



KAPHAJA YONIVYAPADA- A CONCEPTUAL REVIEW

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ABSTRACT

The mother's health affects the family's overall health. Both contemporary medicine and Ayurveda have talked about a healthy Yoni at different points in a woman's life, from puberty to menopause. These days, yoni contamination is a major problem for everyone, regardless of age or socioeconomic status. Other signs of infection include discomfort, itching, and vaginal discharge. These are the signs and symptoms of Kaphaja Yoni Vyapada in Ayurveda, some of which are similar to vulvo-vaginal candidiasis. Due of women's special ability to give birth, gynecological illnesses have become increasingly important in the field of medicine. The bulk of gynecological problems are referred to as Yoni Vyapada in the portion of Ayurveda on women's fitness care. It is necessary to research the disease's literature before understanding management. This study aims to give a conceptual understanding of the components of Kaphaja Yoni Vyapada as almost all of them are backed by current science and Ayurveda.

KEYWORDS: Ayurveda, Yonivyapada, Kaphaja, Dhupana, Srava, Vaginal Discharge, candida.

INTRODUCTION

Regardless of age or socioeconomic background, yoni infections are a major concern these days. Itching, discomfort, coldness, and vaginal discharge are all potential infection symptoms. Ayurveda recognizes 20 forms of yoni vyapad, and these symptoms match up with Kaphaja yoni vyapad. Most of Kaphaja Yoni Vyapad's symptoms are comparable to those of vaginal candidiasis. Candida albicans is the main culprit behind vulvovaginal candidiasis, a frequent mucosal infection of the lower female reproductive tract. Itching, redness, discomfort, and white, cheesy vaginal discharge are a few of the symptoms. In Ayurvedic treatment of women, most gynecological diseases are called Yoni vyapad. Before learning about management, one should become familiar with the literature on the illness. An attempt has been made in this study to give a conceptual investigation that covers Kaphaja yoni vyapad practically entirely from both a modern and an Ayurvedic stance.^[1]

It is said that among the 20 Yoni Vyapada, Kaphaja Yoni Vyapada is one. A woman's Kapha swells when she eats too many meals that cause leakage or serous effusion. The reproductive system, specifically the uterus and vagina, is affected by this worsening of Kapha, which results in Kaphaja Yoni Vyapada. Because of this

Vyapada, Sweta Srava, or Snigdha, Pandu Varna, and Picchila associated with Kandu are overabundant. Women may experience severe discomfort from these sensations, which can interfere with their daily activities. The Acharyas talked about oral medicines and local therapies such as Yoni Prakshalana, Yoni Purana, Yoni Varti, and Yoni Dhupana that are available for treating Kaphaja Yoni Vyapada. Acharya Kashyapa has given a separate chapter on Dhupana karma in various conditions, which also covers Rakshoghna karma and Krimghna karma. The qualities of Dhupana are advantageous to Kaphaja Yoni Vyapada's management.^[2]

OBJECTIVES

- 1) To review *Yonivyapada* from various Ayurvedic *samhita*.
- 2) To study and correlate *Yonivyapada* with vaginal candidiasis.

KAPHAJA YONI VYAPADA

Etiology: The samanya nidana according to different Acharyas^[3,4,5]

- Charak Samhita- Mithyachar, Pradusta- Artava, Bijadosha, Daivakopa.

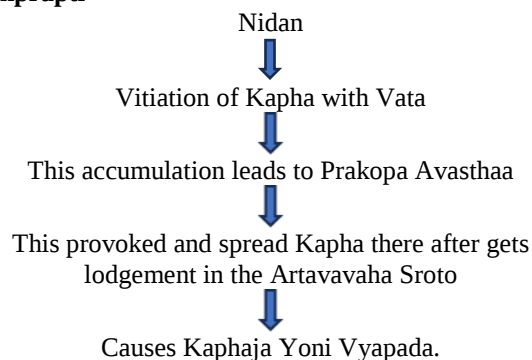
- Sushrut Samhita-Mithyachar, Pradusta- Artava, Bijadosha, Daivakopa, Prabridhha, Linga Purush, Atisevana.
- Astanga Sangraha- Dushtabhojan, Bishamangashayam, Atimaithun, Dushtaartava, Apadrav yaprayoga, Bijadosha, Daivata

Vishista Nidana

- Charaka says that if a woman follows an overly kapha vardhaka and abhishyandi diet and regimen, her body shleshma would worsen. It gradually localizes in the woman's yoni, causing Sleshmala Yonivyapad's signs and symptoms as well as the sickness to manifest.
- Using substances with similar properties and effects results in an improvement in the quality of tridosa, dhatus, and malas, as per the samanya vishesh siddhanta mentioned in connection with the Sha Padartha Vignana. On the other hand, using drugs that have the opposite effect will decrease those.
- The body consists primarily of prithvi and apa mahabhutas, which together make up shleshma or kapha. Once more, the attributes of kapha are guru, sheeta, mridu, snigdha, madhura, sthira, and picchila.

- The six rasas, the madhura, amla, and lavana rasas increase kapha, while the katu, tikta, and kashaya rasas diminish kapha.

Samprapti^[6]



Samprapti Ghatak

- Adhisthan- Yoni
- Dosha- Vata + Kapha
- Dushya- Rasa, Rakta and Mamsa
- Srotodushti Lakshana- Atipravriti
- Sthanasamsraya- Yonimarga and Garbhashaya
- Rogamarga- Abhyantara
- Srotas- Rasavaha, Artavaha, Raktavaha

Lakshanas of different types of kaphaja yonivyapad^[7]

Types	Acharyas	Lakshana ^[8]
Aryananda	Charak	Not mentioned
	Susrut	Woman suffers from this does not satisfied with coitus
	Vagbhata	Not mentioned
	Bhava prakashMadhav nidan	Followed Susruta
Karnini	Charak	Due to straining during labour in the absence of labour pain, kapha and raktaproduces karnika.
	Susrut	Kapha and Rakta produces karnika in yoni.
	Vagbhata	As Charaka.
	Bhava prakashMadhav nidan	Woman feels excessive sexual desire
Aticharana	Charak	Produces sopha, supti andruja in yoni.
	Susrut	Woman does not achieve conception
	Vagbhata	Same as Charaka
	Bhava prakashMadhav nidan	Produces sopha, supti andruja in yoni.
Acharana	Charak	Woman feels excessive sexual desire
	Susrut	Woman gets excited before coitus as well as much earlier than her husband
	Vagbhata	-----
	Bhava prakashMadhav nidan	Woman feels excessive sexual desire

Upadrava^[9]

There is no any particular complication mentioned for Kaphaja yonivyapad. But whatever complication mentioned for Yonivyapad in general can be considered as the complication of Sleshmala Yonivyapad.

- Charak said that yoni of women afflicted with doshas or diseases suffers from- Vandhyatwa, Arsha, Pradar, Gulma.

- Vagbhata- Stambha, Shula in the list of complications.

Sadhyasadhya

Shleshmala Yonivyapad is Chikitsa sadhya like other eka-doshaja Yonivyapad.

Management^[10]

Ayurveda advises three types of therapies like.

- a) Antahpurimarjan
- b) Bahiparimarjana and
- c) Shastra pranidhana.

A. Yoni Prakshalana

- i. Vaginal irrigation with decoction of stem bark of Lodhra (*Symplocos racemosa* Roxb).
- ii. Vaginal irrigation with decoction of stem bark of Vata (*Ficus bengalensis* L.).

B. Yoni Purana

- i. Use of a bolus of powdered bark of Plaksha (*Ficus lacor* Buch. Ham.) mixed with honey after oleating vaginal canal.
- ii. Fine powders of Khadira (*Acacia catechu* (Linn. f.) Willd.), Pathya (*Terminalia chebula* Retz. & Willd.), Jatiphala (*Myristica fragrans* Houtt.), Nimba (*Azadirachta indica*) and Puga (*Areca catechu* Linn.), triturated with soup of Mudga and used in vagina after drying the mixture.

C. Yoni Varti

- i. After oleating vaginal canal, suppository made with powdered Lodhra (*Symplocos racemosa* Roxb), Priyangu (*Callicarpa macrophylla* Vahl) and Madhuka (*Madhuca indica* J.F.Gmel.) mixed with honey or all drugs with Kashaya Rasa prominence should be used.
- ii. A flaxen cloth impregnated with decoction of stem bark of Nyagrodha (*Ficus bengalensis* L.) should be used.
- iii. A flaxen cloth impregnated with decoction of stem bark of Lodhra (*Symplocos racemosa* Roxb) and Vata (*Ficus bengalensis* L.) should be used.

D. Yoni Dhupana

- i. Dhupana (Fumigation) with Sarala, Guggulu (*Commiphora wightii* (Arn.) Bhand) and Yava (*Hordeum vulgare* Linn) mixed with Ghrita should be done after oleating vaginal canal.
- ii. Fumigation with Katu Matsyaka (a type of fish) along with oil should be done after oleating vaginal canal.
- iii. Fumigation with Haridra (*Curcuma Longa*), Daru-Haridra (*Berberis aristate*) and Bruhatiphala (*Solanum indicum*) are also useful.
- iv. Drug used for Fumigation are Nimba, Haridra, Vacha, Jatamansi, Guggulu, Sarjarasa, Lavana, Sarshapa, Pippali, Brihatipahala, Kusta, Khadira, Tulsi, etc.

Among Yoni Prakshalana, Yoni Purana, Yoni Varti and Yoni Dhupana, Yoni Dhupana is the ideal Chikitsa as it possesses Kapha Dosha. Dhupana Karma in Ayurveda is a focus of heat therapy in which dried plant material is burned very near to the surface of the skin. The intention is to warm and invigorate the flow of energy and blood

in the particular area and dispel certain pathogen influences.

As therapeutics, it plays an important role in the conditions where there is Vedana, infestation of Krimi, Ati-Srava, Kandu, Vrana as in diseased condition and also to sterilize the Chikitsagara, Sutikagra, Shastra, Yantra. The property of the Dhupa in general are Rooksha, Laghu, Ushna, Vishada, hence can be used in conditions that produces opposite qualities.

VULVOVAGINAL CANDIDIASIS^[11]

Vulvovaginal Candidiasis is one of the main fungi that afflict healthy women of childbearing age in their lower vaginal canal. It affects millions of women every year, and 75% of them only go through it once. Despite not being lethal, the infection has a high prevalence of morbidity, discomfort, and pain, which drives up healthcare costs. Numerous candida species, including *C. albicans* and NAC (non *albicans* candida), are responsible for the development of VVC (Vulvovaginal Candidiasis). The vaginal community, which includes these species as well as other naturally occurring vaginal flora, contains a narrower range of bacteria than the intestine. External variables, such as transmission from the digestive system or perineum in the genital tract, are also connected to increasing candida spp. density.

Types

There are two types of VVC; uncomplicated and complicated, with many differences between them.

1. The uncomplicated VVC is mainly brought by *C. albicans* and has mild to moderate severity, with less than 4 episodes per year. 90% of cases of VVC involve this kind of infection.
2. 10% of the VVC had VVC-complicated portions. With more than four occurrences each year, it is typically brought on by NAC species in aberrant situations like diabetes and is characterized by severe clinical symptoms.

Small doses of topical and oral antifungal drugs work effectively to treat simple infections, whereas complex infections are more difficult to treat and need higher doses.

Mechanism of development

At this time, it is unknown how *Candida* spp. produce VVC. Essentially, it occurs when the balance of *Candida* spp. colonization is disrupted by a change in a host's physiological, non-physiological, or genetic component. *Lactobacillus* spp. bacteria in the vagina can prevent the growth of *Candida* spp. by creating antimicrobial compounds including hydrogen peroxide and lactic acid. Additionally, hormones connected to reproduction may increase the quantity of glycogen in the vagina, which can act as a source of carbon to promote the overgrowth of *Candida* spp. The main cause of this growth is the transition from the harmless commensal yeast to the hyphae that causes VVC.

Predisposing factors

VVC is a disorder that can be brought on by a number of risk factors, such as estrogen-containing oral contraceptives, intrauterine devices, spermicides, and condoms, as well as conditions including pregnancy, uncontrolled diabetes, immunodeficiency, HIV infection, genetics, chronic corticosteroid usage, and antibiotic use.

Diagnosis

The diagnosis of VVC frequently takes several stages, starting with the patient's medical history, continuing with clinical characteristics, and finishing with microbiological tests. The burning, whitish or curd-like discharge without odor, grey-white pseudo membrane, epithelial erythema (eczematoid dermatitis), itching with swelling of the labia and vulva, and soreness are the most common symptoms of VVC detected during a clinical examination. The pH level of the vaginal discharge plays an important role in distinguishing between a candida infection and a bacterial or parasite infection. A fungal infection may not exist if the pH is greater than 4.7. To validate any ambiguous diagnoses, a vaginal specimen can be grown on specific fungal media, such as SDA (Sabouraud dextrose agar). By examining the morphology of yeast or hyphae, a microscopic examination of the moist smear of the vagina can aid in the diagnosis of 50% to 80% of cases. Serology tests are useless in the diagnosis of VVC due to low levels of specific antibodies.

DISCUSSION

A woman's health has been emphasized at various points in her life, such as puberty, marriage, motherhood, and beyond. Yoni and the illnesses linked with it are referred to as yoni vyapad in Ayurveda. In Ayurveda, the majority of gynecological disorders are called Yoni Vyapad. Kaphaja Yoni Vyapad is one of those yoni vyapad. A total of twenty distinct forms of yoni vyapad were mentioned by all the Acharyas. While Charaka only described one type of kaphaja yoni vyapad, sleshmiki yoni vyapad, Sushruta listed five, including atyananda, kamini, acharana, and aticharana. Astanga Sangraha also mentioned Sleshmiki yoni vyapad, one type of kaphaja yoni vyapad. Bhava Prakash listed five types of kaphaja yoni vyapad: atyananda, kamini, ananda charana, aticharana, and sleshmala yoni vyapad. Abhishyandi Ahar causes the kapha dosha to accumulate in the body, which subsequently aggravates the accumulated doshas. The kaphaja yoni vyapad sign and symptom arise as a result of these aggravating doshas spreading to the yoni, where they cause the disease to manifest. Most of the indications and symptoms of kaphaja yoni vyapad that different acharies have documented are rather similar. Charaka lists picchila, shita, kandu grasta, alpavedana, panduvarna, and pandu picchila artava as among Sleshmiki Yoni Vyapad's lakshanas. Sushruta says that the lakshanas of Sleshmala Yoni Vyapad were Picchila Yoni, Kandu Yukta, and Atishitalata. Astanga sangraha also mentioned Sleshmiki Yoni Vyapad's lakshanas.

Those were Avedana, Kanduyukta, Pandu Picchila Srava, and Shital. We can still investigate symptoms and signs like yoni srava, yoni kandu, and yoni vedana of kaphaja yoni vyapad even though present correlation is challenging.

Candida albicans is usually the culprit, while other Candida species or yeasts can infrequently cause VVC. Typical symptoms of VVC include pruritus, dyspareunia, vaginal discomfort, and atypical vaginal discharge.

CONCLUSION

There is just a symptom-based association between Nonspecific Vulvo-Vaginal Candidiasis and Kaphaja Yoni Vyapad. Maintaining good hygiene is the primary treatment for this condition. Every woman should maintain good personal hygiene. The primary cause of vaginal issues is disruption of the vaginal flora. One needs to take measures in order to heal the vaginal flora that they acquire.

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