



EFFECT OF AYURVED MANAGEMENT IN PARISRUTA JATAHARINI – A CASE STUDY

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Article Received on 05/11/2022

Article Revised on 25/11/2022

Article Accepted on 15/12/2022

ABSTRACT

Sveta srava commonly known as whitish discharge is a very common symptom which a female suffers in any stage of her life like-puberty adolescence middle age old age, even in pregnancy. Sometime it appears as a symptoms of other diseases and at times, it appear unassociated with other diseases. Whatever may be it disturbs a female, both physically and psychologically Attimes its severity increases so much that in many cases the patient even prefers to undergo hysterectomy. In this connection, a case was studied in K.S.Bhoi Hospital, S.S.N.Ayurved College Paikmal, Odisha, with symptom of white discharge and diagnosed as Parisruta Jataharini. The treatment showed very effective result with certain (internally) Ayurvedic Shastriya formulations and application of procedures (externally) for 1 month duration.

INTRODUCTION

Female is an undifferentiated part with male, in the development of family and so also the society and nation. In the family she plays a major role Without her proper participation the family gets discared and disturbed For caring her offsprings and other members, in most cases it is seen that she neglects herself and her health .So she gets burdened with many diseases and the diseases get chronic The diseases related to reproductive system are mostly neglected for a long term .When she consults the physician the diseases is in a chronic stage .Our selected case “Parisruta Jatahirini” in female is a such type of diseases. In which the female remains emaciated and suffers from continous vaginal discharge for years long So it can be considered as Leucorrhoea, due to idiopathic excessive weakness Maharsi Kashyap in Kalpathana 6/35-36 has described it. Medicinal treatment of Jataharinihas not been described thus in this disease the treatment prescribed for svetapradar is given.

CASE STUDY

A 35 yrs female named Mrs. Anjali Tandi, village-Komna dist-Nuapada Odisha came to prasuti–stri OPD of K.S.Bhoi Hospital S.S.N. Ayurveda College & R.I., Paikmal Odisha on Dt-03.02.2022 with complaint of whitish discharge per vagina since 3 yrs associated with daurbalya, gatrassula nidranasa and constipation. She has no complaint of itching vulva foul smell Since 6 monthes she is feeling to be suffering more which unables her to

go for her work She had taken quackery treatment at different places but did not get satisfactory relief Presently she came to our hospital.

Past History

No history of TB, DM or any chronic diseases or infection or any surgical procedure except weakness.

Personal History

Occupation –Labour work in agriculture field

Lifestyle –Poor class

Food habit-Irregular

Diet –Minimum rice dal, roti, vegetables

Appetite- Poor

Bowel- Irregular, constipated

Micturation- 5 to 6 times /day

Sleep- Disturbed

Habit-tea intake 2 to 3 times

Exercise- over

Menstrual History

Regular – 28 to 30 days interval / 4-5 days bleeding (moderate), With pain.

L.M.P.- 21.01.2022

Obsteteric history -G₃P₂A₁L₂G₃- Male-12 yrs

G₂-Abortion

G₁-Female- 8 yrs

Contraceptive-Natural**ON Examination**

General Condition- Good WT.-43 Kg
Ht.-5.3 inch
BMI-16.6 (Under weight) BP-100/70 mmHg
PULSE-70/Mint PALLOR+++ OEDEMA – Nil.
RESPIRATION-17/Mint TEMP.- 98.4⁰ F

Asta Sthana Pariksha

Nadi- vata kapha Mala-Kathin
Mutra- Samyak (5 to 6 times /day) Jihva-Sama
Sabda-Sama Sparsa- Sama Drik-Sama
Akruti-Madhyama kshina

Dasa Vidha Pariksha

Prakruti- Vata pradhana Pitta Vikruti-Vata kapha
Sara-Madhyama Samhanana-Avara Satmya-Madhyama
Satva-Madhyama Pramana-Madhyama Ahara sakti-
Madhyama Jarana sakti- Avara Vyayama sakti-Avara
Vaya- Yauvana

Systemic Examination

Digestive system-P/A –Soft, Non tender and no
distension Respiratory system- chest- B/L Symmetrical,
clear No added sound Cardio vascular system- S₁ & S₂
audible.

B.P. – 100/70 mmHg

CNS – all superficial reflex are intact. Patient is
conscious and well oriented. Reproductive system-
P/V –Ut- anteverted – antiflexed Normal size, no
tenderness Fx – clear

Cx- free mobile P/S – Whitish discharge - ++
Thin curd like

No stickiness No foul smell

No erosion / cervicitis No vaginitis

Investigation

Blood – Hb % - 7 gm %

TRC – 4.2 million cells / mcIESR – 20 mm / 1st hour

Blood sugar (fasting) – 95 mg / dL T₄ – 88 n mol / l

T₃ – 2.1 n mol / l TSH – 1.02 mu / l

Urine – no pus cell

No RBC

Stool – no bacterial/ cystic infection.

Samprapti Ghataka

DOSA – Kapha vata

DUSYA – Rasa- rakta

ROGA MARGA – Abhyantar

SROTAS- Rasavaha, Artavavaha

SROTO DUSHTI- Atipravritti

STHANASAMSHRAYA – Garbhashaya

Samprapti Chakra

SAMPRAPTI CHAKRA—Ati vyayama, Sheetala laghu
ahara & Whole day work in watery agricultural field
causes Vata vriddhi & kapha vriddhi leading to
Agnimandya & Apakva anna rasa utpatti. This results
Rasadhatu kshina & Gets dushti by vitiated kapha dosa
due to ashraya ashrayi bhava further Sthana samshraya
occurs in garbhashaya at last Dushti of kapha with rasa

dhatu, together causes sveta srava through vagina.

Assessment Criteria**Sveta srava**

No vaginal discharge – 0

Occasional discharge causing vulva and vagina mild
moist – 01

Moderate discharge causing vulva and vagina moist and
wetting of undergarment – 02 Excessive continuous
discharge need extra pad for wetting – 03

Daurbalya

Feeling daurbalya whole day and cannot do necessary
work -03 Can work what is necessary for her – 02

Can work what is necessary with some extra light work –
01 No symptom – 0

Bodyache- (Gatra Sula)

Intolerable pain without work and no relief by massage –
03.

Tolerable pain hampers routine household work and
relief by massage – 02.

Tolerable pain and allow routine household work – 01

No symptoms – 00.

Katisula

No pain – 0

Tolerable pain and allow routine household work – 01

Cannot manage routine work and need to take rest – 02

Cannot tolerate and bed ridden – 03

Chikitsa Siddhanta

1. Agni Deepaka Chikitsa
2. Vata Kapha Samaka Chikitsa
3. Dhatu Poshaka Chikitsa

Chikitsa**Internally (For 1 month)**

1. soubhagya sunthi modaka – 3gm / 2 times after
lunch & dinner with warm water
2. Pradarantaka louha – 250 mg + Godanti bhasma –
500mg = 2 times – morning & evening with madhu
3. Pusanuga churna – 3gm / 2 times 9am & 4pm with
rice wash water, after food.

Externally (15 days)

Sthanika karma –

1. Yoni dhavan – panchabalkala kwatha
2. Yoni avachurnan – khadira churna + Haridra churna.

RESULT AND DISCUSSION

The patient was treated in IPD admission. She get
admitted for 15 days. So external therapy was
continued for 15 days only while the internal therapy was
continued for 1 month.

In Internal therapy

Soubhagya sunthi modaka contain trikatu, trijat, nagakesara, satavari, vidarikanda, louha bhasma, abhraka bhasma with main ingredient sunthi. It is dipaka-pachaka,-vata kapha nasaka- dhatu prustikara- rasayana – vrushya. It is particularly like amruta for female. Pradarantaka louha contains louha bhasma, tamra bhasma, suddha haritala, vanga bhasma, abhraka bhasma, varatika bhasma with herbal drugs, trikatu, triphala etc. It is very much beneficial in old or chroniu sveta srava associated with katisula, daha, aruchi, etc. It increases appetite & fulfills the blood loss in female and strengthen garbhashaya & veejakosha.

The properties present in pusyanuga churna is very much beneficial in all chronic pradara roga with yoni sotha & yoni sula etc. So this 3 medicines combinely work as agni dipaka- pachaka- rasayana- dhatu vardhana- sotha nasaka & vata kapha nasaka, srava soshaka.

In external therapy

Yoni dhavan by panchabalkala kwatha is helpful in sthanika sodhana & stambhana due to kasaya rasa. In addition avachurnana by khadira churna and haridra churna helped in srava nasa & antiseptic action. Thus togetherly the external therapy help in increasing the local immunity & reduce symptoms & strengthen the reproductive system.

In association pathya ahara vihara with bed rest during hospital staying helped her feeling comfortable and relief of symptoms. She was discharged on 15th day therapy but advised to maintain rest & pathya ahara vihara & to continue the internal therapy.

After 1 month she came for follow up. At that time she looks good. Her weight gain was 2.3kg, symptoms were relieved. She was again advised to continue all the internal therapy for another b1 month and to maintain hygiene & to maintain pathya ahara vihara.

		<i>Follow Up</i>			
Sr.No.	Assessment criteria	Gradation of parameter at follow up			
		DAY – 1	DAY – 8	DAY – 15	DAY - 30
1.	Sveta srava	3	2	1	0
2.	Kati sula	2	2	1	0
3.	Daurbalya	2	2	1	0
4.	Gatra sula	3	2	2	0

CONCLUSION

‘Parisruta Jataharini’ comes under the treatment of sveta pradara. For prevention –maintainance of general health, hygine of local with general body are essential. Chronic sveta pradara can also be very well treated by powerful ayurvedic formulation.

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