

## A RATIONAL UNDERSTANDING OF PITTAJA YONIVYAPAD (VAGINITIS)

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### ABSTRACT

The slogan “Healthy Women, Healthy World” embodies the fact that as custodians of family health. Women play a critical role in maintaining the health & well-being of their communities. In *Ayurvedic* classics, the majority of gynecological problems are categorized under the heading of *Yonivayapad*. Twenty types of *Yonivayapad* have been described in *Ayurvedic* classics. *Pittaja Yonivayapad* is one of them. In this article, we are going into a detailed description of *Pittaja yonivyapada*. *Yoni Vyapad* is a compilation of various disorders of the genital tract ranging from the vulva to the uterus. Vaginitis is the most common gynecological condition seen by practitioners that is associated with frequent medical visits. Nowadays, infection related to Yoni is a burning problem irrespective of age or socioeconomic status. Due to infection, there may be signs and symptoms like Vaginal discharge, burning sensation, and fever. In

Ayurveda, these types of signs and symptoms are found in *Pittaja Yonivyapad* and some of the symptoms are similar to vaginitis. Therefore, in this study, an effort has been put forth to make a conceptual study covering almost all the aspects of *Pittaja Yonivyapad* so that early diagnosis and treatment can be given and vaginal discharge and burning sensation in women can be relieved.

**KEYWORDS:** *Ayurveda, Pittaja Yonivyapada, Vaginal discharge, Vaginitis.*

## INTRODUCTION

A healthy woman is a promise of a healthy family and a woman's health status is a complex arrangement controlled by a wide range of factors. The significance of a healthy Yoni has been asserted in various phases of a woman's life from puberty to marriage to childbirth and thereafter.<sup>[1]</sup> Vaginal discharge is the most common problem faced by many women. Women do not give much attention to this problem unless and until it will make the patient feel uncomfortable in their day-to-day life. It is not a disease but a symptom that is seen in most of the diseases which are mentioned in the classics. In *Ayurveda*, all gynecological problems are considered under the heading of *Yonivyapada* and *Artava Vyapada*. *Pittala Yonivyapada* is one of them which is caused by *Pitta Dosha Prakopa* and characterized by *Yoni Daha* (burning sensation in the vagina), *Yoni Paaka* (local suppurative changes), *Jwara* (fever), *Kunapganghi Srava* (foul smelling vaginal discharges) based on textual discretion, it seems that *Pittala Yonivyapada* can be compared to vaginitis. In this article, we try to make a literary review covering all most all the aspects of *Pittala Yonivyapada*.<sup>[2]</sup>

## Aim and Objective

To study the literary review of *Pittala Yonivyapada* and Vaginitis.

## MATERIAL AND METHOD

This article is made after reviewing the *Pittala Yonivyapada*(Vaginitis) through all Ayurvedic text, modern text, and from research articles.

## Etiology (*Nidan*) of *Pittaja yonivyapad*

It is not a disease but a symptom that is seen in most of the diseases which are mentioned in the classics. *Pittaja Yonivyapad* is one of those diseases. Vaginal discharge means *Yoni srava* is seen as a symptom in the case of this disease. So, in this study, an effort has been put forth to make a conceptual study covering almost all the aspects of *Pittaja yonivyapad*.

<i>Charak</i> <sup>[3]</sup>	<i>Sushruta</i> <sup>[4]</sup>	<i>Vagbhata</i> <sup>[5]</sup>	<i>Madhav Nidan</i> <b>B.P,Y.R</b>
<ul style="list-style-type: none"> <li><i>Mithyachar</i> (abnormal diet and mode of life)</li> <li><i>Pradusta-Artava</i> (abnormalities of</li> </ul>	<ul style="list-style-type: none"> <li><i>Mithyachar</i></li> <li><i>Pradusta-Artava</i></li> <li><i>Bijadosha</i></li> <li><i>Daivakopa</i></li> </ul>	<ul style="list-style-type: none"> <li><i>Dusta bhojan</i></li> <li><i>Bisamangasayan</i></li> <li><i>Bharisa maithun sevan</i></li> <li><i>Dusta artava</i></li> </ul>	Followed <i>Charak</i> <sup>[6]</sup>

<i>Artava</i> ) • <i>Bijadosha</i> (abnormalities of Bija) • <i>Daivakopa</i> (curses or anger of God)		• <i>Apadravya prayog</i> • <i>Bijadosha</i> • <i>Daivata</i>	
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### Qualities of *pittaja*<sup>[7]</sup>

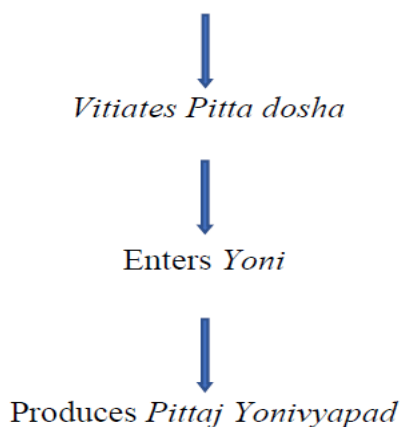
- *Sasneha*
- *Tikshna*
- *Ushna*
- *Laghu*
- *Vistram*
- *Saram*
- *Dravam*

### Relation between *Pitta Dosha* and *Rasa*

<i>Pitta propak</i>	<i>Pitta shamak</i>
<i>Amla</i>	<i>Madhur</i>
<i>Lavan</i>	<i>Tikata</i>
<i>Katu</i>	<i>Kashaya</i>

### *Samprapti of pittaja yonivyapada*

*Pittaprakopaka Ahara and Vihara*



### *Samprapti ghataka*<sup>[9]</sup>

- *Dosha - Vata & Pitta*
- *Dushya - Rasa & Rakta*

- Agni - Jatharagnimandya and Rasadhatvagnimandya
- Strotas - Rasavaha & Artvavahastrotas
- Strotadushti - Sanga, Atipravarti
- Adhishtana – Yoni, Grabhashaya
- Vyaktasthana - Yoni, Grabhashaya
- Rogamarga - Abhyantar, Bhaya
- Sadhya Asadhyata -Sadhya

### ***Vibhedak nidana<sup>[10]</sup>***

The conditions from which *Pittaja Yonivyapad* can be differentiated are:

- *Pittaja artava dushti*
- *Raktaja artava dushti*
- *Pittaja rakta pradara*

### ***Different name of pittaja yonivyapada***

<b>Charak<sup>[11]</sup></b>	<b>Sushruta<sup>[12]</sup></b>	<b>Vaghabhata<sup>[13]</sup></b>
<i>Paittiki</i> <i>Rakatyoni</i> <i>Arajaska</i>	<i>Pittala</i> <i>Vamini</i> <i>Putraghani</i> <i>Prasramsini</i> <i>Lohitkshara</i>	<i>Paittiki</i> <i>Rakatyoni</i>

### **According to different acharyas: Clinical features of pittaja yonivyapad**

<b>Lakshan</b>	<b>Charak<sup>[14]</sup></b>	<b>Sushruta<sup>[15]</sup></b>	<b>Vaghabhata<sup>[16]</sup></b>
<i>Yoni Daha</i> (burning sensation in vagina)	+	+	+
<i>Yoni Paka</i> (local suppurative changes)	+	+	+
<i>Jwara</i> (fever)	+	+	+
<i>Yoni Vedana</i> (pain)	+	–	+
<i>Yoni Srava</i> (abnormal vaginal discharges)	<i>Kunapgandhi</i> <i>Yoni Srava</i>	–	<i>Putigandhi</i> <i>Yoni Srava</i>

*Pittala Yonivyapada* is caused by *Pitta Dosha Prakopa* and is characterized by *Yoni Daha* (burning sensation in the vagina), *Yoni Paaka* (local suppurative changes), *Jwara* (fever), *Kunapgandhi Srava* (foul-smelling vaginal discharges), etc. Based on textual discretion, it seems that *Pittala Yonivyapada* can be compared to vaginitis.

**Aarious vyadi as pittaj yonivyapad**

<b>Vyapad</b>	<b>Symptoms</b>	<b>Dosha/Prakriti Involved</b>
<i>Pittaja Yonivyapad</i>	Blue, yellow or black color menstrual blood and fever, excessive burning sensation	<i>Pitta</i>
<i>Lohitaksaya Yonivyapad</i>	Extremely emaciation and discoloration	<i>Pitta</i>
<i>Sannipatiki Yonivyapad</i>	Burning sensation and pain in vagina, Yellowish and white unctuous vaginal discharge	<i>Vata, Pitta, Kapha</i>
<i>Kunapagandhi Artava Dusti</i>	Amount of blood discharged during menstruation and burning sensation	<i>Rakta</i>
<i>Pittaja Artavadusti</i>	Yellowish or bluish menstrual blood with pain	<i>Pitta</i>
<i>Pittaja Asrgdara</i>	Blue, yellow or black color menstrual blood with pain	<i>Pitta</i>
<i>Putipuya Artavadusti</i>	Burning sensation, fever, and heat	<i>Pitta, Kapha, Rakta</i>

According to Charak and vaghabhat, due to consumption of *pittakar Ahar-Vihar*, *pitta* gets vitiated and reach yoni and produces sign and symptoms of *Pittaja Yonivyapad*. A detailed study and analysis of *Pittaja Yonivyapad* show that signs and symptoms can be correlated with vaginitis.

**Vaginitis (Etiology and Pathology)<sup>[17]</sup>**

Vaginitis is a common complaint in women, accounting for 7% of all visits to a gynecologist and being the most common gynecologic problem encountered by primary care providers for women.<sup>[18]</sup> Vaginitis is the inflammation of the vagina characterized by abnormal vaginal discharge, itching, burning, and pain. It is usually associated with an irritation or infection of the vulva due to its proximity to the vagina.<sup>[19]</sup>

**Pathological****Before puberty**

Vulvovaginitis is the most common gynecologic condition of the prepubertal girl. Vulvovaginitis in toddlers may cause many uncomfortable symptoms in their vaginal area. The prepubertal vagina is neutral or slightly alkaline. With puberty, the prepubertal vagina becomes acidic under the influence of bacilli dependent on a glycogenated estrogen-dependent vagina. Breast budding is a reliable sign that the vaginal pH is shifting to an acidic environment.

**Nulliparous Married Woman**

The vaginal epithelium is a hormone responsive non-keratinized stratified squamous epithelium. With estrogen production, you see the maturation of the cells with a thickening of the mucosa. The normal vaginal flora of reproductive-age women includes multiple aerobic, facultative anaerobic and obligate anaerobic species. Infection is the most common cause of vaginitis, including candidiasis, bacterial vaginosis, and trichomoniasis. The most common symptoms are irritation of the genital area, mucoid or watery vaginal discharge, inflammation, leading to redness and swelling of the labia majora, labia minora and perineal area, mainly due to an excess of immune cells dysuria, dyspareunia foul or fishy vaginal odor.

**Parous women during the child bearing period**

Cervical erosion & chronic cervicitis are the common cause. It can be due to acute trichomonas and monilial vaginitis or chronic vaginitis mainly in presence of pessary & genital prolapse. Repeated use of irritant vaginal douches, use of intra vaginal tampons may cause leucorrhoea.

**Premenopausal women**

Uterine polyps, decubitus ulcer in genital prolapse, uterine fibroid & uterine carcinoma are the important factors in addition to the factors in the above groups.

**Postmenopausal women**

Post-menopausal women, the lack of estrogen leads to a deficiency of glycogen and thus a paucity of lactic acid-producing flora.

Carcinoma of the genital tract, genital prolapse retained ring pessaries, senile vaginitis, endometritis & pyometra are the important factors.

**Clinical features**

- Vulvar pruritus is the dominant feature.
- Women may also complain of dysuria (External rather than urethral), soreness, irritation, and dyspareunia.
- There is often little or no discharge; that which is present is typically white and in a cluster.
- There may be vulvar burning, erythematous vagina, dyspareunia, and painful micturition due to local soreness.

### Common types of vaginitis

The common types of vaginitis are bacterial vaginosis, vaginal candidiasis and vaginal trichomoniasis. This condition may present either as a single infection or a mixed type of infection.

#### Bacterial vaginosis

Bacterial vaginosis is a condition caused by an overgrowth of normal vaginal flora. Bacterial vaginosis is caused by an imbalance of the naturally occurring vaginal flora, characterized by both a change in the most common type of bacteria present as well as an increase in the total number of bacteria present.<sup>[20]</sup>

Bacterial vaginosis is an extremely common health problem for women, characterized by an overgrowth of anaerobic bacteria and a reduction of lactobacilli particularly those producing hydrogen peroxide.<sup>[21]</sup>

#### Vaginal candidiasis<sup>[22]</sup>

Vaginal candidiasis affects women of all age groups and about 75% of women will experience at least one episode of candidiasis in their lifetime. This condition is called vaginal thrush. The characteristic feature is a curdy white discharge associated with intense vulvovaginal pruritus. The pruritus is out of proportion to the discharge. There may be vulvar burning, erythematous vagina, dyspareunia, and painful micturition due to local soreness.

#### Vaginal trichomoniasis<sup>[23]</sup>

Vaginal trichomoniasis is caused by a sexually transmitted protozoan, "*Trichomonas vaginalis*". STIs present a major burden of disease and negatively affect people's well-being across the globe. Such patients are characterized by sudden profuse and offensive vaginal discharge with irritation and itching within and around the introitus often dating from the last menstruation. Small punctate hemorrhagic spots may also occur on the vaginal and cervical mucosa which is referred to as strawberry-like appearance along with dysuria.

### Signs and Symptoms of vaginitis

Characteristics	Candidiasis	Bacterial	Trichomoniasis
Odour	Odorless	Fishy odor	Unpleasant odor
Itching	Intense itching	Itching absent	May or may not be present
Discharge- Color	Curdy white	Greyish-white to green Thin	Greenish yellow

Consistency	Thick and cheesy	Thin	Frothy thin
Wet vaginal smear pH	Budding hyphae and spores	Clue cells and a few WBCs	Trichomonas with plenty of WBCs
pH	<4.5	>4.5	5-6.5

### Atrophic vaginitis<sup>[24]</sup>

Atrophic vaginitis is an inflammatory process that occurs in clients experiencing vaginal atrophy. Vaginal atrophy develops secondary to a lack of estrogen due to menopause. Atrophic vaginal changes are caused by thinning vaginal epithelium, decreased vaginal rugae and elasticity, and decreased vaginal secretions. Atrophic vaginitis is a symptomatic inflammatory process involving the thinned vaginal epithelium affecting some pre-menopausal and up to 50% of post-menopausal women. The main complaint is postmenopausal yellowish discharge, sometimes bloodstained which causes excoriation & soreness of the vulva. Dysuria & a sensation of fullness in the vagina are also common.

### Non-infective vaginitis

Traumatic ulceration can be the result of foreign bodies placed in the vagina & can complicate the anatomical & vascular changes which accompany ureterovaginal prolapse. Occasionally, severe & recurrent vaginitis with ulceration is caused by inflicted trauma, prompted possibly by sexual perversion or other psychological upsets. These causes can be difficult to prove.

### Allergy: Drug sensitivity

A local reaction to chemicals is not uncommon & the patient presents with discharge, pruritus & a fiery-red vagina. Antiseptics such as Arsenic, mercury, I2, picric acid, phenol preparations, and gentian violet used to be common causes. Presently, toilet preparations such as soaps, deodorants & bath salts, contraceptives such as rubber or materials used in the preparation of synthetic devices, the powder in which they are packed & chemical spermicidal & nylon underwear are the common causes.

### CONCLUSION

*Pittaja Yonivyapad* or Vaginitis is a common gynecological complaint of the reproductive age group women.



Correlation between *Pittaja Yonivyapad* and vaginitis is done based on the symptoms vaginal discharge, pain, and burning sensation in the vagina. *Pittaja Yonivyapad* is mainly caused by pitta prakopa. Various types of infections, estrogen deficiency, and local pathology in the lower genital tract are common causative factors for vaginitis. The disease can be cured by taking personal perineal hygiene, which is very important to cure the disease. Vaginitis is mainly due to a disturbance in vaginal pH. So attention should be given to correcting the vaginal pH by which patients get relief from vaginitis.

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