CLINICAL MANAGEMENT OF LEUCORRHEA (SWETAPRADARA) BY DARUHARIDRA WITH AND WITHOUT DHATAKYADI TAILA

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ABSTRACT

A cross sectional study of 30 women of age group 20-40 years was conducted to assess Clinical Management of Leucorrhea (Swetapradara) by Daruharidra with and without Dhatakyadi Taila. Subjects were divided into two groups namely Group I (n=15) patients who were administered only Daruharidra preparation of 10 ml, orally BID. for period of 30 days. Group II (n=15) patients who were administered Daruhardtara preparation of 10 ml orally BID. for period of 30 days and Dhatakyadi Taila in vagina for 10 days. Amount of discharge was graded and depending upon that effect of these drugs was observed. Incidence according to age, socioeconomic status and mental stress and strain was recorded. We have found significant changes among the group I (p<0.05*) and group II (p<0.05*). Leucorrhea though a symptom causing considerable discomfort is curable and preventable. Daruharidra and Dhatakyadi Tail are found good, natural and cost effective therapeutics in the control of Leucorrhea

KEY WORDS: Leucorrhea, Swetapradara, Daruharidra and Dhatakyadi Tail

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INTRODUCTION

Abnormal vaginal discharge is quite a frequent complaint of women met in day to day gynecologic clinic. Vaginal discharge may be blood stained or white discharge. Here it is concerned with white, creamy, yellow or greenish discharge which is often called Leucorrhea (white discharge). Leucorrhea is strictly defined as an excessive normal vaginal discharge from the female genital tract. It is a condition which affects most of the women several times in their lives. Leucorrhea is not a disease but a symptom, is so severe that it over shadows symptoms of actual disease and women come for the treatment of white discharge alone. Female genitals are very much prone to infection since they are moist. White vaginal discharge with foul smell makes it embarrassing to get into social gatherings and even engage in personal affairs. Leucorrhea is an abnormal condition of the reproductive organs of women if not treated in the initial stages. It may become chronic and leads to PID (Pelvic Inflammatory Diseases) which is a cause for infertility. It is generally caused due to unhygienic conditions and microbial infection in female genital tract. Weak body immunity is also an important factor in case of leucorrhoea. Daruharidra should appear in Italic font in this text is commonly known as daruhaldi, daruhaldar etc belongs to family Berberidaceae, its botanical name is Berberis Aristata. The major principles of Daruharidra are alkaloids such as Berberine, berbamine, aromoline, palmatine and oxyberberine etc. Daruharidra can be used in the treatment of jaundice, enlargement of spleen, piles, painful micturation etc. Along with these functions Daruharidra is widely used in the treatment of leucorrhea and to alleviate its associated symptoms. In modern medicine many antibacterial and antifungal drugs are used for the control of leucorrhea, but they are of limited value, because of the recurrence of the condition, high cost and various side effects. Therefore it is the need of the society to explore more efficacious and cost effective treatment for leucorrhea. Hence the present study investigated the therapeutic efficacy of ‘Daruharidra’ orally along with or without ‘Dhakyad Taila’ as local applicant, in the treatment of leucorrrhea.

MATERIALS AND METHODS

This cross sectional study was undertaken on 30 patients attending the OPD of Dept of Gynaecology & Obstetric, SGR Ayurvedic Mahavidyalaya, Sholapur, 413001, Maharashtra. Patients with complaints of white discharge per vagina associated with vulval itching were selected for the study. After explaining details of the study, Informed consent was obtained from each of the subject. A detailed history of all the subjects were taken in specially prepared proforma. The general examination and pelvic examination among married women were performed. Laboratory Examination carried out as per necessity such as CBP, Hb%, VDRL, RBS and vaginal smear.

Inclusion criteria
Patients with age group 20- 40 yrs, patients with white vaginal discharge with itching, vulval moistness

Exclusion criteria
Patients with vulval ulcers, patients with poly, fibroid, adenomyosis, genital prolapsed, STDs and pregnancy.

MATERIALS

Drugs
Dry powder of bark of Daruheridra is taken and preparation was done in the dose of 10 ml. Dhakyad Taila was prepared according to ‘Taila paka vidhi’. Its contents are Dhatak, Amalaki, Yastimadhu, Kamal, Jambu, Amra, Lodra, Katphala, Tinduka, Dadima & Udumbar.

Instruments
Sim’s double bladed posterior vaginal speculum, anterior vaginal wall retractor, sponge holding forceps, swabs and disposable gloves.

Time of administration
This Dhakyad Taila was introduced in a vagina (In the form vaginal Tampons) during...
10\textsuperscript{th} – 20\textsuperscript{th} day of menstruation in the morning hours. The patients were divided into 2 groups namely; Group I (n=15) patients who were administered only \textit{Daruharidra} preparation of 10 ml, orally BID for a period of 30 days. Group II (n=15) patients who were administered only \textit{Daruhardra} preparation of 10 ml orally BID for period of 30 days and \textit{Dhatakyadi Taila} in vagina for 10 days.

**Assessment criteria**

for amount of discharge were graded as follows

<table>
<thead>
<tr>
<th>Staining on the undergarments</th>
<th>G1</th>
<th>+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Persistent moistness of vulva</td>
<td>G2</td>
<td>++</td>
</tr>
<tr>
<td>Need to change the undergarments twice for a day</td>
<td>G3</td>
<td>+++</td>
</tr>
<tr>
<td>Need to use a extra cloth or pad</td>
<td>G4</td>
<td>+++</td>
</tr>
</tbody>
</table>

**Statistical analysis**

All values are presented as Mean± Standard Deviation. The results were statistically analyzed by using student’s ‘t’ test. ‘p’ value <0.05 is considered as significant. Incidence of age, socioeconomic status and stress are given in terms of percentage\textsuperscript{6}.

**RESULTS**

<table>
<thead>
<tr>
<th>Groups</th>
<th>Before treatment</th>
<th>After treatment</th>
<th>t – test</th>
<th>p value</th>
</tr>
</thead>
<tbody>
<tr>
<td>I(n=15)</td>
<td>3 ± 0.411</td>
<td>0.6 ± 0.57</td>
<td>15.25</td>
<td>0.001*</td>
</tr>
<tr>
<td>II(n=15)</td>
<td>2.86 ± 0.27</td>
<td>0.3 ± 0.37</td>
<td>19.02</td>
<td>0.001*</td>
</tr>
</tbody>
</table>

\textit{Group I}, patients who were administered only \textit{Daruhardra} preparation of 10 ml, orally BID. for period of 30 days. \textit{Group II}, patients who were administered only \textit{Daruhardra} preparation of 10 ml orally BID for period of 30 days. Values are expressed as (mean ± SD). *p<0.05 significant

**Group I**

The mean ± SD of the symptom (Amount of discharge) in this group was 3.6 ± 0.411 before treatment and reduced to 0.6 ± 0.57 after treatment. When these values are analysed statistically the difference was significant. (P= 0.001*)

**Group II**

The mean ± SD of the symptom (Amount of discharge) in this group was 2.86 ± 0.27 before treatment and reduced to 0.3± 0.37. When these values are analysed statistically the difference was significant. (P= 0.001*)

<table>
<thead>
<tr>
<th>Age</th>
<th>Group I</th>
<th>%</th>
<th>Group II</th>
<th>%</th>
<th>Total</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-30 years</td>
<td>6</td>
<td>40</td>
<td>7</td>
<td>46.6</td>
<td>13</td>
<td>43.3</td>
</tr>
<tr>
<td>31-40 years</td>
<td>9</td>
<td>60</td>
<td>8</td>
<td>53.3</td>
<td>17</td>
<td>56.6</td>
</tr>
</tbody>
</table>

Out of 30 patients the age of the patients ranged from 20 – 40 years in both groups. The maximum number of patients i.e. 17(56.6%) out of the 30 were from the age group 30-40 years and 13(43.3%) patients were of 20-29 years.
DISCUSSION

As earlier stated leucorrhea is not a disease but a symptom of most of the gynaecological disorders. It is present in vaginitis, cervicitis, cervical erosion and PID causing congestion of pelvic organs there by producing increased vaginal secretions. Though it is not a grave disease, it affects the psychology of the females. They become tense, upset and stressed up which will further aggravate the disease. Normally vaginal pH is acidic (pH< 5) the organisms in the vagina do not cause any problem. Whenever oestrogen levels are high, there will be a shedding of vaginal epithelial cells. The lactobacilli which are present in the vagina act on the glycogen in the cells and convert them into lactic acid. So the pH of the vagina should be maintained acidic. Recent investigations have shown that secretions from the uterus and upper part of the vagina flow down and are reabsorbed in the lower part of the vagina. This is the normal constant flow within the female organs. The white discharge is caused by the presence of infection in any of these tissues and a variety of other factors. The condition may continue for months or even years and may spread to other parts of genital tract. The incidence of leucorrhea is more common in lower socioeconomic status due to mal nutrition, poor dietary habits and dwelling in unhygienic places. Similar observation was seen in this present study (Table no 4) This drug intervention study has revealed the mechanism of action of these drugs can be as anti inflammatory or antibacterial or anti fungal. With more awareness towards body health, knowledge about hygiene, cleanliness of private body parts can reduce the incidence of leucorrhea also its associated symptoms.

CONCLUSION

Leucorrhea though a symptom causing considerable discomfort is curable and preventable. Modern medicines like antibacterial and antifungal drugs are used for the control of leucorrhea, but they are of limited value, because of the recurrence of the condition, high cost and various side effects. Daruharidra and Dhatakyadi Tail are found good, natural and cost effective therapeutics in the control of Leucorrhea. However extensive clinical studies are required in large numbers of patients to establish the efficacy and safety of these drugs in prevention of leucorrhea and its related disorders.
REFERENCES