

Management of *Paripluta Yonivyapada* W.S.R. to Pid: A Case Report

Dr. Jyoti Gaur¹, Prof. (Dr) Jitesh Kumar Panda², Dr. Gati Krushna Panda³

¹Assistant Professor, Department of PTSR, MSM Institute of Ayurveda, BPSMV, Khanpur Kalan,
Sonapat, Haryana

²Chairman, PG Department of Prasuti Tantra & Stri Roga, Institute of Ayurveda Studies & Research,
Faculty of Ayurveda Shri Krishna AYUSH University, Kurukshetra (Haryana)

³Associate professor & HOD, Department of PTSR, MSM Institute of Ayurveda, BPSMV, Khanpur Kalan,
Sonapat, Haryana

ABSTRACT

Ayurveda literature describes female reproductive tract disorders under the heading of Yonivyapada. One of which is *Paripluta Yonivyapada* in which vitiation of *Vata* and *Pitta dosha* occurs mainly. The sign and symptoms of *Paripluta Yonivyapada* can be correlated with the Pelvic inflammatory disease (PID). It is an upper genital tract disorder and major health issue in females. Short-term complications include tubo-ovarian or pelvic abscess. Long-term complications include ectopic pregnancy, infertility, and chronic pelvic pain. In the present study, we are going to discuss a case report of a young female affected with *Paripluta Yonivyapada* (PID) who is successfully treated with the Ayurvedic medications. Follow-up was done for further six months after treatment and there is neither re-occurrence of any disease nor any symptoms were observed.

Keywords: *Yonivyapada*, *Paripluta Yonivyapada*, PID

INTRODUCTION

Ayurveda literature describes female reproductive tract disorders under the heading of Yonivyapada. One of which is *Paripluta Yonivyapada* in which vitiation of *Vata* and *Pitta dosha* occurs mainly¹. The sign and symptoms of *Paripluta Yonivyapada* can be correlated with the Pelvic inflammatory disease (PID). It is an upper genital tract disorder and major health issue in females. Short-term complications include tubo-ovarian or pelvic abscess. Long-term complications include ectopic pregnancy, infertility, and chronic pelvic pain². PID account for approximately 15% of cases overall³. In the present study we are going to discuss a case report of a young female affected with *Paripluta Yonivyapada* (PID) who is successfully treated with the Ayurvedic medications.

CASE REPORT

A 34-year-old female visited to the OPD of Prasuti tantra & Stri Roga department in, MSM Institute of Ayurveda, BPSMV, Khanpur Kalan, Sonapat on 24/07/2024. She complained of white discharge with burning sensation in vagina in the last 2 years associated with lower abdominal pain.

- **Patient History**

Name- Kavita w/o Naresh
Age/sex- 34y/F
Occupation- Housewife

OPD No- 13574/1647
Marital status- Married
Address- Vill- Gamri, Sonapat, Haryana

- **Present history of illness**

Patient having complaint of thick white discharge P/V since 2yrs. Gradually, she developed abundant white discharge with foul smell associated with vaginal burning. She also suffers from lower abdominal pain which affects her daily routine work in the last 1.5 months. During history taking, she told about painful coitus. Patient had already taken allopathic treatment but all in vain. So she came to MSMIOA, BPSMV hospital for further treatment in OPD of PTSR department.

- **History of past illness:** not any relevant history found

- **Family History:** No any family History of DM, HTN, TB & Thyroid

- **Menstrual History:** AOM- 12y, LMP- 09/06/2021
6-7D/30-35D/Adequate (2-3 pad/day), Pain (+)
- **Obstetrical History-** G₃P₃A₀L₃(FTNVD at hospital)
- **Contraceptive History-** Tubal ligation 8 years back
- **General physical examination:** All vital measures of patient are within normal limit. She is obese (BMI-28).
Per Abdominal- severe tenderness in hypogastric and bilateral iliac region.
Per Speculum- cervix (congested), White discharge (+++), curdy, foul smell
Per vaginal- uterus(anteverted/anteflexed), Cervical motion tenderness is absent.
- **Astavidha Pariksha:**
Nadi-Vata-Kaphaj
Mala- Samnya
Mutra-Samnya
Jiwha-samanya
Shabda- Spasta
Sparsha-Samsito-ushna
Drik-Samanya
Akriti- Sthoola
- **Sroto-Pariksha:**
Sroto-prakara- Rasa & Raktavaha
Sroto-dusti-Atipravarti, Vimargamana
- **Investigations:**
Laboratory investigations: Routine blood Investigations to know the variations in blood Bio-Chemistry and were assessed. These are within normal range.
Imaging: USG abdomen and pelvis was done to know the condition of Uterus and Ovaries, Report says minimal fluid noted in endometrial cavity, **left hydrosalpinx with PID.**
- **Treatment:**
 1. Chanderprabhavati- 250 mg BD
 2. Shankh vati- 250 mg BD for 15 days
 3. Lavanbhaskarchurna- 5gm BD with food
 4. Sothhara-mahakashayam-20ml + equal water bd
 5. T. Femiplex(charka pharmacy)- 2 BD
 6. Eranda-bhrasta-haritikichauna- 5 gm HS with Luke warm water

Treatment Duration: same treatment continues for 5months after relief in symptoms, all parameters were calculated which are listed as-

RESULTS

S.N.	Sign& Symptoms	Before treatment	After Treatment
1.	Per vaginal complaint	White discharge- (+++), Curdy, Foul smell Burning in vagina	White discharge- (+), watery, Foul smell absent Burning in vagina absent
2.	Abdominal pain	Present (++)	Absent
3.	Other	Painful coitus present	Painful coitus absent
3.	USG (Abd& Pelvis)	(20-06-2024) minimal fluid noted in endometrial cavity, lefthydrosalpinx with PID	(13-09-2024) Normal Study

- **Follow-up:** Patient was being followed after 6 month and there are not any complications and other symptoms were noted.

DISCUSSION

PariplutaYonivyapada occurs due to vitiation of *Vata* and *Pitta dosha* in the genital tract. In present study the patient was treated on the basis of *Dushikpredominance*. Here *Vata* is the main *Dosha* which vitiate the *Pittaby Vimargamana* and develops the pathology of *Shula* (pelvic pain), *Sotha* (pelvic inflammation) and *Daha* (burning in vagina) and thus by *Atipravarti* increases the vaginal and cervical discharges with associated symptoms like dyspareunia. In the present case, patient was treated with the *Vatanulomaka*, *Pittashamak* and *SothaharaAushadi Yogas*. The synergetic effect of the above

drugs subside the symptoms by curing the pathogenesis of vitiated *Vata* and *Pitta Dosha* in the pelvic area and maintain the equilibrium of *Doshas*. Here *Dosha -Dushya Samurchana* of the *Paripluta Yonivyapada* was broken, so it was reducing the symptoms and pathogenesis of *Paripluta Yonivyapada* and patient got relief from the symptoms and diseases.

CONCLUSION

Ayurvedic literature explains the various disorders according to its principle. In *Ayurvedic* literature various gynecological disorders are explained under the heading of *Yonivyapada*. In which one is *Paripluta Yonivyapada* which can be directly correlated with the PID due to its symptoms and pathogenesis. Here we apply the *Simdhanta of dosha dushyasamurchanavighatana* and successfully treated a case of *Paripluta Yonivyapada* (PID) through *Ayurvedic* medicines. In the present study follow up was taken after six month there is neither re-occurrence of any disease nor any symptoms were observed.

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