

AYURVEDIC AND MODERN ASPECT OF YONIKANDA – A REVIEW

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ABSTRACT

Now a day's stressful lifestyle and improper food habits affecting the health of women which causing various gynaecological disorders. In Ayurveda which are mentioned as 20 *yonivyapadas*. Apart from this 20 *Yonivyapadas* some other diseases also mentioned in samhitas such as *Yonikanda*. *Yonikanda* is a disease of vulva or lower vaginal canal having round or irregular shape due to injury by nails or teeth or other causative factors. It has 4 types as *vataja*, *pittaja*, *kaphaja* & *sannipataja*. In modern it is difficult to correlate with any disease. But with the resemblance of sign and symptoms we can correlate it with Bartholin's abscess. It is due to obstruction of Bartholin's duct by fibrosis that cause exudates pent up inside and cause abscess.

KEYWORDS: *Yonikanda*, Bartholin's Abscess, Ayurveda.

INTRODUCTION

Women's health is important as a healthy women makes healthy family.

Now a day's stressful lifestyle & improper food habits affecting the health of women which causing various gynaecological disorders. In Ayurveda classics majority of gynaecological disorders mentioned under the word *Yonivyapadas*. Apart from this 20 *Yonivyapadas* in *Laghutrayi* and *Yogratnakar* Mentioned about *Yonikanda roga*. *Yonikanda* 1st mentioned in *Madhav nidan samhita*. It is a disease of vulva or lower vaginal canal having round & irregular shape.^[1] It can be correlated with Bartholin abscess because of presence of pus & blood. Bartholin's gland are situated in superficial perineal pouch, close to posterior end of vestibular bulb. They are Pea sized & 0.5 cm, each gland having duct.^[2] If this ducts gets

blocked by fibrosis and the exudates pent up inside to produce abscess. If it left uncared it may burst through lower vaginal wall.^[3]

MATERIAL AND METHODS

Literature review was done from various classical texts, modern books, Research articles, websites & Publications.

DISCUSSION

Yonikanda definition - *Yonikanda* is a disease of vulva or lower vaginal canal has round or irregular shape.

दिवास्वप्नादतिक्रोधाद् व्यायामादतिमैथुनात् । क्षताच्च नखदन्तादैर्वाताद्याः कुपिता यदा ।

पुयशोणित संकाशं निकुचाकृतिसन्निभम् । जनयन्ति यदा योनौ नाम्ना कंदः स योनिजः ॥

मा. नि. ६३/१,२

Nidan (Causes)

Nidan of *yonikanda* includes.

- Day-sleeping - दिवास्वप्न
- Excessive anger - अतिक्रोध
- Excessive exercise - अतिव्यायाम
- Excessive coitus - अतिमैथून
- Ulceration by nails, teeth or thorns - नखदन्तक्षत.

Samprapti (Pathogenesis)

Due to above causes *dosha* (*Vata*, *Pitta*, *Kapha*) aggravated due to their respective causes produce a *kanda* resemble to *Nikuch* or *Lakuch* fruit (Rounded or irregular shape fruit) also resemble to the colour of pus (Yellowish) or blood (Red) with pus discharge.^[4]

Prakara^[5]

4 types of *Yonikanda* mentioned by Aacharya Sharangdhar.

1. *Vataja Yonikanda* - It is dry or rough, discoloured with cracked appearance.
2. *Pittaja yonikanda* - This is with burning sensation, Redness and Fever.

3. *Kaphaja yonikanda* - This Yonikanda having color of Nil pushpa (Atasi pushpa) or tilapushpa associated with itching.
4. *Sannipatika yonikanda* - It is associated with features of all *doshas*.

Chikitsa^[6]

1. *Yonipurana* – *Gairik* (Powder of red ochre), *Amrasthi* (kernel of mango), *Jantughna*, *Rajani*, *Anjan*, *Katphala churna* mixed with Honey.
2. *Yoniparisheka* - *Triphala kwath* and honey.
3. *Yonipichu* - *Mushak tail*.

Modern aspect of yonikanda

Bartholin's abscess^[7]

Bartholin's abscess is the end result of acute bartholinitis. The ducts gets blocked by Fibrosis and the exudates pent up inside to produce abscess. If it left untreated abscess may burst through lower vaginal wall.

Clinical features

- Local pain and discomfort become intense
- Fever
- Pt cannot walk or sit
- Overlying skin become red & edematous.
- On Examination- There is an unilateral tender swelling beneath the posterior half of the labium majus extending to medially to to the posterior Part of the labium minus.

Treatment

- Rest
- Analgesics - For Pain relief
- Sitz bath
- Antibiotics - Ampicillin 500 mg orally 8 hourly or Tetracycline in chlamydial infection.
- Abscess should be drained before it burst spontaneously.

CONCLUSION

Yonikanda is a disease of vulva or lower vaginal canal having round or irregular shape due to injury by nails or teeth or other causative factor. It is difficult to correlate exactly with modern disease. But it's resemblance with pus and blood (*Puyashonitasankash*) we can

correlate it with bartholin's abscess. It can be managed through ayurvedic treatment which is given in samhitas.

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