anti-bacterial, anti-fungal, anti-viral, immuno-modulator, analgesic, anti-oxidant, inhibition of prostaglandin release effect, stress relieving properties. Due to all these properties Twagadi Ksheerpaka pacify the vitiated Doshas Vata-Pitta and eliminates the Krimi and works on all symptoms of Pelvic inflammatory disease.

The overall effect of Panchavalkaladi Taila: Panchavalkaladi Taila (oil) has mainly Kashaya Rasa (astringent taste). Panchavalkala Kashaya used in its preparation has Ruksha,

Kaphapitta, Shothahara, Sheetaguna and has wound healing property.¹⁹ Acharya Charaka has mentioned that Kashaya Rasa is having pharmacological properties like Samshamana (pacify), Shoshana (drying), Samgrahi, Stambhana and Kaphanashaka. It also has the quality of drying Kleda (secretions). So by virtue of Kashaya Rasa, it stops Srava (discharge). Kasahya Rasa is mainly formed by conjugation of Vayu (air) and Prithvi Mahabhuta. Vayu is Ruksha in quality and dries up the excessive fluids in tissues while Prithvi by virtue of Kathina and Sthira Guna which are opposite to Drava and Sara Guna reduces the Srava. Tikta Rasa has Krimighna property which direct inhibits the growth of Krimi and finally diminishes Srava. On the basis of researches carried out on the ingredients of Panchavalkadi Taila, it has been postulated that pharmacological properties like anti-inflammatory, antimicrobial, antiviral, antiprotozoal, antibacterial are present which cure the Pelvic inflammatory disease.

CONCLUSION

Hence it can be concluded that Twagadi Ksheerpaka and Panchavalkadi Taila are considered as very useful and effective treatment in the management of Paripluta Yonivyapad.

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