



# LITERARY REVIEW OF KAPHAJA YONI VYAPAD

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## ABSTRACT

In different phases of women's life, from puberty, reproductive phase to menopause, the concept of healthy yoni has been mentioned in Ayurveda as well as in modern science. Now a days, infection related to yoni is a burning problem irrespective of their age or socioeconomic status. Due to infection, there may be sign and symptoms like vaginal discharge, itching, coldness, pain. in Ayurveda, these types of sign and symptoms are included under Kaphaja yoni vyapad, which is one of the 20 types of yoni vyapad. In Ayurveda, women health care is related in separate section, where the term Yoni vyapad includes majority of gynaecological disorders. Before knowing the management, literature of the disease should be known. Therefore, in this study an effort has been put forth to make a conceptual study covering almost all the aspects of Kaphaja yoni vyapad as per Ayurvedic texts.

**KEYWORDS:** Ayurveda, Yoni, Kaphaja yoni vyapad.

## INTRODUCTION

Women represent the cornerstone of a family's overall health, ensuring they have access to quality care also can lead to improved health for children and families. Women play a critical role in maintaining the health and overall well-being of her communities. However, because of the many roles women play, they too often are focused on the health care of their spouse or children, while neglecting their own needs. It is important that, women take the time to maintain good health for themselves as well. In fact, a number of illnesses that affect women can actually be prevented with proper woman's care as a priority. At each stage of a woman's life, there are important preventative health care steps to follow in order to provide early detection of medical problems. Many women may neglect health care exams for a number of reasons. Owing to complicated structure of the female body, women are subjected to a large number of complaints connected with genital organs. These ailments are frequently of an extremely distressing character. Ayurveda has explained woman's health in details and emphasized on all the preventive as well as curative measures to preserve it in the healthiest state. That is why different gynecological disorders are discussed vividly in Ayurvedic classics under the common heading of Yonivyapad. A specific group of the diseases of women i.e. Yonivyapad has been mentioned in Ayurvedic Classics, which disrupts the womanhood in various ways. Kaphaja yoni vyapad is one of those diseases. Kaphaja Yoni vyapad which is one among twenty yoni vyapads has symptoms like vaginal discharge, itching, coldness and dull pain in vagina. It is a common problem of the females in the reproductive age group, it has got a detailed patho physiology and treatment in the classical literature of Ayurveda. In this study an effort has been put forth to make a conceptual study covering almost all the aspects of Kaphaja yoni vyapad.

## AIMS AND OBJECTIVE

To study about the literary review of Kaphaja yoni vyapad

## MATERIALS AND METHOD

This conceptual study is made after reviewing all the available Ayurvedic classics as well as modern books thoroughly.

## DESCRIPTION

### NIDANA OF KAPHAJA YONIVYAPAD

CHARAKA <sup>1</sup>	SUSHRUTA <sup>2</sup>	VAGBHATA <sup>3</sup>	MADHAV NIDANA, B.P, YR <sup>4</sup>
<ul style="list-style-type: none"> <li>Mithyachar (abnormal diet and mode of life)</li> <li>Pradusta-Artava (abnormalities of Artava)</li> <li>Bijadosha (abnormalities of Bija)</li> <li>Daivakopa (curses or anger of God)</li> </ul>	<ul style="list-style-type: none"> <li>Mithyachar</li> <li>Pradusta-Artava</li> <li>Bijadosha</li> <li>Daivakopa</li> <li>Prabridha linga purush atisevana</li> </ul>	<ul style="list-style-type: none"> <li>Dustabhojan</li> <li>Bisamangasayan bhrisa maithun sevan</li> <li>Dusta artava</li> <li>Apadravya prayog</li> <li>Bijadosha</li> <li>Daivata</li> </ul>	Same as Acarya Charaka

These are the general Nidana of Yoni vyapad. If we observe the Nidana of Kaphaja yoni vyapad then it will be cleared that in classics Nidana for Kaphaja yoni vyapad is not mentioned directly.

### QUALITIES OF KAPHA<sup>5</sup>

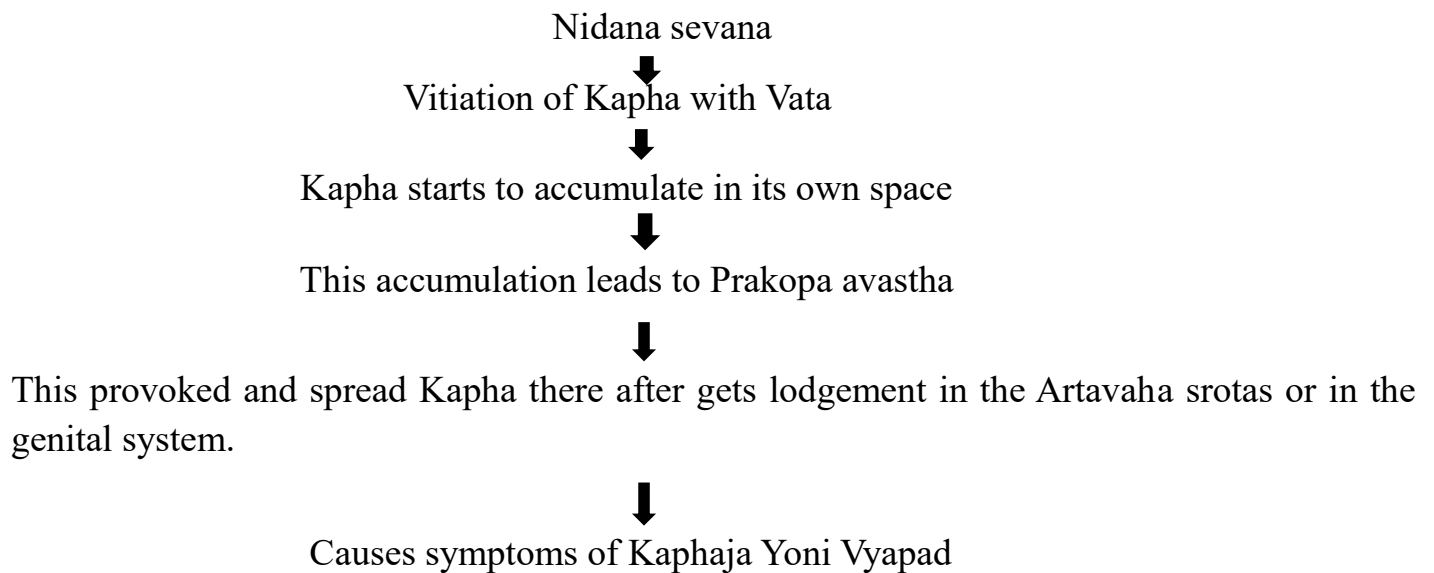
- Guru
- Shita
- Mrudu
- Snigdha
- Madhura
- Sthira
- Picchila

So, the qualities agonist to these can vitiate Kapha.

### RELATIONSHIP BETWEEN KAPHA AND RASA<sup>6</sup>

KAPHA PRAKOPAKA	KAPHA SHAMAK
Madhura	Katu
Amla	Tikta
Lavana	Kashaya

## SAMPRAPTI



## SAMPRAPTI GHATAKA

- Dosha – Vata + kapha
- Dushya – Rasa, Rakta & mamsa
- Srotas – Rasavaha, artavaha, raktavaha
- Srotodustilakshan – Atipravriti
- Adhistan – Yoni
- Rogamarga – Abhyantara
- Sthanasamsraya – Yonimarga & Garbhashaya

## TYPES OF KAPHAJA YONI VYAPAD BY DIFFERENT ACHARYAS

CHARAKA <sup>7</sup>	SUSHRUTA <sup>8</sup>	VAGBHATA <sup>9</sup>
Sleshmaja	Sleshmaja Atyananda Aticharana Acharana Karnini	Sleshmaja

**LAKSHANA****Sleshmaja yoni vyapad**

	<b>CHARAKA<sup>10</sup></b>	<b>SUSHRUTA<sup>11</sup></b>	<b>VAGBHATA<sup>12</sup></b>	<b>MADHAV NIDANA<sup>13</sup></b>	<b>BHAVA PRAKASH<sup>13</sup></b>
Yoni picchilata	+	+	+	+	+
Shitalata	+	+	+	+	+
Kandu	+	+	+	+	+
Alpavedana yoni	+	-	-	-	-
Avedana yoni	+	-	+	-	-
Pandu varna srava	+	-	+	+	+

**Other 4 types of Kaphaja yoni vyapad**

	<b>ATYANANDA</b>	<b>ATICHARANA</b>	<b>ACHARANA</b>	<b>KARNINI</b>
<b>SUSHRUTA<sup>14</sup></b>	woman suffers from this disease does not satisfied with coitus.	It is caused by excessive sexual act. Woman does not achieve conception.	Woman gets excited before coitus as well as much earlier than her husband.	Kapha and Rakta produces Karnika in yoni
<b>CHARAKA<sup>15</sup></b>	Not mentioned	Sopha (inflammation), Supti (numbness) & pain occur.	Non cleanliness of vagina produces Krimi which produces itching in yoni and due to this Woman feels excessive sexual desire.	Due to straining before starting of labour pain, Vayu is obstructed by foetus, along with Kapha and Rakta produces Karnika in Yoni.
<b>VAGBHATA<sup>16</sup></b>	Followed Charaka	Followed Charaka	Followed Charaka	Followed Charaka
<b>MADHAV NIDAN<sup>17</sup></b>	Followed Sushruta	Followed Sushruta	Followed Sushruta	Followed Sushruta

<b>B.P &amp; Y.R<sup>17</sup></b>	Followed Sushruta	Followed Sushruta	Followed Sushruta	Followed Sushruta
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## UPADRAVA<sup>18</sup>

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.

Acarya Charaka said that yoni of women afflicted with doshas or diseases suffers from

- Bandhyatwa
- Arsha
- Pradara
- Gulma

Vagbhata added

- Stambha and Shula in the list of complications.

## PROGNOSIS

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

## MANAGEMENT<sup>19</sup>

Ayurveda advices three types of therapies like.

- Antahparimarjan
- Bahiparimarjana and
- Shastra pranidhana.

These can be shortly explained as.

- Internal medicaments like churna, kalka, varti, kashaya etc come under Antahparimarjana
- Local therapies like abhyanga, swedana, parisheka etc. come under Bahiparimarjana,
- Shastrapranidharan includes all surgical procedures like agnikarma

Again the whole treatment procedure is divided into 3 groups.

- Samsodhan
- Samshamana and
- Nidana parivarjan

Samsodhan includes internal & external purification.

Samshaman is a therapy used to balance the imbalanced doshas by using different measures

Nidana parivarjan is considered as the avoidance of the causative factors

In this clinical study, the selected mode of treatment is yoni pichu with Udumbaradi taila, which is a Samshaman Chikitsa through Bahiparimarjan

### **SAMANYA CHIKITSA (General management)**

- Yonivyapad does not occur without vitiation of vata, thus vata should be normalised first, only then treatment for other doshas should be done.
- The management prescribed for disorders of vata should be used to treat yonivyapad.
- All the panchakarma therapy should be used in proper sequence. Drugs used in these procedures should be according to the vitiated dosa.
- After proper snehana and swedana, panchakarma therapies like vasti (anuvastana and niruha), nashya, as well as uttaravasti can be given.
- Again there are sthanika chikitsas like pichudharana, yonipurana, yonidhupana, avachurnan, parisheka, pralepa, veshavar bandha etc are used according to the necessity

### **Specific management of Kaphaja yonivyapad**

In Kaphaja yonivyapad ruksha and ushna treatment should be used.

#### **Internal medicine:Churna**

- Pushyanuga Churna
- Pippalyadi Churna

#### **Ghrita**

- Phala Ghrita
- Brihat shatavari ghrita.

#### **Kwath**

- Nyagrodhadi kwath.
- Maharasnadi kwath

#### **Asava**

- Patranga asava.
- Lodhra asava.

## External Medicine

### Pichu

- Udumbaradi taila.
- Dhatakyadi taila

### Varti

- Pippalyadi varti.
- Arkadi varti.

### Prakshalan

- Kariradi kwatha
- Decoction of Rajavrikshadi group of drugs.
- Continuous flow of kwatha of guduchi, triphala, danti.
- With kwatha of triphala mixed with takra, gomutra, sukta.
- Panchavalkala kwatha

### Kalka

Syama (trivrit) kalka

### Basti:

- Palash niruha basti.
- Guduchyadi rasayana basti.
- Satavaryadi anuvasana basti.
- Baladiyamak anuvasan basti
- Dhatakyadi taila anuvasan basti.
- Uttarvasti with katu rasa pradhana drugs in gomutra.

## PATHYA-APATHYA

### PATHYA

- Use of taila, sidhu, yavanna, pathyarista (abhayarista).
- Use of asava, arista, lasuna and diet having abundance of milk and mamsa rasa.
- For women, lasuna acts like nectar. (Kashyapa).



## Apathya

### Ahara

- Madhura-amla-lavan pradhan ahara.
- Abhishyandi ahara.
- Manda is contraindicated in case of yoni rogas. (Kashyapa)

### Vihara:

- Divaswapna,
- Maithuna etc.

## DISCUSSION

The concept of a healthy yoni has been asserted in various phases of a woman's life from puberty to marriage to child birth and thereafter. Description about yoni is found in Ayurveda along with the diseases related to this yoni as yoni vyapad.

The term Yoni Vyapad includes majority of gynaecological disorders in Ayurveda. Kaphaja Yoni Vyapad is one of those yoni vyapad. Total 20 types of yoni vyapad were mentioned by all Acharyas. Charaka mentioned one type of kaphaja yonivyapad that is sleshmiki yoni vyapad whereas Sushruta mentioned 5 types of kaphaja yoni vyapad, these were atyananda, karnini, acharana, aticharana, sleshmala yoni vyapad. Astanga Sangraha also mentioned one type of kaphaja yoni vyapad that is Sleshmiki yoni vyapad. In Bhavaprakasha

5 types of kaphaja yoni vyapad were mentioned, these were atyananda, karnini, ananda charana, aticharana, sleshmala yoni vyapad. Due to the abhishyandi ahara, the kapha dosha gets accumulated in the body and after that aggravation of those accumulated dosha will be there.

These aggravated dosha spreads to yoni, where it manifest the disease and produces sign and symptom of kaphaja yoni vyapad Most of the sign and symptom of kaphaja yoni vypad mentioned by different acharys are almost similar Charaka mentioned lakshanas of sleshmiki yoni vyapad were picchila, shita, kandu grasta, alpavedana and panduvarna and pandu picchila artava. Sushruta mentioned lakshanas of sleshmala yoni vyapad were picchila yoni, kandu yukta and atishitalata. Astanga sangraha also mentioned about lakshanas of sleshmiki yoni vyapad. Those were vedana, kanduyukta, shital, pandu picchila srava.

Though modern correlation is not easy, but by observing sign and symptom like yoni srava, yoni kandu, yoni vedana of kaphaja yoni vyapad we can correlate it with the disease which has these sign and symptom.

## CONCLUSION

Kaphaja yonivyapat is the one of the commonest problem among women of reproductive age. As per ayurveda by maintaining of proper hygiene and taking appropriate food in time and doing regular exercise can help in maintaining the reproductive health.

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