

CONCEPTUAL STUDY OF *UPAPLUTA YONI VYAPAD* W.S.R. TO CANDIDIAL VULVO VAGINITIS: LITRARY REVIEW

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Article Received on
17 Dec. 2021,

Revised on 07 Jan. 2022,
Accepted on 27 Jan. 2022

DOI: 10.20959/wjpr20222-23047

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ABSTRACT

In different phase of life from puberty to menopause, the concept of healthy *yonis* has been mentioned in Ayurveda. Now a days, women are unable to follow the rules of *Ritucharya*, *Rajswala*, *Ritumati* and *Sutika pricharya* thus they are more prone to many *yonis rogas*. Vulvo-vaginitis is one of common gynaecological complaint reported by women irrespective their age and socio-economic status. The common type of vaginal infections are candidial vulvovaginitis, trichomoniasis and bacterial vaginosis. In Ayurveda candidial vulvovaginitis can be correlate with *Upapluta yonivyapad* because of similarity in their symptoms. As mentioned in ayurveda classics "*vata and kapha*" doshas are responsible to cause *Upapluta Yonivyapda*. so the treatment should be based on the use of drugs which are having *vata kapha shamak* properties like *Tikta*, *Kashaya ras*, *Ruksha*, *Ushna*, properties which will bring about relief in symptoms of the disease.

KEYWORDS: *Upapluta*, *Yonivyapda*, *Candidial vulvovaginitis*.

INTRODUCTION

Approximately 30 to 50% of women affected by vulvo-vaginal candidiasis at least once during their life time.^[1] Among various meanings of word '*upapluta*' 'over flowed' 'invaded' or 'afflicted' are also seen. *Upapluta yonivyapda* is explained by acharya charak, vagbhat and sharangdhar in the classification of *Vata* and *Kapha dosha* pradhan *yonivyapdas* characterised by clinical features of *Vata* and *Kapha* vridhhi. It is characterised by *Shweta*, *pandu*, *pichchil yoni strava* due to *kapha dosha* and *yonis toda* due to *vata dosha*.^[1] The symptoms of *Upapluta yonivyapda* closely matches with candidial vulvovaginitis. Candidial vulvovaginitis

(Moniliasis) is caused by *Candida albicans*, a gram-positive yeast-like fungus.^[2] The patient complains of vaginal discharge with intense vulvovaginal pruritus. The pruritus is out of proportion to the discharge. There may be dyspareunia due to local soreness. The discharge is thick, curdy white and in flakes, (cottage cheese type) often adherent to the vaginal wall.^[3] If these infections are not treated, then they may spread in decidua chorion tissue through cervical canal and can cause spontaneous abortion, pre term labour, low birth weight baby, post pregnancy infection etc. Complications of this disease are not mentioned in ayurvedic texts but the complications of yoni vyapad can be considered for this disease like *pradar*, *gulma*, *asrigdar*, *arsha*, *shool* etc. *vata rogas* and *vandhyata* are some of complications seen in *upapluta yoni vyapad*.

MATERIAL AND METHOD

This section includes a chapter with prevention and management of candidial vulvovaginitis in *Ayurveda*, as well as reference to several *Ayurvedic* classical works, research article and journals.

AIM AND OBJECTIVES

- To conduct a comprehensive assessment of *Ayurvedic* and modern literature on *Upapluta Yonivyapda*.
- To find out a better alternative of antifungal drug in treating candidial vulvovaginitis, According to *Ayurveda* with *Ayurveda* herbs and therapies.

PROBABLE ETIOPATHOGENESIS

According to *Acharya Charak* 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 vitiated *vayu* with holding *kapha* reaches *yoni* and produce abnormalities. Due to this, there are either yellowish vaginal discharge associated with pricking pain or else white mucoid discharge Afflicted with features of *kapha* and *vata*, this condition is known as *Upapluta*. *Vagbhatas* have given almost similar description, but not restricted it to the pregnant women only. Candidial vulvovaginitis caused by *Candida albicans*, a grampositive yeast like fungus. Predisposing factors for the disease are pregnancy, oral contraceptive pills, excessive use of antibiotics and steroids, diabetes mellitus, immunosuppressive conditions etc.^[4] During pregnancy due to increased glycogen contents under the influence of oestrogen

and increased secretion, vaginal area becomes moist and warm and the vagina PH falls less than 4.5, that help in the development of yeast cell in vagina.

CHIKITSA SIDHANT (MANAGEMENT)

Acharya Vagbhat specified that *vishudh yoni* (unimpaired female reproductive systems) is essential for proper *garbha dharan* (conception and its maintenance) So treatment of any type of *yoniv vyapad* is essential to get conception & to parturate a healthy progeny. The following in the treatment described in *samhitas* for the management of *Upapluta yoni vyapad*.

- Oleation, sudation, *basti* with the drugs capable of suppressing *Vata* should be done.
- In all the *Kaphaja yonirogas Ruksha* and *Ushna* treatment should be used.
- The treatment prescribed for the *yonirogas* caused by both *dosha*, the *doshas* individually should be used.^[5]
- *Dhatakyadi Taila* should be used in the form of tampon, massage, over back hips and also sacrum and as enema.
- *Jeevniya gana sadhit tail Uttarbasti* can be used in *vata-kaphaj doshas*.
- Use of oleation and sudation, the satiation(*santarpana*) should be done with use of tempons.
- Tampon of oilegenous substances medicated with the decoction of *shallki, jingani, jambu, dhava, panchvalkala* should be used.

PATHYA -APATHYA

Pathya-*Ruksha, Ushna drugs, Kaphahara Taila, sidhu and Arista, Saindhava Lavana, yava anna, abhayarishitam, seedhu, taila, pippali, ayoraja along with ksoudra (honey).*

Apathya -*Vata vridhikara ahara vihara* (diet and regimens causing increase of *vata*) including *mānasika bhavas* (mental factors) can also be considered as *apathya*. *Acharya Kashyap* contraindicated *manda* (supernatant water of rice gruel) for women suffering from *yoniroga* (gynaecological disorders).

CONCLUSION

Upapluta can be put parallal to candidial vulvovaginitis in modren medicine on the basis of different sign and symptoms. By improving the general health of women and increaseing personal hygiene, we can prevent the incidence of candidial vulvovaginitis. Treatment of candidial vulvovaginitis is mainly based on the use of drug which are having prodominance of *Rukasha, Ushana, Tikta, Kashaya, Krimighna, Shothahara* and *Vedanahara* properties.

Treatment options in allopathic medicines are antifungal drugs which have less effective results and high recurrence rate. Ayurvedic local formulations have been proved effective in various *yonirogas* and to maintain a healthy vaginal flora. Taking into mind the side effects and adverse effects, *ayurvedic* management can be recommended as a safer effective therapy for the management of candidial vulvovaginitis.

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