

AYURVEDIC ASPECT OF PELVIC ORGAN PROLAPSE- A REVIEW

Komal Balwant Kothawale^{1*}, Shrikant Atmaram Dighe² and Bhagyashri Mahavir Khot³

^{1,2}P.G. Scholar, Stree Roga- Prasuti Tantra, Government Ayurvedic College, Osmanabad.

³M.S. Ph.D. Prof. & Guide (Dept. of Stree Roga – Prasuti Tantra), Government Ayurvedic College, Osmanabad.

Article Received on
20 May 2021,

Revised on 10 June 2021,
Accepted on 30 June 2021

DOI: 10.20959/wjpr20218-20892

***Corresponding Author**

Dr. Komal Balwant

Kothawale

P.G. Scholar, Stree Roga-
Prasuti Tantra, Government
Ayurvedic College,
Osmanabad.

ABSTRACT

Uterus, urinary bladder and rectum are the pelvic organs. These organs are held in their appropriate anatomical position by the support of pelvic floor muscles and ligaments. But when laxity or loss of tone seen in these muscles and ligaments, then these pelvic organs due to their weight and gravity, get displaced in downward direction and after a period of time it results into prolapse of respective organ. Pelvic organ Prolapse (POP) is found commonly in old age i.e. in menopausal age group. And mostly it is seen in multipara women i.e. in woman who gives birth to more than one child. Mostly it is associated with feeling of something coming out of the vagina, which causes discomfort during sitting or walking. Also it leads to some urinary

symptoms such as urgency or frequency or painful micturition etc. In Ayurveda different gynecological diseases are explained under various *Yonivyapadas*. Signs and symptoms of pelvic organ prolapse are much more similar to different *yonivyapadas* such as *Phalini yoni*, *Vatiki yoni*, *Prasamsrini yoni*, *Mahayoni* etc. These *yonivyapadas* are mentioned in different ayurvedic texts. In modern science POP are cured by various surgical managements but Ayurveda gives very effective local as well as medicinal management which not only cures the symptoms but also cures anatomical defects in early stages of prolapse. But in late stages, when prolapse occurs to a greater extent, at that time ayurvedic treatment is less effective, ultimately choice of treatment is a surgical repair in such cases. *Samsra* (Displacement) is the main *lakshana* of *Vata dosha prakopa*. Hence in POP main pathology is due to vata dosha and ultimately treatment is *Vatashamana*, therefore treatment includes basti, yonipichu and Ghritapana.

KEYWORDS:- Pelvic Organ Prolapse, Menopausal age, *Mahayoni*.

INTRODUCTION

The prevalence of POP is 3-6% and upto 50% when based upon vaginal examination.^[1] Pelvic organ prolapse is the prolapse of pelvic organs into vaginal canal.^[2] Most common symptom is protrusion of mass out of vagina through a introitus, which aggravated by straining, coughing and by heavy work, while after rest prolapse is least.^[3] Other symptoms of POP includes backache, dragging pain in pelvis, dyspareunia, white or blood stained discharge per vaginam due to associated vaginitis or decubitus ulcer. Urinary symptoms such as incomplete urination, painful urination, urgency, frequency of micturition, stress incontinence, retention of urine in case of cystocele. While bowel symptoms are seen in case of rectocele such as difficulty in passing stool or faecal incontinence.^[*]

Prolapse of Bladder into vagina is called Cystocele in which laxity and descent of upper two-third of anterior vaginal wall is seen. Prolapse of urethra into vaginal wall is called urethrocele, in which laxity and descent of lower-third of anterior vaginal wall is seen.

Prolapse of rectum into posterior vaginal wall is called rectocele, in which laxity and descent of middle-third of posterior vaginal wall and adjacent rectovaginal septum is seen. Relaxed perineum is a condition in which, there is a gaping introitus with bulge of the lower part of posterior vaginal wall is seen.^[4] these Cystocele, Urethrocele, Rectocele and relaxed perineum are included in Vaginal prolapse.

Prolapse of Uterus is classified in three degrees as follows,^[5]

- 1) **First degree-** The uterus descends down from its normal anatomical position but external os still remains inside the vagina.
- 2) **Second degree-** The external os protrudes outside vaginal introitus but the uterine body still remains inside the vagina.
- 3) **Third degree (Procidentia)-** The uterine body and cervix lie outside the introitus. In this way modern science explain the classification of pelvic organ prolapse.

In Ayurveda, the term *Yonivyapada* is made from two words i.e. *yon* and *vyapada*. *Yoni* means *tryavarta yoni* which includes *Garbhashaya*(Uterus), *Apatyapath*(Cervix) and *Yoni marga* (vaginal canal). The meaning of term *Vyapada* is any Abnormality which may be functional or anatomical. In this way, *Yonivyapada* is nothing but any structural or functional

abnormality in female reproductive organs.

Common etiology of *yonivyapadas* which leads to pelvic organ prolapse

A] Charaka samhita^[6]

- 1) **Mithyachar:-** The term *Mithyachar* includes both inappropriate diet and inappropriate life style e.g. low nutritious diet causes weakness of muscles which leads to prolapse, also excessive coitus or straining during defecation causes prolapse of pelvic organs.
- 2) **Pradushta artava:-** Here *Artava* can correlate with ovarian hormones. Abnormalities in hormonal level such as estrogen deficiency after menopause causes loss of muscle tone which leads to prolapse.
- 3) **Beej doshat:-** Congenital abnormalities which results into pelvic organ prolapse are included under *beej doshas*.

Ashtang hridaya^[*]

- 1) **Dushta bhojanat-** *Dosha prakopaka Ahara* (Food).
- 2) **Vishama sthana anga shayana** – Sleeping in abnormal posture.
- 3) **Bhrush maithun sevan-** Excessive coitus in frequency.
- 4) **Dushta artava-** As explained by Charaka.
- 5) **Beej dosh-** As explained by Charaka.

Common Pathology of *Yonivyapadas* which leads to Pelvic organ Prolapse^[*]

Acharya Sushruta told that, when *Ruksha* (Dry) and *Durbala* (Weak) Bala i.e. very young woman does coital act with a big size penis man then there is *Vata dosha prakopa*, this vitiated *vata dosha* along with *pitta* and *kapha dosha* which are already vitiated, moves towards *yon* area and causes different *yonivyapadas*, which leads to pelvic organ prolapse also.

Different *Yonivyapadas* which may compare with pelvic organs prolapse are as follows

1.	Name of Yonivyapada	Phalini/Andini Yonivyapada	Vatiki Yonivyapada	Prasamsrini Yonivyapada	Mahayoni/Mahatiyoni vypada
2.	Textual reference	1) Sushrut Samhita Uttertantra 38 2) Madhav Nidan 62	1) Ashtang Sangraha Uttertantra 38 2) Ashtang Hriday_ Urrertantra 33	1) Sushrut Samhita Uttertantra 38 2) Madhav Nidan 62	1) Charaka Samhita Chikitsasthana 30 2) Sushrut Samhita Uttertantra 38 3) Ashtang Sangraha Uttertantra 38 Ashtang Hriday

					Urrertantra 33
3.	Dosha Pradhanya	Tridoshaj	Vata Dosha	Pitta Pradhan (Tridosha)	Charak/ Ashtang-Vata dosha Sushruta- Trodoshaj

1) *Phalini Yonivyapada/Andini yonivyapada*

Sushruta termed it as *Phalini yoni*, While Madhavnidana, Bhavprakasha and Yogaratankara termed it as *Andini yonivyapada*. Narrow *Yoni* (Vaginal canal) protuberates like egg, hence termed as *Andini*.^[7]

Cause- *Atikayagruhitaya*- young woman has coitus with a man having big size penis.
Symptoms^[8]

A) Due to *vata*- *Rukshata* (Dryness), *Toda* (Pricking pain)

B) Due to *pitta*- *Chosha* (Burning or hot sensation)

C) Due to *kapha*- *Sneha*(Unctuousness), *Kandu*(Itching)

Modern Correlation-by sign and symptoms, we can correlate *Phalini* with Cystocele/ Rectocele.^[9]

2) *Vatiki yonivyapada*^[10]

Sign/Symptoms

- a) *Vedana*-Pain,
- b) *Toda*- Pricking sensation,
- c) *Aayam*- Feeling of stretching,
- d) *Pipeelika*- Sensation as if creeping of ants,
- e) *Supti*- Stiffness,
- f) *Karkashata*- Roughness,
- g) *Swanam*-Vaginal flatus,
- h) *Arun krushn alpa tanu ruksh artava*- Reddish, Blackish, scanty, Dry menstrual flow
- i) *Bhramsh*- *Yoni* (Uterus) displacement.
- j) *Vankshana Parshwa vedana*- Pain in groin and flanks.
- k) *Gulma*- Disorder due to *Vata dushti*
- l) *Samsra*^[11] Displacement of *Yoni* (Uterus)

Modern Correlation-by sign and symptoms, we can correlate *Vatiki* with Laxity of Perineum.^[9]

3) *Prasamsrini yonivyapada*^[12]

Symptoms

- a) *Kshobhan*- Irritation
- b) *Duhprususcha*- Difficulty in Labour.
- c) Due to *pitta*- Burning sensation
- d) *Samsra*- Displacement of Uterus.

Modern Correlation-by symptoms, we can correlate *Prasamsrini* with First or Second degree uterine Prolapse.^[9]

4) *Mahayoni vyapada*

A] According to Charaka^[13]

Cause- *Vishamam dukhashayya maithunat*-Coitus done in uneven or inappropriate position.

Samprapti/Etiopathology-



Visham Dukhashayya Maithun



Vata Dosha Prakopa



This *Prakupit Vata* causes Firmness of Vaginal and uterine orifices



Dilatation of vaginal orifice along with Painful menstruation.

Muscular protuberance through vaginal opening is seen.



Mahayonivyapada

Sign/ Symptom

- a) *Mukham Vishtambhayet*- Firmness of orifices of both uterus and vagina.
- b) *Asamvrutta Mukha*- Dilation of both orifices.
- c) *Sarti*- with pain
- d) *Rukshaphenastrahini*- Dry and frothy menstruation.
- e) *Mamsotsanna*- Muscular protuberance in vagina

f) *Parva Vankshana Shul*- Painful Joints and Pain in groin region.

B] According to sushruta^[14]

Sign/ Symptom

- a) *Ati vivrutta*- Widening of Vaginal opening.
- b) *Sarv Ling*- All Doshas get vitiated and shows their symptoms such as *rukshata* (Dryness) and *toda* (Pricking pain) due to *Vata Dosha* and so on.

C] According to vagbhata^[15]

Sign/Symptom

- a) *Vishtambha Garbhakoshtha*- Stiffness in vaginal opening and Uterus.
- b) *Vivrutta*- Widening of introitus.
- c) *Strastam*- displaced
- d) *Vatikimiva*- Just like *Vatiki Yoni*.
- e) *Unnatmamsam*- Muscular Protuberance.
- f) *Maha rujam*- Extremely painful.

Modern Correlation-by symptoms, we can correlate *Mahayoni* with Third degree uterine Prolapse.^[9]

Udvrutta and Apavrutta Phalayoni.^[16]

Here, according to Dalhanacharya, word *Phala* indicates Ovary and *Yoni* indicates Uterus.

- a) *Udvrutta Phalayoni*- Upward Displacement of ovary and uterus.
- b) *Apavrutta Phalayoni*- Downward Displacement of ovary and uterus.

We can compare *Udvrutta* with Retroversion of uterus with dragging of vaginal canal and *Apavrutta* with Prolapse of uterus in anterior or posterior vaginal wall.^[17]

Management

A) General treatment^[18]

- 1] *Snehana*- Oleation
- 2] *Swedana*- Sudation
- 3] *Swasthana Sthapana*- Replacement in proper position. It includes following,
 - a) *Vakra Yoni*(Tortuous)- by Straightening

- b) *Samrutta Yoni* (Narrow orifice)- *Vardhan* (Dilation with the help of fingers)
- c) *Vivrutta Yoni* (Dilated Orifice)-*Parivartan*(Constricted from all around)
- d) *Bahirnirgata* (Protuberating Outside)- Inserted back by gently pressing with hands.

B) Specific management

1] *Vatiki yonivyapada* treatment^[19]

- *Snehana*: Oleation
- *Swedana*: Sudation
- *Pichu*: Vaginal tampon with medicated oil such as *Guduchyadi Taila* or *Rasnadi Taila*.
- *Basti* and *Utterbasti*: Administration of medicated oil or decoction in rectum and through vagina into uterus respectively.
- *Ghritapana*: Oral intake of medicated ghee such as *Kashmaryadi ghrita* or *shatavaryadi ghrita*.
- *Kumbhi Sweda and Tila taila pichu*^[20]: According to Bhavprakasha *Kumbhi sweda* is useful i.e. Sudation with vapours from a ewer in closed room also vaginal tampon with oil of sesame.

2] *Prasamsrini yonivyapada* treatment

- *Udavarta Yonivyapada Chikitsa*- oral intake of meat soup of gramya(wild), anup(living in marshy land), audaka(aquatic) animals, oleation, Sudation, oral intake and basti of milk medicated with dashmoola, *Anuvasana* and *Utterbasti* with *trivrutt sneha*.^[21]
- Oral intake of meat soup and Swedana (Sudation) by milk, Oral use/ uteerbasti/ anuvasana basti of sneha medicated with dashmoola and trivrutt decoction and paste.^[22]
- Swedana (Sudation) and repeated course of basti (*Utterbasti* and *anuvasana basti*) with vatahara tail, sukumar taila, bala taila, shirisha taila, if these tailas are cooked hundreds and thousands time before use then it is very much effective. This treatment is useful in pain, roughness, stiffness, displacement of vagina.^[23]
- Anointing by ghee and Swedana by milk followed by *Veshvaren pidhay bandh* that is ball of minced meat or solid mixture of following drugs- Shunthi, maricha, krushna, dhanyaka, ajaji, dadim, pippali moola is inserted in vaginal canal and bandage is applied.^[24]

3] *Mahayoni vyapada* treatment

- *Udavarta Yonivyapada Chikitsa*^[21]
- *Yonipurana*- filled the vaginal canal with vasa(fat) of *Ruksha* (Beer), *Kuleer* (Crab),

Kukutta (Cock), *Varaha*(Hog) or *Madhur dravyasiddh Goghrita* (Cow's ghee medicated with *madhura* group of *dravyas*) then bandage of cloth should be applied

4) *Vivrutta Yoni* management in *Mahayoni* (Excessive dilatation)

- According to Charaka- *Pichu* (Vaginal Tampon) and Irrigation with *Udumbara tailam*.^[25]
- According to Sharangadhara, *Laghuphalaghrita Pana* also anointment of Vaginal canal with equal quantity of powdered seeds of *palasha* and young unripe fruits of *Udumbara* mixed with *tila* oil and honey is good for toning up of musculature of vaginal cannal. Makanda phal along with honey and camphor paste is applied inside vaginal canal.^[25]
- According to Yogaratnakara- Irrigation with decoction of root of *kapikacchu* and tampon in *suramanda* is very effective in it.^[25]

CONCLUSION

According to Ayurveda pelvic organ prolapse included in different *yonivyapadas*. *Phalini Yonivyapada* is similar to Cystocele or rectocele. *Vatiki Yonivyapada* is similar to Laxity of Perineum. *Prasamsrini Yonivyapada* is similar to first or second degree uterine prolapse. While third degree uterine prolapse can compare with *Mahayoni vyapada*. The treatment approach of Ayurveda for these *Yonivyapadas* is very unique. *Snehana*(Oleation) and *Swedana* (Sudation) followed by *Basti* and *Utterbasti* is beneficial for patients. Local modalities like *Pichu*(Tampon) or *Pariseka* (Instillation) are very useful in Pelvic organ prolapse.

REFERENCES

1. Barber MD, Maher C. Epidemiology and outcome assessment of pelvic organ prolapse. Int Urogynecol J, 2013; 24(11): 1783-1790. doi:10.1007/s00192-013-2169- 9
2. Dutta D.C., Text book of gynaecology, Edited by Hiralal Konar, published by New Central Book Agency(P) Ltd. Kolkata, Sixth Edition, 2013; 215.
3. Shaw's, Text book of gynaecology, Edited by Sunesh Kumar, published by RELX India Pvt Ltd. New Delhi, 2015; 17: 291.
4. Dutta D.C., Text book of gynaecology, Edited by Hiralal Konar, published by New Central Book Agency(P) Ltd. Kolkata, Sixth Edition, 2013; 195.
5. Dutta D.C., Text book of gynaecology, Edited by Hiralal Konar, published by New Central Book Agency(P) Ltd. Kolkata, Sixth Edition, 2013; 196-197.
6. Yadavji Trikamji, editor, Commentary: Vidyotini Hindi Commentary of Acharya Kasinath Shastri and Gorakhnath Chaturvedi on Charaka Samhita of charaka, Chikitsa Sthana, Chapter Chawkhambha Bharati Academy, 1996; 30: 7-8.

7. Tewari P.V., Book of Ayurvediya Prasuti Tantra Evam Striroga, Part 2, Chaukhambha Orientalia Varanasi, Second Edition, 2000; 2018: 60.
8. Yadavji Trikamji, editor, Commentary: Ayurveda Tatva Sandipika Hindi Commentary of Acharya Ambika Datta Shastri on Sushruta of Sushruta, Utter tantra, Chapter th edition, Varanasi, Chawkhambha Sanskrit Sansthan; 2002; 38: 18-20.
9. Tewari P.V., Book of Ayurvediya Prasuti Tantra Evam Striroga, Part 2, Chaukhambha Orientalia Varanasi, Second Edition, 2000; 2018: 308.
10. Vagbhata, Ashtanga Sangraha, Vidyotini Hindi commentary of Kaviraj Atrideva Gupta, Utter sthana, Chapter Chawkhambha Prakashan, Varanasi, 2009; 38: 18-20.
11. Vagbhata, Ashtanga Hridaya, Vidyotini Hindi commentary of Kaviraj Atrideva Gupta, Utter sthana, Chapter Chawkhambha Prakashan, Varanasi, 2009; 33: 29-31.
12. Yadavji Trikamji, editor, Commentary: Ayurveda Tatva Sandipika Hindi Commentary of Acharya Ambika Datta Shastri on Sushruta of Sushruta, Utter tantra, Chapter edition, Varanasi, Chawkhambha Sanskrit Sansthan, 2002; 38: 13-14.
13. Yadavji Trikamji, editor, Commentary: Vidyotini Hindi Commentary of Acharya Kasinath Shastri and Gorakhnath Chaturvedi on Charaka Samhita of charaka, Chikitsa Sthana, Chapter, Chawkhambha Bharati Academy, 1996; 30: 35-36.
14. Yadavji Trikamji, editor, Commentary: Ayurveda Tatva Sandipika Hindi Commentary of Acharya Ambika Datta Shastri on Sushruta of Sushruta, Utter tantra, Chapter th edition, Varanasi, Chawkhambha Sanskrit Sansthan, 2002; 38: 19-20.
15. Vagbhata, Ashtanga Hridaya, Vidyotini Hindi commentary of Kaviraj Atrideva Gupta, Utter sthana, Chapter Chawkhambha Prakashan, Varanasi, 2009; 33: 40-41.
16. Tewari P.V., Book of Ayurvediya Prasuti Tantra Evam Striroga, Part 2, Chaukhambha Orientalia Varanasi, Second Edition, 2000; 2018: 309.
17. Tewari P.V., Book of Ayurvediya Prasuti Tantra Evam Striroga, Part 2, Chaukhambha Orientalia Varanasi, Second Edition, 2000; 2018: 310.
18. Yadavji Trikamji, editor, Commentary: Vidyotini Hindi Commentary of Acharya Kasinath Shastri and Gorakhnath Chaturvedi on Charaka Samhita of charaka, Chikitsa Sthana, Chapter Chawkhambha Bharati Academy, 1996; 30: 43-45.
19. Vagbhata, Ashtanga Hridaya, Vidyotini Hindi commentary of Kaviraj Atrideva Gupta, Utter sthana, Chapter Chawkhambha Prakashan, Varanasi, 2009; 34: 28, 29, 60.
20. Tewari P.V., Book of Ayurvediya Prasuti Tantra Evam Striroga, Part 2, Chaukhambha Orientalia Varanasi, Second Edition, 2000; 2018: 100.
21. Yadavji Trikamji, editor, Commentary: Ayurveda Tatva Sandipika Hindi Commentary of

- Acharya Ambika Datta Shastri on Sushruta of Sushruta, Utter tantra, Chapter 1st edition, Varanasi, Chawkhambha Sanskrit Sansthan, 2002; 38: 28-29.
22. Vagbhata, Ashtanga Hridaya, Vidyotini Hindi commentary of Kaviraj Atrideva Gupta, Utter sthana, Chapter Chawkhambha Prakashan, Varanasi, 2009; 39: 42.
23. Vagbhata, Ashtanga Hridaya, Vidyotini Hindi commentary of Kaviraj Atrideva Gupta, Utter sthana, Chapter Chawkhambha Prakashan, Varanasi, 2009; 39: 37.
24. Tewari P.V., Book of Ayurvediya Prasuti Tantra Evam Striroga, Part 2, Chaukhambha Orientalia Varanasi, Second Edition, 2000; 2018: 101.
25. Tewari P.V., Book of Ayurvediya Prasuti Tantra Evam Striroga, Part 2, Chaukhambha Orientalia Varanasi, Second Edition 2000, Reprinted 2018, Page no. 111,112.