

CONCEPTUAL STUDY OF THE EFFICACY OF LODHRA WITH HONEY GEL IN UPAPLUTA YONIYAPAD (VAGINAL CANDIDIASIS IN PREGNANCY)

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ABSTRACT

Introduction: The pregnant women are more prone to vaginal infection like vulvovaginitis, which presents a challenge for doctor today. Pregnant state produces several normal and expected changes in all the maternal organ systems, from which vaginal candidiasis is one. Vaginal secretion changes during pregnancy mainly vaginal PH. Vaginal secretions during pregnancy falls from a pH of greater than 7 (an alkaline pH) to 4 or 5 (an acid pH). Due to this change in vaginal pH candida albicans growth occurs. In pregnancy, there is higher oestrogen level and higher glycogen level which helps in growth of candida. According to *Ayurveda* if woman during pregnancy take *Kapha* aggravating *Ahar* and *Vihar* excessively and suppresses the urges of vomiting and respiration, the vitiated *Vayu* carries *Kapha* to genital tract affect the same and vaginal white discharge is seen in pregnant woman due to *Kapha* and *Vata*; This is known as "*Upapluta Yonivyapad*". *Lodhra* has *Kashay Ras* which help in decreasing *Kapha Dosh*a and *Madhu* has *Tridosahar* property which cures *Upapluta Yonivyapad*. **Aim:** The present study is aimed to assess the efficacy of *Lodhra* with *Madhu* gel in *Upapluta Yonivyapad*. **Material and Methods:** The present study is done, to analyze the effect of *Lodhra* and *Madhu* gel in *Upapluta Yonivyapad*. Study is performed with help of various previous research paper published, from various authentic *Ayurvedic* and Modern books as well as *Samhitas*. **Conclusion:** In pregnancy, due to *Kapha* and *Vata* there is a change in vaginal pH and vaginal white

discharge; Also, there is high estrogen level which cause vaginal candida. *Lodhra* has property of *Kaphahar*, analgesic, anti-inflammatory, antibacterial, antihelminthic. *Madhu* is one of the five elixirs of immortality (*panchamrut*) and has properties like: *Tridosahar*, antiseptic, antimicrobial, antiallergic, anti-inflammatory. Thus, it balances the *Dosha* and result in decrease (vaginal candida) *Upapluta Yonivyapad*. Thus, *Lodhra* and *Madhu* gel can work effectively in *Upapluta Yonivyapad*.

Keywords: Candidiasis, *Lodhra*, *Upapluta Yonivyapad*, Vulvovaginitis

INTRODUCTION

Pregnancy is a natural event which is experienced by every woman in her life. During pregnancy there is imbalance in *Dosha*, *Dhatu* and *Mala* which causes various disorder in pregnancy. In pregnancy there is altered immunological state in which women is prone for many diseases, metabolic as well as infective origin.

Wilkinson described Vaginal Candidiasis for the first time in 1849. In women vaginal secretions are under the influence of hormonal changes. Vaginal flora which contain aerobic and anaerobic microorganisms responsible for maintaining of vaginal pH. This pH has defence mechanism against microorganism growth in female genital tract.

Sometimes, vaginitis is accompanied by pelvic inflammatory diseases, post-operative infections, abnormal cervical cytology, chronic cervicitis, and urinary tract infection¹. Most specialists believe that 90% of cases of vaginitis are secondary to bacterial vaginosis, vulvovaginal candidiasis, and trichomoniasis².

According to *Ayurveda* if woman during pregnancy take *Kapha* aggravating *Ahar* and *Vihar* excessively and suppresses the urges of vomiting and respiration, the vitiated *Vayu* carries *Kapha* to genital tract and affects the same, because of this white mucus discharge piercing pain occurs due to invasive disorders of *Kapha* and *Vata*. This is known as "*Upapluta Yonivyapad*". The treatment mentioned by *Acharay Charak* is *Lodhra*, *Priyangu* and *Madhuka* for *Upapluta Yonivyapad* in the form of *varti*³.

Upapluta Yonivyapad is one among the 20 *Yonivyapads* described by *Acharyas*. On the basis of the textual description *Upapluta Yonivyapad* can be compared to vulvovaginitis during pregnancy.

Charak has mentioned *Upapluta Yonivyapad* in *Charak Samhita Chikitsa Sthan 30/21,22*.

Ashtang Sangraha has mentioned *Upapluta Yonivyapad* in *Ashtang Sangraha Uttartantra 38/49*.

Ashtang Hruday has mentioned *Upapluta Yonivyapad* in *Ashtang Hruday Uttartantra 33/48,49*

In pregnancy, there is high level of estrogen and altered pH which leads to grow candida rapidly. Conditions like GDM, obesity, unhygienic condition are responsible for various infection including vaginal candidiasis. Surgical procedure like cervical encircilage also cause vaginal infection (foreign body reaction). Modern science has good treatment for vaginal candidiasis (local and oral). But its safety in pregnancy is doubtful, and they are little expensive as well as they don't prevent recurrence. In addition, vaginitis may occur as the result of non-infectious causes, such as vaginal atrophy, allergies, and chemical irritation⁴.

It is accepted by everyone that *Ayurveda* is an ancient most treatise in medical world. In *Samhitas* there is description of *Yonivyapad* from which *Upapluta Yonivyapad* is one described by *Acharyas*. On the basis of the textual description *Upapluta Yonivyapad* can be compared to candidiasis during pregnancy.

Aim: To study the concept of *Upapluta Yonivyapad* (vaginal candidiasis during pregnancy)

Objectives-

- Conceptual study of *Upapluta Yonivyapad* (vaginal candidiasis during pregnancy)
- Conceptual study of *Lodhra* and *Madhu*.

Previous Work Done –

1. A Clinical Study to Evaluate the Efficacy of *Sal-lakyadi Sneha Pichu* In *Garbhini Upapluta*
2. Efficacy of *Dhatakyadi Taila Yonipichu* On *Upapluta* In *Garbhini* - A Clinical Study.
3. Effect of *Pancha-Valkala Choorna* In *Upapluta Yoni-Vyapada*.

4. A Clinical Study on *Upapluta Yonivyapad* With Special Reference to Vulvovaginitis During Pregnancy and Its Management with *Panchavalkaladi Varti*.
5. Study on *Upapluta Yonivyapada* With Special Reference to Vulvovaginitis During Pregnancy and Its Management with *Panchavalkaladi* Formulation
6. A Clinical Study on *Upapluta Yonivyapada* With Special Reference Vulvovaginitis During Pregnancy and Its Management with *Dhatakyadi Yoga*
7. Effect of *Uttara-Basti In Upapluta Yoni-Vyapada*.
8. Effect of *Gokshuradi Choorna In Upapluta Yoni-Vyapada*.
9. Efficacy of *Guduchyadi gel* in vaginal candidiasis during pregnancy.
10. Efficacy of *Jati Patrak gel* on *Upapluta Yonivyapad*.

Materials and Method - For the conceptual study classical books like *Samhita*, modern books, published articles as well as internet source has been referred. Collection of the material was carried out in concise manner from these sources.

Lodhra:

Latin name: *Symplocos racemose*

Family: *Symplocaceae*

Synonyms: -

Sanskrit: *Rodhra, Paittaka Lodhra, sabara Lodhra*.

English: *Symplocos bark*

Hindi: *Lodha*

Morphology:-

- *Lodhra* is evergreen medium size tree with height of 6-6.8 m
- *Lodhra* leaves – 3 to 4 inches long, circular or oval shaped, leaf stalk is small and it's velvety to touch.
- *Lodhra* flower – flowering generally occurs in month of November and continuous till February. Flowers are cream colored, small in size and mostly found in cluster.
- *Lodhra* fruit – purple blackish in color and are 1.5 inches long, leathery
- *Lodhra* seed – Its fruit contain 1 to 3 seeds.
- *Lodhra* bark – it is light brown in color.

a) Macroscopic: Mature stem bark occurs in channelled or curved pieces, few fiat pieces also occur in thickness upto 1cm, outer surface uneven and rough due to fissures and cracks, greyish brown to grey externally, pale to whitish brown internally, fracture short and granular in cortical region and somewhat fibrous in inner region, taste, astringent and feebly bitter.

b) Microscopic: Transverse section of mature bark shows a wide cork of thin-walled, rectangular cells arranged in radial rows, cork cambium 1-3 layered, secondary cortex consists of thin-walled, oval and tangentially elongated parenchymatous cells towards outer side and rounded cells towards inner side, a number of stone cells, in singles or in groups present, scattered throughout the region having highly thickened walls with distinct pits, prismatic and cluster crystals of calcium oxalate, and starch grains, mostly simple present in a number of cortical cells, secondary phloem wide consisting of sieve elements, phloem parenchyma, phloem fibres and stone cells, phloem parenchyma thin-walled, oval to rectangular, containing prismatic crystals of calcium oxalate scattered in phloem parenchyma.

Powder - Greyish-brown, under microscope shows fragments of cork, stone cells, fibres, prismatic and cluster crystals of calcium oxalate and starch grains.

Rasa Panchak:-

- *Rasa:* *Kashaya*
- *Guna:* *Laghu, Rukshya*.
- *Veerya:* *Katu*
- *Vipak:* *Sheeta*.
- Part used: *Twak*.
- Chemical constituents: Loturine, Colloturine, Loturidine
- Pharmacological action: Analgesic, Anti-inflammatory, Antibacterial, Antihelminthic
- Therapeutic uses: *Shotha, Atisara, Netraroga, Rak-tapitta, Pradara*

Madhu:

Latin name: *Mal depuratum*

Family: *Apidae*

Synonyms: *Madhu, Makshika, Madhvika, Kshaudra, Saragha, Makshikvanta, Vanta, Bhrugavanta, Push-pararasodbhava*⁵.

Honey has antibacterial property. Liquid honey does not spoil; because of its high sugar content it kills bacteria by plasmolysis. Natural air borne yeast cannot become active in it, as moisture content is low. Natural honey varies from 14% to 18% in moisture content. As long as the moisture content remains under 18% virtually no organism can successfully multiply to significant amount in honey.

According to *Bhavprakash*, honey is of eight types. *Makshika, Bhramara, Kshaudra Pauttika, Chatra, Arghya, Oudalaka and Dala Madhu*. Their qualities are as follows:-

- *Makshika* honey is collected by large honeybees. It is *Laghu* (lighter than *Kshaudra*), *Ruksha* (Dry), It's useful in *Kamla* (Jaundise), *Arsha* (Piles), *Kshata* (Phthisis), *Kasa* (Cough) diseases. It is the best and especially beneficial in diseases like Asthma.
- *Bhramara* honey is collected by large bees. This honey is *Guru* (heavy - not easily digested) because of its *Picchila* (Slimy) and *Ati Swadu* (excessively sweet) properties. It is *Rakta Pitta shamak*.
- *Kshaudra* honey is collected by medium sized honeybees. It is *Sheeth* (Cold), *Laghu* (light - easy to digest) and *Lekhana* (Anti-obesive). It is the best and especially beneficial in diseases like *Prameha* (Diabetes).
- *Pauttika* honey is collected by very large bees from the nectar of poisonous flowers. It is *Ruksha* (Dry), *Ushna* (Hot), it increases *Vata, Rakta* and *Pitta*, and this is also *Chedana* (liquefaction). It produces burning sensation in the chest. It is also a sedative and reduces fat. It is useful in disease like Diabetes and Dysuria.
- *Chatra* honey is *Madhura* (Sweet after digestion), *Guru* (heavy), *Sheetha* (Cold) and *Picchila* (Slimy). It cures bleeding disorders, leukoderma (*Shwittra*), urethritic discharges and worm infestations.
- *Arghya* honey is beneficial for eyes, eliminates vitiated *Kapha* and *Pitta Dosha, Kashaya*

(Astringent in taste), *Katu Vipaka* (Pungent after digestion), *Balya* (Strengthening).

- *Oudalaka* honey is useful in skin diseases and helps in modulation of voice. It is *Kashaya* (Astringent) and *Amla Rasa* (Sour), *Katu Vipaka* (Pungent after digestion).
- *Dala* honey is *Ruksha* (Dry). It mitigates vomiting and diabetes mellitus.

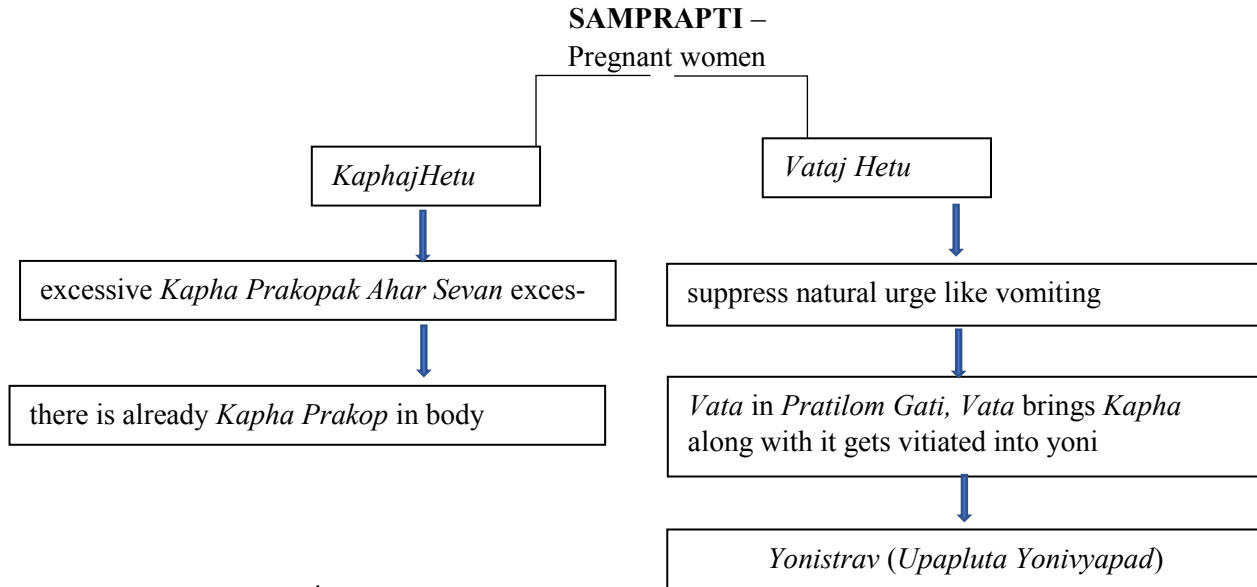
According to *Acharya Sushruta*, some actions of fresh and aged honey are very much opposite to each other. *Nava Madhu* (Fresh honey) has *Bruhana guna* (Nourishing the body) but it does not eliminate vitiated Kapha Dosha much and is a laxative. *Puran Madhu* (Aged honey) is *Grahi* (Anti diarrheal), reduces fat and obesity⁶ Ayurveda explains another special quality of honey. Honey is known as "Yogavahi" - since it has a quality of penetrating the deepest tissue. When honey is used with other herbal preparations it enhances the medicinal qualities of those preparations and also helps them to reach the deeper tissues.

Properties According to Modern Science

Experiments and studies on honey have shown that honey is antiseptic, antimicrobial, antipyretic, anti-inflammatory, anti-allergen, antitoxic, sedative, laxative, anti-anemic, antioxidant, healing and cleansing (external and internal), moisturizing and blood-purifying. It promotes rehydration, easily digestible, stimulates immunity, and is beneficial for all types of skin diseases.

Rasa Panchak:-

- *Rasa: Madhura, Kashaya*
- *Guna: Guru, Ruksha*
- *Veerya: Sheeta*
- *Vipak: Katu*
- *Karma: Tridosahar, Kaphapittahar*
- Chemical constituents: Acetic acid, butanoic acid, formic acid, citric acid, succinic, lactic, malic, Gluconic acid, pyroglutamic acid and aromatic acids are found.
- Pharmacological action: Antiseptic, Antimicrobial, Antiallergic, Anti-inflammatory.



DISCUSSION

Microbial infections of the vagina among pregnant women are serious issues and may lead to many medical emergencies such as preterm labor, amniotic fluid infection, premature rupture of fetal membranes, and low birth weight of neonate. Pregnant women have twofold increase in the prevalence of vaginal microorganisms' colonization than compared to non-pregnant women. Increased levels of circulating oestrogens and deposition of glycogen and other substrates in vagina during pregnancy influences the association. Thus, proper identification and treatment will reduce the risk of preterm birth and its consequences. In pregnant women there is a *Kapha prakopa* which results in *Upapluta Yonivyapad*. *Lodhra* is *Kaphahar*, has properties like analgesic, anti-inflammatory, antibacterial, antihelminthic thus reducing the symptoms related to upapluta and preventing various medical emergencies. *Madhu* is *Tridoshahara* as well as has properties like antiseptic, antimicrobial, anti-allergic, anti-inflammatory. Thus, *Lodhra* with honey gel can work effectively in *Upapluta Yonivyapad* (vaginal candidiasis during pregnancy) and thus can cure the signs and symptoms.

CONCLUSION

Study is going on at Bharati Ayurveda Hospital. Result will be published on completion of study.

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