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Full Length Review Paper

CLINICAL EVALUATION OF SARIVASIDDHA GHRITA YONI PICHU IN THE MANAGEMENT OF PITTAJ YONIVYAPAD

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Abstract

Aim: To see the efficacy of Sarivasiddha Ghrita Yonipichu in the management of Pittaj Yonivyapad

Objective: A] To study and understand detail explanation about

1) Pittaj Yonivyapad according to Ayurveda 2) Sariva (Ichnocarpous frutescens)

B] To compile literature about pittaj yonivyapad.

C] To compare the effect of Sariva siddha ghrith yonipichu and distilled water (Placebo) yonipichu in Pittaj yonivyapad

Method: Single blind study was conducted on 60 patients having Pittaj Yonivyapad were selected for the study randomly. The patients received Yonipichu of Sariva siddha ghrith daily for 7 days and Follow up taken after 1st and 2nd menses.

Assessment Criteria: Improvement in all the symptoms of Pittaj Yonivyapad on the basis of gradations for 7 days and Follow up taken after 1st and 2nd menses.

Follow up: Patients have been advised to attend the opd daily for the treatment for 7 days.

1) Follow up taken after 1st menses.

2) 2nd cycle of pichu started after stoppage of bleeding.

3) Follow up taken after 2nd menses.

Duration: 2 menstrual cycles. This study was carried out in Dr. D.Y. Patil College of Ayurved and Reseach centre Pimpri Pune 18 in 2013and2014.

Results: Comparing all the symptoms before and after treatment had positive results of Sarivasiddha Ghrita Yoni Pichu in the management of Pittaj Yonivyapad. No side effects of the drug during clinical trial were seen.

Statistical Analysis: The Statistical Analysis reveals that Sarivasiddha Ghrita Yoni Pichu in the management of Pittaj Yonivyapad is effective.

Conclusion: Sarivasiddha Ghrita Yoni Pichu is effective in the management of Pittaj Yonivyapad

Keywords: Management, Comparing, Ichnocarpous Frutescens

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INTRODUCTION

Ayurveda is science of life. Ayurveda have two purposes. First is to maintain the swasth i.e health and second is to eradicate vyadhi i.e disease. Ayurveda has its origin in Atharvaveda tracing in long back 400-600 BC. Ayurveda believes that the disturbance in equilibrium of individual and environment causes illness. From the evolution of life in the universe woman has been placed on extreme worship place due to her power of 'Janani' that's why Acharya Manu has said that, "For happiness of human society it need to give proper care and respect to women." According to Acharya Charak, woman is the basis of human race. The God blessed woman with the most precious gift of motherhood. The preparation of motherhood starts at puberty and ends at menopause. To

produce healthy progeny many of the factors should have to be maintained. Out of which female reproductive organs are main. Tryavata yoni should be fully developed and healthy. It is observed that physiological state of body changes throughout the life span. These doshas should be at normal state. With the technological development social life has undergone huge changes. With change in lifestyle people adapted new habits like mithya aahara vihara like eating spicy food ,fast food, travelling in hot polluted atmosphere, intake of Oc pills, various procedures like Cu-T insertion, recurrent DandC, Home deliveries etc. Which are harmful to woman's health?. In Rajswala stage pitta dosha pradhanya is present and if woman take pittakar aahar vihar in this stage it will be cause for pitta dushti and it can cause pitta pradhan vyadhi so I have considered pittaj yonivyapad for my study. Symptoms of pittaj

yonivyapad causes discomfort to woman and hamper their normal activities. The collection about pittaj yonivyapad contents various references from Charak Samhita, Sushruta Samhita, and Ashtang Sangraha. According to these etiological factors like eating in large amount of katu, amla, lavan, kshar aahar. Pitta gets vitiated and reaches tryavarta yoni and causes daha, paka, ushna, Neel pit asita Varna, raja adhikya, ushna raja, kunap Gandhi rajastrav, ushna kunap Gandhi yonistrava. Jwar is seen as sarvadehik lakshan.

In my study I have considered pittaj yonivyapad which is caused due to pitta prakopak aahar and vihar. In which only pitta dosh is vitiated. In this study I am explaining pittaj yonivyapad in detail as its importance sharir rachana and kriya, hetu, samprapti, purvarupa, roopa, vyavacheda of pittaj yonivyapad and karya of Sariva on pittaj yonivyapad. In Charak Samhita line of treatment of pittaj yonivyapad is pitta shaman with help of shital dravyas for internal and local application. In Ayurveda many formulations have mentioned for the treatment of yonivyapad. Some local formulations also mentioned like pichu, varti, abhyanga, dhupan, dhavan, etc

We observed that in routine practice patient feel very inconvenient to take churna and kwath orally. We have solved this by creating Sariva siddha ghrith for local application (Yonipichu) which is easy and convenient for patients. We decide to divide patients of Pittaj Yonivyapad in to two groups.

Group A (trial group): Patients of Pittaj Yonivyapad receiving Sariva siddha ghrith yonipichu.

Group B (control group): Patients of pittaj Yonivyapad receiving yonipichu of Distilled water.

Aims and Objectives

Aim: To see the efficacy of Sarivasiddha Ghritha Yonipichu in the management of Pittaj Yonivyapad

Objectives

- A] To study and understand detail explanation about
- Pittaj Yonivyapad according to Ayurveda
 - Sariva (*Ichnocarpus frutescens*)
- B] To compile literature about pittaj yonivyapad.
- C] To compare the effect of Sariva siddha ghrith yonipichu and distilled water yonipichu in Pittaj yonivyapad

MATERIALS AND METHODS

Drugs

In our study according to availability of drug in market we have to used krushna sariva.

| No | Dravya | Botanical Name | Rasa | Vipaka | Virya | Guna |
|----|----------------------|-------------------------------|---------------|--------|-------|-------------------------------------|
| 1 | Sariva | <i>Ichnocarpus frutescens</i> | Madhur, Tikta | Madhur | Shit | Guru, Snigdha |
| 2 | Goghrit (cow's ghee) | <i>Butyrum deparatu</i> | Madhur | Madhur | Shit | Balya, Snigdha, Vataghna, Pittaghna |

Part used (Upayuktang): Sariva mool

Authentication: Authentication of Sariva is done at University of Pune.

Preparation

Sariva bharad churn was taken, 4 times of water and 4 times of ghrith was taken and it was heated and observes snehsiddhi lakshans. शा.सं.म.ख.९-१२, १३



Standardisation of Sariva Siddha ghrith done at: Seth Govind Raghunath Sable College of Pharmacy Saswad Pune.

Preparation of the Pichu: Gauze taken and a thin layer of cotton kept in between two layers of the gauze. Sterile pichu will be taken.

Shape—Lambakar (oval shape)

Size – 1 angul width 4 angul length (1.5 cm width 6 cm length)
A small cotton thread is tied to its one end.

Sthan—yonimarga (vaginal canal)

Time for maintaining the pichu in vaginal canal – 6 hrs after Keeping pichu Pichu and Ghrith Autoclaved before Use. Pichu kept in all aseptic precautions.



METHOD

- Detail case study of patient done.
- Complete general examination and local examination of patient done.
- Case taken according to case paper format.
- Informed written consent of the patients taken.
- Total 60 patients considered for study.
- Patients have been advised to attend the opd daily for the treatment for 7 days.
- Follow up taken after 1st menses.
- 2nd cycle of pichu started after stoppage of bleeding.
- Follow up taken after 2nd menses.

Inclusion criteria

- Patients of child bearing age group (19 – 45 years)
- Patients with lakshan of pittaj yonivyapad as mentioned in ayurvedic texts.
- Patients willing for regular follow up.

Exclusion Criteria

- Unmarried
- Malignancy
- HIV positive cases.
- Syphilis and other venereal diseases
- Pregnancy
- Prolapse

Random division of patients

It was not possible to randomize the patients with stratified, multistage, cluster or multiphase sampling method, as patients of Pittaj Yonivyapad do not come to O.P.D. together. Thus the most suitable way to randomize the patients and also to divide sample equally in both the groups was division on alternate basis. Hence, patients were incorporated in group A and B for clinical trial on the alternate basis. If one patient was taken in group A, the next was taken in group B and vice versa.

Trial group

30 patients of this group received sariva siddha ghrith yonipichu.

Control group (placebo)

30 patients of this group received yonipichu of distilled water.

Criteria for assessment

Subjective criteria

| NO | LAKSHANA | GRADE 0 | GRADE 1 | GRADE 2 | GRADE 3 |
|----|---|------------------------|------------------------------|--|---|
| 1 | Daha (Burning sensation) | No daha | Daha intermittent during day | Continuous throughout the day | Continous daha causing disturbance in daily routine |
| 2 | Paka (Redness of vagina and cervix) | Normal colour i.e Pink | Dark pink in colour | Red colour | Dark red with tenderness at site |
| 3 | Adhik raj strav (Excess menstrual bleeding) | 2 pads/day | 3 pads /day | 4 pads / day | 5 or more pads/day |
| 4 | Strava (Copious discharge) | No strav | Patient has feeling of strav | Staining of under garments | Require to change undergarments |
| 5 | Raja varna (Colour of menstrual bleeding) | ----- -- | Normal colour | Change in colour but doesn't stain cloth | Change in colour and stains cloth |

Objective criteria

| NO | Grade 0 | Grade 1 | Grade 2 | Grade 3 |
|----|--------------------------|-----------|------------|----------------|
| 1 | Jwar (fever) Normal temp | Temp 99 F | Temp 100 F | 101 F and more |

INVESTIGATION: For Inclusion/ Exclusion

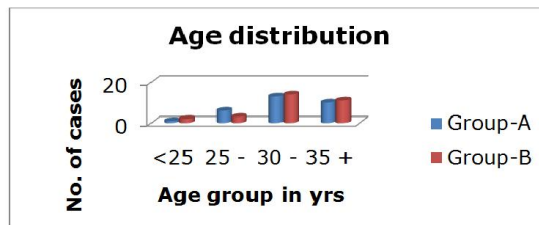
- Urine –routine and microscopic
- Pap smear
- VDRL
- BSL – F and PP

Observation and results

Age wise distribution

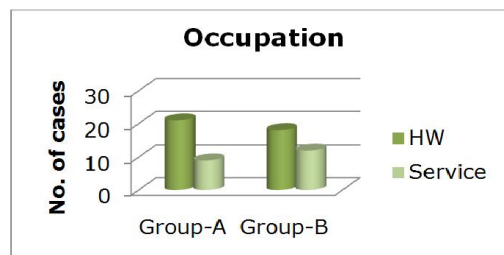
Observation: In this study all the patients were categorized into 4 age groups.

The observations made in this aspect lead to the conclusions that maximum no. of patients (45%) were from the age group of 25-30 years while 35 % patients were from the age group of 30-35 years. 15% Patients were from the age group 25-30. 5% Patients were from the age group below 25. This data shows that this reproductive age between 25-30 years is prone to develop Pittaj Yonivyapad.



| Age in yrs | Group-A | Group-B | Total | % |
|--------------|-----------|-----------|-----------|------------|
| <25 | 1 | 2 | 3 | 5 |
| 25 - 30 | 6 | 3 | 9 | 15 |
| 30 - 35 | 13 | 14 | 27 | 45 |
| 35 + | 10 | 11 | 21 | 35 |
| Total | 30 | 30 | 60 | 100 |

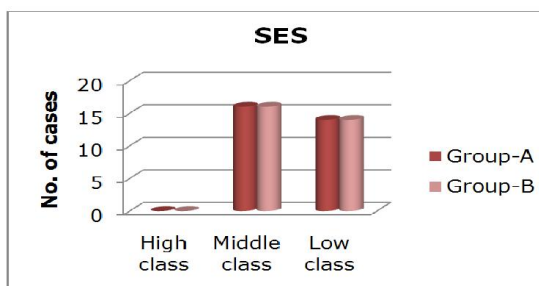
Occupation wise



Observation: In this distribution 65% patients were housewives. 35% patients were doing office work.

| Occupation | Group-A | Group-B | Total | % |
|--------------|-----------|-----------|-----------|------------|
| HW | 21 | 18 | 39 | 65 |
| Service | 9 | 12 | 21 | 35 |
| Total | 30 | 30 | 60 | 100 |

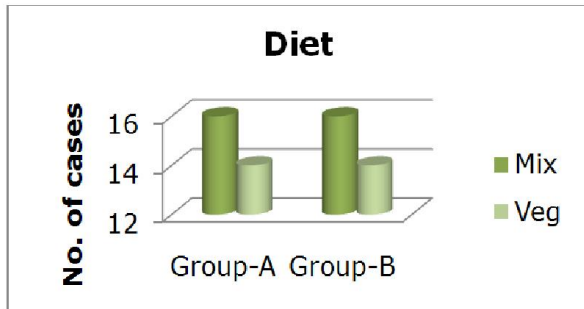
Social economical status wise



| SES | Group-A | Group-B | Total | % |
|--------------|---------|---------|-------|-------|
| High class | 0 | 0 | 0 | 0 |
| Middle class | 16 | 16 | 32 | 53.33 |
| Low class | 14 | 14 | 28 | 46.67 |
| Total | 30 | 30 | 60 | 100 |

Observation: 53.33% patients were from middle class. 46.67% patients from low economic status.

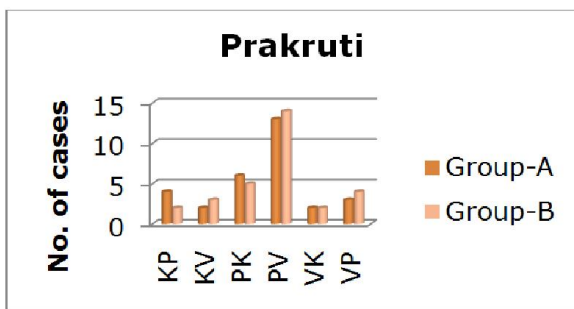
Diet wise



| Diet | Group-A | Group-B | Total | % |
|-------|---------|---------|-------|-------|
| Mix | 16 | 16 | 32 | 53.33 |
| Veg | 14 | 14 | 28 | 46.67 |
| Total | 30 | 30 | 60 | 100 |

Observation: Most of the patients were mix dietetic habit. I.e 53.33% and 46.67% patients were vegetarian.

Prakruti wise



| Prakruti | Group-A | Group-B | Total | % |
|----------|---------|---------|-------|-------|
| KP | 4 | 2 | 6 | 10 |
| KV | 2 | 3 | 5 | 8.33 |
| PK | 6 | 5 | 11 | 18.33 |
| PV | 13 | 14 | 27 | 45 |
| VK | 2 | 2 | 4 | 6.67 |
| VP | 3 | 4 | 7 | 11.67 |
| Total | 30 | 30 | 60 | 100 |

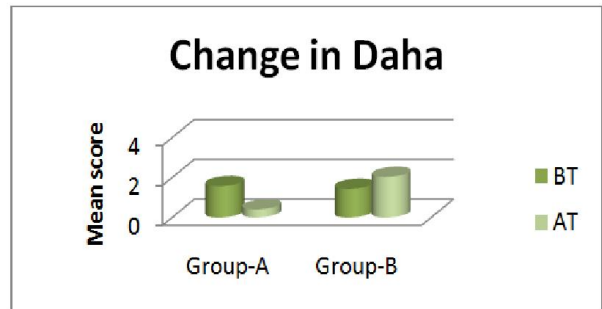
Observation

Pitta-vata and Pitta-Kapha deha prakruti was found in 45% and 18.33% of patients respectively, where as 11.67% patients found of Vata-Pitta, 10% patients found of Kapha-Pitta prakruti. Kapha-Vata found in 8.33% patients and 6.67% patients found of Vata-Kapha prakruti.

STATISTICAL ANALYSIS

Daha

Changes in Daha: Trial group: - Mean score of trial group before treatments was 1.57 and after treatment mean score has come down to 0.40. This reduction is highly significant. 74.5% relief got.

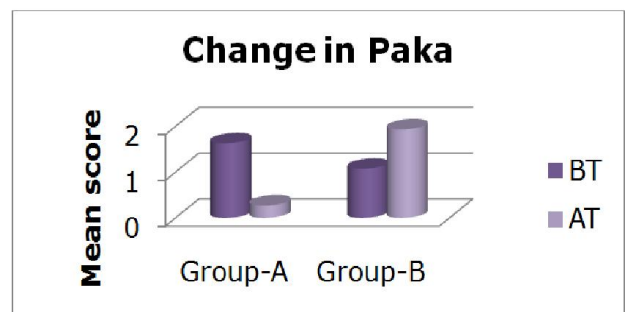


| Daha- | BT | | AT | | % Relief | Wilcoxon Signed Ranks Test Z | P |
|---------|------------|------|------------|------|----------|------------------------------|-----------|
| | Mean score | Sd | Mean score | Sd | | | |
| Group-A | 1.57 | 0.89 | 0.40 | 0.62 | 74.5 | 4.339 | <0.001 HS |
| Group-B | 1.43 | 0.81 | 2.03 | 0.76 | 0 | 2.998 | 0.003 Sig |

| Daha- | Mean difference score | Sd | Mann-Whitney Z | P |
|---------|-----------------------|---------|----------------|-----------|
| Group-A | 1.1667 | 0.91287 | 5.453 | <0.001 HS |
| Group-B | -0.6000 | 0.93218 | | |

Control group: In control group mean score of Daha before treatment was 1.43 and after treatment it increased up to 2.03. this increase is significant.

Paka



| Paka- | BT | | AT | | % Relief | Wilcoxon Signed Ranks Test Z | P |
|---------|------------|------|------------|------|----------|------------------------------|-----------|
| | Mean score | Sd | Mean score | Sd | | | |
| Group-A | 1.63 | 0.76 | 0.27 | 0.58 | 83.4 | 4.409 | <0.001 HS |
| Group-B | 1.07 | 0.59 | 1.93 | 0.75 | 0 | 3.801 | <0.001 HS |

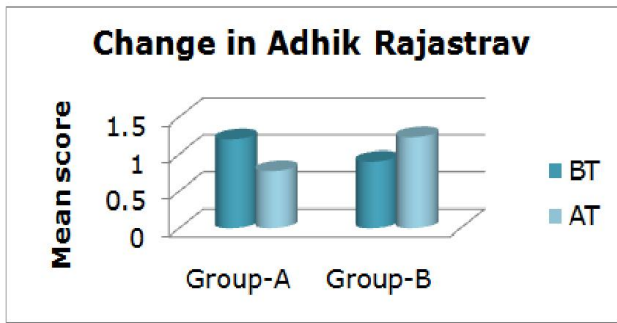
| Paka- | Mean difference score | Sd | Mann-Whitney Z | P |
|---------|-----------------------|---------|----------------|-----------|
| Group-A | 1.3667 | 0.96431 | 5.973 | <0.001 HS |
| Group-B | -0.8621 | 0.87522 | | |

Changes in Paka

Trial group: Average severity score i.e. mean score of trial group before treatment was 1.63 and after treatment it decreases upto 0.27. This reduction is highly significant. 83.4% relief got.

Control group: Average severity score i.e. Mean score of control group before treatment was 1.07 and after treatment it increases upto 1.93. It is highly significant.

Adhik Rajastrav



| Adhik Rajastrav - | BT | | AT | | % Relief | Wilcoxon Signed Ranks Test Z | P |
|-------------------|------------|------|------------|------|----------|------------------------------|-----------|
| | Mean score | Sd | Mean score | Sd | | | |
| Group-A | 1.20 | 0.71 | 0.77 | 0.56 | 35.8 | 3.606 | <0.001 HS |
| Group-B | 0.90 | 0.75 | 1.23 | 0.72 | 0 | 3.162 | 0.002 Sig |

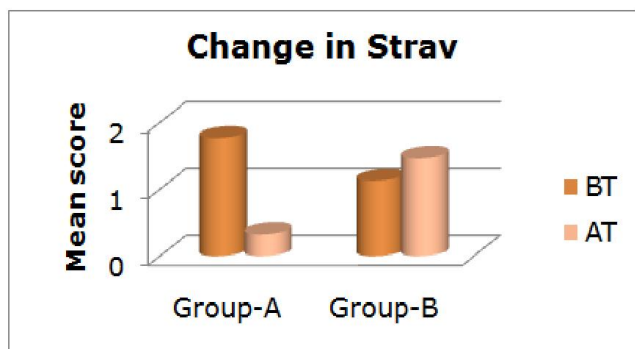
| Adhik Rajastrav - | Mean difference score | Sd | Mann-Whitney Z | P |
|-------------------|-----------------------|---------|----------------|-----|
| Group-A | 0.4333 | 0.50401 | 0 | 1NS |
| Group-B | -0.3333 | 0.47946 | | |

Changes in Adhik Rajastrav

Trial group: Mean score of trial group before treatments was 1.20 and after treatments mean score has come down to 0.77. This reduction is highly significant. 35.8% relief got.

Control group: In control group mean score of Adhik Rajastrav before treatment was 0.90 and after treatment it increased up to 1.23. This increase is significant.

Strav



| Strav- | BT | | AT | | % Relief | Wilcoxon Signed Ranks Test Z | P |
|---------|------------|------|------------|------|----------|------------------------------|-----------|
| | Mean score | Sd | Mean score | Sd | | | |
| Group-A | 1.77 | 0.67 | 0.33 | 0.60 | 81.4 | 4.460 | <0.001 HS |
| Group-B | 1.13 | 0.68 | 1.47 | 0.90 | 0 | 2.132 | 0.033 Sig |

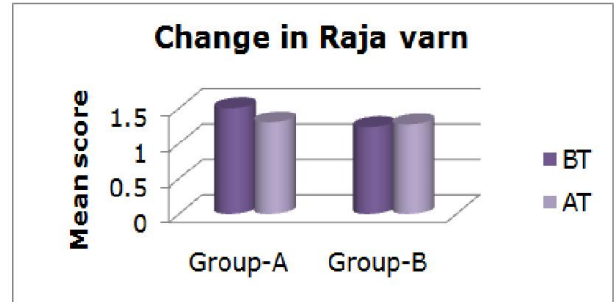
| Strav- | Mean difference score | Sd | Mann-Whitney Z | P |
|---------|-----------------------|---------|----------------|-----------|
| Group-A | 1.4333 | 0.97143 | 5.560 | <0.001 HS |
| Group-B | -0.3333 | 0.80230 | | |

Change in Strav

Trial group: Average severity score i.e. mean score of trial group before treatment was 1.77 and after treatment it decreases upto 0.33. This reduction is highly significant. 81.4% relief got.

Control group: Average severity score i.e. Mean score of control group before treatment was 1.13 and after treatment it increases upto 1.47. This increase is significant.

Raja Varna



| Raja varn- | BT | | AT | | % Relief | Wilcoxon Signed Ranks Test Z | P |
|------------|------------|------|------------|------|----------|------------------------------|-------|
| | Mean score | Sd | Mean score | Sd | | | |
| Group-A | 1.50 | 0.68 | 1.30 | 0.46 | 13.3 | 2.449 | 0.014 |
| Group-B | 1.23 | 0.43 | 1.27 | 0.45 | 0 | 1.0 | 0.317 |

| Raja varn- | Mean difference score | Sd | Mann-Whitney Z | P |
|------------|-----------------------|---------|----------------|-----------|
| Group-A | 0.2000 | 0.40684 | 2.709 | 0.007 Sig |
| Group-B | -0.0333 | 0.18257 | | |

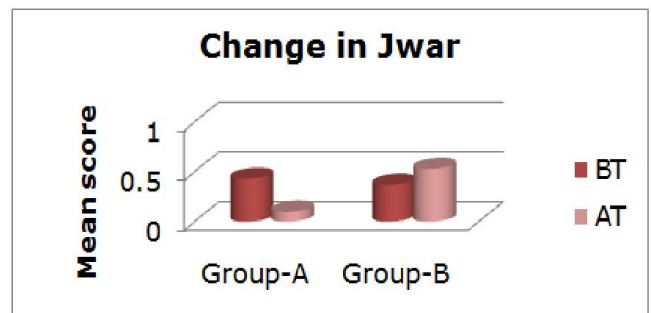
Changes in Raja Varn

Trial group: Mean score of Raja Varn before treatment was 1.50 and after treatment mean score is 1.30. This decrease is significant. Relief: 13.3%

Relief: 13.3%

Control group: Mean score before treatment was 1.23 and after treatment it increases upto 1.27. This increase is not significant.

Jwar



| Jwar- | BT | | AT | | % Relief | Wilcoxon Signed Ranks Test Z | P |
|---------|------------|------|------------|------|----------|------------------------------|-----------|
| | Mean score | Sd | Mean score | Sd | | | |
| Group-A | 0.43 | 0.67 | 0.10 | 0.40 | 76.7 | 2.233 | 0.026 Sig |
| Group-B | 0.37 | 0.61 | 0.53 | 0.57 | 0 | 1.387 | 0.166 NS |

| Jwar- | Mean difference score | Sd | Mann-Whitney Z | P |
|---------|-----------------------|---------|----------------|----------|
| Group-A | 0.3333 | 0.75810 | 2.781 | 0.005Sig |
| Group-B | -0.1667 | 0.64772 | | |

Change in Jwar

Trial group: Mean score of trial group before treatments was 0.43 and after treatments mean score has come down to 0.10. This reduction is significant. 76.7% relief got.

Control group: - In control group mean score of Jwar before treatment was 0.37 and after treatment it increased up to 0.53. This increase is not significant.

DISCUSSION

Conceptual study

In present era mostly women are working and undergo physical, mental stress and heavy work load. Dietetics habits also changed so many women in child bearing age group suffer from Pittaj yonivyapad. In Pittaj yonivyapad Pitta dosha is vitiated and daha, paka, adhik rajstrav, yonigat strav, change in rajavarna, Jwar these symptoms are seen. These signs and symptoms can disturbs woman's day to day life. Pitta shamak dravya are used to treat Pittaj yonivyapad. Sthanik chikitsa is also mentioned while treating yonivyapad. So Pittashamak drug is selected for local application while treating Pittaj yonivyapad.

Drug Discussion

Use of Sariva in samprapti vighatan of Pittaj yonivyapad is as follows:

Tikta ras causes deepan, pachan and agnivaradhan. Due to this property saam pitta is brought to normal condition

- Due to Madhur tikta ras pitta shaman is done also rakta shodhan is done vitiated pitta is normalised.
- By tikta rasa and sheeta virya raktagat pitta shaman is done and vitiated pitta is normalised.
- Due to sangrahi guna, drava shoshan is done and increased in quantity of raja is reduced.

Due to these properties of Sariva vitiated pitta is normalised and clinical features produce in pittaj yonivyapad are reduced. Thus Sariva by all its properties helps in samprapti vighatan of Pittaj yonivyapad.

Clinical Study

The study was conducted in 2 groups.

- Trial group (Group A)
30 patients of this group received Sariva siddha ghrit yonipichu.
- Control group (Group B)
30 patients of this group received pichu of distilled water.

I] Age: In this study all the patients were categorized into 4 age groups. The observations made in this aspect lead to the conclusions that maximum no. of patients were from the age group of 30-35 years.

II] Occupation: In group A 70% and in group B 60% patients were howsewife. and the percentage of patient who is in service is 60% in group A and 40 % in group B.

III] Social Economical Status: In group A 53.33 % patients were from middle class and in group B 53.33% are from middle class. In group A and in group B 46.67% patients were from lower economical status.

IV] Diet: Most of the patients i.e 53.33% from control group and trial group were having mix dietic habit and 46.67% from control group and trial group were vegetarian.

V] Prakruti: Pitta vata prakruti was found in 46.67% in control group and 43.33% in trial group, Pitta kapha prakruti was found in 16.67% in control group and 20% in trial group, Vata pitta prakruti was found in 13.33% in control group and 10% in trial group, Vata kapha prakruti was found in 6.67% in control group and 6.67% in trial group. Kapha pitta was found in 6.67% in control group and in 13.33% in trial group. Kapha vata was found in 10% in control group and 6.67% in trial group.

Effect of therapy on Signs and Symptoms

Daha

Daha is seen in Pittaj yonivyapad and it is because of pitta dosha. Madhur ,tikta rasa and sheeta veerya of Sariva normalised vitiated pitta which helps in relieve from daha. Daha was relieved – 74.5%

This result is statistically highly significant as z was 4.339 and P was <0.001

While comparing Group A (trial group) and Group B (control group) z was 5.560 and P was <0.001 so group A is highly significant.

Paka

Paka is also a sign of vitiated pitta. Madhur tikta rasa and sheeta veerya of Sariva siddha ghrit acts on vitiated pitta and gives relief from paka. Paka was relieved – 83.4%

This result is statistically highly significant as z was 4.409 and P was <0.001

While comparing Group A (trial group) and Group B (control group) z was 5.973 and P was <0.001 so group A is highly significant.

Adhik Rajastrava

Adhik rajastrava is due to Drava guna of vitiated pitta. Sangrahi guna of Sariva caused Drava shoshan and increased in quantity of raja is reduced. Adhik Rajastrava was relieved – 35.8%

This result is statistically highly significant as z was 3.606 and P was <0.001

While comparing Group A (trial group) and Group B (control group) z was 5.560 and P was <0.001 so group A is highly significant.

Strav

In pittaj yonivyapad there is yonigat strav also seen in patients. It is because of vitiated pitta and its Drava guna. Sangrahi guna of sariva causes Drava shoshan. Kunap Gandhi strav is due to saam pitta and tikta rasa of Sariva acts on it. So symptom reduced. Strav was relieved – 81.4%

This result is statistically highly significant as z was 4.460 and P was <0.001

While comparing Group A (trial group) and Group B (control group) z was 5.560 and P was <0.001 so group A is highly significant.

Rajavarn

Change in Rajavarn i.e. pita, krushna varn rajastrava is seen due to saam pitta. Because of tikta rasa deepan and pachan saam pitta is treated. Because of madhur rasa and sheeta veerya Sariva normalised vitiated pitta. Rajavarn was relieved – 13.3%

This result is statistically significant as z was 2.449 and P was 0.014

While comparing Group A (trial group) and Group B (control group) z was 2.709 and P was 0.007 so group A is significant.

Jwar

Jwar is symptom of pitta and Sariva is jwarghna and it acts on vitiated pitta and normalised it. Jwar was relieved – 76.7%

This result is statistically significant as z was 2.233 and P was 0.026

While comparing Group A (trial group) and Group B (control group) z was 2.781 and P was 0.005 so group A is significant.

Conclusion

The study was designed into four parts for description of conclusion

- Conceptual study
- Drug review
- Clinical study
- Discussion

Conceptual study

- Pittaj Yonivyapad is described in the classics by Charaka, Sushrut, and Vagbhata Madhavnidan. They mentioned that it develops mostly in reproductive age and in women who are habitual for Pitta prakopak aahar vihar.
- Daha, Paka, Adhik rajastrav, Yonigat strav, Change in rajavarn, Jwar are the cardinal signs and symptoms.
- All symptoms are because of Pitta dosha.
- In Ayurveda classic it is mentioned that, vitiated pitta comes at yoni and develops Pittaj yonivyapad.

Drug review

- For external application there are references of pittaghna dravya siddha ghrut for purpose of Pittaj yonivyapad.
- The drugs which are having Madhur, Tikta, Kashay rasa and Sheeta veerya, Sangrahi guna which are beneficial in

Daha, Paka, Adhik Rajstrav, Yonigat strav, Change in rajavarn and jwar

- According to chemical constituents of Sariva and goghrita, they play a master role in treating Pittaj yonivyapad.

Clinical study

- Not any correlation found between Pittaj yonivyapad and occupation.
- Apprehensive co-relation found between Age and severity of Pittaj yonivyapad. In 25-30yr of age group pittaj yonivyapad is found more. It may be due to Pitta pradhanya in this age. Further research hypothesis needed to prove this relation.
- Same as Age there is co-relation between Prakruti and severity of Pittaj yonivyapad. So according to pitta dosha in this disease pitta vata prakruti patients found more i.e 45%
- Pittaj yonivyapad is pittaj vyadhi. Pitta is chief doshas contributing in samprapti. But there is no co-relation found in disease and diet (mix or veg). It might be possible that sample size is short for this correlation.

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