

## A CONCEPTUAL STUDY OF YONIKANDA ACCORDING TO AYURVEDA- A REVIEW

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### ABSTRACT

Woman is the root of reproduction. Healthy woman can give birth to healthy baby, and can contribute to healthy future generations. Physical and psychological health of every individual depends upon four factors. In Ayurveda, these factors are collectively called *Garbhasambhava Samagri*. It includes *Rutu* (Fertile period), *Kshetra* (Uterus & Female reproductive organs), *Ambu* (Female reproductive Hormones) & *Beeja* (Male Sperms & Female Ovum). Among these factors *Kshetra* having its own importance. Any small deformity in *kshetra* leads to infertility in woman. *Yonikanda* is one of the anatomical deformities found in reproductive organs of women i.e. in *Yoni*. It may compare with Bartholin Cyst or Abscess. *Yonikanda* may affect reproductive functions in a otherwise healthy woman. This *Yonikanda* is described by ancient ayurvedic scholars. Madhava Nidana was the first who described *Yonikanda* in detail. Causes, sign-symptoms, types and treatment described by Madhava is useful to prevent and cure this disease. In this paper we are going to review an ayurvedic concept of *Yonikanda*.

**KEYWORDS:** *Kshetra* (Uterus), *Yonikanda*, Bartholin Cyst or Abscess, Reproduction,

Ayurveda.

## INTRODUCTION

Description of *Yonikanda* told by Madhav Nidana, Bhavprakash and Yogratankara. *Yonikanda* can be compare with Bartholin cyst or abscess of vulva in woman. Etiology, types with sign and symptoms and treatment of *Yonikanda* is as follows.

### *Nidana*<sup>[1]</sup> (Etiological Factors)

1. *Divaswapna*- Day sleep
2. *Atikrodha*- Excessive anger
3. *Vyayama*- Excessive exercise
4. *Atimaithuna*- Excessive coitus
5. *Kshatat cha nakhadantadaihi*- Vulval injury by nails, teeth etc.

### *Samprapti*<sup>[2]</sup> (Pathogenesis)

Vitiation of *Vatadi tridosha* (*Vata*, *Pitta*, *Kapha*)



Blood & Pus formation at Vulval region



*Nikuch* (Circular fruit like) or *Lakucha*<sup>[3]</sup> (Type of fruit) like shape is formed at Vulva.



*Yonikanda*

### *Prakara*<sup>[4]</sup> (Types) and Sign- Symptoms

#### 1. *Vataja*

*Ruksha* (Rough), *Vivarna* (discoloration), *Sphutita* (cracked) appearance present in *Vataja Yonikanda*.

#### 2. *Pittaja*

*Daha* (Burning), *Raga* (Redness), *Jwarayukta* (With fever) present in *Pittaja Yonikanda*.

#### 3. *Kaphaja*

*Teela pushpa pratiksham* (Similar to *Teela*- Type of flower), *Kandumanta* (Itching) present in *Kaphaj Yonikanda*.

According to Madhav Nidana, It looks like *Neela pushpa*<sup>[5]</sup> (type of flower)

#### 4. Sannipatika

All above symptoms together seen in this type of *Yonikanda*.

#### Treatment of *Yonikanda*<sup>[6]</sup>

1. Vagina should be filled with powder of *Gairika* (Red ochre), *Amrasthi* (Mango seed), *Jantughna*, *Rajani* (Turmeric), *Anjana*, *Katphala* along with *Kshaudra* (Honey).
2. *Triphala Kashaya* (Decoction of *Haritaki- Terminalia chebula*, *Amalaki- Emblica officinalis*, *Bibhitaka- Terminalia bellirica*) along with *Kshaudra* (Honey) irrigation at vulval region can be useful in *Yonikanda*.
3. *Mushaka Taila Pichu- Tampon soaked with this type of oil* (which is made by oil cooked with small pieces of killed rat and then filtered) should be kept in vaginal canal to cure this disease.

#### DISCUSSION<sup>[7]</sup>

*Yonikanda* is a disease of vulva or lower vaginal canal (because injury or ulceration by nails and teeth are also causative factors), has round or irregular shape, requires only local treatment and is easily curable. Few workers have equated this with polypoidal growth protruding through introitus, others opine that *Vataja yonikanda* simulates malignant vaginal ulcers; *kaphaja* and *sannipataja* are descriptions of simple or infected Bartholin's cysts respectively. Malignant ulcers are incurable and cysts are surgical disorders.

Since in this disease resemblance with pus or blood is basic clinical feature, hence, it can be equated with Bartholin's abscess. *Vataja yonikanda* can be considered early stage of Bartholin's abscess, *pittaja yonikanda* as acute suppuration stage, *kaphaja yonikanda* as chronic stage and *sannipataja yonikanda* as acute suppuration in chronic Bartholin's abscess. Purulent discharges seen after bursting of any abscess and incision of abscess advised for other abscesses are not mentioned for this disease. It is possible that abscesses of reproductive organs were being treated medicinally during those days and incision was not advised.

Bartholin's abscess can occur at any age, however, young women are more vulnerable, while this disease is said to develop in older age. In general practice *Mushaka taila* (oil prepared with rat's meat) is prescribed for the treatment of utero-vaginal prolapse, which is more

common in aged women, generally in utero-vaginal prolapse resemblance with pus or blood, the basic feature of disease is not seen, however, some times in chronic prolapse of uterus, especially after menopause, due to congestion, the redness may be seen. Due to this chronic congestion, decubitus ulcers, infection, healing of ulcers, keratinization etc. sequela may be found. These various stages can be equated with different types of *doshika yonikanda*.

Considering the description of yonikanda in its entirety, it is difficult to equate this with any single disease known today, however, it appears to be nearer to Bartholin's abscess, or prolapse of uterus specially after menopause.

## CONCLUSION

*Yonikanda* is one of the gynecological disorders, which is told by Madhav Nidana, Bhavprakash and Yogratnakara, Yonikanda is the anatomical defect occurs at vulva or vaginal area. Causes includes injury to vagina by teeth or nails. It has four types; each type has its own peculiar sign and symptoms. Conservative treatment protocols of local wash with vaginal tampon told by ancient acharyas to prevent surgery. *Yonikanda* may compare with Bartholin's abscess, or prolapse of uterus specially after menopause.

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