

Pharmaceutical and clinical evaluations of *Yashad Bhasm* and *Ashwagandhadhi Yog* in the management of *Shwet Pradar*.

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ABSTRACT

Ayurveda, a medical system of world which is serving the ailing humanity, it is not only the system of treatment but also an ideal way of life and it is the repository of safe and therapeutically efficacious remedies. In Ayurvedic therapeutics, three categories of drugs are used viz - (1) Herbal product, (2) Animal products, (3) Metals including minerals, gems. Apart from their therapeutic efficiency in minute doses, *Rasa Aushadhis* were also found very effective for the preservation and promotion of positive health and prevention of diseases which is the primary aim of Ayurveda.

Rasa Shastra, the ancient alchemical science, or branch of Ayurveda originated with the twin aim of attaining *Deha-Siddhi* and *Loha-Siddhi*. But in the due course of time this science became more oriented towards *Deha Siddhi* and for therapeutic purpose. For curing obstinate and incurable diseases, minerals and mercury have been employed

since *Samhita* period. But none of the ancient *Acharya* has mentioned its iatrogenic effects. This may be due to the fact that during that period, the purification and formulation of mercury was done under at most care and were administered with *at most* precaution.

Identification of Problem- The health of nation mainly depends on the health of women because the healthy and happy woman lays the first step of a prosperous nation. Any feelings of physical or psychological factor directly affect her attitude and efficacy which adversely affects the family. Hence for the disease which cause physical or psychological concern to a woman should be immediately taken care of and so equally weighed in medical science. *Swet-Pradar* (Leucorrhoea) is a common condition in almost all women. It affects the whole efficiency of woman. There are so many drugs mentioned in *Ayurvedic* classics for the management of *Swet Pradar*. *Yashad*

Bhasm from *Rasa Tarangini* & *Ashwagandhadi Yog* from *Siddh Yog Sangraha* by Acharya Yadavji Trikamji is one of them to treat *Swet Pradar*.

KEYWORDS– *Leucorrhoea, Yashad, Ashwagandhadi Yog, Shodhan, Jaran, Maran.*

INTRODUCTION - The purpose of study is primarily to establish the efficacy and demonstrate freedom from unwanted side effects in human. Appropriate medicine plays a paramount role in the success of treatment, as it is a main factor lying with the management of a disease. In other words there is direct proportional relationship between the success of treatment and the genuineness of the medicine.

AIMS AND OBJECTIVES

- Pharmaceutical study of *Yashad Bhasm* and *Ashwagandhadiyog*
- To perform clinical study to assess the effect of compound and *Bhasm* in patients suffering from *yonigatsraavw.s.r.* to candidacies and trichomonacis infection on various subjective and objective criteria.
- Follow up of cured patient after three months for confirmation of prevention.

Disease review – Women has a unique existence in the universe created by the God. "A healthy woman is the backbone of healthy family and healthy society", so it's very important for a women to be physically, mentally and socially happy. Women

because of their unique physiology like menstrual cycle, pregnancy, child births and circumstances like early marriage partners with mobile job, disturbed social history are more susceptible to suffer from urinary genito tract infections. Abnormal vaginal discharge \Leucorrhoea\Swet Pradar is one of them.

AYURVEDIC REVIEW SWET PRADAR AND ANYAYONI SRAV¹

Swet Pradar - The word *Swet Pradar* has not appeared in great trios (*Brihattriya*) i.e. *Charak, Susrut* and *Vagbhata Samhitas*. For bleeding per vagina *Rakta Pradar, Pradar, Asrigdara* and for white discharge *Swet Srava* or *Yonisrava* words have been used. Commentator *Cakrapani* and books *Sarangadhara Samhita, Bhawaprakasa* and *Yogaratanakar* have used the word *Swet Pradar* for white vaginal discharges. Few accept *Asrigdara* due to *Slesma* or *Somaroga* as *Swet Pradar* or leucorrhoea. *Charak* and *Vagbhata* etc. have prescribed only symptomatic treatment.

Synonyms:

Swet Pradar, Pandura Asrigdara², Y.R.- Soma Rogadhikar³, Shukla asrigdara⁴

Swet Pradar /

Whitish discharge is seen in following conditions -

Upapluta, Acharana, Aticharana, Atyananda, Karnini, Prasansrini Yoni Vyapad

Upapluta- Causes- Kapha, Symptoms-

There are yellowish or white mucoid discharges present, Associated with pricking pain in Vagina, Afflicted with features of *Kapha* and *Vata*.

Acarana- Causes – Unhygienic, parasites / microbes. **Symptoms-** Itching

Ati carna- Causes- Vayu- Charak and Slesma- Susrut, **Symptoms** - Produces Sopha, Supti and pain- Charak, Woman does not achieve conception- Susrut.

Atyananda- Causes- Kapha, **Symptoms-** unctuousness and Itching etc.

Karnini- Causes- straining during labour in the absence of labour pain. The Vayu obstructed by fetus, with holding Kapha and getting mixed with Rakta, Susrut says that it is due to vitiated Kapha along with Rakta, **Symptoms-** Karnika in Yoni, obstructs passage of Rajah

Prasamsini- Susrut- irritation causes excessive discharges or its displacement and labour is also difficult due to abnormality of passage, Yoni prolapsed.

ANYA YONI SRAV- The different Srava from Yoni included under Yoni Vyapada, Artava dushti or Swet Pradar. Complaint of discharge very much depends upon woman's own perception, power of observation and tolerance etc. or has great individual variation. Vulva and vagina are continuously moistened by secretions of reproductive system. Sometimes it may be normal and some time it may be abnormal.

Vaginal discharges are actually symptoms of different diseases. On the basis of consistency, color and smell etc, these discharges can be classified under following headings –

- A. Purulent discharges, B. Thick, Foul smelling discharges, C. Mucoid discharges, D. Blood stained, Pinkish or other types of discharges, E. Thin or watery white discharges or leucorrhoea.

Nidan and Samprapti - Due to etiological factors i.e. Mithya Ahar, Vihar etc Vayu gets

aggravated. This Vayu withholding Pitta and Slesma as already vitiated due to their specific causes reaches the region of Yoni and produces various Yonisrava.

Samprapti Ghatakas - Doshas- Predominantly Kapha and Vata along with Pitta.

Dushty - Rasa, Rakta, Mansa, Adhistan- Yoni,

Srotasa - Artavavaha srotas (garbhashya & Artavavahi Dhamaniya),

Agni- Mandagni/ Vishamagni, Sroto dushti - Sang, Atipravritti,

Vyadhi Udbhava - Pakvashyotth, Vyadhi Prabhav - Chirkari

A) **Purulent discharge Puya Yukta Yonisrava- cause-** Pitta. Kapha, **Symptoms-** Sotha (inflammation) of one or more parts of reproductive organs, which results in purulent vaginal discharge.

In Ayurvedic classics following are the conditions characterized with purulent discharge

1. **Pittaja, Pittala Or Paittiki Yoni Vyapada- Cause-** It occurs due to excessive use of hot, salty, alkaline substances. **Symptoms-** Local burning sensation and suppuration, associated with fever and heat, menstrual blood becomes blue, yellow or black in color, menstrual blood excess in amount, hot and smells like a dead body.
2. **Tridosaja/ Sarvaja or Sannipatiki yoni Vyapada- Cause-** consumption of congenial and non congenial both Rasas together, three dosas situated in Yoni and Garbhashay get vitiated. **Symptoms-** burning, pain, Yellowish and white

discharge, her menstrual discharge is also whitish pale and unctuous.

3. **Paripluta Yoni Vyapada** :- *Pari* – around - *Pluta* – Filled (with Vata i.e. Pain) Hence, **Cause-** *Pitta*, **Symptoms-** inflamed, tender, painful menstruation, Having yellowish or bluish color of menstrual blood, also suffers from pain in lumbosacral and groin region, backache and fever. Dyspareunia- sushrut

4) **Pittaja and Putipuyanibha Artavadusti (Menstrual disorder)-**

- i. **Pittaj Artava dusti - Causes-** *Pitta*, **Symptoms-** menstrual blood yellowish or bluish in color, smells like pus, fungus blood or has putrid smell with burning

- ii. **Putipuya Nibha Artava Dusti-**
Putipuya = *Puti*– Putrid + *Puya*– Purulent

Causes- *Pitta* with *Kapha*, **Symptoms-** menstrual blood is due to *pitta*- Burning, fever, heat, heaviness etc. due to *Kapha*- like pus or with putrid smell is seen in infective condition of reproductive system.

B) Ghana or Garha, Durgandhit Yonisrava- *Ghana/ Garha*– Thick, *Durgandhit*- Foul smelling

Ghanata, smell are the properties of *Prithwi mahabhuta* thus it is due to *Kapha*. In both these diseases *Pitta* and *Vata* are also vitiated, both these conditions develop due to involvement of *Rakta* (in infection) and *Mamsa* (in cancer) as *Dusya*.

Following conditions are characterized by thick foul smelling vaginal discharge

1. **Malintajanya, Durgandhisrava-**
Causes- non cleanliness. **Symptoms-** Foul smelling

2. **Raktagulma- Causes-** Vayu blocks menstruation. **Symptoms-** Block menstruation produces its abnormalities like– Vomiting, Nausea, indigestion, lethargy, edema, smell.

3. **Kunapagandhi, Granthibhuta and Mutrapuris gandhi Artavadusti-**

- i) **Kunapagandhi Artava dusti- Causes-** Caused by *Rakta*, **Symptoms-** menstruation is redder like fresh Blood, Also associated with heat and burning sensation etc.

- ii) **Granthibhuta Artavadusti-** (Clotted appearance), **Causes-** Caused by vitiation of Vata with Slesma. **Symptoms-** Pain due to Vata. Unctuousness due to *Kapha*, Excess bleeding comes in granthi/clotted form.

- iii) **Mutrapurisagandhi Artavadusti- Causes-** tridosh, **Symptoms-** The smell of urine and faeces in menstrual blood

B) SLAISMALA YONISRAVA/ MUCOID DISCHARGE- Due to use of *Abhisyandi* (moisture producing) and *Guru*, day sleeping etc. mode of life, the aggravated *Kapha* withholding *Rasa*, reaching reproductive organs already influenced by the conditions described under purulent discharge settles there, especially in uterus and cervix and produces mucoid vaginal discharge In *Amawastha* of *Kapha* due to predominance of its *Ghana* and *Picchila* properties, this mucoid discharge is produced. In following

ailments mucoid discharge is noticed-

1) **Slaismiki / Kaphaja/ Slesmala, Yoni Vyapada- Causes-** Kapha vitiated, **Symptoms-** Unctuousness, coldness, itching, dull pain in vagina, woman looks anaemic.

2. **Sannipatik Tridosaja or Sarvaja YoniVyapada-** Causes and symptoms have been written.

3. **Kaphaja Artavadusti- Causes-** Kapha, **Symptoms-** Whitish or slightly yellowish in color, Mixed with bonemarrow, Too much thick, slippery or lubricous, Unctuous and settles down if put in the water.

(Note - Uppluta, Acharna, Aticharna, Atyananda, Karnini yoni vyapad been discussed)

D) Raktabha Panduvarna and Anya srava- Raktabha– Blood stained, Pandu– Pinkish, Anyasrava- other vaginal discharges

1. **Lohitaksara Yoni Vyapada- Causes-** Pitta, **Symptoms-** trickling or oozing of blood per vaginum, burning, Local suppuration, heat fever, excessive bleeding.

2. **Karnini Yoni Vyapada-** Causes and Symptoms have already been discussed.

3. **Mahayoni Yoni Vyapada- Causes-** vayu, **Symptoms-** In this condition menstrual blood is dry and frothy, having muscular protuberance in Yoni, Associated with pain in joints and groin region, As per Susrut in this disease Yoni is excessively dilated.

4. **Vamini Yoni Vyapada- Causes-** Pitta, **Symptoms-** Sukra (Sperm's) is expelled with or without pain within six to seven days of its entry

E) Tanu and Swet Yonisrava – Tanu – Thin, watery, Swet – White

Parisruta Jata harini- Emaciated woman having constant and excessive discharges Thus among the vaginal discharges mentioned in our text's SwetaPradar may be related to Pandu, Pichchila and white discharge per vaginum, a feature mentioned in various Yoni Vyapadas.

MODERN REVIEW LEUCORRHOEA- The literally meaning of leucorrhoea is white discharge per vagina. Leucorrhea is not a disease, but a symptom of so many Diseases; however, sometimes this symptom is so severe that it over shadows symptoms of actual disease and women come for the treatment of only this symptom.⁶

TYPES OF LEUCORRHOEA⁷- According to Shaw and C.S. Dawn, the leucorrhoea can be divided into two types a) Physiological, b) Pathological

A) Physiological- It is seen in - New born babies, at puberty, in adolescence, at the time of ovulation, at premenstrual phase, during pregnancy, at peripartum or after abortion.

B) Pathological - It may be studied in two groups –

I] Non Specific Leucorrhoea - Non-specific leucorrhoea can be said to the condition in which either no definite pathology is present or at least it cannot be diagnosed. Again this is of 2 types-

1. Cervical leucorrhoea- Mucous, secreted by the cervix

2. Vaginal leucorrhoea- Originates in the

vagina itself

Etiological Factors – no definite etiology is known but like *Ill health like* anxiety, anemia, tuberculosis, chronic nephritis.

Active or passive congestions of the pelvic organs - Causes are two types- 1.General, 2. Local

II] Specific Leucorrhoea- This factor may be different micro-organisms or inflammation and erosion of cervix and vagina. *The commonest organisms are gonococcus streptococcus, staphylococcus, Pneumococcal, Escherichia coli, Mycobacterium-tuberculosis, clostridium Wclchi, treponema, palladium (spirochete pallid) which are responsible for the infection of genital tract. The other organisms are Trichomonas vaginalis and Candida alb cans.*

Clinical Study- The facts establish by careful investigation and observations supported by accurate clinical data and convincing reasoning can satisfy today's science about the scientific validity of Ayurveda.

- It will be an open trial method.*
- Patient suffering from abnormal vaginal discharges (monalial and trichomonal infection) will be taken for study.*
- Group of patient - there will be 2group Gr.I for Yashad Bhasm Gr.II for Ashwagandhad iyog.*
- Minimum 60 patients shall be taken in each group.*
- Written informed consent of the patients shall be taken before the trial.*

Dose of Drug- Yashad Bhasm- 1 ratti (125 mg), Ashwagandhadi yog- 2g/day(1g. b.d.)

Anupana- Godugdha (cow milk),

Duration of Trial- 30 days (1 months),

Follow up- Every 7 days after initiation of trial.

Pharmaceutical study

- Yshad Bhasm⁸- 1 Rati (125mg)*
- Ashwagandhadi yog Ingredient/ratio- Vanga Bhasm- 1part, KukkutandTwakBhasm and Brihadelabeej- 2 parts each, Vidharabeej, Mishri, Ashwagandhamool- 8 parts each⁹*
- Sodhan of Yashad, Vanga, Kukkutandtwak and Vidhara will be done as per Ayurvedic methods.*
- Maran of shudha Yashad, shudha Vanga and shudha Kukkutand twak done as per text.*
- General tests on Bhasm will be conducted to ensure their safe internal administration.*
- Other constituents of Ashwagandhadi yog will be add in accordance with their proportion as per text “Siddha yogsangrah”.*

Expected Outcomes of proposed work

Thus, the present study entitled A Study of Pharmaceutical and clinical evaluation of Yashad Bhasm and Ashwagandhadi Yog in the management of Shwet Pradar can give highly significant results clinically. The formulation can be standardized and safe and effective use. It can be useful for mankind by which Patients will be got relief from Burning micturation, Back ache, Lower abdominal pain. Importance of Yashad Bhasm can fix more percentage of relief in compare with AshwagandhadiYog .

Result

Both group showed significant effect on the various symptoms. But *Yashad Bhasm* showed highly significant result on the amount of discharge and significant result on the characteristics of discharge. It may be due to the dose of *Yashad* in Gr. I. *Yashad* is more than the amount of *Vanga* in the *Ashwagandhadi yog* in Gr. II.

Discussion

In this study *Shwet Pradar* has been selected for clinical trial of *Yashad Bhasm* and *Ashwagandhadi Yog* for evaluating better effectiveness. Because these preparations are considered as best remedy for *Shwet Pradar*. Here *Shwet Pradar* is co-related with leucorrhoea w.s.r. to specific and non specific vaginal discharges for their etiological symptomatic and management similarities.

CONCLUSION-

Ashwagandhadi yog the reference of *siddh yog sangraha* by Acharya yadavji trikamji, is a combination of *Vanga Bhasm* 1 part, *Kukkutand Twak Bhasm* and *Vrihad ela beej churn* 2-2 part and churn of *Ashwagandha mool*, *Vidhara beej*, *Mishri* 8-8 part each

Yashad Bhasm (Gr. I) shows more percentage of relief in compare with *Ashwagandhadi Yog*. It may be due to the dose of *Yashad*, in Gr. I *Yashad Bhasm* Is

more than the amount of *Vanga* in the *Ashwagandhadi Yog* in Gr. II.

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