



TO EVALUATE CLINICAL EFFECT OF DHATAKI (*Woodfordia fruticosa* Kurtz.) ON SWETA PRADARA.

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Abstract: Sweta pradara is one among the major diseases of modern era, increasing in prevalence. There is no separate entity of Sweta pradara as a disease in Ayurvedic literature like Brihatrayi but there are so many Stree Rogas in which Sweta pradara is considered and described as a symptom. However, sometimes it is so severe that it overshadows the symptoms of actual disease and women seek physician for the treatment of this symptom only. The present study includes 40 patients which, were selected and divided randomly into two groups. In gp1 dhataki churna was given orally and in gp 2 dhataki churna was given orally as well as locally for douching, for four weeks. Patients were assessed on the basis of improvement in signs and symptoms after the treatment.

Key-words: Sweta Pradara, Dhataki

Introduction: Sweta Pradara is the most common gynaecological problem faced by women at one time or another in their life. It is a very distressing and awful situation for a woman in a way that she suffers from it continuously and still hesitates to disclose or approach doctor unless it gets complicated. Current medical therapy for Sweta pradara includes the use of systemic or topical antibiotics and antifungal preparations. Though

these medications may temporarily reduce infection, they often disrupt the balance of friendly bacteria also and frequently lead to recurrent infection. Therefore as an alternative to these medications, herbal therapy is gaining popularity, on account of its reduced side effects and restoration of the normal vaginal flora.

Sweta Pradara is caused by vitiation of three Doshas with a clear predominance of Kapha dosha. Present work deals with the evaluation of role of Dhataki on Sweta Pradara.

धातक्याश्चाक्षमात्रं वा..... पाण्डुप्रदरदान्त्यर्थम्।
(भै.र./प्रदररोग चिकित्सा /9-10)

According to above verse, Dhataki can be used to treat Sweta Pradara.

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The drug Dhataki is Kaphapitta-Shamaka, Stambhaka, Vranaropana and Krimihara. (*Database on medicinal plants used in Ayurveda, Vol-3, CCRAS*)

Dhataki flowers are acrid (bitter), astringent, styptic, depurative, uterine sedative, antibacterial and alexeteric. (*Indian Medicinal Plants, Vol- V*).

Moreover, it does possess wound healing properties (धातकी.....विसर्पव्रणनादिनी। रा. त्रि.) due to which it cures cervical erosion which is one of the cause of Sweta Pradara.

With all above stated properties, Dhataki not only checks excessive discharge but also relieves Sweta Pradara by curing infection.

Aims & Objectives: To study the efficacy of Dhataki in Sweta pradara.

Materials And Methods: Patients were selected from OPD/IPD of R.G.Govt.P.G.Ayu.college &Hospital, Paprola (HP)

Inclusion criteria -

- Patients willing for trial.
- Patients presenting with the signs and symptoms of Sweta Pradara as a cardinal symptoms or associated symptoms.
- Patients (married) of age group 20-60 years.

Exclusion criteria

- Patients not willing for trial.
- Patients not fulfilling inclusion criteria.
- Patients with chronic general illness like known case of severe anaemia, diabetes mellitus etc.
- Abnormal vaginal discharge due to malignancy and foreign body.

Laboratory Investigations: Estimation of Hb%, TLC, DLC, ESR, B.Urea, S.creatinine, SGOT, SGPT, FBS; Urine examination and VDRL were carried out in the patients to rule out any organic and systemic disease. USG was done to rule out any Pelvic pathology.

Microscopic examination of vaginal discharge and Pap smear were done for the confirmation of nature of discharge.

Dietary Recommendations: Pathya-Ahara: Light food, shali, moonga, masoora, chana, Shaak of patola etc.

Pathya-vihara: Morning walk, light exercise, non-indulgence in sex, local cleanliness of vagina, physical and mental pureness, rest.

Apathya-Ahara: Excessive intake of katu, tikshna, ushna dravya, oily substances, dadhi, excessive intake of meat products and liquid substances.

Apathya-vihara: Heavy exercise, incontinence of urine and stool, waking at night and sleeping during day time, stress, anger etc. In the present dissertation all the patient were suggested to follow the above Pathya regimen.

Counselling: done on every visit to relieve stress & emotional component which may trigger symptoms

Criteria of Assessment

1. Amount of vaginal discharge

0	Normal
1	Mild (feeling of wetness of UGs but doesn't require changing in 24hrs)
2	Moderate (requires changing of UGs within 24hrs)
3	Severe (requires frequent changing of UGs within 24hrs)

2. Characteristics of vaginal discharge

0	Normal moistening
1	Discharge without foul smell & itching
2	Discharge with either foul smell & itching
3	Discharge with both foul smell & itching

3. Per speculum finding (Congestion)

0	Absent
1	Mild
2	Moderate
3	Severe

4. Per vaginum finding (Tenderness)

0	Absent
1	Mild
2	Moderate
3	Severe

5. Wet film examination

0	Only epithelial cells present
1	Presence of either specific(candidias,trichomonas) or Non-specific(bacilli,cocci) without pus cells
2	Presence of both specific(candidias,trichomonas) and Non-specific(bacilli,cocci) without pus cells
3	Presence of either specific(candidias,trichomonas) or Non-specific(bacilli,cocci) with pus cells
4	Presence of both specific(candidias,trichomonas) and Non-specific(bacilli,cocci) with pus cells

Drug Design

Group I

Dhataki pushpa churna (orally):5 gm bd

Anupana :Jala

Group II –

Dhataki pushpa churna (orally):5 gm bd

Anupana : Jala

Dhataki pushpa kwatha (prakshalana) :

10-20 ml, two times a day

Mode of Administration: Oral, Local

Duration of trial : 4 weeks

Follow up : 4 follow up at weekly interval during trial and 2 follow up, at 2 weeks interval each after completion of trial.

Results:

Effect of therapy in 20 patients of Group-1 (paired t-test).

Sr. No.	Vaginal Discharge	Mean Grades		% Relief		SD (±)	SE (±)	t	P
		BT	AT	Diff.	%age				
1.	Amount	2.2	0.75	1.45	65.9	0.89	0.20	7.31	<0.001
2.	Character	1.75	0.5	1.25	71.42	0.85	0.19	6.57	<0.001
3.	Congestion	2.3	1.94	0.36	15.65	0.51	0.12	3.35	<0.01
4.	Tenderness	1.7	1.15	0.55	32.35	0.52	0.14	3.74	<0.01
5.	W.F.Exam.	1.82	0.82	1.00	54.94	0.45	0.14	7.42	<0.001

Effect of therapy in 18 patients (2 patients dropped out) of Group-2(paired t-test).

Sr. No.	Vaginal Discharge	Mean Grades		% Relief		SD (±)	SE (±)	t	P
		BT	AT	Diff.	%age				
1.	Amount	2.06	0.44	1.62	78.64	0.85	0.2	8.04	<0.001
2.	Character	2.11	0.56	1.55	73.46	0.86	0.2	7.71	<0.001
3.	Congestion	2.16	0.70	1.46	67.59	0.66	0.18	7.98	<0.001
4.	Tenderness	1.6	0.3	1.3	81.25	0.67	0.21	6.09	<0.001
5.	W.F.Exam.	2.08	0.58	1.5	72.12	1.00	0.28	5.20	<0.001

Intergroup comparison over total criteria.

Sr. No.	Group	Mean Score		BT-AT	%age relief	SD (+)	SE (+)
		BT	AT				
1.	Gp-1	1.95	1.03	0.92	47.18	0.55	0.11
2	Gp-2	2.00	0.52	1.48	74	0.15	0.03

In the inter group comparison, group II showed 26.82 % more relief than group I, which was significant at $p < 0.01$ ($t = 4.647$).

Discussion regarding probable mode of action: According to the Principle- (C.Ci.30/115) all types of gynaecological disorders evolve from the vitiation of vata dosha mainly of Apana Vayu. In the context of Shleshmaja Yonivyapada, it is the chala guna of vata along with picchila, sheeta & guru guna of vitiated kapha dosha which causes hypersecretion of mucous. Hence the overall effect of the drug should be Kapha-Vata shamaka which indeed possess anti-inflammatory action on vaginal wall.

The overall rasa of the drug is Kashaya (rasa) and Katu, Tikta, Madhur (anurasa) which causes Sthambhana, Sangrahi and Sandhankar karma. It also help in vrana ropana (healing effects) and Shodhana (Purifying) on vaginal tract soreness. It also has antimicrobial effect which helps to combat the vaginal infection and heals the vaginal tissues. It also works as uterine tonic which provide strength to whole genital tract.

With the Katu vipaka of drug, it digests the secreted mucous, Ama and it provokes the digestive fire. The flavonoids, tannins present in the drug improve the anabolic activity of body. The Sheeta veerya alleviates pitta dosha, whereas kshaya rasa, katu vipaka, laghu and ruksha guna combat the vitiated Kapha dosha.

With the local application of Dhataki in the form of vaginal-douche has the Kashaya (Astringent) property which alleviates Yonidosha, Yonisrava and Yoni Shotha. This helped in removal of shedded epithelial cells and the clue cells on which the bacteria are adherent. By using local application it has effect on vaginal itching. Thus reduces discharge

raises patient's immunity, thus prevents recurrence.

Dhataki Kwatha douche also helps in healing the cervical erosion because it has wound healing property, having an astringent and construction effects on the epithelial cells so that their shedding is reduced and clue cells seen are also lesser in number. This drug helps in restoring the normal physiology of vagina and if proper hygiene is maintained afterwards then infection subsides and chances of recurrence are lesser. When the vagina becomes healthy the infection causing organisms die off and thus the disease subsides. One advantage of using this drug is that along with giving relief in the symptoms of Sweta Pradara it also heals cervical erosion.

So it was seen that for the treatment of Sweta Pradara drug fulfil the following criteria that is the line of treatment for Sweta Pradara:

- ❖ Stambhana Karma
- ❖ Ropana Karma
- ❖ Shothahara
- ❖ Krimighna
- ❖ Vednahara
- ❖ Shodhana Karma
- ❖ Vata-kapha Shamaka

Thus oral and local administration of drug counteracts the etiopathogenesis of Sweta Pradara in the above stated manner.

Conclusion

Clinical study data reveals that maximum percentage of patients (55%) in the study were of pitta-kaphaj prakriti and there was marked improvement in 52.63% patients. Probably these patients were of pitta-kaphaj prakriti and showed marked improvement due to pitta-

kaphaj shamaka property of Dhataki. Clinical study shows that Dhataki is effective in subsidence of cardinal symptoms of Sweta Pradara i.e. vaginal discharge, foul smell, itching etc. When Dhataki is used both orally and locally, it give better results especially in congestion and tenderness of vagina. When used locally, it shows its Sthambhana and Ropana karma due to its kashaya rasa. The probable mode of action of Dhataki in Sweta pradara is due to its Kashaya rasa, sthambhana, ropana (wound healing property), shodhana and pitta-kapha shamaka property. It has also anti-inflammatory and antibacterial activity due to its chemical constituents mainly of phenolic compounds.

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