

**EFFECT OF V-GUARD (SPATIKA) VAGINAL PESSARY IN SHWETAPRADARA WITH SPECIAL REFERENCE TO CANDIDIASIS ALBICANS: A CASE STUDY****<sup>1</sup>Dr. Dhanashree Raju Ade and <sup>2</sup>Dr. Tinku Ganesh Khalache**<sup>1</sup>PG 2<sup>nd</sup> Year Scholar, Anna Saheb Dange, Ayurved Medical College and Post Graduate Research Centre, Ashta.<sup>2</sup>Stri Roga and Prasutitantra Department, Anna Saheb Dange Ayurved Medical College and Post Graduate Research Centre, Ashta.

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Dange, Ayurved Medical College  
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The term 'Shwetapradara' is a clinical condition characterized by white excessive and persistent discharge from vagina. The discharge of Shwetapradara can be correlated with symptoms of Candidiasis albicans. The poor Hygiene of female genital area causes growth of organisms producing Vaginal Candidiasis. It shows symptoms like vaginal white curd like discharge, itching, lower abdominal pain. The infection is caused by a fungus called Candidiasis albicans also known as Moniliasis. The prevalence of Candidiasis albicans is 22.8% in women of Reproductive age group between 15-45 years. In *Ayurved Samhita*, the cause of vaginal discharge or *Yonigata Shweta strava* is mentioned as vitiation of *Kapha dosha* i.e increased *Shleshmal guna* which will be suppressed due to the use of *Kashay rasatmak* dravyas which have the ability to minimize and pacify the elevated level of doshas. The Spatika is described as *vranaropana, kaphaghna, kandughna* properties. It has *Kashay rasa* (Astringent) with *katu, tikta rasa*. It is *snigdha* and *ushna* in Nature. It has *Ghrahi, lekhan, Vranaharini Karma*. Due to its above *guna* and properties it will be helpful in managing *Shwetapradara*. There are lots of Classical herbal medicine and preparation mentioned for the management of Shwetapradara in traditional ayurvedic form i.e yoni dhavana or yoni pichu. But there is no any Mineral drug is used locally to treat shwetapradara and that too in the modern form available in the market i.e pessary in present scenario. To enlighten the new mineral drug for local management of shwetapradara I have selected this drug.

**KEYWORDS:** Shwetapradara, Candidiasis albicans, spatika, Vaginal pessary.**INTRODUCTION**

Women surpassing through different stages and phases prospers the house hold and Society. As a wife and mother she becomes the lotus of the family which is a functional unit of the Society.

Women are the primary caretaker of children and elder in every family of the world. Women play key role in supporting their household and communities.<sup>[1]</sup>

Healthy Artava Vaha strotas is prerequisite for healthy progeny. Womb is the super natural gift to the woman and an authorized bliss of supreme to give birth to one more life, the important role of woman to have a healthy progeny is needed to be speculated in every angle.<sup>[2]</sup>

In modern era as a professional and responsible citizen she has to full fill the dual responsibility for which she needs perfect physical, psychological and emotional health.

In this Modern era of hectic life style, unbalanced nutrition values associated with increased stress level and

unwillingness towards healthy living standards, often associated with poor hygiene levels had led to the contribution of various gynaecological diseases in which Yonigata Shweta strava or shwetapradara is one of them.

The term 'Shwetapradara' is a clinical condition characterized by white excessive and persistent discharge from vagina. The discharge of Shwetapradara can be correlated with symptoms of Candidiasis albicans.<sup>[3]</sup>

The poor Hygiene of female genital area causes growth of organisms producing Vaginal Candidiasis. It shows symptoms like vaginal white curd like discharge, itching, lower abdominal pain. The infection is caused by fungus called Candidiasis albicans also known as Moniliasis.<sup>[4]</sup>

The prevalence of Candidiasis albicans is 22.8 % in women of Reproductive age group between 15-45 years.<sup>[5]</sup>

In Ayurvedic texts, the Spatika is described as *vranaropana, kaphaghna, kandughna* properties. It has *Kashay rasa* (Astringent) with *katu, tikta rasa*. It is

snigdha and ushna in Nature. It has Ghrahi, lekhan, Vranaharini Karma. Due to its above guna and properties it will be helpful in managing Shwetapradara.<sup>[6]</sup>

### Need for Study

In Ayurved Samhita, the cause of vaginal discharge or Yonigata Shweta strava is mentioned as due to vitiation of Kapha dosha i.e increased Shleshmal guna which will be suppressed due to the use of Kashay rasatmak dravyas which have the ability to minimize and pacify the elevated level of doshas.

Shwetapradara is one of the most common gynaecological complaint in gynac OPD.

There are lots of Classical herbal medicine and preparation mentioned for the management of Shwetapradara in traditional ayurvedic form i.e yoni dhavana or yoni pichu.

But there is no any Mineral drug is used locally to treat shwetapradara and that too in the modern form available in the market i.e pessary in present scenario.

To enlighten the new mineral drug for local management of shwetapradara I have selected this drug.

In camparison to other therapeutic procedure of different systems of medicine, Ayurveda has a potent approach towards the treatment of Shwetapradara by both internal and external. Therefore taking into account the complications, the condition has to be actively treated to restore the quality of life.

### AIM

To evaluate the efficacy of V-Guard vaginal pessary (Spatika) in Shwetpradara with special reference to candidiasis albicans.

### OBJECTIVES

1. To review the symptoms of Shweypradara from ayurvedic Literature.
2. To review the Candidiasis albicans According to modern.

### ASHTAVIDA PARIKSHA

1.	Nadi	Vata Kaphaj
2.	Mala	Normal
3.	Mutra	Prakrita
4.	Jivha	Niram
5.	Sabda	Prakrita
6.	Sparsha	Mrudu
7.	Druk	Prakrita
8.	Akriti	Madhyam

### SYSTEMIC EXAMINATION

- Respiratory System: B/L Chest Clear, Airway Entry, Breathing entry Clear
- Cardiovascular system: S1 S2 heard

3. To study the Trial drug 'V Guard' vaginal pessary (Spatika) i.e (potash alum) and its action in details.
4. To observe any adverse reaction of drugs in the Shwetapradara if any.

### CASE STUDY

A 29 year old Female patient came to the O.P.D no.6 of Dhanwantari Ayurvedic Hospital, Ashta in Stree Rog Prasutitantra Department On the date 7/04/2023. She presented herself with the following complaints.

- Yonigata Shweta srava (Vaginal White Discharge)
- Yoni Kandu (Itching at vulva)
- Yoni Daha (Burning at Vulva)
- Had taken treatment at different places but didn't get satisfactory relief in complaints. She decided to take Ayurveda treatment.

### Past History

No. H/O – DM, HTN, Surgical Procedures  
No. F/H/O – not significant

### Personal History

**Occupation:** Housewife, **Life Style:** Sedentary, **Food habit:** Irregular, **Diet:** mixed, prefers Fried items, **Appetite:** Moderate, **Bowel:** Regular, **Micturition:** 5-6 times per day, **Sleep:** Sound, **Habits:** Intake of Tea 2-3 times, **Exercise:** nil.

### Menstrual History

**Menarche:** 14 years, **LMP:** 28/03/2023, She had regular menses at interval of 28-30 days, which last for 4-5days, No other abnormalities detected.

**Contraception History:** No Contraception.

**Obstetrics History:** nullipara.

### On Examination

- General Condition: Moderate
- Pulse Rate: 78/min
- B. P.: 110/70 mmHg
- R. R.: 17/min
- H. R.: 70/min

- CNS: Conscious And Well Oriented
- GIT: Soft Abdomen

**Per Speculum Examination**

White thick curdy discharge.

Yoni/Garbhshaya. Dusti of Kapha and Rasa together cause white discharge through vagina.

**Per Vaginal Examination**

Uterus Anteverted, mobile B/L Fornix non-tender.

**Samprapti Ghataka**

- **Dosh:** Kapha, Vata
- **Dushya:** Rasa, Mamsa
- **Strotasa:** Rasavaha, Artavavaha
- **Marga:** Abhyantara
- **Mahabhuta:** Pruthwi, Jala
- **Udbhavasthana:** Pakvashaya samutthaja
- **Samprapti Prakar:** Atistrava, Vimarga gamana.

**Samprapti**

Due to excessive use of Abhishyandi Ahara, Vihara, Kapha and Vata (Apana Vata) Vitiates. Vitiated Kapha Cause Rasa Dusti As Kapha and Rakta has Ashraya-Ashrayi sambandha. Vitiated Kapha reaches

**METHOD OF MEASUREMENT**

**Drug Review**

Name	Spatika
Modern Name	Potash alum
Ras	Kashaya, Katu, Tikta,
Guna	Snigdha
Veerya	Ushna
Vipak	Madhur
Karma	Kandughna, Kaphaghna, Lekhan Tridoshshamak

**Assessment Criteria**

- **Subjective parameters**
- 1. Yonigata Shweta Strava
- 2. Yonikandu

- **Objective parameter**
- Vaginal pH (litmus paper)

**Subjective Parameters**

Yonigata Shweta Strava (severity of vaginal white discharge).

Symptoms		Score	Grade	Severity
Yonigata Shweta Strava	No strava	0	Nil	-
	Spotting on undergarments	1	Mild	+
	Soiling of undergarments	2	Moderate	++
	Need to put sanitary pads	3	Severe	+++

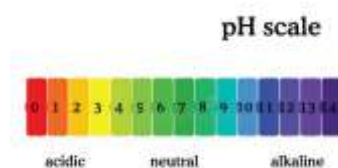
Kandu (Severity of itching).

Symptoms		Score	Grade	Severity
Kandu	No Kandu	0	Nil	-
	1-2 episode in a day without disturbing night sleep	1	Mild	+
	3-4 episodes in a day without disturbing night sleep	2	Moderate	++
	>4 episodes in a day with disturbing night sleep	3	Severe	+++

2) Objective Parameter

1. Vaginal pH (litmus paper colour Test).

Score	Vaginal pH
0	4 to 4.5 (Greenish)
1	3.5 to 4 ( Greenish Yellow)
2	3 to 3.5 (Yellow)
3	< 3 (Orange-Red)



**Drug intervention (7/04/2023 to 13/04/2023).**

<b>Name of Drug</b>	<b>V-guard vaginal pessary (spatika)</b>
Dose	200 mg
Frequency	Once a day
Time (kal)	At bed time
Duration	7 Days
Route	Per Vaginal(local)

**Pathya - apathya Ahar**

1. Drink Plenty of water
2. Eat fruits and green vegetables.
3. Rice water

**Vihar**

1. Keep the area dry and clean.
2. Maintain Personal Hygiene

3. Wash the garments in boil water and Dettol And then Dry it in sunlight.

**RESULT AND OBSERVATION**

Patient was treated until all symptoms got completely reduced. As the patient has followed properly the instructions of Pathya apatya along with daily use of V guard vaginal pessary. At the end of treatment all symptoms were cured.

**Table No. 1: Follow ups.**

Sr. No.	Assessment Criteria	Gradations of parameters at follow up			
		Day 1	Day 3	Day 5	Day 7
1.	Yonigata Shwetasrava	2	2	1	0
2.	Yoni Kandu	1	0	0	0
3.	Vaginal pH	2	1	0	0



**Before Treatment**



**After Treatment**

**DISCUSSION**

In *Ayurved Samhita*, the cause of vaginal discharge or *Yonigata Shweta strava* is mentioned as vitiation of *Kapha dosha* i.e increased *Shleshmal guna* which will be suppressed due to the use of *Kashay rasatmak* dravyas

which have the ability to minimize and pacify the elevated level of doshas.

The V guard vaginal pessary which is selected for the study is Having Following Properties that is Spatika Possessing Kashaya ras And Kaphagna, Lekhan,

Kandughna Properties and virtue of astringent action the Pessary is helpful in Reducing the Yonigata Shweta Strava.

V Guard vaginal Pessary form to be used per Vaginam, as these Drug Possess Kashaya ras Pradhan properties that are helpful in correcting the local symptoms of Yonigata Shweta Shrava and yonikandu.

The Treatment also depends on Prakriti of Patient Especially or elevated level of Doshas that is kaphaj dosha being the main causative Factor due to aggravation of which yonigata shwetstrava occurs. The Patients of Kapha -vata Prakruti or vata-kapha prakruti were particularly found dominant in this.

The drug spatika is kapha shamak, stambhak, lekhan and having the properties like astringent, antiseptic (Kashaya rasa) and wound healing (vrana ropana). Because of these properties its helps in increasing local cell immunity and prevent recurrence of symptoms in patients.

## CONCLUSION

- Shwetapradara mentioned in Ayurvedic literature and candidiasis albicans mentioned in modern Gynaecology closely resemble with each other.
- Personal hygiene and following proper Dietary regimens are helpful to prevent Shwetapradara.
- The Drugs which are having predominance of Kashaya Rasa, Kaphashamak and Stambhaka property should be used in treatment of Shwetapradara.

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