

A CONCEPTUAL STUDY ON KARNINIYONIVYAPAD

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ABSTRACT

Ayurveda has elaborated almost all gynaecological disorders under the entity of twenty yonivyapad and ashtaartava dusti. Karnini yonivyapad is one among the twenty yonivyapad. It is described with its own pathogenesis and treatment in classical text. Pregnancy is one of the most unique, exciting and joyous time in a woman's life. After completing entire nine months of gestation period baby is delivered. This disease is due to straining during labour in the absence of labour pains, the *vayu* obstructed by fetus, withholding *kapha* along with *rakta* develop *Karnika* in *yonis*, which obstructs the passage of *raja*. Due to presence of *karnika* (a small muscular ball), this condition is termed as *karnini yonivyapad* by *Acharya Charaka* and *Acharya Shusruta*. Common symptom are vaginal discharge, backache, the pruritus on and around the vulva, pain in pelvic region and weakness. It can be compared with cervical erosion due to its sign and

symptoms. In ayurveda, *Karnini yonivyapada* is treated with combination of *shodhan*, *shaman* and *sthanika chikitsa*.

KEYWORD: karnini yonivyapad, cervical erosion, sodhana, shaman, sthanika chikitsa.

INTRODUCTION

In today's era, women have to carry out different tasks from housewife to professional disciplines. Everyone expects that she should be the best at each task. While performing all her duties, she compromises many times with her general health conditions. She often neglects to take care of herself, mostly in regard of her hygiene, thus she is prone to various

gynaecological disorders. Abnormal vaginal discharge is the most common factor among all gynaecological disorders which creates irritation in woman freedom. Normal vaginal discharge appear thin, clear, white and without any types of smell. Normal physiological vaginal discharge increases by many reasons such as during ovulation, in premenstrual phase, with emotional stress, during pregnancy or with the use of oral contraceptives.

Ayurveda, an ancient science of life is enriched with the knowledge of gynaecological diseases related with uterine and vaginal disorders. In karnini yonivyapad there is characteristics development of karnika (rounded protuberance) in cervix with the symptoms of abnormal white discharge (mucoid, mucopurulent, purulent and blood stained), vaginal itching, post coital bleeding, dyspareunia etc. It can be correlated with cervical erosion where there is congested and hypertrophoid cervix with small red projection with or without nabothian cyst. Nabothian cyst are pea size smooth nodular structure giving cervix a small knob like appearance.

Karnini yonivyapad is one among the 20 yonivyapad. Acharya Sushruta and Maharshi Charak both have a slight difference about etiology of the disease. Acharya Charaka and Acharya Vagbhata described it as vata-kaphaja and Acharya Sushruta mentioned it as Kaphaja.

Acharya Charaka^[1] mentioned that *karnini yonivyapada* is chiefly a disease of parous women, and *akale-vah-manayam* has been considered as a specific etiology responsible for the disease.

अकाले वाहमानाया गर्भेण पिहितोऽनिलः।

कर्णिकां जनयेद्योनौ श्लेष्मरक्तेन मूर्च्छितः॥

रक्तमार्गावरोधिण्या सा तथा कर्णिनी मता॥(च.सं.चि.30/27-28)

According to Acharya Charaka due to straining during labour in the absence of labour pains means *akala*. The *vayu* obstructed by fetus, with holding *kapha* and getting mixed with *Rakta* produces *karnika* in *yoni* which obstructs the passage of *raja*. Due to presence of *karnika* on *garbhashyagrivamukha* this condition is termed as *karnini yonivyapad*.

कर्णिन्यां कर्णिका योनौ श्लेष्मासृग्भ्यां प्रजापते ॥(सु.सं.उ.38/15)

Acharya Sushruta explains the pathogenesis of this disease in a different manner. He describes that vitiated *kapha* along with *rakta* produces *karnika*. he described *Karnini* in *kaphaj yoni vyapad*.

Both the *Vagbhata* have followed *Acharya Charaka*.

अकालवाहनाद्वायुः श्लेष्मरक्तविमूर्च्छितः।

कर्णिकां जनयेद्योनौ रजोमार्गनिरोधिनीम्॥

सा कर्णिनी-----|(अ.ह.उ.33/50-51)

अकालवाहनाद्वायुः श्लेष्मरक्तविमूर्च्छितः।

कर्णिकां जनयेद्योनौ रजोमार्गनिरोधिनीम्॥(अ.सं.उ. 38/51)

Etymology of *Karnini*

कर्णिकाम् इति कर्णिकाकारं ग्रन्थिम्। (च.सं.चि. 30/27, चक्र.टी.)

The disease got its name due to development of '*karnika*' on *garbhashaya dwaramukha* *karnika* means 'round protuberance' '**pericarp of lotus**'.

कर्णिका मांसकन्दी। (सु.सं.उ. 38/15, डल्ह.टी.)

A protuberance of flesh is called *Karnika*.

Aetiology: *Acharya Charaka* mentioned in *chikitsasthana* that no *yonivyapad* occurs without vitiation of *vata*. It means all the factors which cause vitiation of *vata* are directly or indirectly are causative factor for *yonivyapad*. Further he describes that abnormal dietetics, abnormal mode of life, *ashudha artava*, *bijadushti* (sperm & ovum) and *daiva* are the factor leading to *yonivyapad*.

Samprapti

According to *Vagbhata*, vitiated *vatadosha* afflicts the *shleshma* and *rakta* in *garbhashayadwara*, as a result of which due to *kaphadosha*, *raktadhatu* undergoes organization to form a minute *granthi* like elevation. This *Granthi* like structure is known as *Karnini* and the disease is called *KarniniYonivyapad*.

Sampraptighatak

- Dosha – Vata + kapha
- Dushya – Rasa, Rakta, Mamsa
- Strotas – Rasavaha, Artavavaha, Raktavaha
- Adhisthan – Garbhashyadwarmukha
- Rogamarga – Abhyantara
- Shrotodusti- Sanga
- Sthanasamsraya – Garbhashaya/yoni

Chikitsa: According to the *samprapti* and clinical features of '*karniniyonivyapad*', it is a disease caused by vitiated *vata* and *kapha* and the affected *dhatu* is *rakta*. So, the treatment which will pacify the *vata* and is having *vata-kaphashamaka* and *raktashodhankara* properties should be used.

Ayurvedic measures which when administered per vagina or directly on cervix are capable of pacifying the *vata* and are having the properties like *lekhana*, *shodhana*, *ropana*, *kaphahara* properties.

According to Ayurveda classics probable mode of action of *stanikachikitsa*

Vagina absorbs water, electrolytes and substances of low molecular weight. The vaginal wall and the tissue around are extremely vascular, which facilitates the absorption of drugs through vagina. The following *sthanika chikitsa* is mentioned in Ayurvedic classics for the treatment of *karniniyonivyapad*.

1. Yoni prakshalana:- Yoni prakshalana should be done with *kariradikwath* in vaginal discharge^[14] and also be done with *nyagrodhadikwath* mixed with ghrita, milk, and sugar. *Aragwadhadikashaya* is also effective in *kaphajayonivyapada* for prakshalana. *Kasisa*, *triphala*, *kankshi*, *amra*, *jambubija*, *dhataki* with honey is useful in *kaphajayonivyapada* as prakshalana.

2. Yoni-pooran: Powder of palasha, dhataki, jambu, samanga, moch rasa and sarja rasa in equal amount is used as yoni purana. This is very effective treatment in vaginal discharge.^[12,13] Application of any *kshar* (eg. *Snuhikshar*, *apamargakshar*) and then use of yoni pichu with medicated with *jatyadighrita* or *jatyadi tail* is also clinically proved effective treatment in *karniniyonivyapad*.

3. Yoni pichu: *Pichudharana* is better *upakrama* because the oil/ghrita will be absorbed slowly and constantly and retained for longer time.

4. Varti-Dharana

कषायैः साधितः स्नेहपिचुः स्याद्विप्लुतापहः।

कर्णिन्यां वर्तिका कुष्ठपिप्पल्यर्काग्रसैन्धवैः॥ (च.सं.चि.30/109)

(A) Kushthadi Varti: Varti prepared with kushtha, pippali, tender leaves of arka, saindhavalavana pasted with the urine of goat should be applied at the site of erosion for sometimes. After removing the varti, yoni should be cleaned with lukewarm water.

(B) Pipplyadivarti: Pippali, marich, masha, shatahwa, kushtha, saindhavalavana, pasted with water into to made kalka and prepared a varti in shape of an index finger. That varti can be used for yoni vishodhana.^[10,11,12]

(C) Pitta varti: wick prepared with the bile of pig is applied in yoni and this varti acts as a samshodhana varti in kaphadushti yoni.

(D) Arkadivarti: This varti is prepared from arkaksheer, yavachurna, saindhavalavana and should be applied in yoni for short time. After removing the varti, yoni should be cleaned with lukewarm water.^[13]

(E) Shodhana Varti: Prepared with *shodhana* drugs should be used. shodhana can help in removing or clearing out the karnika.

5. Uttarbasti: *Acharya Charaka* mentioned *uttarbasti* with the oil treated with *jivaniya* group of drugs should be given.

कफवाते च दातव्यं तैलमुत्तरबस्तिना।

गोपित्ते मत्स्यपित्ते वा क्षौमं त्रिःसप्तभावितम्॥ च.सं.चि. 30/103 ॥

6. KaphaharaChikitsa: Treatment of *karniniyonivyapad* also done by all the measures capable of suppressing the *kapha* i.e. *kaphaharachikitsa*.

Medicated oil/ghrita which suppresses *vata*, *kapha* and *raktashodhanakara* should be applied in the *yon*i because without vitiation of *vayu* no *yoniroga* can occur. ‘*Karnini yonivyapad*’ is a disease caused by vitiated *vata* and *kapha* and the affected *dhatu* is *rakta*. So, the treatment which will pacify the *vata* and having *kaphanashak* and *raktashodhanakara* properties should be used.

Pathya in Yonivyapad

- The woman afflicted with *karnini yonivyapada* should use *lashuna swarasa* in the morning and diet having abundance of milk and meat soup (*mamsarasa*).
- *Yavanna, Taila, Abhyarishta, Sidhu* should be advised.
- In *karnini yonivyapad* use of *Balataila, mishrakasneha* and *sukumarakasneha* is beneficial.
- *Pippali, Haritaki, Lohabhasma* with honey can also be advised.

Apathya

- Manda is contraindicated

Complication(Upadrava)

The upadrava of yonivyapad in general is also the upadrava of kaphajayonivyapad as specific upadrava is not mentioned for this disease. Upadrava include –Infertility, arsha, pradara, postcoital bleeding.

DISCUSSION

Acharya Charaka has explained karniniyonivyapad to be a disease of parous women. Specific etiology of Karnini Yonivyapad is *Akaalevaahamannaaya*. Intake of *Mithya ahara* leads to *doshaprakopa* resulting in compromised immunity. *Mithya vihara* are early marriages, increased parity, use of *apadravya* (foreign objects) in vagina, trauma to the cervix, are the causative factors of *Karnini yonivyapad*. Our Ayurvedic Classics have clearly mentioned about Karnini Yonivyapad as elevated lesion of *garbhashayagreevadwaramukha* with symptoms of abnormal white discharge (mucoid, mucopurulent, purulent and blood stained), vaginal itching post coital bleeding, dyspareunia etc. Depending upon the characteristic features it can be considered to cervical erosion in modern parlance. Karnini yonivyapad is mainly due to dominance of kaphvatadosha. Therefore, yonivyapadas Which are caused by kaphaja, kaphvatadoshas are main causative factors of karniniyonivyapad.

Treatment of Karniniyonivyapad is mainly based on the use of drugs which are having predominance of kashaya rasa and vata-kapha-shamaka property with anti-inflammatory action also. Therefore, the drugs having dominance katu, tiksha and kashaya rasa are mainly used locally as well as internally.

CONCLUSION

Karnini Yonivyapad is a disease having its impact on the body as well as in the mind due to its sign, symptoms and complications. Ayurvedic line of management aims to provide a better treatment of karnini yonivyapada by pathya ahar - vihar, and *sthanika chikitsa* such as *yoniprakshalan*, *yonipooran*, *yonipichu*, *yonivarti* and *uttarbasti*.

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