

## A LITERARY STUDY ON KAPHAJA YONI VYAPAD (VAGINITIS)

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**ABSTRACT**

Vaginitis is the inflammation of the vagina characterized with symptoms such as abnormal vaginal discharge with foul smell, itching vulva and lower abdominal pain. The common types of vaginal infections are vaginal candidiasis, trichomoniasis and bacterial vaginosis. In Ayurveda, female genitalia diseases are explained mainly under the heading of “yoni vyapat”. Yoni vyapats are mainly characterized with symptoms of abnormal vaginal discharge with foul smell such as in slaishmiki, paittiki, paripluta, upapluta yonivyapat etc. Now a days, due to so may reasons infection related to yoni is a burning problem irrespective of their age or socioeconomic status. Due to vaginal infection, some sign and symptoms are arises such as vaginal discharge, itching, coldness, irritation etc. According to Ayurveda, these sign and symptoms are found in Kaphaja yoni vyapat (vaginitis).

**KEYWORDS:** Yoni, Kaphaja Yoni Vyapat, Vaginitis, Infection, Vaginal discharge.**INTRODUCTION**

In Ayurveda, the Gynecological disorders has elaborated under the entity of Yoni-vyapadas. Kaphaj yoni vyapat is one among the twenty types of Yonivyapadas, which shows the symptoms such picchila yonirava (thick discharge) along with yoni kandu (vulval itching).

Now a days, Vaginitis is a very common Gynaecological problem which is reported by women irrespective of their age and socio economic status. Vaginitis is the condition which is characterized as inflammation of the vagina associated with abnormal vaginal discharge, itching vulva, lower abdominal pain and irritation of vulva due to its close proximity to vagina. The acidic environment of vagina created by naturally occurring bacteria in the normal vaginal.<sup>[1]</sup> flora which prevents infection. But when this acidic medium get disturbed then it leads to infection.<sup>[2]</sup>

The common types of vaginal infections are vaginal candidiasis, trichomoniasis and bacterial vaginosis. The primary based precaution should be taken for early diagnosis and proper management of this condition as there is a great possibility of recurrence of these infections which may lead to further complications such as ascending infections, PID (pelvic inflammatory disease), irregularities in menstruation, infertility and septicemia.<sup>[3]</sup> etc.

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are mainly characterized with symptoms of abnormal vaginal discharge with foul smell such as in slaishmiki, paittiki, paripluta, upapluta yonivyapat etc. It can be correlated as the explanation for vaginitis.<sup>[4]</sup>

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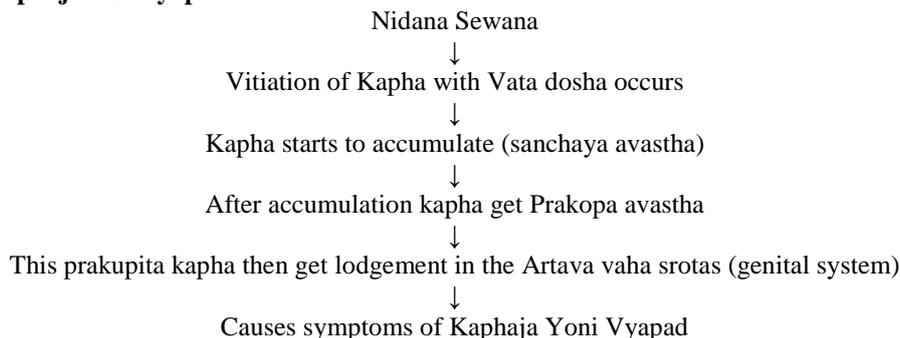
In Ayurvedic texts, the physiological and pathological aspects of female reproductive system are explained under various prakaranas (chapters) like Yonivyapat, Artavaduṣṭi, Garbhiṇi vijñana and Sutiko-Upakramaniya-Adhyaya. The cardinal symptoms of vaginitis such as Yoni srava (vaginal discharge), Yoni kaṇḍu (itching), Daurgandhya (foul smell) are exclusively mentioned under Kaphaja Yonivyapat.<sup>[6]</sup> All Acharya's of bṛihatreyi, has given detail description of Yonivyapat or Gynaecological disorders.

**Nidana of Kaphaja Yonivyapada<sup>[7-9]</sup>**

- Excess intake of Kaphavardhaka Aahar-Vihara
- Due to Beeja dosha
- Due to dev prakopa or due to purvajanma krita papkarma
- Excess indulgence of maithuna karma
- Apdravya upyoga

- Due to improper posture during sleep

### Samprapati of Kaphaja Yonivyapada



### Samprapati Ghataka

- Doshya – Vata & Kapha Dosha
- Dushya – Rasa, Rakta & Mamsa Dhatu
- Srotas – Rasavaha, Raktavaha & Artavaha
- Srotodusti lakshan – Atipravriti
- Adhistan – Yoni Pradesh (Genitalia)
- Rogamarga – Abhyantara Roga Marg
- Sthana-samsraya – Yoni & Garbhashaya

### Lakshana of kaphaja yonivyapada<sup>[10-13]</sup>

	Acharya Charak	Acharya Susrut	Acharya Vagbhat	Acharya Madhavkara
Yoni pichilita (vaginal stickiness)	+	+	+	+
Kandu (itching in vaginal area)	+	+	+	+
Shitata (feeling of coldness)	+	+	+	+
Yoni-Alpavedana (mild pain in vagina)	+	–	–	–
Pandu varna shrav from yoni	+	–	+	–

### Pathya

- Ruksha, Tikshna & Ushna dravya
- Sidhu, Arista, taila,
- Saindhava Lavana
- Ushna & tikshna dravya -pippali, marich, Lashuna etc.
- Ayoraja along with madhu

### Apathya

- Manda (supernatant water of rice gruel)
- Kaphavardhaka aahara- vihara (diet and regimens causing increase of kapha) including manasika bhavas (stress)

### DISCUSSION

The term Yoni Vyapad includes majority of gynaecological disorders. These Gynaecological disorders have found its immense importance in the field of medicine due to fact that women have a unique function of giving birth. Vaginal infections occurs mainly due to unhygienic condition and due to disturbed vaginal flora. So for the curing of this disease personal hygiene is important. Personal hygiene is very important for every woman either for healthy women or infectious women. So, management approach should be to maintain hygiene to correct vaginal flora by using some kind of medication.

### CONCLUSION

Yonivyapat are classified as ekadoshaja, dvidoshaja and tridoshaja in different samhita. Kaphaja Yonivyapat (Vaginitis) is the one of the most commonest problem among women of reproductive age i.e, from menarche to menopause. By maintaining the proper hygiene and timely taking appropriate food with regular exercise can help in maintaining the reproductive health. When the reproductive health will maintain then there will be least chance to get vaginal infections.

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