KAPHAJ YONIVYAPADA - A CONCEPTUAL REVIEW ACCORDING TO AYURVEDA

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INTRODUCTION

Kaphaja Yoni roga is the vaginal disorder where number of symptoms present like Pchhilata, vedana, kandu etc. KaphajaYoni Roga With the intake of Abhishyandi (which obstructs the channels of the food), the aggravated Kapha vitiates the reproductive system and causes itching, sliminess, mild pain and pallor of the genital organs. Her menstrual discharge will be pale and slimy. According to Sushruta the condition is characterized by sliminess, extreme coldness and itching.

Kaphaja Yoniroga can be better correlated with vulvo vaginitis (VVS) in the modern science. One of the most common vulvovaginal disorders is yeast infection, characterized by itching, burning, and a thick whitish yellow discharge. The disorder causes visible skin changes with thickening or sometimes thinning of the skin of the vestibule and vulva. Over time, exposure to local vaginal/vulval irritants can lead to contact dermatitis, producing burning, itching, and painful intercourse. There are a multitude of vulval irritants that can cause contact dermatitis. Some common offenders are scented or deodorant soaps, douches, perfumes, feminine sprays and dyes in toilet tissues. Because of these irritants may cause symptoms similar to those of a yeast infection.

In Ayurveda a detail description of KaphajaYoni roga is discussed in Charak and Sushruta samhita with line of treatment Snehana, Swedana, Vaman and Virechana, Uttar vasti, Abhyanga, Parisheka, Pralepa and Pichu.

Candidiasis (Fungal infection) is often considered by women to be responsible for most vaginal infections and is currently the most common cause of vulvovaginitis. Candidiasis is
one of the three most common. Many therapeutic modalities and different preparations are mentioned by our ancient Acharya which can effectively treat the disease. Vaginal infections along with bacterial vaginosis and trichomonas. Approximately 20% of women get an infection every year. It is believed that 70–75% of women have at least one infection in their lifetime. Although C. albicans frequently is the cause of vaginal yeast infections, the organism can be present in asymptomatic women. Vaginal yeast infections may be caused by species other than C. Albicans, such as C. Globrata, C. tropicalis and C. krusie. Infection with these species are less common than C. albicans infection and tend to be more resistant to treatment.

**Conceptual review**

The word “Yoni” specifically denotes genital tract as a whole, uterus and vaginal canal etc. The word “Vyapada” means disorders. Thus the disease of genital tract as a whole or disease of uterus and vagina to be taken from the word “Yonivyapada”. The diseases and causes which interfere in normal marital relation, in pregnancy, in general development of female, different types of vaginal discharges and congenital anomalies, infections, displacements comes under the heading of“Yoni vyapada”. All the ancient medical text has described the twenty types of Yonivypada with some few differences.

**Classification of yonivyapada**

In Ayurvedic classics, all Acharya have mentioned yoni rogas twenty in number. In all the description of Yoni rogas, Vaghabhata followed very closely to Charaka while Madhava Nidana, Bhava Prakasha and Yoga Ratnakar followed Susruta with very slight differences. Though the number of Yoni rogas are twenty but when we go through the detail description of all the Yonirogas there is much differences in all these. For example Charaka has divided these Rogas into five groups with specific Dosha- pradhanya while Sushruta gave only four groups.

According to Charaka (C.S.Ci 30/39 ,40 and C.S.Su 19/3), these are eleven due to vitiation of Vayu, three due to Pitta and one due to Kapha, four are Dvandaja and one due to Tridoshaja. Sushruta had evenly distributed twenty Yoni rogas, five in each group.

**Shleshmaja yonivyapada**

As mentioned earlier according to Sushruta, Kapahaja Yoni Vyapada includes fivedisorders i.e.Shlemala, Atyananda, Acaraj, Aticaraja and Karnini. While Charaka and Vaghbhata have
mentioned only one i.e. shleshmiki. Two other diseases Upapluta and Karnini Yoni Vyapada have been described by Charaka and Vagbhata in which predominance of Vata and Kapha.

The ancient Acharya had mentioned that the excessive intake of Kapha aggravating foods and Abhishyandi types of food which leads to aggravation of Kapha thereby produces the disease.

**Etiology**

Besides these general etiological factors specific causes i.e. use of unctuous, heavy cold substances, living at cold places, sleeping in day time etc. All other factors, responsible to aggravate Kapha can also be etiological factors. There are several factors which are directly responsible for vitiation of Kaphadosha can be grouped under three headings:

1. **Dietic factors** – Sweet curd, fat and carbohydrate.
2. **Seasonal changes** – Vitiation of Kapha is more in spring season and less in autumn.
3. **Mode of life** i.e. lack of exercise, sleep during day time, sedentary habit etc.

Vitiation of Kapha has close relation with Rasa being a similar behaviour in nature. Therefore rasa always play an important role in vitiation of Kapha because of its day night circulation property. In daily routine we find period of Kapha in early morning and early in the evening, immediately after taking food person feels lethargic and wants to take rest for a while, which is also an influence of Kapha. According to Ayurvedic texts, emphasis has been given by various workers with different angles.

Sushruta has opinion that sleeping in the day time, sedentary habits, salty, sour and cold things, excessive use of liquids, beverages and the foodstuff which is Abhishyandi are factors responsible to vitiate Kapha, certain types of cereals i.e., barley, horse been, wheat, milk and it’s different preparations. Certain varieties of meat of Anupa or Audaka animals or birds, stem of lotus plants and other vegetable products like, water chestnuts and fruits having more Kapha vitiation properties also play an important role. Habit of overeating (Adhyshana) is also a factor for Kapha vitiation.

Vaghbhata had opinion that Kapha vitiation is induced due to sweet food substance and cold environment and its contrary subsides it. He further says that rasa of daily food also plays an important role in vitiation of subsiding Kapha. Though there are factors responsible to vitiate Kapha which may produce a disease anywhere in the body, however, if other
predisposing factors of Doshdushya samurchhana at genital organs i.e. excessive coitus, non-observation of Rajaswalacharya multi-parity etc. presents disease of genital organs.

**Etiopathogenesis**

According to Charaka When a women consumes diet rich in Abhishyandi substances or indulges in mode of life capable of vitiating Kapha. This vitiated Kapha reaches to Yoni and vitiates it, producing Kaphaja Yonivyapada. The Kapha aggravated by above reasons vitiate the Agni in Mahasrotas due to which the Rasa will be converted to Amarasa. This Ama along with aggravated Kapha circulates in the body through the blood under influence of Vata. The aggravated Dosha in circulation have capacity to produce the disease either in an organ or in whole body similarly in Dhatu too, because of derangement in Dhatwagni brought about by Srotovaigunya. The Prasadpaka will not take place properly and naturally the nourishment of the subsequent Dhatus will be influenced leading to one side deficiency in nutrition or weakness.

The Rasa which is first Dhatu and its properties a bit similar to Kapha also get involved. Therefore involving Rasa dhatudushya after reaching Yoni, which is already made more vulnerable by the local etiological factors, produces the disease Kaphaja Yonivyapada.

**DISCUSSION**

The presence of pain, itching in vagina and unctuous discharge. Vagbhata mentioned it as painless state. When infection will severe there may be mild pain due to inflammation however in majority of cases it is a painless disease. With regards to clinical features Charaka has explained the presence of unctuousness, coldness itching, mild pain, excretion of yellowish white coloured discharge and yellowish unctuous menstrual blood.

According to Sushruta unctuousness, pruritus and extreme coldness are the symptoms of Kaphaja Yoni vyapada. According to both Vagbhata painlessness, Pruritus, yellowish white colored uniform menstrual blood are symptoms of Kaphaja Yoni vyapada.

Charaka has equated this with Kaphaja Asrugdara on the basis of yellowish vaginal discharge, one present during intermenstrual period also. Madhava Nidana, Bhava Prakasha and Yoga Ratnakar they all followed the concept of Susruta in regards to etiopathology and clinical features etc. of Kaphaja Yonivyapada. On summarizing the above proclamation it
appears that the disease possesss the following symptomatology i.e. coldness, pruritus, unctuousness, excretion of yellowish coloured discharge and yellowish white menstrual blood with or without pain.

Treatment

(i) **Basti:** For Basti cow’s urine mixed with drugs having predominantly Kapurasashould be given. (C.S.Ci 30/85, A.S.U 39/78, A.H.U 34/60)

(ii) **Kalka (Paste):** Local application of Trivritta kalka should be given. (C.S.Ci 30/62, A.S U 39/48)

(iii) **Varti (Wicks or Varti)**

(a) A wick prepared with a piece of cloth soaked several times in a bile of hog (C.S.Ci 30/70-73, A.S.U 39/64-66)

(b) A wick prepared with powdered Yava mixed with rock salt and pasted with latex of Arka should be placed either repeatedly or for short time and should follow the irrigation of vaginal canal with lukewarm water. (C.S.Ci 30/70-73, A.H.U 39/64-66)

(c) A wick thick like index finger, prepared with Pippali, Marica and rock salt. (B.P Ci 70/74, Y.R.Y Vya. Ci)

**Oral drugs**

Charaka had advised the use of unripe fruits of Udumbar admixed with sugar to get relief from unctuousness.

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