



AYURVEDA AND MODERN PERSPECTIVES ON YONI-KANDA & YONI-ARSA: A REVIEW

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ABSTRACT

Ayurveda classic described several gynecological disorders; *Yonikanda* & *Yoni Arsa* are some of them. The common features of *Yoni Vyapat* are itching, white discharge, foul smelling, burning micturition, vaginal discharge and pain, etc. The *Sthanik Chikitsa* is one of the common approaches to manage such disorders. Ayurveda herbs, use of detoxification measures and conduction of balanced life style can provides health benefits in *Yoni Vyapat*. Excessive sexual misconduct, infections, surgical trauma, *Diwa swapna*, misconduct of *Ahara-Vihara*, *Ati krodha*, stress, anxiety and frequent miscarriages, etc. can cause *Yonikanda* & *Yoni Arsa*. Considering these all aspect present article emphasizes ayurveda and modern perspectives on *Yonikanda* & *Yoni Arsa*.

KEYWORDS: *Ayurveda*, *Stri Roga*, *Yonikanda*, *Yoni Arsa*.

INTRODUCTION

Ayurveda give prime importance to female health since well being of society merely depends upon the health of the women. Ayurveda described many disorders related to female genital tract under the heading of gynecological disorders, the disorders of female genital parts specifically termed as *Yonivyapada* which involves

diseases of womb, vulva, uterus and vagina, etc. *Udavartini*, *Putraghni*, *Suchimiukhi*, *Antarmukhi*, *Shandhya Yoni*, *Raktayoni*, *Arajaska*, *Shlaishmiki*, *Yonikanda* & *Yoni Arsa*, etc. are some common diseases of female genital parts. Ayurveda mentioned some specific therapies for such conditions as mentioned in **Figure 1**.

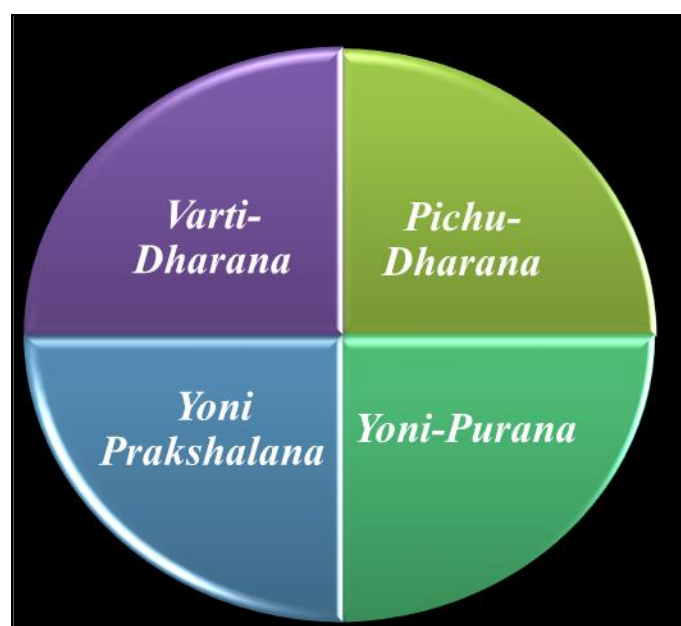


Figure 1: Approaches of Ayurveda for Yoni Roga.

The diseases arise due to the vitiations of specific *Doshas* are as follows:

➤ **Vata Yoni Vyapat**

Aticharana, Udavartini, Putraghni, Antarmukhi, Suchimiukhi and Shandhya Yoni.

➤ **Pitta Yoni Vyapat**

Raktayoni and Arajaska.

➤ **Kapha Yoni Vyapat**

Shlaishmiki.

Considering the importance of women health here in present article ayurveda and modern perspectives on *Yonikanda & Yoni Arsa* are reviewed.

YONIKANDA

Presence of protuberant structures around vaginal region can be considered as *Yonikanda* which is characterizes as dry & cracked mass, burning sensation, fever, vaginal itching and discomfort. Injury, misconduct of sexual behavior, adversity of drugs, trauma, infections and miscarriage, etc. can cause pathogenesis of such conditions.

The pathogenesis of disease involves aggravation of etiological factors leading to the *Doshas* vitiation, these vitiated *Doshas* when accumulated in vagina with *Dushti Rakta* and *Mamsa* then protuberant structures forms due to the accumulation of debris and dead blood cells.

Classification

Vataja Yonikanda

This condition occurs due to the vitiation of *Vata* which involves presence of rough vaginal mass.

Pittaja Yonikanda

Vitiation of *Pitta* involves in *Pittaja Yonikanda* involving symptoms of fever and burning sensation.

Kaphaja Yonikanda

This condition involves vitiation of *Kapha*, characterized with presence of flax like protuberance and itching.

Sannipataja Yonikanda

Vitiation of all *Doshas* causes *Sannipataja Yonikanda* in which disease becomes severe and difficult to cure.

As per modern science the symptoms of following conditions can be correlated with various types of *Yonikanda*:

- ❖ *Vataja yonikanda*: Symptoms of malignant vaginal ulcers
- ❖ *Pittaja yonikanda*: Symptoms of suppuration abscess
- ❖ *Kaphaja yonikanda*: Chronic abscess
- ❖ *Sannipataja Yonikanda*: Infected cyst

Causes

- Sexual misconduct

- Surgical injury/trauma
- Prolong infections of genital organs
- Stress and anxiety
- Irregular menstruation
- Frequent miscarriages

Treatment

- ✚ Decoction of *Guduchi*
- ✚ *Gairik Pichu*
- ✚ *Haridra* and *Brahti* fumigation
- ✚ *Triphaladi Kwatha*
- ✚ Antibiotics and surgery

YONI ARSA

The piles like condition when developed in vaginal region and possesses symptoms of hemorrhoids then this condition termed as *Yoni Arsa*. The abnormal mass encompasses infected parts of skin and muscle formed due to the vitiation of *Doshas*. Vaginal papillomas or warts can be correlated with *Yoni Arsha* on the basis of sign and symptoms. Pathologically disease involves aggravation and vitiation of *Doshas*, *Raktha* and *Mamsa dhatus*.

Causes

- ❖ Injury
- ❖ Presence of other diseases
- ❖ Frequent abortions and miscarriages
- ❖ Physical and mental stress
- ❖ Unethical sexual behavior
- ❖ Awful dietary habits

Symptoms

- ❖ Protuberances like umbrella shape
- ❖ Foul smelling
- ❖ Discharges
- ❖ Difficulty in sexual intercourse
- ❖ Itching and burning sensation

Treatment

- ❖ *Shodhna* therapy (*Vamana* and *Virechana*)
- ❖ *Agni karma* and *Sastra karma*
- ❖ *Yoni prakshalana*
- ❖ *Rasayana* therapy helps in infection
- ❖ *Jambvadi Kwatha Kshalana*
- ❖ *Tuttadi Lepa*

CONCLUSION

Yoni Vyapat mainly occurs due to the vitiation of *Tridoshas*; mainly *Vata-Doshas*, *Shamana* therapy that offers *Apana Vatanulomana* effects provide relief in pain and burning sensations related with *Yoni Vyapat*. *Shoth-Hara* and *Tridosha Shamaka* drugs pacify symptoms of *Yonikanda*. Drugs possessing *Chhedan Yoni Vyapat & Lekhana Karma* can also provide benefits in *Yonikanda & Yoni Arsa*. *Triphaladi Kwatha*, fumigation with *Haridra* and uses of *Yoni Pichu*, etc. recommended in ayurveda literatures for the management of *Yonikanda & Yoni Arsa*. Similarly modern science also described uses of anti-inflammatory & antibiotics drugs along with

surgical interventions for the management of *Yonikanda* & *Yoni Arsa*.

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