

YONIDHAWAN KARMA IN KAPHAJ YONIVYAPDA: LITERATURE REVIEW

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(Published Online: July 2023)

Open Access

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Article Received: 10/06/2023 - Peer Reviewed: 18/06/2023 - Accepted for Publication: 12/07/2023.



ABSTRACT

A healthy woman is a promise to a healthy family & woman's health status is a complex arrangement controlled by a range of factors headed by her reproductive system. Infections pertaining to yoni are a burning problem for women irrespective of their age & socio-economic status. For the woman, it becomes very irritating as it affects her concentration & hampers her day-to-day life. It may lead to psychological upset, depression and thus affect a woman's personality. In Ayurveda, gynaecological disorders have found immense importance in the field of medicine due to the fact that women have that unique ability to give birth. In Ayurveda, woman's healthcare is described in a separate section under the name of yonivyapada, including the majority of gynaecological disorders. The complaints of kaphaj yonivyapad are *Yonigata strav, kandu, picchila strav, aplavedana, avedana*¹ For the treatment of *Kaphaja Yonivyapda Stanikchikita* like *Yonidhavan, Yonidhupan, Vartidharan, Yonipuram, Yoniprakshalan* describe in Sanhita. Out of this, *Yonidhavan* found it effective in *Kaphaj Yonivyapada*. *Yonidhavan* means cleaning or purification of the yoni. Here effort has been put forth to make a conceptual study of *Yonidhavan Karma in Kaphaj Yonivyapda*.

Keywords: *Yonivyapda, Kaphaj Yonivyapda, Yonidhavan.*

INTRODUCTION

In Ayurveda, most of the gynaecological disorders are described under *Yonivyapda* and *Artavavikara*. Abnormal diet and mode of life, abnormalities of *artava* and *bija*, and the curse of God are causative factors for all *yonis rogas*. About 20 types of *Yonivyapda* are described in Samhita.¹ *Kaphaj Yonivyapda* is found very common in women having symptoms of *Yonigatvedna*, *Yonigatkandu*, *Yonigatshewat strava*. *Kaphaj aahar*, *abhishandi aahar*, and vitiated *Kapha dosha* are the main cause explained in Ayurveda². *Charka charya* mentions *Ushana karma*, *Ruksha karma chikitsa* in *Kaphaj Yonivyapada*. *Ruksha Ushana guna* should be given because these *gunas* are opposite to *singadha*, *pichhila*, and *shita guna* of *Kapha*. The ayurvedic treatment not only cures pathology in reproductive organs but also treats the woman as a whole with a holistic approach, thereby improving her general health also. Before going to the management of the disease, the literature on the disease should be known. Hence, study effort has been put forth to make a literary study covering almost all aspects of *kaphaj yonivyapad* as per Ayurveda.

MATERIALS AND METHODS

This conceptual study is made after reviewing all the available Ayurveda classics thoroughly.

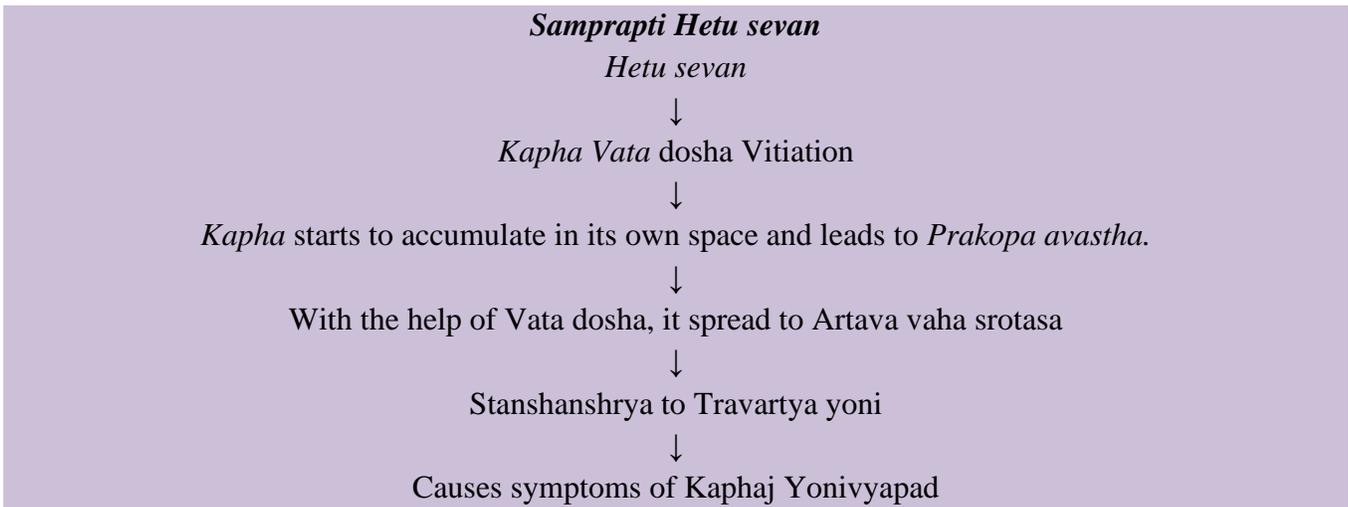
Kaphaj Yonivyapda Samnya Hetu

- Mithyachar (abnormal diet and mode of life)
- Pradushta-Artava (abnormalities of Artava)
- Bijadosha (abnormalities of Bija)
- Daivakopa (curses or anger of God)

Vishishat Hetu

1. Aahar Swaroop- Madhur, Amla, Lawan. Sheeta, Snigdha, Guru, Abhishandi Aahar Sevan, Viruddha Aahar- Fruit salad Aatisevan
2. Vihar Swaroop- Deewaswap, aalasya, apdravya sevan, Avayayam
3. Kala Swaroop- Sheetkala, Vasant Rutu.
4. Desh Swaroop- Aauup desh All these hetu leads to vitiation of *Kapha dosha*.

These are general *nidan* of *yonivyapad*. If we observe the *nidan* of *kaphaj yonivyapad*, then it will be cleared that in classics, the *nidan* of *kaphaj yonivyapad* is not mentioned directly.



Qualities (Gunas) of kapha

Guru, *Shita*, *Madhura*, *Mridu*, *Snigdha*, *Sthira*, *Picchila* So similar or the same qualities can vitiate *kapha*. *Kapha* and *Rasa* relation, *Kapha Vriddhikar /prakopak rasas*: *Madhura* (sweet), *Amla* (sour), *La-*

vana (salty), *Kapha shamak rasas*: *Katu* (spicy), *Tikta* (bitter), *Kashaya* (astringent).

Types of kaphaj yonivyapad according to different acharyas⁵

Charak – *Shleshmaja*
Vagbhata – *Shleshmaja*

Sushruta – Shleshmaja, Atyananda, Aticharana, Acharana, Karnini[10]

Samprapti ghatak

Dosha – Kapha+ Vata

Dushya – Rasa, Rakta and Mamsa

Srotas – Rasavaha, Raktavaha, Artava vaha

Adhishthan – Yoni

Rogmarga – abhyantara

Sthansamshraya – yonimarga and garbhashaya

Chikitsa

“Sleshmajaasu cha rookshoshnam karma kuryadh-vichkshanaha”.⁶

Charka acharya mentions Ushana karma, Ruksha karma Chikitsa in Kaphaj Yonivyapada.

Management of kaphaj yonivyapad Principle of treatment:

Ruksha and Ushna (hot) treatment should be prescribed.

A) Abhyantara prayog (Internal medications):

1. Deepan pachan – To correct mandagni Chitrakadi vati, Panchavalkala phant,
2. Gomutra, Hareetaki, Mustachurna amalak
3. Churnas – Pushyanug churna with tandulodaka, Avalehya pugpak, Amalakadi rasayan
4. Vati – Chandraprabha vati, Pradarantaka rasa, Arogyavardhini
5. Asava – Lodhrasava
6. Bhasma – Pippali bhasma, Loha bhasma, Hareetaki bhasma with honey

B) Vamana – as a Shleshmahar chikitsa, Sadhyavaman –

i) hot water & madanphala mixed with pippali, madhuka

ii) water with honey, sugarcane juice

iii) water mixed with rock salt

C) Basti – to gain rukshaguna & for removing chal

D) Vatanulomana – Katupradhan dravyas eg. Gomutra

E) Bahyaprayog (Sthanik chikitsa) 1. Kashaya prakshalana (Yonidhawan): Various types of kashyaya means decoctions used for symptoms of kaphaj yonivyapada are given below: Aark + Nimba + amrakosha + Bilva + Dhav kwath – for yonistrava (vaginal discharge)

Kalpa: Various types of kwath preparation Used for symptoms of Kaphaj Yonivyapda are given below, Kalka Trivrut kalkadharana, Himsradi kalka dhara-na.

Yonidhawan Dhavan

Karma of yoni is term as Yonidhawan (Cleaning of Yoni). It is a procedure in which the vaginal canal, vagina, and cervical lip are washed with medicated kwath. Dravya used for the dhavana does their work through rasa virya vipaka guna and reduces sthandushti by dosh prakopa. Sushruta and Vagbhata consider Dhawan as Yoni Prakshalan. Procedure

1. Proper aseptic precautions should be taken before starting the procedure.
2. The patient is given a lithotomy position.
3. The rubber mackintosh is placed underneath the patient's waist, one end of which lies in the bucket. A sterile rubber catheter is inserted into the vagina.
4. Enema pot filled with a decoction is kept at 5 feet distance with Lukewarm decoction Prathamavarta (Vagina) is washed out.
5. After the procedure, the vulva is dried with cotton.
6. Then the procedure is repeated on the respective days. The drugs used for Yonidhawan are anti-septic. Drugs used for Yonidhawan have bactericidal action as well as pain relieving action. Yonidhawan of medicated kwatha prevents the growth of the bacterial organism and helps in restoring the pH of the vagina. Drugs used for Yonidhawan absorb through the mucosa and blood circulation. And has a beneficial effect on the uterus. The drugs used for Dhawan karma in Kaphaj Yonivyapada are Ushana, Ruksha, Laghu, Katu, Tikata, Kashaya rasatamak, and Kapha Vata shamak.

CONCLUSION

Kaphaj Yonivyapda is the commonest problem in women of reproductive age. Better management of Kaphaj Yonivyapda is Kaphaghan chikitsa using Dravya of opposite guna of Kapha dosha. Sathanik chikitsa, like Yonidhawan, is a boon in such conditions as Kaphaj Yonivyapda, which helps in maintain-

ing a healthy, localised environment and preventing the growth of bacterial infection.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Pragya Arya & Rashmi Sharma: Yonidhawan Karma in Kaphaj Yonivyapda: Literature Review. International Ayurvedic Medical Journal {online} 2023 {cited July 2023} Available from: http://www.iamj.in/posts/images/upload/1586_1589.pdf