



## MODE OF ACTION OF SHIGRVADI KASHAYA IN PELVIC INFLAMMATORY DISEASES: A REVIEW

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<https://doi.org/10.46607/iamj1910092022>

(Published Online: September 2022)

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Article Received: 12/07/2022 - Peer Reviewed: 02/07/2022 - Accepted for Publication: 18/07/2022



## ABSTRACT

As per *Ayurveda*, four factors are essential for the creation of healthy offspring i.e. *Ritu* (period near ovulation), *Kshetra* (female reproductive system), *Beeja* (ovum and sperm), and *Ambu* (nourishing substances). All of these are related to women. The woman is the prime source of progeny. An offspring cannot be conceived if there are disorders in the *Yoni* (female genital tract). To fulfill this purpose *Yonishuddhata* is a major prerequisite. The pelvic inflammatory disease affects most of the structures of the female genital tract with its inflammatory sequelae. Therefore, this condition must be corrected for maintaining fertility so as to obtain healthy progeny. *Shigrvadi Kashaya* can be used as an oral decoction administration for the reversal of pathology of PID without having any adverse effects of antibiotics and analgesics used in contemporary medical science.

**Keywords:** *Shigrvadi Kashaya*, *Paripluta*, Pelvic inflammatory diseases.

## INTRODUCTION

Pelvic inflammatory disease (PID) is one of the most common gynecological disorders of the reproductive tract that is frequently misdiagnosed and inadequately treated. It is an infection-induced inflammation of the

female upper genital tract which comprises the endometrium, fallopian tubes, ovaries, and pelvic peritoneum. It is one of the most common problems in gynecological OPDs with an incidence of 1-2% per

year among sexually active women.<sup>1</sup> It primarily affects women who often fall between the age group of 20 and 50 years. In the case of PID *Chlamydia trachomatis* and *Neisseria gonorrhoeae* are found to be the most commonly implicated microorganisms. It is characterised by lower abdominal pain, abnormal vaginal discharges, dyspareunia, dysmenorrhea associated with fever, weakness, nausea, and burning micturition. On examination, positive findings are lower abdominal tenderness, cervical motion tenderness, and uterine and fornices tenderness. It is associated with an increased risk of ectopic pregnancy, tubal infertility, chronic pelvic pain, tubo-ovarian abscess, pelvic peritonitis, etc. Other sequelae associated with PID include dyspareunia, pyosalpinx, and pelvic adhesions. These medical consequences of PID account for great emotional stress and can have a major effect on a woman's reproductive life. In Ayurveda classics, most gynecological disorders are described under the heading of "Yoni vyapad". Among twenty Yonivyapadas described in Ayurveda texts, Pelvic Inflammatory Diseases clinically resemble

with *Paripluta Yonivyapad*. Treatment through Ayurveda is host centered rather than microbe centered. *Roga* is not only the name of the disease but the whole *Samprapti* of the disease. *Vighatana* of *Samprapti* is called as *Chikitsa*. So, it is necessary to use therapeutic preparations according to *Rasa*, *Guna*, *Veerya*, *Vipaka*, and *Prabhava* considering the *Anshaansha kalpana* of the disease.

#### **Samprapti Ghataka of Pelvic Inflammatory Diseases-**

1. *Dosha- Pitta pradhana Tridosha*
2. *Dooshya- Rasa, Rakta*
3. *Avastha- Amavastha*
4. *Agni- Jatharagni mandya*
5. *Srotasa- Rasavaha, Raktavaha, Artavavaha*
6. *Srotodusti- Sanga*
7. *Adhithana- Garbhashaya and Yoni*
8. *Rogamarga- Abhyantara*

**Shigrvadi Kashaya:** *Shigrvadi Kashaya* is a *Kalpita Yoga*, that has not been directly mentioned in any textbook of Ayurveda.

**Table 01:** Showing the contents of *Shigrvadi Kashaya*

S. No.	Drug	Part used	Ratio
1.	<i>Shigru (Moringa oleifera Lam.)</i>	<i>Twak (Stem bark)</i>	1
2.	<i>Nirgundi (Vitex nigundo Linn.)</i>	<i>Patra (Leaves)</i>	1
3.	<i>Varuna (Crateava nurvala Buch-Ham)</i>	<i>Twak (Stem bark)</i>	1
4.	<i>Eranda (Ricinus communis Linn.)</i>	<i>Moola (Root)</i>	1
5.	<i>Gokshura (Tribulus terrestris Linn.)</i>	<i>Panchanga (Whole Plant)</i>	1

**Table 02:** Showing pharmacological properties of drugs used in *Shigrvadi Kashaya* as per Ayurveda texts<sup>2</sup>

S. No.	Drug	Rasa	Guna	Veerya	Vipaka	Karma
1.	<i>Shigru</i>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vatashamaka, Rochana, Deepana</i>
2.	<i>Nirgundi</i>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vatashamaka, Deepana</i>
3.	<i>Varuna</i>	<i>Tikta, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vatajit, Bhedi, Deepana</i>
4.	<i>Eranda</i>	<i>Madhura, Katu, Kashaya</i>	<i>Guru, Snigdha, Tikshna</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kapha-Pitta-Anila nashana, Margavishodhana</i>
5.	<i>Gokshura</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vata-Pittashamaka, Deepana, Brumhana</i>

**Table 03:** Showing therapeutic actions of drugs used in *Shigrvadi Kashaya* as per *Ayurveda* and contemporary science

S. No.	Drug	Rogagnata	Pharmacological action
1.	<i>Shigru</i>	<i>Shotha, Vidradhi, Karimi, Vrana</i> <sup>3</sup>	Analgesic, anti-inflammatory, antimicrobial, antipyretic, antioxidant, anti-ulcer, diuretic, anti-allergic, wound healing, immunomodulator, etc. <sup>4</sup>
2.	<i>Nirgundi</i>	<i>Arochaka, Shop ha Gulma, Karimi, Vrana</i> <sup>5</sup>	Anti-nociceptive, anti-inflammatory, antioxidant, antimicrobial, immune stimulant. <sup>6</sup>
3.	<i>Varuna</i>	<i>Karimi, Vatarakta, Mutraghata, Hrudroga</i> <sup>7</sup>	Anti-inflammatory, antimicrobial, antioxidant, antiulcer, diuretic, anti-nociceptive, etc. <sup>8</sup>
4.	<i>Eranda</i>	<i>Kati-vasti-shiroruja, Shoola, Shopha, Jwara, Krimi</i> <sup>9</sup>	Anti-inflammatory, antimicrobial, wound healing, antinociceptive, antioxidant, etc. <sup>10</sup>
5.	<i>Gokshura</i>	<i>Vasti-vata, Meha, Hrudroga, Ashmari, Ruja</i> <sup>11</sup>	Diuretic, immunomodulatory, anti-inflammatory, analgesic, antibacterial, etc. <sup>12</sup>

## DISCUSSION

### Probable mode of action of drugs of *Shigrvadi Kashaya* in pelvic inflammatory diseases

- Guna-** Most of the drugs of *Shigrvadi Kashaya* have *Laghu, Ruksha guna* which facilitates *ama pachana*, and *shoshana* leading to a reduction in excess *srava* in *srotas*. Thus, helping in the reduction in abnormal vaginal discharges. *Teekshana guna* of *Shigru* by virtue of *lekshana* and *shodhana* property may help in the condition of *srotorodha* characterized by inflammatory adhesions.
- Rasa- Katu, Tikta, and Kashaya rasa** present in *Shigru, Varuna, and Nirgundi* are *Kapha-Pittahara* thus reducing mucopurulent discharges. *Madhura rasa* of *Gokshura* is *Vata-Pittahara* which is beneficial in *sparshakshamatva* (tenderness).
- Veerya-** All the drugs are having *Usna guna* which shows *Vata-Kaphahara, Deepana, Amapachana* properties. This increases local blood flow and helps to kill the pathogens by inducing enzymatic activity. Also due to *Amapachana* reduces *Jwara*.
- Doshagnata-** Drugs of *Shigrvadi Kashaya* are *Vata-Kaphahara* (*Shigru, Varuna, Eranda, Nirgundi*) and *Vata-Pittahara* (*Gokshura*). So, it is beneficial in these vitiated *doshas*.
- Pharmacological actions-** As PID is an inflammatory disease. Pharmacological properties of *Shigrvadi Kashaya* such as anti-inflammatory,

antimicrobial, analgesic, antipyretic, antioxidant, anti-ulcer, diuretic, wound healing, immunomodulator, anti-nociceptive, etc. are helpful in the reversal of pathology.

## CONCLUSION

Pelvic inflammatory disease is most common among the reproductive age group affecting the physical and psychological health of a woman. Women need to have a timely intervention for this condition since it has a wide range of complications from dyspareunia to infertility. Treatment with antibiotics may result in its recurrence, therefore, a different treatment modality may be practiced so as to have better management outcomes. Drugs used in *Shigrvadi Kashaya* (*Shigru, Varuna, Nirgundi, Eranda, Gokshura*) might have acted due to their *Kapha-Vatahara, Vatanulomana, Shothahara, Jwarahara, Krimighna, Adhobhagadoshahara, Mootrakricchahara, Vidradhihara, Yoni-Shukra vishodhana gunas* along with their known anti-inflammatory, antioxidant, antimicrobial, anti-nociceptive, diuretic, analgesic, antiulcer properties. So, *Shigrvadi Kashaya* has been employed for effective management through Ayurveda.

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**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: Jyoti Bhardwaj & Lalita Sharma: Mode of Action of Shigrvadi Kashaya in Pelvic Inflammatory Diseases: A Review. *International Ayurvedic Medical Journal* {online} 2022 {cited September 2022} Available from: [http://www.iamj.in/posts/images/upload/2445\\_2448.pdf](http://www.iamj.in/posts/images/upload/2445_2448.pdf)