

**STUDY OF YONIGATA SHWETA STRAVA W.S.R. TO UPAPLUTA  
YONIYVAPADA: A REVIEW ARTICLE****Vishakha Nagoshe\*<sup>1</sup> and Hemalata Jalgaonkar<sup>2</sup>**

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**ABSTRACT**

*Ayurveda* an ancient science of life is enriched with the knowledge of gynecological disorders related to vaginal discharges which may be blood-stained or pinkish, mucoid, purulent white, thin, thick, curdy or watery.<sup>[1]</sup> Vaginal white discharge this symptom is present in both physiological and pathological condition. When it becomes pathological it disturbs routine lifestyle of women. *Yonigata Shwetastrava* is an annoying symptoms which is present in many diseases or complications often represented in the form white vaginal discharge through external genitalia found commonly in the women of the reproductive age group. White vaginal discharge is known as *Yonigata Shwetastrava*. Generally, women are more prone to have infection in external genitalia. Some

considerable amount of white discharge is normal. It can either occur as a disease alone or can manifest as a symptom in many diseases of some underlying reproductive pathology such as sexually transmitted infection, pelvic inflammatory disease etc. So, if left untreated, it can give rise some other grave pathology which can reach up to the uterus through reproductive canal. As in our country due to poor nutrition, multiple childbirth, low socioeconomic status, poverty, population growth, negligence of proper hygiene, many women are anaemic, malnourished, ill-health may suffer from such infection.<sup>[2]</sup> White vaginal discharge often associated with the other symptoms like vulval itching and pain. Infections due to certain organisms in vagina & uterus also lead to white discharge due to injury caused by infections. Normal vaginal discharge may appear clear, cloudy, white and without any type of smell. Changes in normal discharge can be caused by many reasons like physiological menstrual

cycle & pregnancy, nutritional status, emotional stress, usages of medications including birth control pills and sexual arousal. Any changes in colour, Consistency, amount, smell of discharge may be a sign of vaginal infection.<sup>[3]</sup> Pregnancy & delivery have special significance in every women's life. Life of a lady is incomplete till she become a mother and give birth to healthy child. *Upapluta yonivyapada* is one of 20 Yonivyapada, described by *Acharya Charaka* and both *Vagbhatas* can be compared to vulvovaginitis during pregnancy means Per vaginal mucoid white discharge accompanied with itching and pain, is one a very annoying and troublesome symptom in pregnant women. It causes great discomfort to women hampering her normal activities. In *Upapluta yonivyapada*, *kapha* and *vata dosha* plays main role. So detail discussion about all white vaginal discharges will help in formulating the appropriate line of treatment and betterment of women's life.

**KEY WORDS:** *Yonigata Shwetastrava, Upapluta Yonivyapada, Vulvovaginitis.*

## INTRODUCTION

Women, being the precious creation of the world is the only source for new creation. Pregnancy is a beautiful phase in women's life and desire to have a healthy progeny is very innate and intense in every living being. Pregnancy although being a physiological phenomenon, still it may be at risk to face many complications at any stage due to altered anatomical, physiological and immunological functions of the body of pregnant female. The pregnant women should be treated just like a pot filled with oil, as slightest oscillation of such pot causes spilling of oil, similarly slightest excitement to the pregnant women can initiate abortion.<sup>[4]</sup>

During pregnancy bacterial and fungal infections of the genital tract are increased due to increase in cell glycogen and reduced pH under influence of higher blood level estrogen. The major causes for this are said to be *Lactobaccillus* species. Bacterial vaginosis with prevalence of 10-30% and Vulvovaginal candidiasis with prevalence of 20% and *Trichomonas vaginitis* with prevalence of 25%.

Microbial infections of vagina (vaginosis and vaginitis) among pregnant women are serious problems because they can lead to serious medical complications such as preterm labour, amniotic fluid infection, premature rupture of fetal membranes and low birth weight of neonates. However, identification and treatment will reduce the risk of preterm birth and its consequences. The vagina could be infected by a variety of pathogens including bacteria,

fungi, viruses and parasites. Bacterial vaginosis is the most frequent vaginal infection, characterised by the replacement of *Lactobacillus* species of normal vaginal flora by the excessive growth of a mixture of micro-organisms including *Gardnerella vaginalis*, *Bacteroides* species, Genital mycoplasma and fastidious anaerobic bacteria. Pregnant women commonly develop increased vaginal discharge, which in many instances is not pathological. Pregnancy is associated with specific anatomical, physiological and immunological changes that can predispose to infection and also alter the response to the disease process. Infections in pregnancy demands prompt adequate and careful management. Vulvovaginitis during pregnancy may be considered under the umbrella of *Upapluta Yonivyapad*.

Pregnant women are more prone to vulvovaginitis which is a great challenge for obstetricians today. In Ayurveda, *Upapluta Yonivyapad* described by *Acharaya Charaka, Sharangadhara* and both *Vagbhata* can be compared to vulvovaginitis during pregnancy.<sup>[5]</sup>

*Upapluta Yonivyapada* is one of the 20 *Yonivyapada* is caused by vitiation of *vata* and *kapha*. If pregnant women habitual for taking *Kaphavardhak Ahar-vihara* and suppresses the *Chardi-Nishwasa Vegas* causes *Upapluta Yonivyapada*. *Upapluta* in *garbhini* as described by our *Acharya* presents with symptoms like *Panduvarnasrava*, *shweta* or *kaphayukta srava* associated with *Toda*.<sup>[6]</sup> Both *Vagbhatas* have almost given the same description but have not restricted to pregnancy only.<sup>[7]</sup> On the contrary, *Charaka* has clearly mentioned that it is only a disease of the pregnant women.

*Ayurveda* gives prime importance to *vata dosha*. Because all twenty types of *Yonivyapada* cannot occur without vitiation of *vata dosha*.

In this modern era of hectic life style, unbalanced nutritional values associated with increased stress levels & reluctance towards healthy living standards, often associated with poor hygiene levels has led to the contribution of various etiological factors leading to various gynaecological diseases in which *Yonigata Shwetastrava* is one of them.

### **UPAPLUTA YONIYVAPADA**

*Upapluta Yonivyapada* is one of the 20 *Yonivyapad*, which is caused by vitiation of *Vata* and *Kapha Dosha*. *Upapluta Yonivyapad* is described by *Acharya Charaka*, both *Vagbhattas* and *acharya Sharangadhara*. The meaning of word “*Upapluta*” means “overflowed”, “invaded” or “afflicted”. It is a clinical entity characterized by white, mucoid discharge per vagina caused

by vitiation of Vata and Kapha. According to *Maharshi Charaka* when a pregnant woman consumes diet or indulges in mode of life capable of vitiating *Kapha* and also suppresses desire of vomiting and inspiration, then her agitated or vitiated *Vayu* with holding *Kapha* reaches to Yoni and produces abnormalities. Due to this, there is either yellowish vaginal discharge associated with pricking pain or white mucoid discharge. Afflicted with features of *Kapha* and *Vata*, this condition is known as *Upapluta Yonivyapada*.<sup>[8]</sup>

### **Specific Causes Of *Upapluta Yonivyapad***

Acharya Charaka has given following specific factors that cause *the UpaplutaYonivyapada*.

Intake of Kaphakara and Vatakara Ahara by pregnant woman.

*Veganigraha* (suppression of vomiting and inspiration and both by pregnant women) which disturbs the natural force & direction of Vata and causes aggravation of disease.

### **OTHER FACTORS WHICH AGGRAVATE VATA AND KAPHA DOSHA**

*Vata dosha* gets vitiated by consumption of excessively *Laghu Anna* (light food), *Tikta* (Bitter), *Ushna* (Katu = pungent), *Kashaya* (astringent), *Alpa* (less quantity), *Ruksha* (nonunctuous), *Pramita Bhojana* (meals after passing the time) etc. & by doing the following viharas like *Ativyayama* (exercise), *Vegadharana* (suppression of natural urges), *Ativyavaya* (excessive sexual intercourse), *Ati Prajagarana* (keeping awake at nights for long periods), *Vishama Upachara* (administration of inappropriate therapeutic measures), *Langhana* (excessive fasting), exposure to cold dry winds, a variable daily routine, too much travel, Sleeping over uncomfortable beds, sitting over uncomfortable seats, other physical activities in excess and Chinta (excessive worry) also cause Vata Prakopa and produce the disease. Kapha Dosha gets vitiated by excessively consuming foods of *Madhura*, *Guru* and *Kledakara* (slimy), salt tastes, Yavaka, Masha, Mahamasha, Mudga, Milk products, Sugarcane, Curd, Milk, Tila pishta vikritis, fat of animals of *Aanupdesha*, the other Dravyas which are *Brimhaniya* in action are Unctuous, Excessive intake of *Abhishyandi*, *Guru*, *Pichchhila Ahara*, fatty substances, *Atibhojana*, *Adhyashana* etc. & *Kapha Prakopaka Viharas* like *Divaswapa*, *Avyayama*, *Alasya* and sedentary habits are *Kaphavardhaka Vihara*, excess physical exertion etc., all these *Vihara* lead to *Srotas Dushti* and cause the diseases.

***Rupa (Signs & Symptoms):*** - There are great individual variation in clinical features, as some may have pain and tenderness or itching, one may exhibit watery discharges, while others may have thick curdy white discharge. Entire vaginal canal is covered with discharge. So

according to this variation in rupa can be classified in to two types -

**1. Pratyatma Lakshanas (Cardinal symptoms)**

**2. Anya Lakshanas (Associated symptoms)**

***Pratyatma Lakshanas (Cardinal symptoms)***

*Pandu, Shweta Srava* - White discharge, *Kapha Srava* - Mucoid discharge, *Toda yukta Srava* - Discharge with pricking pain (reference). Local signs and symptoms like *Yoni Kandu*, *Yoni Pichchhilata*, *Yoni Daha* and *Yoni Daurgandhya* etc. are due to the properties of Kapha Dosha. *Yoni Kandu* is a peculiar and uncomfortable sensation of irritation of the skin and mucus membrane of the Yoni, mainly Vulva and Vagina. It is caused due to the *Kapha Vikara* (scratching or rubbing of the attached area).

***Anya Lakshanas (Associated symptoms)***

*Anya Lakshanas* (associated symptoms) like *Katishoola*, *Angamarda*, *Bhrama*, *Daurbalya*, *Panduta*, *Mutradaha*, *Arochaka* and *Mala Vibandha*, *Maithunasahishnuta* (pain during coitus) etc., features are seen in *Upapluta Yonivyapada*.

***Samprapti (Pathogenesis):*** - Due to *Aharaja Nidana* and *Viharaja Nidana* like *Vegavidharana*, *Ati Vyavaya* etc. that leads to *Vata Prokopa* and *Kapha Prakopa*. This vitiated *Vata* with holding to *Kapha* reaches in *Yoni* and causes *Sthanashamshraya* in *Yoni* and leads to *Yoni Dushti*. On the other hand *Kapha Prakopa* leads to *Sthanashamshraya* in *Yoni* causes *Yoni Dushti* then *Dosha Dushya Samurchchhana* takes place and it manifest the disease in *Yoni* and *Pratyatma Lakshana* like *Pandu Srava*, *Toda* etc. appear.

***Sampraapti Ghatakas***

***Dosha :*** - *Kapha, Vata pradhaan dosha*

***Dushya :*** - *Rasa, Rakta, Mamsa*

***Srotas :*** - *Rasavaha, Raktavaha, Artavavaha*

***Srotodushti Prakar :*** - *Atipravritti*

***Agni :*** - *Jatharagnimandya*

***Sanchara sthana :*** - *Rasavaha strotas, Garbhashaya*

***Adhishthaana :*** - *Yoni, Garbhashaya*

***Sthanasamshraya :*** - *Yonimarga*

***Rogamaarga :*** - *Abhyantar*

***Pratyatmaka Lakshana :*** - *Yonigata Atisrava, Panduvarnasrava, etc.*

***Sadhya-Asadhyatva :*** - *Kasta sadhya*

### How *Sampraptighataka* Is Responsible

*Vata dosha* According to *Acharya Vagbhata* it has been narrated clearly that Yoni will not vitiate without involvement of *Vata Dosha*. Vata has been considered as the dominant Dosha for the production of all type of Yoni Rogas. Vata is responsible for Anulomana of Mala from the body thus, keeping Sharira clean and in balanced state. If for any reason (*Kaphavardhaka* and *Vatavardhaka Ahara & Vihara*), Vata gets vitiated and withholding Kapha reaches in Yoni and causes abnormalities. Kapha dosha - Prakrita Kapha has been considered as *Oja (Bala)* and if it gets Vitiated, it acts as a Mala. Hence for the body resistance the normal function of Kapha is very necessary.

The vitiation of Kapha may lead to lower resistance of the body tissues which leads infection or disease & also *Vikrita Kapha* gets *Sthanasamshraya* in Yoni and ultimately may facilitate the Upapluta Yonivyapada or entry of infections in the Woman. *Dushya - Agnimandya* leads to *rasa & rakta dhatukshyaya* which further leads to unhealthy state of body making more vulnerable to infection. Infection leads to inflammation & the site is *mansa dhatu*.

**Srotas :** - The Aartavavaha Srotas is affected in etiopathogenesis of Upapluta Yonivyapada.

**Agni :** - According to *Ayurveda*, all the diseases are produced by *Mandagni* which leads to ama. More over ama produces *Mala (kapha)* which *sthanasamshraya* in yoni and causes various *yonirogas*.

### VIBHEDAKA NIDANA

Twenty *Yonivyapads* are explained in *Ayurveda* so following are Vibhedaka Nidanas of *Upapluta Yonivyapada*.

**1) *Kaphaja Yonivyapada*:-** *Kapha Dosha* gets vitiated due to excessive use of *Kapha Prakopaka Ahara Vihara*, reaches to reproductive system & causes unctuousness, coldness, itching & dull pain in vagina. Women look anaemic & menstrual blood is yellowish and unctuous.

**2) *Sannipatika Yonivyapada*:-** *Acharya Charaka* says that due to consumption of congenial & non congenial both type of *Rasas* together, all three *Doshas* situated in *Yoni & Garbhasaya* get vitiated & produce their specific symptoms. There are burning & pain in *Yoni & Pandu pichchhila Srava* from *Yoni*.

**3) *Acharana Yonivyapada*:-** Due to non-cleanliness of vagina the parasites /microbes develop & produce itching (in vaginal canal). Due to itching woman feels excessive sexual desire. This is infective pathogenesis which leads to white discharge per vagina.



**4) Aticharana Yonivyapada:** - Acharya Charaka says that Vayu, gets aggravated due to excessive sexual act, produces *Shopha* (inflammation), *Supti* (numbness) & *Vedana* (pain) in *Yoni*. Since it is caused due to over action (ati of copulation) (Charana)) hence termed as 'Aticharana'.

**5) Atyananda Yonivyapada:** - Woman suffering from *Atyananda Yonivyapad* does not get satisfaction with coitus & has other symptoms of Kapha such as unctuousness & itching etc.

**6) Phalini Yonivyapada:** - When a woman has coitus with a man having big penis then she suffers from *Phalini Yonivyapada*. According to Sushruta features of all Dosha like *Vedana* (pain), *Kandu*, *Pichhilata* are present in *Phalini Yonivyapda*.<sup>[9]</sup>

**7) Karnini Yonivyapada:** - Sushruta says that vitiated kapha alongwith rakta produces *karnika* (a small muscular ball) in *Yoni*. Other features of vitiation of *kapha* i.e. unctuousness and itching etc. are also present.<sup>[10]</sup>

### Predisposing Factors

**Acidity of vagina:** - The optimum pH for rapid proliferation of this fungus is 3.5 to 4.5. During pregnancy due to excessive oestrogen and increased deposition of glycogen, the vaginal secretion becomes more acidic. Monilial vaginitis is therefore more common in pregnancy.

**Glycosuria:** - Because of availability of more availability of carbohydrates, the vaginal pH falls and there by favours the growth of the fungus. So this type of vaginitis is common feature of diabetic patients (diabetes mellitus).

**Prolonged treatment with antibiotics:** - Tetracycline and other antibiotics disturb the normal flora of the vagina and gastrointestinal track, where by the organism which have a check on the growth of fungus are killed and *Candida* gets chance to proliferate. In such cases, thrush of gastro intestinal tract and vagina are commonly seen.

**Immunosuppressive therapy:** - cytotoxic drugs and corticosteroids causes immuno-suppression and thus helps in growth of *Candida*. Tight clothing and moist environment are the aggravating factors because yeast thrives in a dark and warm conditions. Stress and other psychological aspects have been cited as causes of vaginal mycoses and are claimed to produce reciprocal affects (Robertson 1982 et.al.) it's quite conceivable that psychological factors may trigger the hormonal and immunological deregulations and thus may be predisposing factors for vaginal mycoses.

**Chronic Anaemia:** - Normal iron stores are needed to maintain an adequate immune reaction. This also entails adequate folic acid intake. Thus chronic anaemia leads to angular stomatitis & vaginitis specially due to candida.<sup>[11]</sup>

## DISCUSSION

*Upapluta Yonivyapada* mentioned especially for pregnant ladies by *Acharya Charaka* can be considered as vaginal infections during pregnancy. In *Ayurveda* classics, the physiological and pathological aspects of female reproductive system are explained under various *Prakaranas* (chapters) like *Yonivyapada*, *Artavadushti*, *Garbhavakrantiya*, *Garbhini Vigyana* and *Sutikopakramaniya Adhyaya*. The cardinal symptoms of vulvo vaginal candidiasis such as *Yonistrava* (vaginal discharge), *Yoni kandu* (itching), *Daurgandhya* (foul smell) etc. are exclusively mentioned under *Upapluta Yonivyapada*. Since, *Yonigata Shwetastrava* is one of the most common problem prevailing in our Indian society either as a symptom clinically or as a single disease alone. *Yonigata Shwetastrava* is one of the major health problems of India. Increased westernized life style is contributing to it. Its etiopathogenesis, clinical manifestations have been critically analyzed in the review of literature part. Due to excessive indulgence of dietetic and behavioral regimen capable of vitiating *Vata*, *Pitta* and *Kapha*, a woman may suffer from specific gynaecological disorders having vaginal discharge as a symptom.

Reproductive tract infections are one among the major causes of morbidity in women. Majority of women bear the problems silently without seeking any advice and medical treatment due to shyness, lack of awareness or lack of escort. These disorders have substantial impact on female reproductive ability, mental health and ability to work and perform routine physical activities.

So, the detail knowledge of Etiopathogenesis of shwetastrava will help in better management of disease with the help of Ayurveda.

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