

A REVIEW ARTICLE-AYURVEDOKTA VIVECHANA OF KAPHAJ YONIVYAPAD

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ABSTRACT

A healthy woman makes healthy family. In different phases of women's life from puberty to menopause concept of *prashasta yoni* has been mentioned in *Ayurveda* as well as in modern. Now a days in working woman's *dincharya*, *rutucharya*, and *sutikaparicharya* are not followed properly. Thus, she is more prone to various type of *yonirogas* in which *kaphaj yonivyapada* is more common. *Kaphaj yonivyapad* is more common in 20 to 45 years age group women. The complaints of patients having *kaphaj yonivyapada* are *yonigat shwetastrava*, *yonikandu*, *yonigat alpavedana* or *yonigat avedana*. In modern these sign and symptoms are correlated with vaginal candidiasis. In this article we are going to describe *hetu*, *nidan* and *samprapti* of *kaphaj yonivyapada*. A woman can give birth to new

generation for that purpose a proper care taking of vagina is more important. Women with healthy *yoni* have more chances to give birth of healthy baby.

KEYWORDS: *Kaphaj yonivyapada*, *Kapha*, *Vata*, *Prashastha yoni*, Vaginal candidiasis.

INTRODUCTION

In striroga opd various types patients came having complaints of *yonigat shwetastrava*, *yonigata picchil strava*, *yonikandu*, *yonigata alpavedana*, *yonigat avedana*.^[1] And these

symptoms are neglected by women's in early days. When these symptoms causes severe discomfort, eventually patients visit to opd for proper treatment.

In modern *kaphaj yonivyapada* is correlated with vaginal candidiasis. Vaginal candidiasis is a fungal infection that causes irritation, discharge and intense itchiness of the vagina and the vulva. This is also called as vaginal yeast infection. Vaginal yeast infection seen in 3 out of 4 women at some level in their lifestyle. Most of women experiences 2 or more than 2 episodes of this infection. These symptoms can range from mild to moderate due to improper treatment improper hygiene in early stage of symptoms.

This can include - Watery or Thick white or curdy white discharge, odor free discharge per vagina.

- Vulval and vaginal itching and irritation.
- A burning sensation especially occurs during micturition and coitus.^[2]

Kaphaj yonivyapada is most commonly seen in reproductive aged women with single incidence of 75% and 2 or more incidence in 45% of women. The prevalence rate of *kaphaj yonivyapada* is 7%. *Yonivyapada* is mainly caused due to vata dosha. In Ayurveda there are 20 *yonivyapadas* are explained *kaphaj yonivyapad* is one of them.

AIMS AND OBJECTIVES

To study the literary review of *kaphaj yonivyapada* (vaginal candidiasis).

MATERIAL AND METHODS

This study is based on review of some ayurvedic Samhita's and some modern textbook thoroughly.

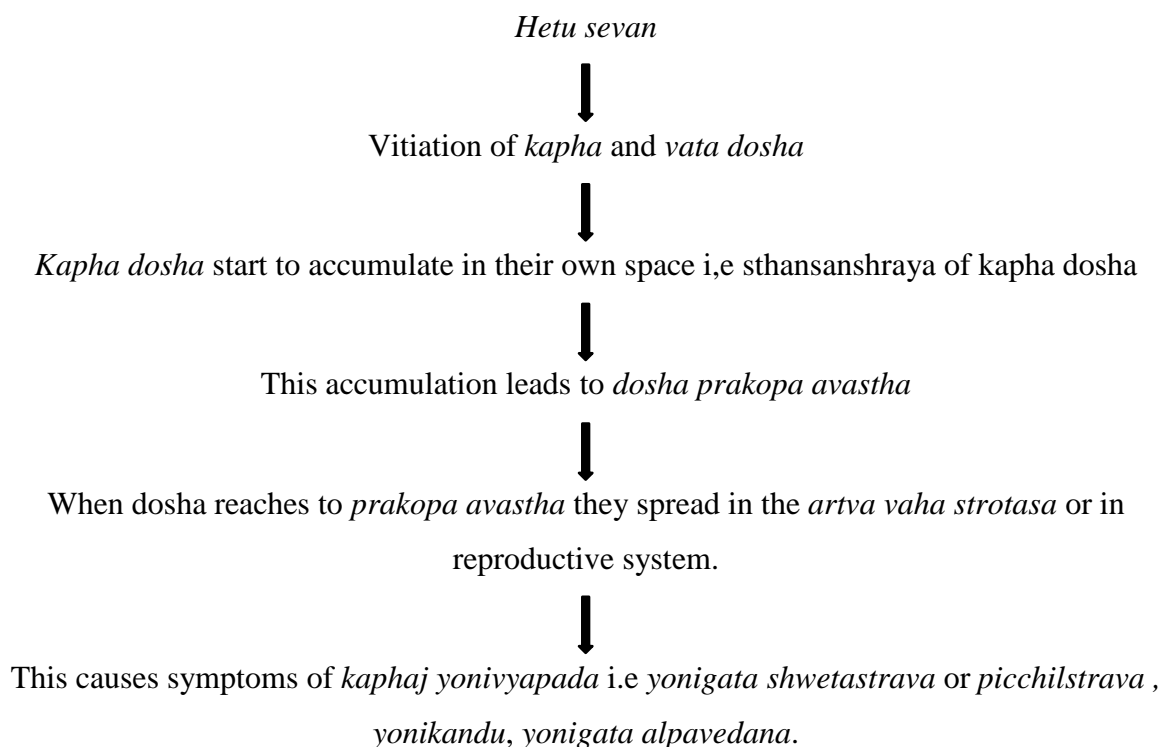
GENERAL ETIOLOGY (HETU)

General etiology of *yonivyapada* according to different *acharyas*.

Charaka ^[3]	Sushruta ^[4]	Vagbhata ^[5]
1. <i>Mithyachara</i> (abnormal mode of life and diet)	1. <i>Mithyachara</i> (abnormal mode of life and diet)	1. <i>Dushtabhojana</i>
2. <i>Pradushtaartava</i> (abnormalities of ovum)	2. <i>Pradushtaartava</i> (abnormalities of ovum)	2. <i>Vishamasthangshayana</i>
3. <i>Bijadosha</i> (abnormalities of sperms and ovum)	3. <i>Bijadosha</i> (abnormalities of sperms and ovum)	3. <i>Bhrushamaithuna</i>
4. <i>Daiva</i> (God)	4. <i>Daiva</i> (God)	4. <i>Dushtaartava</i>
		5. <i>Aapdravya Prayoga</i>
		6. <i>Bijadosha</i>

Etiology (Hetu) of *kaphaj yonivyapada*: *Kapha*, corrupted due to unnecessary use of *Abhishyandiahara*.

SAMPRAPTI (PATHOPHYSIOLOGY)



LAKSHANA (SYMPTOMS)

Charaka ^[6]	Sushruta ^[7]	Vagbhata ^[8]
1. <i>Picchila</i> (unctuousness)	1. <i>Shleshmala</i>	1. <i>Yoni aavedana</i>
2. <i>Sheeta</i> (coldness)	2. <i>Picchila Yoni</i>	2. <i>Shitala</i>
3. <i>Kandugrasta</i> (itching)	3. <i>Kanduyukta</i>	3. <i>Kandula</i>
4. <i>Alpavedana</i> (mild pain invagina)	4. <i>Aatishitalta</i> .	4. <i>Pandu</i>
4. <i>Panduvarya</i> (Anemia)		5. <i>Picchila</i> .
5. <i>Pandupicchila artavavahini</i> (yellowish menstrual blood).		

TYPES OF KAPHAJA YONIVYAPADA

According to sushrut there are 5 types of *kaphaj yonivyapada*. Named as

1. *Shleshmaja yonivyapada* – In these symptoms are presence of Stickyness, excessive coldness,itching.^[9]
2. *Acharana* – In that *yonivyapada* woman gets hyperexcited even before the coitus, as well asmuch earlier than husband. Stickyness and itching is also present.^[10]
3. *Aticharna* – This disease is caused by excessive sexual act, produses *shopha* (inflammation), *Supti* (numbness), and *Ruja* (pain).^[11]

4. *Atyananda* – अत्यानन्दा न संतोष ग्राम्यधर्मेण गच्छतत । सु०३८६१५

Women does not get satisfied with coitus. Stickyness and itching is also present.^[12]

5. *Karnini* – अकाले वाहर्माणाया गर्भेन पिहहतोअतनलरू । च०३०६२७

Vitiated *kapha* with *rakta* produces *karnika* in yoni. Stickyness and itching is also present.^[13]

SAMANYA CHIKITSA (GENERAL TREATMENT)

1. Principles of treatment – *Ruksha* (dry) and *Ushna* (hot) treatment should be prescribed.^[14]
2. Use of *Basti* – *Katu rasa* predominant drugs with *gomutra* (cow urine) should be given.^[15]
3. Application of *kalka* (paste) – Local application of paste of *shyama* should be given.^[16]
4. Varti or pessary – A pessary Prepared with a piece of cloth soaked many times in *varaha pitta* (Bile of hog).^[17]
5. *Taila* (oil) – For local application *udumbaradi* or *dhatakyadi tail* (oil) is used.
6. *Kwatha* (Decoction) – for cleaning vaginal area *karirkwatha* or *aragwadhakwath* is used.
7. Vaginal antifungal creams – butoconazole, clotrimazole, miconazole for 7 to 14 days.
8. Oral antifungal – fluconazole in single 150 mg dose.

CONCLUSION

The correlation between *kaphaj yonivyapada* and vaginal candidiasis is done only on the basis of their sign and symptoms. This disease is cured by taking proper hygiene and cleaning of vagina. And this is very important for every women. In Ayurveda sthanika chikitsa is best for *kaphaj yonivyapada*. In our opd we have seen best results of sthanika chikitsa. It is curable disease when patient is came in opd earlier with above complaints.

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