

ROLE OF SPECIFIC AAHARA (DIET) VIHAR (BEHAVIOR) IN THE MANIFESTATION OR VARIOUS KAPHJ DOMINATED YONIVIKAR A LITERATURE RIVIEW

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ABSTRACT

Gynaecological disorders have found its immense importance in the field of medicine due to fact that women have a unique function of giving birth. 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 kasha yoni vyapad as per Ayurveda. A healthy woman is a promise of a healthy family. In different phases of a woman's life From puberty to menopause, the concept of healthy yoni has been mentioned in Ayurveda. As well as in modern. 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, in Ayurveda, these types of sign and Symptoms are yoni vyapad.

KEYWORDS: kashaj Yoni, yoni vyapad vaginal discharge.

INTRODUCTION

Health is the actual way of attaining longevity in all species including man. The health of woman is important because womanhood represents the capacity to bare the foetus in the

woman and to deliver it in a healthy status.

Ayurveda most of gynaecological disorders described under Boneyard and Artavavikara. Abnormal diet and mode of life, abnormalities of artava and bija and curse of god are causative factor for all yoni rogas. About 20 types of Yonivyapada described in Samhita. Kaphaj Yonivyapda is found very common in women having symptoms Yonigatvedna, Yonigatkandu, yonigatshevat strav.

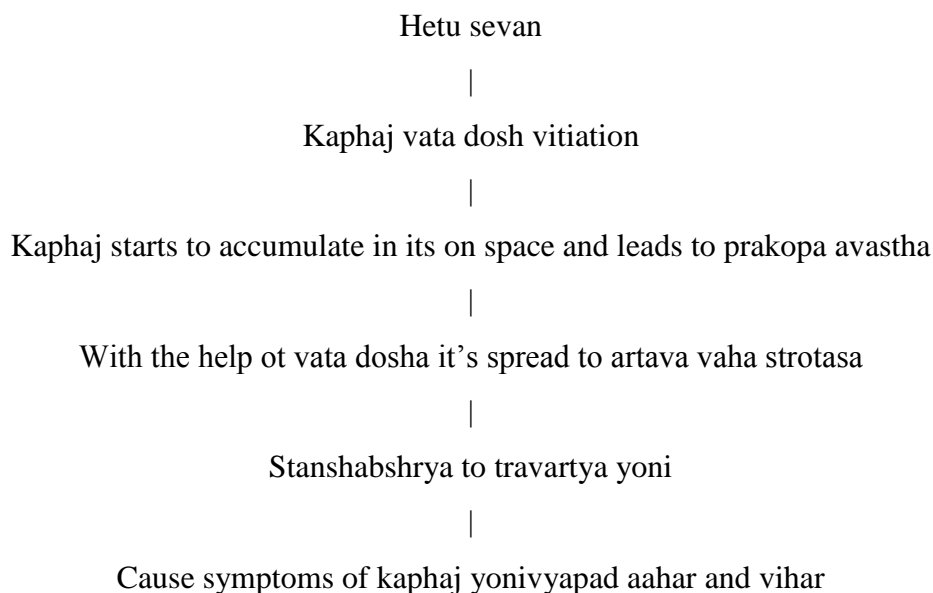
AIMS AND OBJECTIVE

To study kaphaj yoni vyapad aahar vihar in Cocept according to Ayurveda, literary study.

Kaphaj Yonivyapda samany hetu

- 1). mithyachar (ab normal diet and mode of life)
- 2). pradusta artava (ab normal of artava)
- 3). Bijadosha (ab normal of bija)
- 4). Daivakopa (curses or anger of god)

SAMPRAPTI



TYPES OF KAPHAJ YONIVYAPAD

- 1) Slesmala yonivyapad
- 2) Tridosha yonivyapad
- 3) acharana yonivyapad
- 4) Aticharana yonivyapad

- 5) Vipluta yonivyapad
- 6) Upapluta yonivyapad

1) SLESMALA YONIVYAPAD

kaphaj vitiated due to excessive use of abhisyni substance reaches reproductive system and cause Unctuousnece coldness itching and pain in vagina. the women looks anemic and discharge yellowish unctuous menstrual blood is the opinion of charak.

Aahar and vihar: excessive abhisynandi substances, Diwaswap, alysyas, ayayam.

2) TRIDOSAJA YONIVYAPAD

All three doses situated in yoni and uterus get vitiated and product their specific symptoms three is burning sensation and pain in vagina yellowish and white unctuous vaginal discharge.

Aahar and vihar pathya Or apathya rasa sevan. Diwaswap alyasya.

3) ACHARANA

Due to non cleanliness of vagina the parasites develop and product itching (in vaginal canal). due to itching the women feels excessive sexual desire.

Aahar and vihar kaphaj aahar sevan, excessive sexual desire, yoni adhavan.

4) ATICHARANA

due to excessive sexual act product sophia (inflammation) supti (numbness or insensibility) and pain in yoni (reproductive organs) since it is cause due to over action of copulation hence, is termed as aticharana.

Aahar and vihar – kaphaj aahar sevan, excessive sexual desire, yoni adhavan.

5) VIPLUTA YONIVYAPAD

The microbes developing due to job cleanliness of vagina produce vaginal itching which in turn cause excessive sexual derise in women.

Aahar and vihar kaphaj aahar sevan, yoni adhavan.

7) UPAPLUTA

when a pregnant women consumer diet or indulges on mode of life capable of vitiating kaphaj and also suppress desire of vomitting in inspiration, then her agitated or vitiated vaya withholding kaphaj reaches yoni and produced abnormalities. Due to this there are either yellowish vaginal discharge.

AAHAR

गुरु शीत मुद स्निग्ध स्थिर पिच्छिल ।

Madhur, amala, lawan, sheetaa, snigdha, guru, abhishandi aahar sevan, virudhara aahar
Ex. fruit salad, ratri dadhi sevan.

VIHAR

Deewaswap

Aalasya

Apdravya sevan

Avayayam

Dinacharya and rutuchara

Dharaneeya and adharaneeya vega

Atimaithuny sevan

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