

EFFECT OF LODRA (*SYMPLOCUS RACEMOSA*) SUPPOSITORIES IN THE MANAGEMENT OF VAGINITIS-A CASE REPORT

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ABSTRACT

Vaginitis is a frequent complaint in female encountered in day today practice. Diagnosis is based on abnormal vaginal discharge which need to be taken care in a promising way. Drug resistance remains even challenge in vaginal inflammation. Hence there is a need of safe and effective drug which treat the vaginal infection and also shows effectiveness in vaginal route. In the present study the drug lodra suppositories were prepared and administer per vaginal route to study the efficacy in vaginitis.

KEYWORDS: Vaginitis, lodra, *Symplocus racemosa* Suppositories

INTRODUCTION

Vaginal discharge is one of the most common presenting complaints faced by the gynecologist in clinical practice. The most important challenge for the gynecologist is to differentiate between the physiological and the pathological. Vaginitis commonly results due to inflammation of the vagina. A change in the normal vaginal flora is more often caused by bacterial, fungal or parasitic infection. Nearly 90% of cases of vaginitis are secondary to bacterial vaginosis, vulvo vaginal candidiasis and trichomoniasis of these different types of vaginitis. Common signs and symptom of vaginitis is an inflammation of vagina that can result in discharge, itching, and pain¹. Its aetiology is based on opportunistic bacteria colonizing the lower vagina and inducing an inflammatory response². Diagnosis of the disease done by examination and cytological study.

In ayurvedic classics the symptoms of vaginitis are seen under the reference of kaphaja yoni vyapath and Yoni Varties are mentioned to treat the kaphaja yoni³.

Case study

27 years old married lady presented to gynecological OPD with the complaints of increased vaginal discharge since last 5-6 days. She described that discharge as being white in color and thick in consistency. It was associated with significant itching and discomfort, which greatly interfered with her normal routine and disturbed her sleep. There is no past medical history of diabetes or any other medical disorder. Menstrual history said to be regular, and her obstetric history is uneventful with one healthy child born with normal vaginal labour.

On examination patient is well oriented towards time place and person, systemic examination reveals no abnormality detected on pelvic examination evidence of signs of vulval itching seen, on speculum

examination there was an evident thick curdy white discharge adherent to vaginal walls, cervix discharge seen, on vaginal examination uterus anteverted, normal size and fornices are free.

Investigation:

Blood and urine routine are within normal limit

Vaginal smear shows present candid albicans.

Treatment protocol: patient was instructed to administer vaginal suppositories contains lodra for consecutive 7 days.



Follow up: patient advised to visit opd after 7 and 15 days.

RESULTS

A significant reduction in signs and symptoms noted both subjectively and objectively .The drug lodra which used in the form suppository gives promising local action without any side effect noted

Subjective- reduction in amount of discharge, itching, irritation.

Objective- vaginal smear after treatment shows presence of few epithelial cells.

DISCUSSION

In the present study the drug lodra has been prepared in a suppository form and advised pervaginally .mode of action can be understand on action of drug especially with route of drug administration. The drug lodra has kasaya rasa,ruksha guna and stambaka might acted as kaphahara and stambaka⁴. on further antibacterial evaluation showed that ethanolic extract of *Symplocos Racemosa Roxb* possess good antibacterial anti-fungal activity ⁵.as suppositories were prepared using lodra powder with cocobutter as emollient attained proper viscosity and muco adhesive property helped the drug delivery increase the contact time between the membrane and preparation yields better result.

CONCLUSION

The drug lodra which used in the form suppository gives promising local action without any side effect noted. Study should be done in larger sample to know the better efficacy.

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