



## Role of Ayurveda in Trichomonas Vaginitis- A Case Report.

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### ABSTRACT:

Health of a woman plays a very important role in family which reflects on society too. Most women suffer with vaginal infection; among them Trichomonas vaginitis is very common. Though it is projected to be 40 to 50% in the age group of childbearing women, the incidence of trichomonas infection is about 10-15%. The inflammation and itching at the site of the vulva and vagina indicate the sign of probably of trichomonas vaginitis.

**Methodology:** In this present case study, Patient age 47 year came to OPD with complaint of pain lower abdomen off and on since 2 yrs , pt had no other symptom . On basis of these complaints along with P/A examination, P/V and P/S examination have been done, which reveals trichomonas infection. She was supposed to be treated with traditional ayurvedic formulations; the case was treated for 7 days with a combination of different traditional Ayurvedic drugs, and *sthanik chikitsa* with the goal of relieving symptoms and curing the disease. This patient was treated with traditional Ayurvedic formulations like *Triphala Guggulu*, *Chandraprabha Vati*, *Gandhak Rasayana*, *Sthanik Chikitsa - Yoni Dhawana* (Vaginal douche) with *Panchvalkala Kwatha* followed by *Yoni Pichu* with *Jatyadi Taila* once in a day for 7 days.

**Result:** Only traditional Ayurvedic medicines were used during the course of the treatment. Follow-up showed complete disappearance of strawberry appearance of cervix and symptoms also subsided to a great extent.

**Discussion:** The present study emphasizes the role of Ayurveda in bringing a positive result in the management of Trichomonas vaginitis

**Key Words-** Vaginal infection, Trichomonas vaginitis, Ayurveda

### INTRODUCTION

Trichomoniasis also known as trich, is caused by pathogenic protozoan Trichomonas vaginalis. The most prevalent STI in the world is caused by probably Trichomonas vaginalis (TV). It serves as a significant contributor to reproductive morbidity, a promoter of HIV acquisition. Though it is projected to be 40 to 50% in the age group of childbearing women, the incidence of trichomonas infection is about 10-15%.<sup>1</sup> It causes approximately 180 million infections worldwide annually. The inflammation and itching at the site of the vulva and

vagina indicate the sign of probably of trichomonas or monilial organisms. In severe trichomonas infection, there is mild to moderate pain at the genital organs due to the inflammatory changes. Many infected persons remain asymptomatic, when symptomatic, it presents with vaginitis, cervicitis, PID and infertility in women and non-Gonococcal urethritis in men. Women infected during pregnancy are predisposed to adverse pregnancy outcomes like premature rupture of membrane, premature labour and low birth weight infants. About 10 to 50% of patients



harbor Trichomonads without developing any symptoms that serves as major reservoir of infection. According to Ayurveda classics, Trichomonas vaginitis can be correlated with "*Kaphaja Yonivyapad*" as characterized by *Yonigat shwetastrav* (white discharge), *Yonikandu* (vaginal itching). Among 20 *Yoni Vyapada*, *Shleshmala* (by Sushruta), or *Shleshmiki* (by Charaka and Vagbhata) is explained in different criteria as a cause of *Kapha Dosha Dushti* in the vagina leading to discoloration of the skin and mucosal lining.<sup>2</sup> Some diseases cannot be life-threatening but may irritate an individual and trouble to some extent. One among them is *Kaphaja Yoni Vyapada*. If these signs and symptoms remain neglected, it may lead to significant infections that harm the overall health and be responsible for psychological disturbances.

In contemporary science, the current treatment protocol is antibiotics and synthetic hormone preparation, which have their side effects. That's why people are moving towards Ayurvedic treatment for it. With the use of Ayurvedic formulations and with the application of *Sthanik Chikitsa*, the patients get relief from the disease within 07-15 days only and that too with no or minimal side effects in this paper case of patient is discuss to prove the same.

## CASE HISTORY

Patient age 47 came to OPD with complaint of pain lower abdomen off and on since 2 yrs, pt had no other symptom. On basis of these complaints along with P/A examination, P/V and P/S examination have been done, which reveals trichomonas infection.

**Chief complaint** - 47 yrs old having white yellowish colored discharge per vaginally along with itching, vulval irritation, pain lower abdomen off and on since 2 yrs

**Obstetric history** - G2P2L2A0, all LSCS, LCB - 16 yrs  
Menopause - 7 yrs back

### General examinations:

Weight = 60 kg  
height = 5.2 ft  
B.M.I. = 24.4  
Pulse- 80 /min  
Blood pressure: 110 / 80 mm Hg

### Systemic & local examinations

Systemic Examination: No Abnormality Detected  
Local examination – P/A- soft, tenderness + in hypogastric

region and right iliac fossa ,  
P/V - Uterus AV, NS, B/L fx free

### Ashtavidha pariksha

*Nadi*–VP  
*Mutra*- Samyak *mutra pravriti*  
*Mala*-Sama  
*Jihwa*-Sama  
*Shabda*-Samyak  
*Sparsha*-Anushnasheet  
*Drika*-Samanya  
*Aakriti*-Krisha

### Dashvidha pariksha

*Prakriti*(nature)-*Vatapittaja*  
*Sara*(Purest body tissue)-*Avara*(minimum)  
*Samhanana*(Body compact)-*Avara*(minimum)  
*Pramana*(Body proportion)-*Avara* (minimum)  
*Satmya*(homologation)-*Madhyam*(medium)  
*Satva*(mental strength)-*Madhyam*(medium)  
*Vaya*(age)=*Prautha*  
*Vyayam Shakti* (to carry on physical activities)-*Avara*(least capability)  
*Aharashakti*(food intake and digestive power):  
*Abhyavarana shakti & Jarana shakti*-*Madhyam*

### Diagnosis:

On the basis of clinical symptoms and local examination , the disease is diagnosed as *Kaphaja Yonivyapad* (Trichomonas Vaginitis )

### Treatment protocol:

After examination, the following medicines were administered to the patient: 1) *Triphala Guggulu*- 2 tab (500 mg each tab.) two times a day 2) *Chandraprabha Vati* 2 tab (500 mg each tab )- two times a day before meals 3) *Gandhak Rasayana* 2 tab (125 mg each tab.) two times a day.

*Sthanik Chikitsa* - *Yoni Dhawana* (Vaginal douche) with *Panchvalkala Kwatha* followed by *Yoni Pichu* with *Jatyadi Taila* once in a day for 7 days.

She had taken treatment regularly for 7 days.

## RESULTS

The assessment of effect of therapy was based on clinical symptoms and local P/V P/S examination. After 7 days Patient was found with complete improvement in previous symptoms. In p/s examination, absence of white yellowish discharge and also it shows healthy cervix, no strawberry appearance noted this time

## DISCUSSION

*Shlesmala Yonivyapad* has been elaborately described in Ayurveda classics. Acharya have advised *Ushna* and *Ruksha Chikitsa* for the same. Generally, the drugs used should have an action of decreasing *Kleda*, diminishing *Kapha* and absorbing water. Hence drugs of *Katu*, *Kasaya*, *Tikta Rasa* are used. Patient was given *Triphala Guggulu*, *Chandraprabha Vati* and *Gandhaka Rasayana* orally. *Triphala Guggulu* is reputed for treating inflammatory conditions,<sup>3</sup> as *Trichomonas vaginitis* itself inflammatory condition. Also, Polyphenols in *Triphala* modulate the human gut microbiome and thereby promote the growth of beneficial Bifido bacteria and *Lactobacillus* in vagina, while inhibiting the growth of undesirable microbes.<sup>4</sup> *Chandraprabha Vati* is used in Ayurvedic system of medicine for various indications like *Striroga* (Gynecological disorders), *Artava Ruja* (Dysmenorrhea), *Daurbalya* (Weakness) etc.<sup>5</sup> As patient is menopausal condition, *Rasayana* therapy also has been included in treatment plan. *Gandhaka Rasayana* is a *Rasayana* (rejuvenator) and possesses varied therapeutic action. It is described to have *Tridosha Shamana*, *Vata Amaya Nivarana* (ameliorates diseases caused by *Vata Dosha*), *Agni Vardhana* (improves appetite and metabolism) and *Shoolaharana* (pain reducing) properties.<sup>6</sup> So, it may help to healing and rejuvenator action on vaginal flora as well as on cervix also.

### Importance of *Sthanika-Chikitsa* (Local Treatment):

In this case, on P/S examination local redness, inflammation, strawberry spots, white discharge were seen. In Ayurveda classics, techniques are broadly classified as a *Sthanika Chikitsa*. We have planned *Yoni-Prakshalana* with *Panchavalkala Kwatha* for *Vrana Shodhana* and *Vrana Ropana* purpose for 7 days. Clinically, *Panchavalkala*<sup>7</sup> is found to be very effective in controlling wound infection when used externally in different forms, which suggests its action on *Vrana Shodhana* as well.

*Yoni Pichu*<sup>8</sup> is one of the types of *Sthanika Chikitsa* where sterile medicated *Pichu* is kept inside the vagina for a specific period of time. Preliminary phytochemical evaluation of *Jatyadi Taila* revealed presence of flavonoids, essential oils, tannins, glycosides, steroids and alkaloids that helps in wound healing.<sup>9</sup> *Jatyadi Taila Yonipichu* can act as antibacterial, controls vaginal discharges, helps in wound healing. *Pichu* helps the medicine to remain at that particular site for a longer period for better action. It improves the musculature tone of vaginal canal also.<sup>10</sup>

## CONCLUSION

In nut shell, it the collaborative effect of oral as well as *Sthanika Chikitsa* that patient got relief within week. Use of *Sthanika Chikitsa* in cases of vaginal infections is useful to cure infections, helps to generate new epithelialization

and further prevent the infection.

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Fig 1- Pics before and after treatment.



**Before treatment**



**After treatment**