



Effect of *bala tail matra basti* and *bala tail pitu* in management of *yonisrams* (cystocele) –a case study

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ABSTRACT:-

Due to *mithya aahar, vihar, ati-bharvahana, dushprajayani* *vata dusti* in *yonisrams* occurs and leads to *yonishyathilya*. The case study was carried out to evaluate the role of *Bala tail matra basti* and *pichu* locally in *yonisrams* (cystocele) to establish it as a safer and cost-effective ayurvedic treatment modality. *matrabasti* and *pichu* were administered to a patient after the diagnosis was confirmed. *Bala tail* is *vata* and *pitta shaman*, also *garbhashayabalya* properties, so strengthen the pelvic organ with supporting structure helping them to regain their elasticity and tone to reduce the symptoms of cystocele.

Keywords:

Yonisrams, Cystocele, *matrabasti*, *pichu*, *bala tail*

INTRODUCTION :-

The greater trios and lesser trios have described *yonisrams* *shyathily* and *vivrata yoni*, *yonisrams*, *yonisrams bramsa*, *mahayoni* under *vataj yoni vyapad*. *Yonisrams* is included in *mahayonivyapad* and *yonisrams vyapad* are occurred due to *vata prakop*. For management of *prasamsni yonivyapad* *bala tail matra basti and pitu* was selected. For *vata saman* the best *chikisa* is *basti chikitsa*, so *bala tail matra basti* was selected which is having properties like *ras – madhura Guna -Laghu, Singdha, Pichila Virya –Sheeta* Reduces *vata prakop* and due to *madhurrasa snigdha and yogvahi* gives strength to the vaginal canal and reduces laxity of the vagina. In modern text cystocele is disrobed as vaginal proplase, Cystocele is formed by laxity and descends of the upper 2-3rd of the anterior vaginal wall. It has symptoms of frequent micturition, incomplete micturition, and a feeling of mass per vagina. For initial

degrees of vaginal prolapse, management is surgical i.e. anterior *colporrhaphy* In *ayurvedic* classics *Acharyas* have told prevention and conservation line of management for *yonisrams*, which is cost-effective, non-surgical and it gives mental relief to the patient from fear of surgery.

AIM-

To Evaluate the Effect of *Bala tail* *Matrabasti* and *Pichu* locally in *yonisrams* *yonivyapad*(*cystocele*).

MATERIAL AND METHODS-

The study was carried out on one patient which was selected according to selection criteria after clinical examination and investigation. *Bala tail* is taken from GMP certified company.

CRITERIA OF INCLUSION-

- 1) patient between 30-60 years of age
- 2) Patient was diagnosed with *yonisrams* *yonivyapad* (*cystocele*)
 1. Patients irrespective of caste, income group, occupation
 2. Controlled DM
 3. Controlled HTN(130/80 mm of Hg)

EXCLUSION CRETERIA:-

1. Patient having major illness e. g. HIV, HBsAg, TB, VDRL
- 2) Uncontrolled DM
 1. Uncontrolled HTN
- 5) H/O malignancy of genital organ
- 6) Local infection of the vagina
 1. H/O recurrent UTI

DISEASE REVIEW:-

The greater trios and lesser trios have described that due to *mithya aahar, vihar, ati- bharvahana, Vata dusti in yoni* occurs and leads to *yonishythilya*1. *Yoni shyathily* ,*vivruta yonivyapadas* sociated with muscular protuberance in *yonimahayoni*, also the prolapse of vaginal walls occur *cystocele*. *madhukosh tika* has interpreted *yonisrams* as being displaced from their place as being compressed when *yonim* is displaced/ prolapsed. both these symptoms co-relate with features of *cystocele*, *Sushruta* says that when young women have coitus with a man having big size penis, then she suffers from *phalini*. *Dalhana* giving another name as *phalini* says that the women remain infertile. This disease is *vataj*. Features of all *dosha prakopak*.

Madhav Nidana, Bhavaprakasa, and Yogratnakar describing the above features have termed it *Andini*. In the explanation offered, in *Madhukosa* commentary and *bhavaprakasha* it is mentioned that the initial narrow *yonim* protrudes like an egg, hence, is termed an *andini*.

DRUG REVIEW⁴-

BALA Tail :-

- Latin name- *sida cordifolia*
- Sanskrit name- *bala, baladaya*
- Ras-*Madhura*
- Guna-*Laghu, Singdha, Pichila*
- Virya-*Sheeta*
- Vipaka-*Madhura*

Bala tail is used to strengthening the pelvis organs with supporting structure

helping in relieving laxity. So it is used in *yonivyapad*.

CASE REPORT:

A 45 years old female patient housewife by occupation visited OPD with complaints of A mass per vagina since 2 years, urinary stress incontinence since 6 months

In her systemic examination, all parameters are normal.

General condition was good

Marital status-married

O/H- P2L2A0D0

P1L1-Female-25yrs-FTND at

home

P2L2- Male-21yrs-FTND at

home

Menopause-1 year back

P/A examination-soft

P/S examination

- cervix healthy
- on coughing-cystocele
- dribbling of urine on coughing

PV examination-

- mild bulky uterus
- no white discharge
- fornix free mobile

Investigation reports are within normal limits

USG-mild bulky uterus

CHIKITSA:-

Matrabasti with *Bala tail* 60 ml once in the morning, followed by *yonipichu* with *bala tail*, both for 7 days for 3 months Followup:- every month after menses

RESULTS:-

After 3 months- the degree of cystocele is reduced, stress urinary incontinence is reduced

DISCUSSION:-

All gynecological disorders come under *yonivyapad*. Due to *mithya ahar, vihar, ati -bharvahana, dushprajayani, Vata dusti* in *yonis* occurs and leads to *yonishythilya*. For *vata saman* the best *chikisa is basti chikitsa*, so *bala tail matra basti* was selected which is having properties like *ras – madhura Guna -Laghu, Singdha, Pichila Virya – Sheeta*. Reduces *vata prakop* and due to *madhurrasa snigdha and yogvahi* it gives strength to the vaginal canal, and reduces laxity of vagina.

Treatment aims to improve the tonicity of abdominal and perineal muscles and to prevent the further descent of pelvic organs. *Bala* drug has *rasa-madhura, virya-shita, and vipak-madhura*

Due to *madhura* and *singdha* it reduces *vata dosha* and by *madhura and shitta* it reduces *pitta dosha*. *Bala* strengthen the pelvic organs with supporting structure helping them to regain their elasticity and tone thus helping in relieving the feeling of something coming out per vagina.

CONCLUSION:

The *bala tail matrabasti* and *pichu* locally in *yonisrams yoniyapad (cystocele)* is very effective, this treatment is carried out in one patient and conservative management having a very good result, further research must be carried out with a large sample size to avoid surgical management.

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