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

Research Article

Pinge CD1*, Kulkarni CJ2, Danga SK3, Bende Yogita4,
Bombarde Anita5, Khandekar Anuradha6

1. PG Scholar, 2. Professor, SVNHT’s Ayurved Mahavidyalaya, Rahuri Factory,
   Ahmednagar
3. Govt. Ayurveda College & Hospital, Nagpur
4. Associate Professor, Department of Panchkarma, Shri Ayurveda Mahavidyalaya, Nagpur
5. Professor, Dept., of Streerog-Prasutitantra, Govt. Ayurved College & Hospital, Nagpur
6. Assistant Professor, MGIMS, Sevagram

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 Aacharyas 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 Shyamatrivrutrdhi 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

*Corresponding Author:
Chandraprabha D.Pinge
281 “Mai” Sakkardara, Nagpur-09.
Email: drchandraprabha4156@gmail.com
Cell: 9420248023
yonī 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 yonivyapad 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 Gruhasthashram (2,3) Stree is important part of our society and family. Being Daughter, wife, mother, carrier oriented women, she plays different roles and fallows 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 Satikapuricharya which are explained by Aacharyas for women’s health. Thus she is prone to various yonirogas one of which is Yonigat shewta picchilosrava, 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 Apatavighat, 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), Asthtang Hridaya (U 33), Asthtang Sangraha (Uttarshan38) Madhav Nidan(63), Shrarangdhar 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 yonivyapad.
2. To evaluate the efficacy of Shyamatrivruttaadi kalka in Kaphaja yonivyapad.
3. To evaluate the efficacy of Bruhatiphala-Dwiharidra kalka in Kaphaja yonivyapad.
4. To compare the efficacy of Shyamatrivrutta kalka and Bruhatiphala- Dwiharidra kalka in Kaphaja yonivyapad.

Materials and Methods: 
Clinical Study:
Selection of Patients: The married female patients within 18 to 45 years of age group complaining mainly of Kaphaja yonivyapad were selected irrespective of occupation, religion and prakruti.

Patients having Kaphaja yonivyapad 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          | Shyamatrivruttaadi Kalka | Bruhatiphala-Dwiharidra Kalka |
| No of Patients  | 30                 | 30            |

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

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

I) Srava Pramana [Amount of Discharge]:

| Symptom          | Grade |
|------------------|-------|
| Adhik Pads       | +++   |
| Madhyam Stains   | ++    |
| Alpa Slight      | +     |
| Absent No        | -     |

Relief of amount of Srava Pramana:

| Relief            | Grade |
|-------------------|-------|
| No Relief Pads    | +++   |
| Mild Relief Stains| ++    |
| Moderate Relief Slight | + |
| Good Relief No    | -     |

II) Srava Swroop:

| Symptom          | Grade |
|------------------|-------|
| Adhik Granthi    | +++   |
| Madhyam Tantool  | ++    |
| Alpa Drava       | +     |
| Absent No        | -     |

Relief of Srava swroop:

| Relief            | Grade |
|-------------------|-------|
| No Relief Granthi | +++   |
| Mild Relief Tantool | ++ |
| Moderate Relief Drava | + |
| Good Relief No    | -     |

III) Yonigata Vedana:

| Symptom                                      | Grade |
|----------------------------------------------|-------|
| Adhik Unable to do any movement due to pain | +++   |
| Madhyam Continuous paining during movement   | ++    |
| Alpa Pain increases from time to time by heavy movements | + |
| Absent No pain                               | -     |

Relief of Yonigata Vedana:

| Relief                                      | Grade |
|---------------------------------------------|-------|
| No Relief Unable to do any movement due to pain | +++   |
| Mild Relief Continuous paining during movement | ++ |
| Moderate Relief Pain increases from time to time by heavy movements | + |
| Good Relief No pain                         | -     |
IV] **Yonikandu**:  

| Relief from Yonikandu | Can’t resist Itching | Grade |
|-----------------------|----------------------|-------|
| No Relief             | +++                  | 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:**

*Shyamatrivruttaadi kalka (Shyamativrutta, Aargyadha, 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 *khala 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 *yoni* 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 *Shyamatrivruttaadi kalka & Bruhatiphala* and *Dwiharidra*, so *kalka* having properties of *Tikta rasa pradhan, Katu, Kashay rasa, Katu vipaki, ushana virya, laghu, raksha, 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 occured which results in is reducing yonigata shewta, picchil Srava. By Kapha, pitta, raka shodhan twak and mansa duhsthi 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 samprapthibhanga 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.     | Shwetstrav       |           |       |        |
|        | - Praman         | 1.56     | 0.86  | 0.67  | 0.62 | 0.12 | 0.11 | <0.0001 |
|        | - Swarup         | 0.70     | 0.26  | 0.46  | 0.44 | 0.08 | 0.08 | <0.0002 |
|        | - Gandha         | 1.93     | 0.86  | 0.78  | 0.68 | 0.14 | 0.12 | <0.0001 |
| 2.     | Yonigat-Vedana   | 1.83     | 0.63  | 0.87  | 0.55 | 0.15 | 0.10 | <0.0001 |
| 3.     | Yonigata-kandu   | 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 Shwetstrastrav 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   |
| 1.     | Shwetstrav Praman      | 2.03 ± 0.71 | 0.61   | 0.13 | 0.11 | <0.0001 |
|        | - Praman               | 1.80 ± 0.66 | 0.61   | 0.12 | 0.11 | <0.0001 |
|        | - Swarup               | 0.66 ± 0.47 | 0.46   | 0.08 | 0.08 | <0.0001 |
| 2.     | Yonigata-Vedana        | 1.90 ± 0.71 | 0.83   | 0.13 | 0.15 | <0.0001 |
| 3.     | Yonigata-kandu         | 2.03 ± 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.     | Shwetastrav    | 1.6±0.56 | 0.83±0.59 | 713.5 | 186.5 | 0.10 | <0.001 |
|        | - Praman       | 0.7±0.65 | 0.7±0.62 | 477 | 423 | 0.11 | >0.05 |
|        | - Swarup       | 0.43±0.50 | 0.36±0.49 | 480 | 420 | 0.09 | >0.05 |
| 2.     | Yonivedana     | 1.06±0.58 | 0.73±0.63 | 573 | 327 | 0.10 | <0.05 |
| 3.     | Yonikandu      | 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 Shweta stravpraman 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:

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

There were 15(50%) patients having adhik shwetstra 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:

| Yonikandu | Before Treatment | After Treatment |
|-----------|-----------------|----------------|
| Absent    | 02(6.67%)       | 05(16.67%)     |
| Alpa      | 08(26.67%)      | 14(46.67%)     |
| Madhyam   | 13(43.33%)      | 11(36.67%)     |
| Adhik     | 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:

| Yonigatvedana | Before Treatment | After Treatment |
|---------------|-----------------|----------------|
| Absent        | 00              | 09(30.00%)     |
| Alpa          | 10(33.33%)      | 16(53.33%)     |
| Madhyam       | 12(40.00%)      | 05(16.67%)     |
| Adhik         | 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:

| Gandha | 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 Shyamatrivuttaadi 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 Kaphaj Yonivyapad

| Sr. No. | Symptoms          | Experimental Group | Control Group |
|---------|-------------------|--------------------|---------------|
|         |                   | BT    | AT | Diff | % of Relief | BT    | AT | Diff | % of Relief |
| 1       | Shwetstrav        |       |    |      |            |       |    |      |            |
|         | a. Praman         | 73    | 25 | 48   | 65.75   | 61    | 36 | 25   | 40.98       |
|         | b. Swarup         | 47    | 26 | 21   | 44.68   | 54    | 31 | 23   | 42.59       |
|         | c. Gandha         | 21    | 08 | 13   | 61.90   | 20    | 09 | 11   | 55.00       |
| 2       | Yonigat Vedana    | 58    | 26 | 32   | 55.17   | 57    | 35 | 22   | 38.60       |
| 3       | Yonigatakandu     | 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 by50-75%) | 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 Yonivyapad, so it can be concluded that Shyamatrivruttadi Kalka’s yonipur can is reasonably effective on Kaphaja Yoniyapada as compare to Bruhatiphala-Dwiwaridra Kalka Yonipur.

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