

A Comparative Study of Shyamatrivruttadi Kalka and Bruhatiphala-Dwiharidra Kalka Yonipuran in Kaphaja Yonivyapad

Research Article

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Abstract

Introduction: A healthy woman is a promise of healthy family. The concept of healthy yoni has been asserted in various phase of woman's life from puberty to marriage to child birth and thereafter. Due to change in lifestyle, modern food habits of fast food, junk food she is unable to follow the rules of *Dincharya*, *Rutucharya*, *Rajaswala*, *Rutumati* and *Sutikaparicharya* which are explained by Acharyas for women's health. Thus she is prone to various yonirogas, one of which is *Yonigat Shewta-Picchilsrava*, *Yonikandu*, *Yonigata Alpa vedana* which are the features of *Kaphaja yonivyapada* and is neglected by women as minor symptoms. **Aims and Objectives:** 1.To evaluate the efficacy of *Shyamatrivruttadi kalka in kaphaja Yonivyapad & Bruhatiphala-Dwiharidra kalka in kaphaja yonivyapad*. **Materials and Methods:** The female patients within 18 to 45 years of age group complaining mainly of *kaphaja yonivyapad* were selected irrespective of occupation, religion and prakruti. **Conclusion:** Most of the patients in experimental group showed better relief in sign symptoms as compared to the control group, it is obvious from the all analysis of data that the drug in experimental group had definitely better role than control group to alleviate clinical features in *Kaphaj yonivyapad*.

Keyword: *Kaphaja Yonivyapada*, *Garbhadharan*, *Rajaswala*, *Rutucharya*, *Sutikaparicharya* etc.

Introduction:

In the modern world, the Life style, food habit and unhygienic practice have increased stress, strain and restlessness which have resultantly expanded the spread of menstrual disorders. Ratio of Menstrual

disorder is raising in gynecological practice which precursor of infertility and other problems, so it requires more attention. Today woman is playing a pivotal role in each and every sphere, so woman's good health has to be part and parcel of her life but while catering to several requirement of today's life style woman falls prey to several ailments. Every attempt should be made to maintain healthy womanhood.

In order to give healthy progeny special attention must be given to conserver maternal health. Infections pertaining to the

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Yoni are a burning problem for women irrespective of their age or socioeconomic status. We must protect her from all these diseases, so she can produce healthy well being.

A healthy woman is a promise of healthy family. The concept of healthy yoni has been asserted in various phase of woman's life from puberty to marriage to child birth and thereafter.

As mentioned in *Asthanghridaya* any abnormality of female genital tract is responsible for various disorders like infertility, menorrhagia, piles etc out of several gynecological disorder encroaching woman body, *Kaphaja yonivyapat* is one of the problem which ruins both physically and psychologically(1).

As the *Stree* is *mula* of reproduction, as *Garbhadharan*, *Garbhaposhan* and giving to baby and after that his nourishment bringing up is done by *Stree* her health is our prime importance which leads to plan of best *Gruhashthashram*.(2,3) *Stree* is important part of our society and family. Being Daughter, wife, mother, carrier oriented women, she plays different roles and follows social and family responsibilities. Nature has given special role to *Stree* to become mother. She takes care of baby's nourishment, bringing up and her physical, mental, social growth so as to make him good human being. Along with as today's women are carrier oriented she is becoming independent, making her own decision and thus making her own space in the society. Thus in this fast life she is subjected to all sorts of physical and mental hardship. Due to change in lifestyle, modern food habits of fast food, junk food she is unable to follow the rules of *Dincharya*, *Rutucharya*, *Rajaswala*, *Rutumati* and *Sutikaparicharya* which are explained by *Aacharyas* for women's health. Thus she is prone to various *yonirogas* one of which is *Yonigat shewta picchilsrava*, *Yonikandu*, *Yonigata Alpavedana* which are the features of

Kaphaja yonivyapada and is neglected by women as minor symptoms.

Yonivyapadas are related to *Tryavartayoni* (4). *Yonivyapadas* causes *Apatyavighat*, because *vikruti* of *Kshetra*, of *Tryavartayoni* causes *Garbhpat*, *Garbhastrva*, *Leenagarbh*, *Garbhvikruti*.(5) *Yonivyapada* has been described in Various Literatures of *Ayurveda* viz. *Charak Samhita* (Chi.30), *Sushrut Samhita* (U.38), *Ashtang Hridaya* (U 33), *Ashtang Sangraha* (*Uttarshan*38) *Madhav Nidan*(63),*Sharangdhar Samhita* (*Purvakhanda* 7) *Kashyap Samhita* (Su.27) *Bhavprakash* & *Yogratnakar* (*Yoniraogadhikara*).

As in our country due to poor nutrition, multiple childbirth, low socio-economic status, poverty, population growth, negligence of proper hygiene, many women are anemic, malnourished, ill-health. So they are prone to various *yonirogas* like *Kaphaja yonivyapada*.

Aims and Objectives:

1. To study the details about *Kaphaja yonivyapat*.
2. To evaluate the efficacy of *Shyamatrivruttaadi kalka* in *Kaphaja yonivyapat*.
3. To evaluate the efficacy of *Bruhatiphala-Dwiharidra kalka* in *Kaphaja yonivyapat*.
4. To compare the efficacy of *Shyamatrivrutta kalka* and *Bruhatiphala- Dwiharidra kalka* in *Kaphaja yonivyapat*.

Materials and Methods:

Clinical Study:

Selection of Patients: The married female patients within 18 to 45 years of age group complaining mainly of *Kaphaja yonivyapat* were selected irrespective of occupation, religion and *prakruti*.

Patients having *Kaphaja yonivyapat* with following signs and symptoms,

- a] *Yonigat shweta, picchil srava*.
- b] *Yonigata alpa vedana*

c] *Yonikandu*.

Exclusive Criteria -

- Patients with Intrauterine contraceptive devices and ring pessaries.
- Pregnant & Patients with physiological white discharge & cervical erosion.
- Patients with a major Illness like Hypertension, Diabetes, Severe Anemia, respiratory diseases & Infections like HIV, STD, Tuberculosis, Malignancy.

Place of work

Total 60 Patient were selected from OPD and IPD from the Department of *Stree Roga & Prasutitantra* of the S.V.N.H.T's *Ayurved Mahavidyalaya & Hospital*, Rahuri Factory, Ahmednagar.

Informed Consent & Ethical Clearance

An informed written consent will be obtained from every patient before including trial. Ethical clearance has been taken from IEC of the college.

Investigation: CBC, ESR & Urine – Routine, microscopic, Blood sugar level – fasting and post prandial, UPT & HIV tests were carried out.

Table No .1 Group Management:

Groups	Experimental group	Control Group
Dose	10 gm once day	10 gm once day
Duration	7 day	7 day
Route of administration	Per vaginally	Per vaginally
Kala	Post Menstrual	Post Menstrual
Groups	<i>Shyamatrivruttaadi Kalka</i>	<i>Bruhatiphala-Dwiharidra Kalka</i>
No of Patients	30	30

Table No.2 Assessment Criteria: (Gradation of Symptoms):

Sr.no	Observation	Criteria	Grade
1	<i>Srava Praman</i>	Pad is required clothes get wet slight discharge No Discharge	4 3 2 1
2	<i>Sthanik Kandu</i>	10 or more than 10 times /day 6 to 9 times / day 1 to 5 times / day No itching	3 2 1 0
3	<i>Srava Swaroop</i>	<i>Granthi</i> <i>Tantool</i> <i>Drava</i> No Discharge	3 2 1 0
4	<i>Yonigat Vedana</i>	Unable to do any movement Continuous pain during movement	3 2

		Pain precipitating form time to time by heavy movement	1
		No pain	0
5	<i>Srava Gandha</i>	Present	1
		Absent	0

Table No. 3 Symptom Flow Chart:

I] *Srava Pramana* [Amount of Discharge]:-

Adhik	Pads required	+++	Grade -3
Madhyam	Stains undergarment	++	Grade -2
Alpa	Slight discharge	+	Grade -1
Absent	No discharge	-	Grade -0

Relief of amount of *Srava Pramana*:-

No Relief	Pads required	+++	Grade -3
Mild Relief	Stains undergarment	++	Grade -2
Moderate Relief	Slight discharge	+	Grade-1
Good Relief	No discharge	-	Grade-0

II] *Srava Swroop*:-

Adhik	<i>Granthi</i>	+++	Grade-3
Madhyam	<i>Tantool</i>	++	Grade -2
Alpa	<i>Drava</i>	+	Grade -1
Absent	No discharge	-	Grade -0

Relief of *Srava swroop*-

No Relief	<i>Granthi</i>	+++	Grade-3
Mild Relief	<i>Tantool</i>	++	Grade-2
Moderate Relief	<i>Drava</i>	+	Grade-1
Good Relief	No discharge	-	Grade -0

III] *Yonigata Vedana*:-

<i>Adhik</i>	Unable to do any movement due to pain	+++	Grade -3
<i>Madhyam</i>	Continuous paining during movement	++	Grade-2
<i>Alpa</i>	Pain increases from time to tie by heavy movements	+	Grade-1
Absent	No pain	-	Grade-0

Relief of *Yonigata Vedana*-

No Relief	Unable to do any movement due to pain	+++	Grade -3
Mild Relief	Continuous paining during movement	++	Grade -2
Moderate Relief	Pain increases from time to tie by heavy movements	+	Grade -1
Good Relief	No pain	-	Grade-0

IV] Yonikandu:-

No Relief	Can't resist Itching	+++	Grade-3
Mild Relief	Hamper her daily Activity	++	Grade -2
Moderate Relief	Doesn't Hamper her daily Activity	+	Grade -1
Good Relief	No Itching	-	Grade 0

Relief from Yonikandu:-

No Relief	Can't resist Itching	+++	Grade -3
Mild Relief	Hamper her daily Activity	++	Grade -2
Moderate Relief	Doesn't Hamper her daily Activity	+	Grade -1
Good Relief	No Itching	-	Grade -0

Method of Kalka Preparation:

Shyamativruttaadi kalka (Shyamativrutta, Aargvadha, Sudha, Tilvaka, Saptala, Shankhini Danti, Dravanti) with all drug taken together for making *kalka* as per guideline. *Shuska dravya* is powdered and filtered with cloth and mixed with appropriate quantity of water, kept in *khalva yantra* and made into paste form by rubbing. *Kalka* is taken on gauge and tampon is made. It's sterilization done.

Mode of administration:

Kalka was taken on gauge and tampon was made and it was sterilized well before insertion into vagina. Then sterile *kalka* was kept in yoni upto 4-5 cm in Lithotomic position. As *kalka* was *tikshna* it was placed for 2 hrs. Then removed and irrigation of *yonis* was done with lukewarm water.

Follow up

During the course of treatment all the clinical signs and symptoms were noted on day 0th, 3rd, 7th day. Examination of patients was done again on day 15 to study the recurrence of the symptoms.

Mode of action-

As *kalka* consists of *Shyamativruttaadi kalka & Bruhatiphala* and *Dwiharidra*, so *kalka* having properties of *Tikta rasa pradhan, Katu, Kashay rasa, Katu vipaki, ushana virya, laghu, ruksha, tikshna gunatmak*.

In *Kaphaja Yonivyapada* following symptoms are seen-

- 1] *Yonigata shewta, picchil Srava*
- 2] *Yonikandu*
- 3] *Yonigata alpavedana*

1. Yonigata shewta, picchil Srava-

Dusha Kapha causes *rasa, mansa, meda, kleda dushti* leading to *yonigata shewta, picchil Srava*. *Bruhatiphal Dwiharidra kalka* has *kaphaghana* action, due to *tikta, katu rasa, katu vipak, ushana virya*, it causes *deepan, aampachana* and *srotorodhais* reduced *srotoshudhi* is done.

By *laghu, ruksha, tikshna vishad gunas srotoshadhan* is done, *pachan* and *shoshana* of *kleda, mansa, meda* is occurred which results in *is reduceing yonigata shewta, picchil Srava*. By *Kapha, pitta, raka shodhan twak* and *mansa duhsti* reduced and *yonishodhan* occurs.

2. Yonikandu-

Kaphadushti causes *kledadushti* and *krimipradurbhava* causing *yonikandu*. *Tikta* and *katu rasa* shows *kledaghana* and *kriighana* action. *Laghu, ruksha, vishad gunas* of *tikta rasa* and *laghu, ruksha, ushana, tikshna gunas* of *katu rasa* acts as *kaphaghna, kledaghna* and *srotoshodhak* and it helps to reduce *yonikandu*. As *sampraptibhanga* occurs *yonidaurgandhya* is also reduced.

3. Yonigata Alpavedana-

Yonigata alpavedana is due to *apan vayudusti*. *Bruhatiphala, Dwiharidra* are *vataghna* and *vedanasthapak*, they ultimately reduces *yonigata alpavedana*.

Thus *Bruhatiphala Dwiharida* causes *sampraptibhanga* of *Kaphaja yonivyapada* and reduces the symptoms which increase the overall quality of life of patients.

Table No.4 Showing Wilcoxon Signed Rank Test Of Symptom score of *Kaphaj Yonivyapad* of Experimental Group:

Sr. No	Symptoms	Mean		± SD		±S Ed		P Value
		BT	AT	BT	AT	BT	AT	
1.	<i>Shwetstrav</i>							
	- <i>Praman</i>	1.56	0.86	0.67	0.62	0.12	0.11	<0.0001
	- <i>Swarup</i>	0.70	0.26	0.46	0.44	0.08	0.08	<0.0002
	- <i>Gandha</i>	1.93	0.86	0.78	0.68	0.14	0.12	<0.0001
2.	<i>Yonigat-Vedana</i>	1.83	0.63	0.87	0.55	0.15	0.10	<0.0001
3.	<i>Yonigata-kandu</i>	2.43	0.83	0.62	0.59	0.11	0.10	<0.0001

Effect of Therapy on Symptoms of *Kaphaj Yonivyapad* in Experimental Group Statistically:-

In Experimental Group, regarding Symptoms *Shwetstrav Praman* the Mean ± SD value obtained Before Treatment was 1.56 ± 0.67 and After Treatment it was changed 0.86 ± 0.62 which was statistically moderately significant ($P < 0.0001$).

Likewise in symptoms of *Shwetastrav Swarup, Gandha, Yonigat Vedana* Score statistically found extremely significant ($P < 0.0001$).

Table No.5 Showing Wilcoxon Signed Rank Test Of Symptom score of *Kaphaj Yonivyapad* of Control Group:

Sr. No	Symptoms	Mean		± SD		±S Ed		P Value
		BT	AT	BT	AT	BT	AT	
1.	<i>Shwetstrav</i>							
	- <i>Praman</i>	2.03	1.20	0.71	0.61	0.13	0.11	<0.0001
	- <i>Swarup</i>	1.80	1.03	0.66	0.61	0.12	0.11	<0.0001
	- <i>Gandha</i>	0.66	0.30	0.47	0.46	0.08	0.08	<0.001
2.	<i>Yonigata-Vedana</i>	1.90	1.66	0.71	0.83	0.13	0.15	<0.0001
3.	<i>Yonigata-kandu</i>	2.03	1.33	0.71	0.75	0.13	0.13	<0.0001

Effect Of Therapy On Symptoms of *Kaphaj Yonivyapad* in Control Group Statistically:-

In Control Group, regarding Symptoms *Shwetstrav Praman* the Mean ± SD value obtained Before Treatment was 2.03± 0.71 and After Treatment it was changed 1.20± 0.61 which was statistically extremely significant (P<0.0001).

Likewise *Shwetastrav Swarup & gandha, Yonigat Vedana, Yonigatakandu* was statistically extremely significant (P<0.0001).

Table No.6 Showing Comparison between Two Group w.r.t Symptoms Score of 60 Patients of *Kaphaj Yonivyapad* By Wilcoxon-Mann-Whitney Test

Sr. No.	Symptoms Score	Mean±SD		U'	U	SEd	P Value
		Gr-A	Gr-B				
1.	<i>Shwetastrav</i>						
	- <i>Praman</i>	1.6±0.56	0.83±0.59	713.5	186.5	0.10	<0.001
	- <i>Swarup</i>	0.7±0.65	0.7±0.62	477	423	0.11	>0.05
	- <i>Gandha</i>	0.43±0.50	0.36±0.49	480	420	0.09	>0.05
2.	<i>Yonivedana</i>	1.06±0.58	0.73±0.63	573	327	0.10	<0.05
3.	<i>Yonikandu</i>	1.2±0.71	0.7±0.59	619	280	0.12	<0.005

The Difference between before treatment and after treatment score of both group compared by 'Wilcoxon-Mann-Whitney Test'. It was found that the sum of rank of experimental group for the symptoms *Shwetastrav swarup* U' was 477, Test statistic (U) was 423, and SEd was 0.11 where the test statistic U was between Population Mean ±1.96 SD which was insignificant at 5% level of significance. (P>0.05) Therefore the difference between Symptoms Score of *Shwetastrav swarup* of Experimental and Control group is statistically insignificant, so therefore we can conclude that both groups were equally effective statistically. While in *Shwetastravpraman* p value is <0.001 where test statistic U value is 713 which was significant at 5 level of significance hence in the symptoms of *shwetstravpraman, yonivedana* and *yonikandu* in experimental group treatment is extremely found to be effective as compare to control group.

Assessment of Clinical Result in Percentage:

1. Table No. 7 Classification of patients according to Srava Praman in Trial group:-

<i>Srava praman</i>	Before Treatment	After Treatment
<i>Alpa</i>	02(06.67%)	18(60.00%)
<i>Madhyam</i>	13(43.33%)	06(20.00)
<i>Adhik</i>	15(50.00)	00
Normal	0	06(20.00%)

There were 15(50%) patients having *adhik shwetstrav* and 13 (43.33%) patients were having *madhyam* type of *strav* and after treatment it decrease up to only 6 patients having *madhyam strav* while 18 patients came to *Alpa strav* followed by 6(20%) patients came to normal.

2. Table No. 8 Classification of patients according to Yonikandu in Trial group:-

<i>Yonikandu</i>	Before Treatment	After Treatment
Absent	02(6.67%)	05(16.67%)
<i>Alpa</i>	08(26.67%)	14(46.67%)
<i>Madhyam</i>	13(43.33%)	11(36.67%)
<i>Adhik</i>	07(23.33%)	00

After treatment 11(36.67%) patients were having moderate *kandu* i.e. 14 (46.67%) patients were having *alpa kandu* while *kandu* was absent in 5(16.67%) patients.

3. Table No. 9 Classification of patients according to Yonigata vedana in Trial group:-

<i>Yonigatvedana</i>	Before Treatment	After Treatment
Absent	00	09(30.00%)
<i>Alpa</i>	10(33.33%)	16(53.33%)
<i>Madhyam</i>	12(40.00%)	05(16.67%)
<i>Adhik</i>	08(26.67%)	00

After treatment 05(16.67%) patients were having *madhyam* type of *vedana*, 16 (53.33%) patients were having *alpa vedana* while 09(30.00%) relief from *yonigata vedana*. It is due to trial group drug effects as it has *shulaghna* properties which help in reducing *yonigatvedana* in maximum patients.

4. Table No.10 Classification of patients according to Gandha in Trial group:-

<i>Gandha</i>	Before Treatment	After Treatment
Present	21(70.00%)	08(26.67%)
Absent	09(30.00%)	22(73.33%)

Before treatment *strav gandha* was present in 21(70%) patients while after treatment it reduced and only 08(26.67%) patients was having *gandha* while 22(73.33%) having absent the *gandha* of *strav*.

Effect on Symptoms Score:-

In experimental group the significant symptomatic relief i.e. statistically significant result was observed in most of the symptoms vi. *Shwetstrav* in terms of *praman* while near

about same result obtained in both group for the *Shweta strav swarup* and *gandh* after administration of *Shyamatrivruttaadi Kalka*. However *yonivedana* and *yoni kandu* were more relived in experimental group as compared to control group.

Therefore the difference between Symptoms Score of *Shweta strav swarup* of Experimental and Control group is statistically insignificant, so we can conclude that both groups were equally effective statistically however in the symptoms of *shwetstrav praman*, *yonivedana* and *yonikandu* in experimental group treatment is extremely found to be effective as compare to control group.

Total Effect of Therapy:

Table No.11 Showing Percentage of Relief in Each Symptoms of 60 Patients of *KaphajYonivyapad*

Sr. No.	Symptoms	Experimental Group				Control Group			
		BT	AT	Diff	% of Relief	BT	AT	Diff	% of Relief
1	<i>Shwetstrav</i>								
	a. <i>Praman</i>	73	25	48	65.75	61	36	25	40.98
	b. <i>Swarup</i>	47	26	21	44.68	54	31	23	42.59
	c. <i>Gandha</i>	21	08	13	61.90	20	09	11	55.00
2	<i>YonigatVedana</i>	58	26	32	55.17	57	35	22	38.60
3	<i>Yonigatakandu</i>	55	19	36	65.45	61	40	21	34.42

Table No.12 Showing Total Effect of therapy in 60 Patients of *Kaphaj Yonivyapad*

No	Effect Of Therapy	No. Of Patients			Percentage %		
		E.G.	C.G.	Total	E.G.	C.G.	Total
1.	Markedly Improved (Relief >75%)	05	02	07	16.67	06.67	11.67
2.	Moderate improved (Relief by 50-75%)	15	10	25	50.00	33.33	41.67
3.	Mild improved (Relief by 25-50%)	09	15	24	30.00	50.00	40.00
4.	No improvements (Relief <25%)	01	03	04	03.33	10.00	06.67
5.	L.A.M.A.	00	00	00	00	00	00

While assessing the total effect of therapy in experimental group, 16.67% patients were markedly improved, 50% were moderately, 30% mild improved while 03.33% was not improved.

While assessing the total effect of therapy in control group 6.67% patients were markedly improved, 33.33% were moderately, 50% mild improved while 10% was not improved.

Totally, 11.67% patients were markedly improved, 41.67% patients moderately, 40% were mild improved and 6.67% were unchanged.

Side Effect:-

In the study of 30 patients of experimental group no patient developed any side effect during the period of trial. However only two patients were having local irritation after treatment with *kalka* in control group and this was very minor just relieved within 2-3 hours.

Conclusion

After the present study, Most of the patients in experimental group showed better relief in sign symptoms as compared to the control group,

It is obvious from the all analysis of data that the drug in experimental group had definitely better role than control group to alleviate clinical features in Kaphaj Yonivyapat, so it can be concluded that *Shyamatrivruttaadi Kalka's yonipurana* is reasonably effective on *Kaphaja Yoniyapada* as compare to *Bruhatiphala-Dwiharidra Kalka Yonipurana*.

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