

# Effect of Yonivarti with Abhyantara Chikitsa in Kaphaj Yonivyapad—A Case Study

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## Abstract

Health status of women is essential for healthy society. In today's fast and competitive world, there is change in lifestyle of women which lead to their physical & mental stress. Women mostly get affected by this environment and are prone to gynaecological problem. Common health problem in women is white discharge, Foul smelling discharge, itching vulvar region, this all are symptoms of kaphaj yonivyapad .40% of women suffer from this problem but neglect the problem. Doshha involved in kaphaj yonivyapad is Kaphapradhan vata. A Female patient suffering from kaphaja yonivyapad was treated by Panchkashaya yonivarti with Jeerakadi vati .Panchkashaya yonivarti with jeerakadi vati was used to terminate the samprapti of this disease. Yonivarti is a modality of treatment which acts at the site of the disease .This case study is an attempt to evaluate the practice application of yonivarti with Aabhyantar chikitsa in management of kaphaja yonivyapad. She got excellent relief in symptoms by above treatment.

## Keywords

Kaphaj yonivyapad, Shaman chikitsa, Sthanik chikitsa, Yonivarti.

## INTRODUCTION

Ayurveda is rich in pharmaceutical preparations but only few preparations are being used in today's Ayurvedic practice because of inconvenient forms. In the management of kaphaj yonivyapad many kalpana like yoniprakshalan, yonipichu, yonivarti are mentioned. Nearly 40% of women in reproductive age group suffer from white discharge. Modern line of treatment includes antibiotics ,antifungal ,antihistaminics, Which give temporary relief. Most common cause of symptomatic vaginal discharge is bacterial vaginosis (33-47%), followed by candidiasis (20-40%) and trichomoniasis (8-10%). These three organisms account for 90% of all the abnormal vaginal discharges. This study was planned to evaluate the efficacy of panchkashaya yonivarti with jeerakadi vati in kaphaja yonivyapad.

## AIM

- To evaluate the efficacy of panchkashaya yonivarti with jeerakadi vati in kaphaja yonivyapad.

## OBJECTIVE

- To study and understand the etio-pathogenesis of kaphaja yonivyapad.
- To study the clinical effect of shaman chikitsa with yonivarti in kaphaja yonivyapad.

## Case report:

Study center : Parul Ayurveda Hospital ,Vadodara Gujarat

Name of patient : XXX

Reg OPD No : 21017383

Reg IPD No :212402  
Date of 1<sup>st</sup> visit : 20/8/21  
Region : Hindu  
Occupation : Housewife

## Chief complain :

- Yonigata shweta srava since 2-3 years.
- Yonikandu since last 3 years.
- Yonidaurgandhya since last 1 year.

## Associated Complaints :

- Katishula since 3 years.

## HISTORY OF PRESENT ILLNESS:

A 48 years female patient suffering yonigata shweta srava since last 2-3 years was visited the striroga-prasutitantra OPD of Parul ayurveda hospital (PAH). She was suffering from yonigata shweta srava (white discharge p/v) which is mucoid in nature, katishula (Lowerbackache ), yonikandu (itching at vulva ) since last 3 years. A detailed history of the patient was taken and all required physical and clinical examinations were done. She had taken treatment earlier privately but didn't get satisfactory relief in complaints.

## Past treatment history :

- Vaginal tablets and cream
- Oral antibiotics

**History of past illness :** No any major illness.

**History of surgery :** No history of surgery

**Family history :** No any Family history

## Menstrual history :

- Age of Menarche : 13 years

- LMP : 2/8/21
- Menstrual cycle :
  - Regularity : Regular
  - Duration : 2-3 days
  - Interval : 28-30 days
  - Association of pain : no
  - Quantity : 2-3 pads/day (Moderate flow )
  - Not associated with clots and foul smell

#### 4.2 Marital History :

Married since 23 years .  
No history of any type of contraception .

#### Obstetrics History :

P4L4D0A0  
P1:P2:P3:P4:All FTND at Hospital

#### Personal history:

Diet : Mixed –veg / nonveg  
Dietetic habits : Samasana  
Rasa Sevana : Madhura, Tikta  
Appetite : Poor  
Bowel : Regular  
Micturation : 4-5 times /day ; 1-2 times /day  
Kostha : Madhyam  
Thirst : Normal  
Personal Hygiene : Poor  
Sleep : Disturbed  
Sexual Life : Satisfactory

#### General Examination:

Height : 158 cm  
Weight : 65 kg  
BMI : 26 kg/m<sup>2</sup>  
Pulse : 80/min  
B.P. : 120/80 mm of Hg  
R.R. : 18/min  
Temp : 98.6 F  
Tongue : Slightly coated  
Pallor /cyanosis /Oedema : Absent

#### Systemic Examination :

RS, CVS, CNS, and GIT- NAD

#### Astavidha pariksha :

- Nadi = 86/min, madhyama bala
- Mala = Grathita mala pravrutti
- Mutra =Samyak
- Jihva =Saam
- Shabda =Avishesh
- Sparsh =Anushna
- Druka =Panduvarna
- Akrti = Sthul

#### Per abdomen Examination :

- Abdomen was soft, No organomegaly
- No tenderness present .

**Per speculam** : white discharge +++, cervix Inflamed  
**Per vaginal examination** : ut RV/Mobile fornicis nontender

#### Investigation (23/8/2021)

- CBC : wbc:6900 /cumm  
Hb:9.0 g/dl  
Rest : within normal limit  
ESR: 45 mm
- Urine routine micro : Pale yellow in colour, clear, P.H.:6.0 Sp G : 1.015,Protein:Nil, Blood : Nil ,pus cell ;2-3 /HPF
- Vaginal swab culture (21/8/2021): the smear shows moderate puss cell & no organism.

#### Samprapti ghatak :

Dosha : kaphapradhan vata  
Dushya : rasa ,mansa  
Srotas : rasavaha, aartavavaha  
Srotodushtiprakara: Atipravrutti, vimarg gaman  
Marga : abhyantara  
Agni : Mandagni  
Aam : Sama  
Udbhava sthana :pakvashaya  
Vyaktasthana: Yoni

#### Samprapti :

The prakruti of patient being vata –Kaphapradhan .



She was predisposed to Kapha –vataprakopa Hetusevan like



Aaharajanya nidana- Ruksha Annapan(Dry foods), ,Aniyamita Ahara sevana (Irregular food habits),Dadhi sevana Viharajanya Nidana- Diwaswap (Day sleep), Poor vaginal Hygiene



All this Nidans lead to Kha-vaigunya in trayavarta yoni



Yoni Dushti in the form of inflammation presenting as mucoid white discharge per vagina ,ithching per vagina , Foul smelling Discharge and Backche .

#### Shweta Strava (Vaginal White Discharge)

- 0 - No vaginal discharge
  - 1 - Mild - Occasionally wetting undergarments /slight discharge, vulva moistness
  - 2 - Moderate discharge, wetting of under garments
  - 3 - Severe - Heavy discharge which needs Vulva pads
- Katishoola (Backache)**

0 - No pain   
 1 - Mild - Can withstand pain & Can manage routine work.  
 2 - Moderate – Cannot manage routine work & Need to take rest.

3 - Severe - Cannot withstand pain & bed ridden.

**Yoni Kandu (Itching of vulva)**

0 - No itching

1 - Mild – Slight rub.

2 - Moderate – Instant rub causing redness.

3 - Severe – Continuous rub causing redness.

**Durgandha (Odour)**

0 - Absent

1 – Mild

2 – Moderate

3 - Severe

**Intervention:**

**Sthanika chikitsa :**

- Yoni prakshalana with luke warm water .
- Yonivarti

**Method of yonivarti :**

**Poorvakarma :**

	Sthanika Chikitsa	Abhyantara Chikitsa
<b>Drug</b>	Panchkashaya yoni varti (vacha ,vasa , patol, priyangu ,nimba) (for external use)	Jeerakadi vati Jeerak, Krishna-jirak, Pippali,Karvellak,Vacha,Vasa, Saindhava, Yavakshara,Yavanika
<b>Dose</b>	3 gm	500mg 1 vati BD A/F
<b>Duration</b>	7 Days	7 Days
<b>Follow up</b>	8 <sup>th</sup> day	

**Pathya-apatya:** She was advised to follow the follow Ahara-Vihara Pathyas as follows

**Ahara** 1. Drink plenty of water.

2. Eat fibrous diet, fruits, green vegetables.

3. Garlic, meat soup, rice water

**Vihara** 1. Keep the area clean and dry.

2. Maintain personal hygiene.

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

**OBSERVATION / RESULT :**

Day	Date	Treatment given	Observation
1	20/08 /2021	1. Panchakashaya yonivarti F/b sukhoshna jalaprasakshalan 2. Jeerakadi vati 500mg 1 vati BF BD	<ul style="list-style-type: none"> <li>• Mucoid white discharge P/v +++</li> <li>• Itching p/v +++</li> <li>• Foul smellind discharge +++</li> <li>• Backache +++</li> </ul>
3	22/08 2021	Same as above	<ul style="list-style-type: none"> <li>• Mucoid white discharge P/v +++</li> <li>• Itching p/v ++</li> <li>• Foul smellind discharge ++</li> <li>• Backache +++</li> </ul>
5	24/08/2021	Same as above	<ul style="list-style-type: none"> <li>• Mucoid white discharge P/v ++</li> <li>• Itching p/v +</li> <li>• Foul smellind discharge +</li> <li>• Backache ++</li> </ul>
7	26/08/2021	Same as above	<ul style="list-style-type: none"> <li>• No Mucoid white discharge P/v</li> <li>• No Itching p/v</li> <li>• No Foul smellind discharge</li> <li>• Backache +</li> </ul>

On last day her all symptoms were reduce like white discharge p/v, Itching p/v, Foul smelling discharge , Backache . Panchkashaya yonivarti use in therapy has cleaned washed out the secretions and discharge of vagina .Varti helps medicine to remain for longer period for better action it diminishes the chance of infection in genital tract .



reduced. She has followed schedule of yonivarti followed by sukhoshna jala prakshalan and jeerakadi vati (500mg)B/F with sukhoshna jala orally with pathya apathyala palana. It was observed that symptoms were gradually reduce. At every follow up we observed reduction in symptoms .After 2 month patient come to OPD for another complaints, she reported that she didn't suffered from previous complaints again. Follow up wise decrease in symptoms is shown in Table below.

The kaphaja yonivyapad is mainly due to vata –kaphakar hetusevan .This disease can be cured mainly by observing hygiene. Personal Hygiene is very important for every woman . In this patient the kaphaja yonivyapad deals with the vitiation of vata and kapha dosha ,Pancha kashaya yonivarti and Jeerakadi Vati having specially vata-kaphahar properties by which it breaks the samprapti.

**Panchkashaya yonivarti :**

**दुर्गधा पिच्छिला वाङ्गपि चूरणे पंचककषायजे : ।  
पंचककषायजः = वचा वासा पटोल प्रियंगु निम्बः ।  
(bhav.ma.kha. chi.70/46)**

## DISCUSSION

Patient was treated till the symptoms get completely

Name	B.N.	Family	Part use	Rasa	Guna	veerya	Vipa k	Karma
<b>1.vacha</b> (1 part )	<i>Acorus calamus</i>	<i>Acoraceae</i>	<i>Rhizome</i>	<i>Katu,tikta, kashay (anu)</i>	<i>Laghu , ushna</i>	<i>ushna</i>	<i>katu</i>	<i>Kapha vathar</i>
<b>2.vasa</b> (1 part )	<i>Adhatoda vasika</i>	<i>Acantheceae</i>	<i>leafe</i>	<i>Tikta, kashaya</i>	<i>Laghu ,ruksha</i>	<i>sheeta</i>	<i>katu</i>	<i>Kapha pitta har</i>
<b>3.patola</b> (1 part )	<i>Trichosanthes dioica</i>	<i>Cucurbitaceae</i>	<i>fruit</i>	<i>Tikta, Katu</i>	<i>Laghu,ruksha</i>	<i>sheeta</i>	<i>Katu</i>	<i>Kapha pittaghna</i>
<b>4.priyangu</b> (1 part )	<i>Callicarpa macrophylla</i>	<i>Verbenaceae</i>	<i>root</i>	<i>Tikta,kashaya ,madhur</i>	<i>Laghu, ruksha</i>	<i>Sheeta, katu</i>	<i>katu</i>	<i>Tridosha shamak</i>
<b>5.nimba</b> (1 part )	<i>Azardica indica</i>	<i>Maliaceae</i>	<i>leafe</i>	<i>Tikta, kashay</i>	<i>Laghu ,ruksha</i>	<i>sheeta</i>	<i>katu</i>	<i>Pittahara</i>

- **Vacha** : *Vatahara, Kaphahara, Krimihara*
- antibacterial activity of *acoruscalamus* against *Escherichia coli*, *Staphylococcus aureus*, and *Candida albicans* have been studied. (11) Antibacterial effect of *Acorus calamus* extractions against gram positive and negative bacteria have been studied (12) antifungal activity demonstrated by Pratibha raval. (13)
- **Vasa** : The plant contains alkaloids such as *Vasicine*, *vasicinone*, *deoxyvasicine*, *vasicol*, *adhatodinine*, and *vasicol* Other constituents include *vitamin C*, *saponins*, *flavonoids* as well as *steroids*, and *fatty acids* .*Vasicine* is reported to have *uterine stimulant effects* . *Vasicine acetate* showed *antimycobacterial activity* ; the *high phenolic content* of *essential oils* contributes to their *antimicrobial properties* .(14),(15)
- **Patola** : *Vranasodhana, Vrana ropana*
- Antifungal activity Hariti and Rathee have stated that the fixed oil of seeds of *Trichosanthes* species including *T. dioica* has *antifungal property*. [16] Antibacterial

activity Hariti and Rathee have showed antibacterial activity of the unsaponifiable fraction of the fixed oil of *T. dioica* seeds against *Bacillus anthracis* and *Xanthomonas malracearum*. [17] *T. dioica* has been reported to have *Chemo Preventive Property*. The *Chemo Preventive Property* of *T. dioica* was studied by Sanjib S Bhattacharya, Pallab Kanti P K Haldar. (18) Bhattacharya S, Haldar P K.. studied *Protective role* of *triterpenoid enriched extract* of *Tdioica root* against *experimentally induced pain and inflammation* in *rodents*. (18) *Shivhare et al.* reported the *wound healing potential* of *methanolic (MeOH) extract* of *T. dioica* (19)

- **Priyangu** : *Daurgandhyahara, Vrana ropan*
- *callicarpa macrophylla* contains *diterpene, diterpenoid, 3b, 16a, 17-trihydroxy-phyllocladane, flavonoids*. having *antimicrobial and anti inflammatory property*.
- **Nimba** : *Vrana, Kushta, Krimiroga, Visaroga*
- The most important active constituent is *azadirachtin*

and the others are nimbolin, nimbin, nimbidin, nimbidol, nimbanene, nimbandiol, nimbolide, nimbiol, sodium nimbinate, 6- desacetylnimbinene, gedunin, salannin, quercetin, ascorbic acid, amino acids, n-hexacosanol,  $\beta$ -sitosterol, 7-desacetyl-7-benzoylazadiradione, 7-desacetyl-7-benzoylgedunin, 17-hydroxyazadiradione, polyphenolic flavonoids. Neem constituents having antibacterial, antifungal, antimalarial, antiviral, antihyperglycemic, antiulcer, antioxidant,

anticarcinogenic and other biological activities.

**Jeerakadi vati :**

- जीरक द्वितय कृष्णा सुषवी सुरभिर्वचा ।  
वासकः सैन्धवश्च अपि यवक्षार यवानिका ।।  
एषा चूर्ण घृते किंचिद भृष्टवा खण्डेन मोदकम् ।  
कृत्वा खादेद्य अथवा वह्नि योनिरोगादी विमुच्यती ।।  
(भा प म. योनिरोग 70 /49)

Name	B.N.	Family	Part use	rasa	Guna	Veerya	vipak	Karma
1.jeerak (1 part)	Cuminum cyminum	Umbelliferae	Seed	katu	Laghu ,ruksha	Ushna	Katu	Kapha vathar ,pittakar
2 . Krishna jeerak (1 part)	Carum carvi	Umbelliferae	Seed	katu	Ruksha	Ushna	Katu	Kapha har
3.pippali (1 part)	Piper longum	Piperaceae	Fruit	katu	Laghu, Tikshna	Ushna	Madhur	Vat kapha har
4.karvellak (1 part)	Momordia churantia	Cucurbitaceae	Pancha ng	Tikta , katu	Laghu ,ruksha	Ushna	Katu	Pittagna
5.vacha (1 part)	Arocus calamus	Acoraceae	rhizom e	Katu , tikta	Laghu ,tikshna	Ushna	Katu	Kapha vatghna
6.vasa (1 part)	Adhatoda vasika	acanthaceae	Leafe	Tikta , kashaya	Laghu , ruksha	Sheeta	Katu	Kapha pitta har
7.yavani (1 part)	Carum roxburghinu m	Umbelliferae	Seed	Katu, tikta	Laghu, ruksha, tikshna	Ushna	Katu	Kapha vathar

**1. Jeeraka :**

- Vatakapha saman ,Deepan-Pachana,Vatanuloman ,Shulaprashaman, Krumighna ,Garbhashaya – vishodhana.
- Cuminum cyminum contained: alkaloid , coumarin, anthraquinone, flavonoid, glycoside, protein, resin, saponin, tannin and steroid. Cuminum cyminum having antimicrobial, anti-inflammatory, analgesic, antioxidant, anticancer, antidiabetic, antiplatelet aggregation, hypotensive, bronchodilatory, immunological,

contraceptive, anti-amyloidogenic effects(21)

**2. Krishna jeeraka :**

- Daurgandhyahara ,Rochana,Deepan,Pachana,Garbhashaya sodhana
- carum carvi contain mainly carvacrol, carvone,  $\alpha$ -pinene, limonene,  $\gamma$ -terpinene, linalool, carvenone, and *p*-cymene.
- The antibacterial activity of carvacrol (5-isopropyl-2-methylphenol) is amply documented in various experimental studies(22)
- Monoterpenes like anethofuran, carvone, and limonene occurring in cumin and caraway oil

have specifically been highlighted for anticarcinogenic action.(23)

- An aqueous and an ethanolic extract of caraway seeds produced significant antifertility effect via modulation of follicle stimulating hormone (FSH) and leutinizing hormone (LH) levels, while the estrogen levels were increased. (24)

### 3.Pippali

:Vatahara,Kpahahara,Rasayan,Krimi,Kustha,Sula

- fruits contain the alkaloid piperine,
- various studies proven the antiinflammatory ,antiamoebic,antibacterial activity (25)(26)(27)

4. Karvellak : Vatahara, Kaphahara, Bhedi,Kustha ,krimiroga

- The fruits and leaves contain alkaloids, glycoside, saponin-like substances, resin, an aromatic volatile oil and mucilage. Reports also show that the plant has anti-tumor and anti-HIV activities. (28)

5.Vacha : Vatahara,Kaphahara,Krimihara

6.Vasa : Kaphapittahara,

7. Saindhava :Tridoshanashak, Avidahi

- Agnideepana, Pachana, Ruchya, Netriya, Hridya, Vrishya

8.Yavakshara :Tridoshanashak, Avidahi

9.Yavani :Rochana, Deepan, Pachana,

Vatanuloman, Krimighna

- Compounds found in Carum roxburghianum were  $\alpha$ -pinene (0.42%),  $\beta$ -pinene (0.15%), myrcene (0.22%),  $\Delta$ -carene (3.27%), limonene (16.43%),  $\alpha$ -terpinene (1.44%), thymol (3.61%), linalool (1.07%), carvacrol (14.68%), carvone (2.29%), 1-cadinene (0.14%),  $\beta$ -elemene (0.99%),  $\alpha$ -humulene (1.27%), elemol (38.56%) and cadinol (14.42%). The percentage of unidentified

components was (0.93%).

- C. roxburghianum was very active against bacteria and yeasts(29)
- The antimicrobial activity of essential oil of Carum roxburghianum were carried out and the oil showed antimicrobial activity against two gram positive, two gram negative bacteria and four fungi.(30)
- Jeerakadi modaka mentioned by Bhavaprakasha contains Swetajeerak, Krishnajeerak, Pippali, Karvellak, Vacha, Vasa, Saindhavalavana, Yavakshara, Yavanika.All the ingredient having mainly katu, tikta rasa ,laghu,ruksha guna and ushna veerya .It has vedanaasthapana, vatahara, anulomanaand rasayanaproperties.

The drugs vacha ,vasa, patola, priyangu, nimba has been used in yonivarti .

all the dravya having tikta Kashaya rasa ,laghu ruksha guna and katu vipak due to its ruksha guna it is Kapha samak .By going through each ingredient's rasa, guna, virya, vipak, prabhava and karma, we came to know that each and every ingredient has the property of vata and kapha saman individually. Insertion of yonivarti is a practical procedure which is performed by the disinfectant and medicated yonivarti . Yonivarti are meant for insertion into vagina , for the purpose of removal of accumulated dosha at local site, for reducing vaginal discharge, Foul smell and Pain. It is one of the upakrama of sthanika chikitsa in Ayurved . Panch kashaya yonivarti having properties like vrana sodhana , kledahara , krimighna , kandughna is selected. The sthanika chikitsa used as the mode of treatment has helped in local cleanliness and prevention of further infections by the micro-organism invasion .It had given the natural antibiotic effect without any side effect .

sr No	Assesment Criteria	Day 1	Day 8	Day 16	After one month
1	Sweta strava	3	2	1	0
2	Katishula	2	1	1	0
3	Yoni kandu	2	1	0	0
4	Yoni daurgandhya	1	0	0	0

### CONCLUSION :

- Thus we can conclude that the holistic approach of Ayurvedic system of medicine & sthanik chikitsa with abhyantara chikitsa plays an important role and gives relief to patient.
- Personal hygiene and healthy dietary regimens are

helpful to prevent vaginal infection.

- The drugs which are having predominance of kashaya rasa , kapha shamak ,ruksha and ushna should be used in treatment of kapaja yonivyapad.

Panchkashaya yonivarti with jeerakadi vati was found effective in kapaja yonivyapad.

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