

Management of Kaphaj Yonivyapada W.S.R. Candidiasis: A Case Report

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ABSTRACT

Woman plays a keen role in the society by the ability of reproduction. For this a healthy reproductive system is required. Lack of knowledge of genital hygiene gives birth to various pathologies which are directly affected on female genital system. These disorder not only impaired fertility but also effect on whole physical, mental and social life of a woman. Vaginal discharges are the most common diseases occurring in female irrespective of their age. Candida is one of the major pathological organisms found in various kinds of vaginal discharges. In the present study we are going to discuss a case report of a female affected with candidiasis and successfully treated with the ayurvedic medications. Follow-up was done for further six months after treatment and there is no re-occurrence of any disease and symptoms was observed.

Keywords: female genital system, vaginal discharges, candidiasis.

INTRODUCTION

Woman plays a keen role in the society by the ability of reproduction. For this a healthy reproductive system is required. Lack of knowledge of genital hygiene gives birth to various pathologies which are directly affected on female genital system. These disorder not only impaired fertility but also effect on whole physical, mental and social life of a woman. Vaginal discharges are the most common diseases occurring in female irrespective of their age. Candida is one of the major pathological organisms found in various kinds of vaginal discharges. Candidiasis is a fungal infection that causes vaginal irritation, discharges and intense itching of vagina and vulva. An estimated 1.4 million outpatient visits for vaginal candidiasis occur annually¹. Modern system of medicine offers various

antifungal, antimicrobials and antibiotics for this which is associated with its own side effect. By analyzing it in *ayurvedic* principles it can be included under the *Kaphaj Yonivyapada*. *Ayurvedic* text offers various kinds of local therapies for the treatment of yonivyapada. In the present study we are going to discuss a young female affected with candidiasis and successfully treated with the local application of Arkadivarti.

CASE REPORT

A 35 year old female visited to the OPD of Prasuti tantra & Stri roga department in University College of Ayurveda on 14/07/2018. She had the complained of thick white discharge per vagina associated with vaginal itching and back pain since 5 years.

• Patient History

Name- Chandu Devi

OPD/IPD No- 31823/1496

Age/sex- 35y/F

Marital status- Married

Occupation- laborer

Address- Kaonia village, Pali, Jodhpur

• Present history of illness

She had the complained of thick white discharge per vagina associated with vaginal itching and back pain since 5 years. She has taken many mixed kind of treatment for the present complained but does not get satisfactory relief. After history taking she is provisionally diagnosed as a case of kaphaj Yonivyapada which is confirmed as candidiasis after high vaginal swab culture.

• History of past illness: not any relevant history found

• Family History: Not any family History of DM, HTN, TB & Thyroid is occurred

- **Menstrual History:** AOM-15y,
LMP- 10/07/2018,
4-5D/28-30D/scanty (1-2pad/day).

- **General physical examination:** All vital measures of patient are within normal limit. She is slim having BMI 16.

- **Astavidha Pariksha:**

Nadi-Vata-Kaphaj
Mala- Samnya
Mutra-Samnya
Jiwha-samanya

Shabda- Spasta
Sparsha-Samsito-ushna
Drik-Samanya
Akriti- Krusha

- **Sroto-Pariksha:**

Sroto-prakara- Ras, rakta, mamsha & medovaha

Sroto-dusti- Atipravarti

- **Investigations:**

Laboratory investigations: Routine blood Investigations to know the variations in blood Bio-Chemistry and were assessed. These are within normal range Except ESR which is 54 mm in 1st hour.

Special Investigations: vaginal pH is 7 and High vaginal swab culture is positive with candid infection.

Treatment:

Arkadivarti –BD per vaginally for seven days kept for two hours after that yoni *prakshalana* is done with warm water.

Treatment Duration: same treatment continue for 7 days after that all parameters were calculate which are listed as-

Results:

S.N.	Sign& Symptoms	Before treatment	After Treatment
1.	Vaginal discharge	Thick, curdy, yellowish	Watery transparent
2.	Vulval & Vaginal Itching	+++	absent
2.	Other	Backache(++)	Backache(+)
3.	Vaginal pH	7	5
4.	ESR	54 mm 1st hr	26 mm 1st hr
5.	High vaginal swab Culture	Few budding yeast cells, Candida spp, Heavy growth	No bacterial, pathogen isolated after 2 consecutive overnight incubation in aerobic environment

- **Follow-up:** Patient was being followed after 6 month and there is no reoccurrence of the symptoms found.

DISCUSSION

Candidiasis is the most common disorder found in vaginal discharges. According to *Ayurveda* it is included under the *Kaphaj Yonivyapada*. *Acharya Charak*² describes various treatments for these disorders. Here we selected *Arkadivarti* for the treatment for candidiasis. In the present study we found satisfactory result for the treatment of candidiasis only by local use of a single medication within a time period of seven days.

Arkadivarti is made up of three ingredients – *arka ksheera*, *Saindhav lavan*, *yava churna*. *Arka* is a *Upavisha* drug which has antimicrobial and antifungal properties. *yava* provides base to the *varti* and *Saindhav lavan* helps to dissolves the *varti* so that it can absorb by the vaginal flora.

CONCLUSION

Ayurvedic literature explains the various disorders according to its principle. Most of the gynecological disorders were not directly written in the Ayurvedic text. But according to Acharya Charaka it is not necessary to give the name of every disorder we directly treat them by identifying their Doshas and samprapti³. Here by applying a local medication of only three ingredients, we successfully treated a case of candidiasis without any complications. In the present study not any adverse effect of the given drugs was observed.

REFERENCES

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