A REVIEW ARTICLE – KAPHAJ YONIVYAPAD ACCORDING TO AYURVEDA

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ABSTRACT

A healthy woman is a promise to a healthy family & woman’s health status is a complex arrangement controlled by range of factors headed by her reproductive system. Infections pertaining to yoni are a burning problem for woman irrespective of her age & socio-economic status. For the woman it becomes very irritating as it affects her concentration & hamper her day to day life. It may lead to psychological upset, depression and thus affects woman’s personality. In Ayurveda gynecological disorders have found its immense importance in the field of medicine due to the fact that woman have that unique ability of giving birth. In Ayurveda woman healthcare is described in separate section under the name of yonivyapada, including majority of gynecological disorders. The complaints of kaphaj yonivyapad are yonigat strav, kandu, picchila strav, aplavedana, avedana. It is most commonly seen gynecological disorder in woman of reproductive age. The ayurvedic treatment not only cures pathology in reproductive organs but also treats the woman as a whole with holistic approach, thereby improving her general health also. Before going to management of the disease literature of the disease should be known. Hence, study effort has been put forth to make a literary study covering almost all aspects of kaphaj yonivyapad as per Ayurveda.
KEYWORDS: Kaphaj yonivyapad, Kapha, Vata, Yonivyapada, Vaginal discharge, Ayurveda.

INTRODUCTION
Present era is advance and competitive, in this competitive world women are trying in many fields equally with men. To withstand in this competition and to achieve her goals she should be in her perfect health condition, particularly in terms of her reproductive healthiness.

A woman undergoes various physiological changes during her reproductive life span. Ayurveda stresses on the importance of health of woman as she only can procreate and thus lay the foundation of healthy society.

Any disorder which hampers the general, mental as well as reproductive health of woman should be considered with care and required medical attention. Vaginal discharge is one of the most common problem faced by many women. Women don’t give much attention towards this unless and until it makes them feel uncomfortable in this day to day life.

Main characteristic features seen are presence of itching in vagina with unctuous discharge which are mentioned under the heading of kaphaj yonivyapad according to Ayurveda, in this study an effort has been put forth to make a conceptual study covering almost all the aspects of kaphaj yonivyapad.

AIM AND OBJECTIVES
To study kaphaj yonivyapad in detail according to Ayurveda, literary study.

MATERIALS AND METHODS
This conceptual study is made after reviewing all the available Ayurveda classics thoroughly.

DESCRIPTION
Etiology (Nidan/Hetu) of kaphaj yonivyapad:
Etiology of Kaphaj Yonivyapad described by different Acharyas is as given in the table:

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<tbody>
<tr>
<td>Mithyaachar (abnormal diet and mode of life)</td>
<td>Mithyachar</td>
<td>Dushtabhojan</td>
<td>Followed by charak</td>
<td>Followed by charak</td>
</tr>
</tbody>
</table>


These are general nidan of yonivypad. If we observe the nidan of kaphaj yonivypad then it will be cleared that in classics nidan of kaphaj yonivypad is not mentioned directly.

**Qualities (Gunas) of kapha**[^6]

Guru, Shita, Madhura, Mridu, Snigda, Sthira, Picchila

So similar or same qualities can vitiate kapha.

**Kapha and Rasa relation**[^7]

Kapha vriddhikar /prakopak rasas: Madhura (sweet), Amla (sour), Lavana (salty)

Kapha shamak rasas: Katu (spicy), Tikta (bitter), Kashaya (astringent).

**Types of kaphaj yonivypad according to different acharyas:**

Charak – Shleshmaja[^8]

Vagbhata – Shleshmaja[^9]

Sushruta – Shleshmaja, Atyananda, Aticharana, Acharana, Karnini[^10]

**Samprapti ghatak**

Dosha – Kapha+ Vata

Dushya – Rasa, Rakta and Mamsa

Srotas – Rasavaha, Raktavaha, Artava vaha

Adhishthan – Yoni

Rogmarga – abhyantara

Sthansamshraya – yonimarga and garbhashaya
Samprapti

According to Charak & Vagbhata due to consumption of abhishyandi substances (kaphakarak ahar), kapha gets vitiated & reaches yoni then produces signs & symptoms of kaphaj yonivyapad.

Lakshana of kaphaja yonivyapad

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<tbody>
<tr>
<td>Yonipicchilata</td>
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<td>+</td>
<td>+</td>
<td>+</td>
</tr>
<tr>
<td>Shitalata</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
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<tr>
<td>Kandu</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
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<tr>
<td>Yoni aplavedana</td>
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<tr>
<td>Avedana</td>
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<tr>
<td>Panduvarna srava</td>
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Other 4 types of kaphaj yonivyapad

<table>
<thead>
<tr>
<th>Type</th>
<th>Atyananda</th>
<th>Aticharana</th>
<th>Acharana</th>
<th>Karnini</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charak [16]</td>
<td>Not mentioned</td>
<td>Shopha (inflammamation), Supti (numbness) &amp; pain</td>
<td>Non cleanliness of vagina produces krimi which inturn produces</td>
<td>Due to straining before starting of labour pain, vayu is obstructed by</td>
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</tbody>
</table>
Shevkari et al.

<table>
<thead>
<tr>
<th>Susrutra[17]</th>
<th>Woman suffering from disease doesn’t satisfy with coitus</th>
<th>Caused by excessive sexual act, woman doesn’t achieve conception</th>
<th>Woman gets excited before coitus &amp; much earlier than her husband</th>
<th>Kapha &amp; rakta produces karnika in yoni</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vagbhata[18]</td>
<td>Followed by charak</td>
<td>Followed by sushruta</td>
<td>Followed by sushruta</td>
<td>Followed by sushruta</td>
</tr>
<tr>
<td>Madhavnidan[19]</td>
<td>Followed by sushruta</td>
<td>Followed by sushruta</td>
<td>Followed by sushruta</td>
<td>Followed by sushruta</td>
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<tr>
<td>Yogratnakar, Bhavpraksh[20]</td>
<td>Followed by sushruta</td>
<td>Followed by sushruta</td>
<td>Followed by sushruta</td>
<td>Followed by sushruta</td>
</tr>
</tbody>
</table>

Management of kaphaj yonivyapad

**Principle of treatment:**
Ruksha and Ushna (hot) treatment should be prescribed.[21]

**A) Abhyantara prayog (Internal medications):**

**Deepan pachan** – To correct mandagni Chitrakadi vati, Panchavalkala phant, Gomutra, Hareetaki, Mustachurna amalak

**Churnas** – Pushyanug churna with tandulodaka,avlehya pugpak, Amalakadi rasayan

**Vati** – Chandraprabha vati, Pradarantaka rasa, Arogyavardhini

**Asava** – Lodhrasava

**Bhasma** – Pippali bhasma, Loha bhasma, Hareetaki bhasma with honey

**B) Vamana** – as a Shleshmahar chikitsa
Sadhyavaman – i) hot water & madanphala mixed with pippali, madhuka ii) water with honey, sugarcane juice iii) water mixed with rocksalt

**C) Basti** – to gain rukshaguna & for removing chalguna

**D) Vatanulomana** – Katupradhan dravyas eg. Gomutra

**E) Bahyaprayog (Sthanik chikitsa)**

1. **Kashaya prakshalana (Yonidhawan):** Various types of kashyaya means decoctions used for symptoms of kaphaj yonivyapada are given below:
Aark + Nimba + amrakosha + Bilva + Dhav kwath – for yonistrava (vaginal discharge)
Aragwagdhadi gana kwath Dhawan – for durgandha picchila yoni (foul smell and unctuous discharge)
Triphala + Gomutra + Takra – for yonistrava (vaginal discharge)
Karir + jambu + Karanja + Arjun + Sidhu + Madhu – for yonistrava (vaginal discharge)\[22\]
Guduchi + Triphala + Danti – for kandu (itching) (Yogratnakar, stree rog adhikar)
Karir+ dhava + nimba+ arka+ venu+ koshamra + jambu +vrushmula kwath
Sidhu made from manuka, shukta and Triphala kwath with Takra, gomutra or shukta.\[23\]

2. **Kalka**
Trivrut kalkadharana
Himsradi kalka dharana

3. **Varti dharana**
Arkadi varti, Pippalyadi varti, Varahapittabhavita varti

4. **Pichudharan**
Udumbartaila pichu, Udumbaraditaila pichu, Dhatakyaditaila pichu, Udumbardugdha pichu.

**Pathya-Apathya in kaphaj yonivyapad**

<table>
<thead>
<tr>
<th>Pathya</th>
<th>Apathya</th>
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<tbody>
<tr>
<td>Ruksha, ushna drugs, kaphahara taila, sidhu and arishta, sandhavlavana, yavanna, abhayarishtam, seedhu, taila, pippali.</td>
<td>Manda (scum of boiled rice), vatavriddhikara ahar vihara including manasik bhavas.</td>
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</table>

**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 vaginal flora. So, approach should be done to correct vaginal flora by which one can get rid of vaginal problems.

**CONCLUSION**

Kaphaj yonivyapada is commonest problem in women during her reproductive age. As per Ayurveda by maintaining proper hygiene and taking proper diet and exercise can help to maintain the reproductive health.

It is seen that the same yonivyapad explained differently by different Samhitas represents the chronicity of a single disease. Hence instead of going with description of single Samhita,
analyzing explanations given in all other Samhitas help us to understand pathogenesis and treatment of kaphaj yonivyapad in detail.

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