

AYURVEDIC ASPECT OF KAPHAJ YONIVYAPAD- A REVIEW

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Article Received on
29 April 2020,

Revised on 19 May 2020,
Accepted on 09 June 2020,

DOI: 10.20959/wjpr20207-17793

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ABSRTACT

Ayurveda is a science which have purpose of maintaining health. In Ayurveda there is a brief description of yonivypada is given. All the classics Had given the number of yonivyapada as twenty. Kaphaj yoni vyapada is one of type of yonivyapad. Due to change in lifestyle, junk food, etc, womens are not followed proper diet, dincharya, rutucharaya. The most common cause is improper hygienic condition. Due to this reason womens are more prone to various yonirogas, one of which is kaphaj yonivyapada.

KEYWORDS: Kaphaj yonivyapada, vaginal discharge, Yoniroga.

INTRODUCTION

There are various causes of Kaphaj yonivyapada but for better understanding Charaka gives common causes and specific causes separately as follows,

Common Causes Of Yonivyapadas (Common Etiology)

- 1) Mithyacharen -The heading includes mithya ahara {Abnormal diet} And mithya vihara {Abnormal mode of life style}.^[1]
- 2) Pradusht Artava- Artava refers to ovarian hormone, ovum and menstrual blood. Ovarian hormones are importanat gynaecological factors for number of gynecological disorder. these hormones responsible for irregularities of artava.^[2]
- 3) Beja Dosha- Various abnormality such as chromosomal, genetic comes under this title.^[3]
- 4) Daiva- Unknown factors comes under this catagories.^[4]

Hetu of Kaphaj Yonivyapada (Specific Etiology)

- 1) Charak Samhita- Kaph, abhishayandi annpan.^[5]

Lakshana (Symptoms)

- 1) Charak- Picchil, sheet strav, yoni kandu, alpa vedana, panduvarna, pandupicchil strav.^[6]
- 2) Sushruta- Picchil yoni, kandu, ati sheetal strav.^[7]
- 3) Ashtang sangraha and ashtang hruday- vedana rahit sheet picchil strav.^[8]
- 4) Madhav nidan, Bhavprakash, Yogaratnakar- Explains hetu and lakshana of kaphaj yonivyapada are much similar to sushrut Samhita.
- 5) Chakrapani- Chakrapani called this vyapada is shlesmaj asrugdhar swrup.

Samprati (Pathology)

Due to kapha prokapak ahar and vihar kapha increases in amount - Increased dosha reaching at reproductive system – causes coldness, itching, dull pain, yellowish white discharge per vagina.^[9]

Chikitsa (Treatment)

Principle of Treatment- In all kaphaj yoni rogas ruksha, ushana, treatment Should be prescribed.^[10]

- 1) Basti Prayog - Use of katu Pradhan dravya with gomutra in kaphaj yoni.^[11]
- 2) Kalka Dharan-Local application of paste of shyama should be applied in vagina.^[12]
- 3) Varti Prayog-A varti prepared with powdered yava and masha mixed with rock salt, pestled with latex of arak in vagina.^[13]
- 4) Yoni Dhawan -Nimb, jambu, vasa, arak, dhav etc drugs used. Kwath is prepared from these dravyas and used in yoni dhawan.^[14]

DISSCUSSION

Gynaecological disorders comes under the yonivyapada.

Main cause of kaphaj yoni vyapada is kapha and abhishyandi annapan. Charak explains, the women look like an anemic.

Whitish, yellowish discharge seen per vagina.

Kandu is main symptom, Pandu picchil strav is seen due to excessive Kapha in body.

CONCLUSION

On the basis of sign and symptoms yonidhawan is most important sthanik chikista in kaphaj

yonivyapada.

Katu and ruksha dravayas are used. We can compare the kaphaj yonivyapda to vaginal candidiasis in modern point of view.

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