



## KAPHAJA YONI VYAPAD – LITERARY REVIEW

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### ABSTRACT-

Gynaecological disorders have found its immense importance in the field of medicine due to fact that women have a unique function of giving birth. In Ayurveda, women health care is related in separate section, where the term Yoni vyapad includes majority of gynaecological disorders. Before knowing the management, literature of the disease should be known. Therefore, in this study an effort has been put forth to make a conceptual study covering almost all the aspects of Kaphaja yoni vyapad as per Ayurveda.

A healthy woman is a promise of a healthy family. In different phases of a woman's life, from puberty to menopause, the concept of healthy yoni has been mentioned in Ayurveda as well as in modern. Now a days, infection related to yoni is a burning problem irrespective of their age or socioeconomic status. Due to infection, there may be sign and symptoms like vaginal discharge, itching, coldness. In Ayurveda, these types of signs and Sleshmala yoni vyapatha is one of the twenty yoni vyapatha<sup>[1]</sup> which is caused by vitiation of kapha dosha. Sleshmala yoni vyapatha is described as a condition where symptoms of picchila (slimy) and sheetala srava (cold discharge) from the vagina is seen associated with kandu (purities) and mandaruja (dull pain).

An estimated 75% of women experience at least one episode of VVC during their life times; nearly 45% of women will experience two or more episodes. Few are plagued with a chronic, recurrent infection. Candida albicans is responsible for C. Tropicalis, can cause vulvo vaginal symptoms and tend to be resistant to therapy<sup>[2]</sup>

Candidiasis is an infection caused by a yeast (type of fungus) called candida. Candida normally lives inside the body without causing any problems.

Sometime candida can multiply and cause an infection inside the vagina changes in a way that encourages its growth. Which cause vaginal itching, pain, discomfort, abnormal vaginal discharge, redness and swelling. Vaginal Candidiasis is usually treated with antibiotics, anti-fungal medicinal and synthetic hormone preparation which have their own side effects like secondary infertility, bleeding per vagina, infection and it may also destroy the healthy bacterial vaginal flora. So a more appropriate and effective treatment which is with more efficacy is the need of the day<sup>[3]</sup>.

**KEYWORDS:** Ayurveda Samhita Varnan ,Yoni, Kaphaja Yoni Vyapad, Vaginitis

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**INTRODUCTION-** A specific group of the diseases of women i.e., yonivyapad has been mentioned in ayurvedic classics, which disrupts the women hood in various ways. Health care

of woman is very important. Any disorders that hamper the general, mental as well as the reproductive health of woman should be considered with care and required medical



attention. Female body is highly complex and delicate. Because of special reproductive role, women are at risk of some distinct female disorders. Kaphaja yoni vyapad is one of those diseases. Vaginal discharge means yoni strava is seen as a symptom in case of this disease. As the Stree is mula of reproduction, 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. Along with that as today's women is 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 Acharyas for women's health. Thus, she is prone to various yonirogas one of which is Yonigat shewtapicchilsrava, Yonikandu, Yonigata Alpavedana which are features of Kaphaj yoni vyapad.

#### **MATERIAL AND METHODS-**

##### **SAMHITHA KALA:**

Acharya Charaka, Sushruta, and Vagbhata have mentioned various Yoni Rogas in their respective Samhitas.

##### **Charaka Samhitha<sup>(4)</sup> -**

Acharya Charaka has mentioned twenty Yoni Rogas in detail regarding each Vyapatha, including Shlaishmiki Yoni Vyapatha in Chikitsa Sthana.

*Sushruta Samhita<sup>(5)</sup>* Acharya Sushruta has mentioned twenty Yoni Vyapatha and their Chikitsa in Uttara Sthana.

##### *Astanga Samgraha<sup>(6)</sup> & Astanga Hridaya<sup>(7)</sup>-*

Acharya Vagbhata has mentioned twenty Yoni Vyapatha and their treatment in Uttara Sthana.

##### *Kashyapa Samhitha<sup>(8)</sup>-*

In *Kashyapa Samhita Yoni* and its structures mentioned, but there is no reference regarding Yoni Vyapatha.

##### *Haritha samhita<sup>(9)</sup>-*

Maharshi Haritha has not mentioned Yoni Rogas in a separate chapter but he mentioned certain Stree Rogas from chapter 48 to 53.

##### **SAMGRAHA KALA:**

##### **Madhava nidana<sup>(10)</sup>-**

Acharya Madhavakara has compiled twenty types of Yoni Vyapatha from the *Brihatrayees*.

##### **Sharangadhara samhita<sup>(11)</sup>-**

Acharya Sharangadhara has mentioned Yoni Roga Sankhya, while describing diseases.

##### **Bhavaprakasha<sup>(12)</sup>-**

Acharya Bhavamishra has mentioned twenty types of Yonis Vyapatha and its *Chikitsa* in *Chikitsa Sthana*.

##### **Yogaratanakara<sup>(13)</sup>-**

There is a description of twenty types of Yoni Rogas and its management in *Yonirogadhikara*.

##### **ADHUNIKA KALA (16th A.D. onwards)<sup>(14)</sup>:**

Almost all authors of modern era have described *Shlaishmiki Yoni Vyapatha* under the context of Yoni Roga. Modern authors have correlated *Shlaishmiki Yoni Vyapatha* to Vaginitis.

Anatomical consideration of Yoni:

##### **Sushruta Samhita -**

According to Acharya Sushruta Yoni resembles the shape of *Shankhanabhi* (hollow portion of conch shell) and has three Avarthas (circles), Garbhashaya is attached in third Avartha. *Garbhashaya* resembles the mouth of Rohitha fish. He further explains that women has twenty extra muscles i.e. ten in breast, four in *Apathyapatha*, three each in *Garbhachidra* and *Garbhamarga* and another three are responsible for entry of *Shukra* and *Arthava*.

##### *Astanga Samgraha-*

Acharya Vagbhata gives the same opinion as Acharya Sushruta.

Physiological consideration of Yoni:

In Ayurvedic texts, strewn description about woman's life in relation to the reproductive life is available, but nothing specific about anatomical and physiological changes occurring in the female reproductive organs have been elaborated. The life span of human being is divided mainly into three stages,

*Balavastha* (Childhood)

*Madhyamavastha* (Adult age)

*Vridhdhavastha* (Old age)

Though it is generalized for both sexes, *Bhavamishra* and *Haritha* have tried to make it more specific with respect to the changes in a woman's life. These changes are gradual

involving majorly the physiological changes which lead to anatomical changes that peak during the *Yuvavastha* and deteriorate gradually in the *Madhyamavastha* when she sets into *Proudha* and then *Hani*. *Dhatu kshayathat* occurs with respect to age which reflects on the *Yoni*.

**VYAPATH:**

The word “*Vyapath*” refers to disorders or ailments, pathological conditions of the body, affliction, injury, diseases, derangement, and death etc. Any *Vyapath* affecting the *Yoni* is called *Yoni Vyapath*. According to *Gangadhara*, the illness pertaining to the female genital tract is known by the name *Yoni Vyapath*. *Maharshi Charaka* while describing *Yoni Vyapath* used the word *Yoni* to denote whole reproductive system as well as the individual organs separately.

**NUMBER AND CLASSIFICATION OF YONIVYAPAT:**

All *Acharyas* have mentioned the total number of *Yoni Vyapath* is twenty. Even though number is same there is notable difference in nature of grouping the *Yoni Roga*, etiology, nomenclature, *Dosha* involvement and symptoms. In the description of *Yoni Roga*, *Vagbhata* has very closely followed the *Charaka*, while *Madhava- Nidana*, *Bhava*

*Madhava nidana*, *Bhavaprakasha*, and *Yogaratanakara* have followed *Sushruta*.

**Types of kaphaja yoni vyapad by different Acharyas**

<i>Charaka</i> <sup>7</sup>	<i>Vagbhata</i> <sup>8</sup>	<i>Sushruta</i> <sup>9</sup>
<i>Sleshmaja</i>	<i>Sleshmaja</i>	<i>Sleshmaja</i> <i>Atyananda</i> <i>Aticharana</i> <i>Acharana</i> <i>Karnini</i>

**NIDANA PANCHAKA:**

Our *Acharyas* framed unique method of five tools for diagnosis of diseases, designated them as *Nidana panchaka*.

They are as follows,

- *Nidana*
- *Purvaroop*
- *Roopa*
- *Upashaya*
- *Samprapti*
- *Nidana (etiological factors)-*

*Prakash&Yoga Ratnakar* have followed *Sushruta* with very slight differences.

**KAPHAJ YONI VYAPATH:**

*Kaphaj Yoni Vyapath* is one among twenty *Yoni Vyapath*. It has been described by *Acharya Charaka* and both *Vagbhata* as *Shlaishmiki*. *Sushruta*, *Bhavaprakasha* and *Yoga Ratnakara* have used the term *Sleshmala Yoni Vyapath* whereas *Sharangadharas* just mentioned *Kaphaja*.

According to the *Shabda Kalpa Druma*, *Sleshmal* means that which is associated with *Shleshmala Dosha*.

According to *Acharya Charaka*, *Kapha* vitiated due to excessive use of *abhishyandi* (articles obstructing the oozing or serous effusion) substances reaches reproductive system and causes unctuousness, coldness, itching and dull pain in vagina. The woman looks anemic, and discharges yellowish, unctuous menstrual blood<sup>(15)</sup>. Commentator *Chakrapani* equated this with *Kaphaja asrigdhara* on the basis that yellowish discharge per vagina is present during intermenstrual period also.

*Acharya Sushruta* has given only local symptoms as presence of unctuousness, itching and excessive coldness<sup>1</sup>.

Both *Vagbhata* followed the opinion of *Charaka* and also included painless yellowish discharge from vagina.



*Nidanas* can be put in two heading as,

- *Samanya Yoni Vyapath nidana*
- *Vishishta Shlaishmiki Yoni Vyapath nidana*
- *Nidanas* are briefly explained as,
- Etiology (*Nidan*) of *Kaphaja yoni vyapad*

<i>Charak</i> <sup>1</sup>	<i>Sushrut</i> <sup>2</sup>	<i>Vagbhat</i>	<i>Madhav Nidan, B.P, YR</i>
<i>Mithyachar (abnormal diet and mode of life)</i> <i>Pradusta-Artava (abnormalities of Artava)</i>	<i>Mithyachar</i> <i>Pradusta- Artava</i> <i>Bijadosha</i> <i>Daivakopa</i>	<i>Dustabhojan</i> <i>Bisamangasayan bhrisa</i> <i>maithun sevan</i> <i>Dusta artava</i>	<i>Followed charak</i> <sup>4</sup>
<i>Bijadosha (abnormalities of Bija)</i> <i>Daivakopa (curses or anger of God)</i>	Prabridha linga purush atisevana	<i>Apadravya prayog</i> <i>Bijadosha</i> <i>Daivata</i>	

### 1. *Mithyachara*:

This refers to any improper activities. It can be taken in two headings,

*Mithya Ahara*

*Mithya Vihara*

A) *Mithya-Ahara*(Abnormal diet):

*Mithya Ahara* includes *asathmya ahara, atyashana, vishamashana, alpashana* and *dushtabhojana*. The diet which causes *kapha vriddi* is the main causative factors for the *Kaphaja Yoni Vyapath*. But vitiation of *vata* due to *vataprakopaka ahara* also plays an important role in the manifestation of disease.

B) *Mithya Vihara* (Abnormal mode of life):

Following *Dinacharya and Rtucharya* mentioned in the Ayurvedic classics helps in maintaining the *samavastha* of *Doshas and Dushyas*-The act of sexual intercourse is also associated with certain rules. Any deviation in the position, untimely indulgence, excessive coitus, unnatural sex leads to gynecological problems. Practice of having casual sex frequently with different partners or of being indiscriminate in the choice of sexual partner's results in various diseases which have also been described under *Sankramika Roga*.

### 2. *Pradushta Artava*-

The word *Artava* refers to female sex hormones, ovum or menstrual blood. Hormonal imbalance is the root cause of several gynecological disorders.

### 3. *Beeja dosha*-

Various chromosomal or genetic abnormalities come under this group. *Vagbhata* gives explanation for this as

abnormality of *Beeja bhaga avayava* which is responsible for the development of *Yoni* during embryonic life.

### 4. *Daiva*-

According to *Acharya Chakrapani* if the exact etiological factors of the disease cannot be known then *Daiva* is responsible. *Etiology* of certain gynecological diseases is attributed to the bad deeds of past life and when the force of past deeds (*Karma Kshaya*) is exhausted then the disease responds to the treatment<sup>(51)</sup>.

### 5. *Use of Apadravya*-

Foreign bodies like pessary, tampon, IUCD and also artificial objects used for the sexual pleasure by women are considered as *Apadravya*.

*Vishishta nidana for kaphaj Yoni Vyapath*-

Specific etiologies mentioned are,

- *Abhishyandi Ahara*
- *Kapha prakopaka ahara and vihara*
- *Abhishyandi ahara*-

*Abhishyandi Ahara* is defined as *Ahara* which increases *Srava*. Those products that have *Picchila guna*, and *Guru Guna* able to vitiate the *Rasavaha Srotas* and cause *Rodha*, leading to *Gouravamare* called *Abhishyandi Dravyas*. e.g., curd . As they have *Guna Sadharmyata* with *Sleshmala*, it causes *kaphaj Prakopa*.

- *Kapha prakopaka ahara*  
*Swadu, amla, lavana, snigdha, sheetha, guru, abhishyandi, pichila anna sevana, pishta, ikshu, masha.*

- *Kaphaprakopaka vihara*-



*Atibhojana, adyashana, diwaswapna, avyayama, alasya.*

**PURVARUPA-**

*Purvarupas of Yoni Vyapathare not mentioned in the classics. So signs of Kapha Doshha in Sanchya Avastha(stageof accumulation) can considered as Purvarupa here. Anna dweshaand Hrudaya Utkledaare the Kaphasanchaya symptoms explained.*

**RUPA:**

*Roopais defined as the absolute revelation of the disease.Lakshanas of kaphaj Yoni Vyapath according to different Acharya-*

*कफोऽभिष्यन्दिभिर्वृद्धोयोनिचेद्वृषयेत्स्त्रियाः।  
सकुर्यात्पिच्छिलांशीतांकण्डुग्रस्ताल्पवेदनाम्। १३*

||

*पाण्डुवर्णा तथा पाण्डुपिच्छिला र्तववाहिनीम्।*

If *kapha* aggravating substances are used in excess then *kapha* gets aggravated and affects the genital tract of woman which makes it slimy, cold, associated with itching and mild pain. Woman becomes pale and secretes the pale and slimy menstrual blood.

Table no 3: Lakshanas of kaphaj Yoni Vyapath according to different Acharyas

Lakshanas	Charaka	Sushruta	Vagbhata
<i>Sleshmala</i>	-	+	-
<i>Picchila</i>	+	+	+
<i>Kandu</i>	+	+	+
<i>Sheeta</i>	+	+	+
<i>Alpavedana</i>	+	-	-
<i>Avedana</i>	-	-	+
<i>Artava</i>	+	-	+
<i>Pandutvam</i>	+	-	-

*Shleshmala:* This refers to *Sleshmayukta* It has a character of being Phlegmatic, bounding with phlegm or mucous. The word *Slesma* refers to *Kapha Doshai*.e.*Slish Alinganewhich is understood as something that covers*

*Pichila:*

It is defined by *Hemadri* as that which has the ability to coat Meaning of the word *Picchila* are slimy, slippery, lubricous, smeary (opp to *Vishada*)

*Kandu:*

It is defined as a pathological condition causing pain and distress to the person. *Roga Visheshha, Vedana, Anubhava, Samveda, janam, Dukkhamare* the synonyms of *kandu*.

*Pandura:* It refers to a colour which is almost white or resembling yellowish white. *Shukla, Shubhra, Suchi, Shweta, Vishada, Shweta, Pandura, Avadata, Sita, Gauri,*

*Balaksha, Dhavala, Arjuna, Harina, Panduraand Panduare* synonyms of the word *Shweta*.

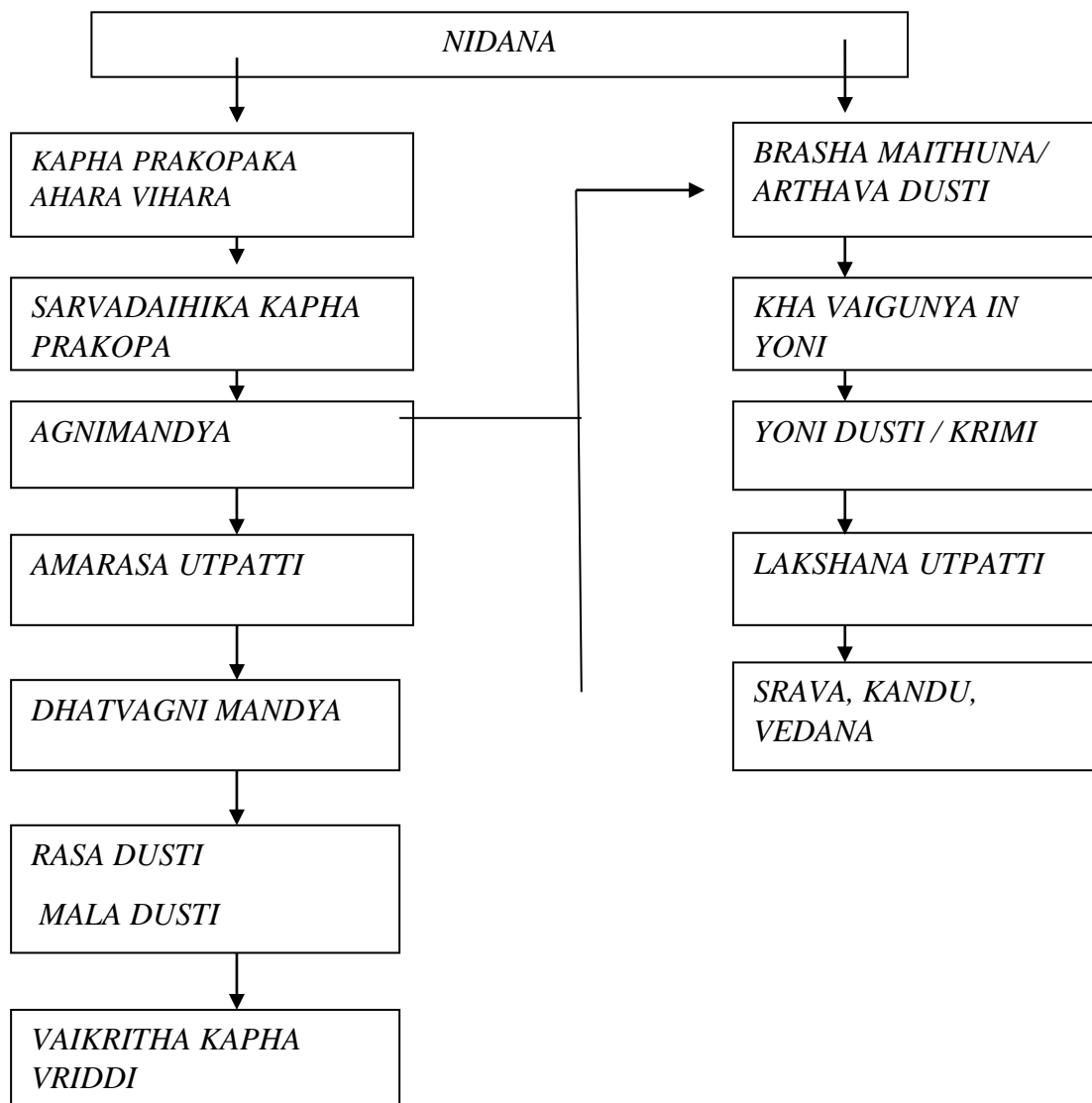
**UPASHAYA – ANUPASHAYA-**

*Upashaya* causes relief in the symptoms and *Anupashaya* aggravates the symptoms. Though *Upashaya* and *Anupashaya* are not separately mentioned for *Shlaishmiki Yoni Vyapath, aharavihara* which are having opposite guans to *kapha dosha* can be taken as *Upashaya* and vice versa.

**SAMPRAPTI-**

*Samprapti* can be correlated to the pathogenesis of the disease. It includes all the changes that happen in the patient's body right from *nidana sevana* till the manifestation of diseases.

Fig 1: Samprapti of Shlaishmiki Yoni Vyapath



There are two ways of pathogenesis in *Sleshmala Yonivyapat*. One is due to *Samanya nidana* and another *Vishishta nidana*. Due to *Ahara* and *Vihara*, *Kapha Prakopa* and this causes *Agnimandya* leading to formation of *Amarasa*. Further it leads to *Rasa Dhatu Dusti*

causing *Mala Dusti* (as *Kapha* is *Mala of Rasa*). It ultimately leads to *Sthanashamshraya in Yoni* which is already vulnerable. Then *Dosha Dushya Samurchchhanata* takes place and it manifests as *Shlaishmiki Yoni Vyapath*.



Other 4 types of *Kaphaja yoni vyapad*

	<i>Atyananda</i>	<i>Aticharana</i>	<i>Acharana</i>	<i>Karnini</i>
<i>Sushruta</i> <sup>15</sup>	woman suffers from this disease does not satisfy with coitus.	It is caused by excessive sexual act. Woman does not achieve conception.	Woman gets excited before coitus as well as much earlier than her husband.	<i>Kapha</i> and <i>Rakta</i> produces <i>Karnikain yoni</i>
<i>Charaka</i> <sup>16</sup>	Not mentioned	<i>Sopha</i> (inflammation), <i>Supti</i> (numbness) & pain occur.	Non cleanliness of vagina produces <i>Krimi</i> which produces itching in yoni and due to this Woman feels excessive sexual desire.	Due to straining before starting of labour pain, <i>Vayu</i> is obstructed by foetus, along with <i>Kapha</i> and <i>Rakta</i> produces <i>Karnika in Yoni</i> .
<i>Vagbhata</i> <sup>17</sup>	Followed <i>Charaka</i>	Followed <i>Charaka</i>	Followed <i>Charaka</i>	Followed <i>Charaka</i>
<i>Madhav Nidan</i> <sup>18</sup>	Followed <i>Sushruta</i>	Followed <i>Sushruta</i>	Followed <i>Sushruta</i>	Followed <i>Sushruta</i>
<i>B.P. &amp; Y.R.</i> <sup>19</sup>	Followed <i>Sushruta</i>	Followed <i>Sushruta</i>	Followed <i>Sushruta</i>	Followed <i>Sushruta</i>

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SAMPRAPTHI GHATAKA-

Table no 4: *Samprapti Ghataka of Shlaishmiki Yoni Vyapath*

<i>Dosha</i>	<i>Kapha</i>
<i>Dushya</i>	<i>Rasa, Rakta, Mamsa</i>
<i>Agni</i>	<i>Jatharagnimandya and Rasadhatvagnimandya</i>
<i>Srotas</i>	<i>Rasavaha, Raktavaha, Mamsavaha</i>
<i>Srotodushti</i>	<i>Atipravritti</i>
<i>Adhishthana</i>	<i>Yoni</i>
<i>Vyaktasthana</i>	<i>Yoni</i>
<i>Rogamarga</i>	<i>Abhyantara</i>
<i>Sadhya –Asadhyatva</i>	<i>Sukhasadhya</i>

*Dosha –*

*Kapha* dosha can be considered as main causative factor for *Shlaishmiki Yoni Vyapath*. This gets vitiated by *snigdha*, *pichhila* and *sheetha* properties. The vitiated *kapha* disturbs metabolism and releases toxins which in turn causes dust of *Rasavaha Srotas* and produces more mala. This *vikritha kapha* undergoes *sthanasamshraya* in *Yoni*, thus causes *Yoni dusti*.

*Dushya*

*Rasa:*

The food ingested by the action of *Jatharagni* gets converted into *Ahararasa* and *Kapha* is the *Kitta Bhaga* of it. Due to *Agnimandya* *Ahararasa* produces more *Kitta form of Kapha* which is responsible for the vitiation of *Rasavaha Srotas*. Moreover, the *Prasada Bhaga* of *Rasa* is responsible for the nutrition of other *Dhatu*. But the little amount of *Rasa* is inefficient in nourishing the other *Dhatu* of the body resulting in various disorders like



anorexia, anemia, and emaciation thus making the body immunocompromised leading to *Shlaishmiki YoniVyapath*.

**Rakta:**

*Kshaya or Vriddhi of Shareerai*s due to *Prakrita Rakta*, and *Rakta* has been thus termed as “Jiva” of the body. *Agnimandya* results in *Rakta kshaya* as it the successive *Dhatu*s affected. It may further result in making the body more vulnerable to infections and delaying the recuperation.

**Mamsa:** *Shothai*s produced in which *Dosh*as are accumulated in *Tvacha* and *mamsa*. There is also *Srava* which is a form of *Kleda* which produces softness of local tissues causing it to erode easily.

**Agni:**

According to *Ayurveda*, all the diseases are produced by *Mandagni*. The *Am* which is formed due to *Mandagni* gets localized in the *Rasavahi Srotas* and produces *Vikritha Kapha* that undergoes *Sthanashamshraya* in *Yoni* and causes *Yoni Roga*.

**SADHYA –ASADHYATA:**

The five gynecological disorders arising due to vitiation of all the three *Dosh*as (*Sannipataja Yonivyapat*) are incurable in the opinion of *Maharshi Sushruta*. Considering the involvement of a single *Dosha* and not much of *Guru* symptoms, it can be considered as a *Sukhasadhy*a *Vyadhi*.

**CHIKITSA IN KAPHAJ YONI VYAPAT:**

योन्यांश्लेष्मप्रदृष्टायां वर्तिः संशोधनीहिता || ७० ||  
वाराहेबहुशः पित्ते भावितैर्लक्तकैः कृता

In the *kaphaja* disorders of the female genital tract, the application of cleansing suppository made of piece of cloth and impregnated many times in the bile of pig is beneficial.

Various formulations in management to *kapha* dominant *yonivyapat*

भावितं पयसाऽर्कस्य यवचूर्णससैन्धवम् || ७१ ||  
वर्तिः कृता मुहुर्धार्याततः सैच्या सुखाम्बुना

The suppository made of rock salt and barley should be impregnated with milk of *Arka* and it should be kept in vagina frequently and after this vagina should be washed with warm water.

पिप्पल्यामरिचैर्मषैः शताह्वाकृष्टसैन्धवैः || ७२ ||  
वर्तिस्तुल्याप्रदेशिन्याधार्यायोनिविशोधनी || ७३ ||

In *kaphaja* disorders of the genital tract, the suppository should be made as the size of index finger with the paste of *pippali*, *maricha*, *masha*, *shatahva*, *kushtha* and rock salt and it should be kept in vagina for cleansing

**CHIKITSA SIDDANTA-** The *Chikitsa* explained for the *Sleshmajanya Yoni Rogai*s *Ruksha* and *Ushana Chikitsa*

करिधवनिम्बार्कवेणुकोशाम्बुवैः || ८२ ||  
जिङ्गिनीवृषमूलानां क्वाथैर्माद्विकसीधुभिः ||  
सशुक्तैर्धावनं मिश्रैर्योन्यास्त्रावविनाशनम् || ८३ ||  
कुर्यात्सतक्रगोमूत्रशुक्तैर्वात्रिफलारसैः || ८४ ||

The vagina should be washed with the decoction of *karira*, *dhava*, bark of *nimba*, flower of *arka*, *venu*, *koshamra*, *jambu*, roots of *jingini* and *vasa*, mixed with *sidhu* and *sukta* (vinegar) of *draksha*. It helps to treat the vaginal discharges or vagina should be washed with the decoction or juice of *triphal*a mixed with *takra* (butter milk), cow's urine or *sukta*.

पिप्पल्योरजः पथ्याप्रयोगामधुनाहिताः || ८४ ||

This powder of *pippali*, *lohabhasma* and *haritaki* mixed with honey is useful in vaginal discharges.

All *Acharyas* give same opinion. Some *chikitsa* mentions by our *Acharyas* are-  
**Basti Prayoga:** Basti of cow's urine mixed with drugs having predominantly *Katu* properties (*Rasa & Vipaka*) should be given<sup>1</sup>.

**Kalka Dharana:** Local application of paste of *Shyamash* should be given.

**Udumbaradi Taila Pichu Dharana** for 7 days helps to cure the sliminess of the vagina.

**Kashaya prakshalana:** *Nyagrodha* *twak* *Kashaya Yoni Prakshalana*.

**Varti Prayoga:** The pessary prepared with following drugs should be placed in the vaginal canal for the treatment of *Yoni Rogas* caused by *Slesma Dusti*

1. A pessary prepared with a piece of cloth soaked several times in bile of hog.

2. A pessary prepared with powdered *Yava* (barley) or *Masa* (a kind of bean) mixed with rock salt and pestled with latex of *Arka* should be placed either repeatedly or for a short time and followed by irrigation of vaginal canal with lukewarm water.



3. A pessary thick like index finger prepared with *Pippali*, *Maricha*, *Kushta*, *Shatahva*, *Kushta* and *Saindhavais* used.

**PATHYAPATHYA:**

*Pathya: Samanya Pathyain* Yoni Rogas has been mentioned as intake of *Sura*, *Lasuna Swarasain* the morning and diet with the abundance of milk and meat soup . She must take a diet made with barley and use *Abhayarishta*, *Sidhu*, and oil habitually. Specifically oil, *Sidhu* , diet made with barley and use of *Pathyarishta*, have been explained in the context of *Kaphaja Yoni Roga*. *Ruksha*, *Ushna drugs*, *Kaphahara Taila*, *sidhu* and *Arista*, *Saindhava Lavana*, *yava anna*, *abhayarishtam*, *seedhu*, *taila*, *pippali*, *ayorajalong*

*withksoudra (honey)* ,*Lasuna (garlic)* which is explained *asrasayanby acharya kashyap*.

*Apathya: Manda* (scum of boiled rice) is contraindicated to the women suffering from *Yoni Rogas* . *vataavidhikaraahara vihara* (diet and regimens causing increase of vata) including *manasika bhavas* (mental factors) can also be considered as *apathya*. *AcaryaKasyapa*, contraindicated *manda* (supernatant water of rice gruel) for women suffering from *yoniroga*(gynaecological disorders).

**MODERN ASPECT OF VAGINITIS:**

Specific vaginitis comprises:

- Trichomonal vaginitis
- Moniliasis
- Bacterial vaginosis

**DIFFERENTIAL DIAGNOSIS OF VAGINAL DISCHARGE:**

Characteristics	Trichomoniasis	Candidiasis	Bacterial vaginosis
Colour	Greenish yellow	Curdy white	Grey white to green
Consistency	Thin, frothy	Thick	Thin
Whiff test	Negative	Negative	Positive
pH	>5	<4.5	>5
Pruritis	+++	++	Non-irritating
Diagnosis	Motile Trichomonads	Hyphae	Clue cells

Vaginal wet mount smear -

Method of collection –

The patient is advised not to have vaginal douche at least in previous 24hrs. Cusco’s bivalve speculum is introduced without lubricant and prior to internal examination. The material collected in the posterior blade is taken either by platinum loop or swab stick.

Identification of organism in slide-

Trichomonas vaginitis-

The material is dropped over a slide and then mixed with one drop of normal saline. It is then covered with a cover slip. Actively motile Trichomonads can be seen under microscope easily. It can be effectively visualized after staining with 1 percent brilliant cresyl violet; leucocytes and other bacteria will not take up the dye.

Monilia-

One drop of discharge is mixed with one drop of 10 percent potassium hydroxide and is covered with a cover slip. The mycelia of

fungus can be seen under microscope. Alternatively, the discharge is spread over a slide, dried and stained with methylene blue to demonstrate the mycelia.

Bacterial vaginosis-

A smear of vaginal discharge is prepared with drops of normal saline on a glass slide. Vaginal epithelial cells are seen covered with these coco-bacilli and the cells appear as stippled or granular. At times the cells are so heavily stippled that the cell borders are obscured. These stippled epithelial cells are called “clue cells”. Clue cells are diagnostic of Bacterial vaginosis.

**DISCUSSION-**

This disease can be cured mainly by taking hygiene. Personal hygiene is very important for every woman. Vaginal problems are mainly due to disturbances of the vaginal flora. So, approach should be done to correct the vaginal flora by which one can get rid of vaginal problem.



Gynaecological disorders have found its immense importance in the field of medicine due to fact that women have a unique function of giving birth. In Ayurveda, women health care is related in separate section, where the term *Yoni vyapad* includes majority of gynaecological disorders

#### CONCLUSION-

*Kaphajayonivyapatis* the one of the commonest problems among women of reproductive age. As per ayurveda by maintaining of proper hygiene and taking appropriate food in time and doing regular exercise can help in maintaining the reproductive health. Yonivyapat are classified as *ekadoshaja* (involvement of any single dosa), *dvidoshaja* (involvement of two dosas) and *tridoshaja* (involvement of three dosas) in *Carakasamhita and AshtangaHridaya* whereas *Sushrutasamhita* explained *ekadoshaja and tridoshaja* only.

*Krimijayonivyapat* is the concept which is explained only by *Vagbhata*. It is seen that the same *yonivyapat* explained differently by different *samhita* represents the chronicity of a single condition. Hence rather than going with description of a single *samhita*, analyzing the explanations in all *Samhitas* will help us to understand the pathogenesis of vaginitis in detail.

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