

## CONCEPTUAL STUDY OF YONIPRAKSHALAN KARMA IN KAPHJA YONIVYAPADA WITH SPECIAL REFERANCE TO CANDIDA ALBICANS

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### ABSTRACT

In Ayurveda *Streeroga* and *Prasutitantra* is a specialized branch of science contributed purely for women alignments. *Kaphaja Yonivyapada* is common condition in present days which is due to *Kapha*. *Kapha* vitiated due to excessive use of *Abhishyandi* (articles producing or oozing serous effusion), substances reaches reproductive system and causes unctuousness, coldness, itching and dull pain in vagina. It can be correlated with Vulvovaginal Candidiasis, which stands as second most commonest genital infection in worldwide. Among all *Sthanika chikitsa Yoniprakshalana* and *Yonivarti* are treatment modalities which can be adapted to clear the *sthanik*

*Kaphadushti*. By these treatment there will be quick and faster absorption of drug through vaginal mucosa, which clear the symptoms easily. The drug having *Tikta, Kashaya rasa* with *Kandughna, Krimidoshahar, Tridoshnashak* properties are beneficial in the management of *Kaphaja Yonivyapada*.

**KEYWORDS:** *Kaphaja Yonivyapada, Yoniprakshalana, Sthanik chikitsa, Vaginal infection.*

### INTRODUCTION

*Yonivyapada* are of major alignment sector confirmed to female reproductive system. The common causes explained for *Yonivyapada* is *Mithyaahara* (abnormal diet, abnormal modern lifestyle), *Pradushta Aartava, Bijadosha* (abnormalities of sperm and ovum) and *Daiva*.<sup>[1]</sup> *Kaphaja Yonivyapada* is also known as *Shleshmaki Yonivyapada*. The main cause of *Kaphaja Yonivyapada* is *Abhishyandi atisnigda, aahara* which leads to *dushana* to the *Yonipradesha* causing excessive *shwetasrava* which is *Picchila, Sheeta, Panduvarna* associated with

symptoms like *Yonikandu*.<sup>[2]</sup> *Yoniprakshalana* is main line of treatment of *Kaphaja Yonivyapada*, which is explained under *sthanik chikitsa*. Initially female ignore their itching, discharge problem & use many chemical, market products that gives temporarily relief to the patient but it does not work on the root of cause. Overuse of vaginal wash disturbance in the reproductive health of female genitalia. In specific *sthanik chikitsa* like *Yoniprakshalana* with the drug having *Kanduhara*, *Vatakaphashamaka* and *Krimihara* properties are used.<sup>[3]</sup>

## MATERIAL AND METHOD

For study, references are obtained from the primary source of literature i.e. various Samhitas, classics of ayurveda, modern literature, journals and articles.

### • *Kaphaj yonivyapada*

*Kaphaja Yonivyapada* is one among 20 *Yonivyapada* explained under *kapha dosha*.<sup>[4]</sup> *Kapha* is vitiated due to *Abhishyandi aaharas* which leads to aggravates the *kapha dosha* along with *vata dosha*, its abnormality will reach to *Yonipradesha* and develop *Yoniroga*. It shows symptoms like *Yonikandu* (Itching at vulval region) *Sheeta & picchilla srava* (without warmth discharge & slimy discharge), *Alpa vedana* (mild pain).<sup>[5]</sup> Considering all clinical features in totality, the condition appears to be resembling with *Trichomonas Vaginitis*.<sup>[6]</sup>

### • Candidial vaginitis

It is caused by yeast like microorganism called *Candida* or *Monilia*. The commonest species causing human disease is *Candida albicans*, which is gram positive and grows in acid medium. It may be sexually transmitted. Almost 25% women *Candida* in the vagina, these are often asymptomatic.<sup>[7]</sup>

### Risk factor

- I. Immuno-supression
- II. Pregnancy
- III. Steroid Therapy
- IV. Following long term broad spectrum antibiotic therapy
- V. Oral Contraceptive pills
- VI. Poor personal hygiene
- VII. Diabetes Mellitus
- VIII. Obesity<sup>[8]</sup>

### Clinical features

Pruritus vulva is the cardinal symptoms accompanied by vaginal irritation, Dysuria or both and passage of thick curdy or flaky discharge often visible at the vulval mucocutaneous junction in the posterior fornix.

### Diagnosis

In culture method, the swab is taken from the vagina is smeared over the culture media. The media is kept undistributed for several days to allow the yeast to form colonies, if there is presence of the species.<sup>[9]</sup>

### *Yoniprakshalana karma*

It is a procedure in which the vagina, vaginal passage and mouth of uterus is washed with medicated decoction or other liquid.<sup>[10]</sup> *Prakshalana* means cleaning or purification of wound with water and other medicated material.<sup>[11,12]</sup> *Siddha jala* (purified medicated water), oil *kwatha* (decoction), *kshirpak* (medicated milk) are used because they have wound healing, bactericidal and pain alleviating action.

They prevent growth of bacterial organism and restore the altered PH of vaginal cavity. It should be performed in *Rutukala* from 6<sup>th</sup> day of menses for 8 days and duration is 1 to 1.5 min.<sup>[13]</sup>

### Indication of *yoniprakshalana*

- a) *Kunapgandhi aartavdushti*<sup>[14]</sup>
- b) *Yonikandu*
- c) *Kaphaja aartavdushti*
- d) *Kaphaja Yonivyapada*
- e) *Yonisrava*
- f) *Yonipaicchilya*
- g) *Yoniarsha (vaginal polyps)*<sup>[15]</sup>

### Common drugs that can be used for *yoniprakshalana* in *kaphaja yonivyapada*

गुडूची त्रिफला दन्ती क्वथितोदकधारया ।

योनिप्रक्षालयेत ततः कङ्क प्रशाम्यति II ( यो.र. योनिव्यापद चिकित्सा)<sup>[16]</sup>

**Table: Drugs used for *yoniprakshalana* with their properties.<sup>[17]</sup>**

Sr. No.	Dravya	Properties
a	<i>Guduchi</i>	<i>Rasa -Tikta,Katu,Kashaya</i> <i>Vipak - Madhur</i> <i>Virya - Ushna</i> <i>Guna - Sukshma,Laghu</i>
b	<i>Haritaki</i>	<i>Rasa -Tikta,Katu,Kashaya,Madhura,Amla</i> <i>Vipak -Madhur</i> <i>Virya - Ushna</i> <i>Guna – Laghu, Ruksha,Tridoshhara</i>
c	<i>Bibhitaki</i>	<i>Rasa -Kashaya Rasa</i> <i>Vipak -Madhura Vipak</i> <i>Virya -Ushna Virya</i> <i>Guna –Kaphapittaghna, Guru,Ruksha Guna</i>
d	<i>Aamalaki</i>	<i>Rasa - Amla ,Katu, Kashaya,Tikta,Madhura</i> <i>Vipak -Madhura</i> <i>Virya - Sheet</i> <i>Guna – Laghu,Ruksha</i>
e	<i>Danti</i>	<i>Rasa -Katu</i> <i>Vipaka -Katu,</i> <i>Virya - Ushna</i> <i>Guna – Guru,Tikshna</i>

दुर्गन्धाम पिशीलाम वाऽपि चूर्णे : पंचकषायजैः I

पूरयेत धारयेत राजवृक्षादी क्वथिता अम्बुना II

पंचकषायः वचा वासा पटोल प्रियंगु निंबः - टीका भा.प्र.चि. ७०/४३<sup>[18]</sup>

**Table: Drugs used for *yoniprakshalana* with their properties.<sup>[19]</sup>**

f	<i>Vacha</i>	<i>Rasa - Katu, Tikta</i> <i>Virya - Ushna</i> <i>Vipaka - Katu</i> <i>Guna - Laghu,Tikshna</i>
g	<i>Vasa</i>	<i>Rasa - Tikta, Kashaya</i> <i>Vipaka - Katu</i> <i>Virya - Sheeta</i> <i>Guna - Laghu,Ruksha</i>
h	<i>Patol</i>	<i>Rasa - Tikta,</i> <i>Vipak - Madhur</i> <i>Virya - Ushna</i> <i>Guna - Laghu, Snigdha</i>
i	<i>Priyangu</i>	<i>Rasa - Tikta,Kashaya ,Madhura</i> <i>Vipaka - Katu</i> <i>Virya - Sheeta</i> <i>Guna - Guru ,Ruksha</i>
j	<i>Nimba</i>	<i>Rasa - Tikta Kashaya</i>

		<i>Guna - Laghu ,Ruksha</i> <i>Virya - Sheeta</i> <i>Vipak - Katu</i>
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योन्याम तू पुयस्त्राविन्याम शोधन द्रव्ये संभृते I

स गोमुत्रे: स लवणे: शोधनं हितमिष्यते II ( सु.उ.३८/२६)<sup>[20]</sup>

**Table: Drugs used for *yoniprakshalana* with their properties.**

k	Gomutra	Katu Rasa Laghu, Tikshna Guna Ushna Virya
L	Lavana	Lavan, Madhur Rasa Laghu, Ruksha Guna Sheeta Virya Madhur Vipak

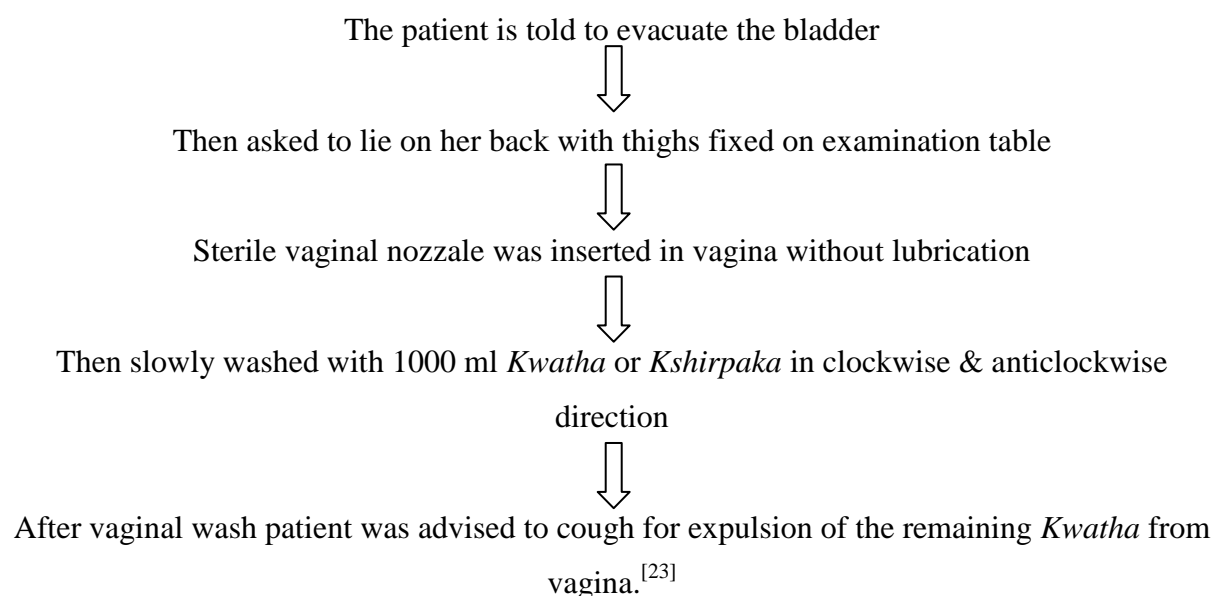
दुर्गन्धानाम कषायः स्यात्तौवरः कल्क एव वा II

चूर्ण वा सगन्धानाम पुतिगन्धापकर्षनं II ( च.चि.३०/१२४-१२५)<sup>[21]</sup>

**Table: Drugs used for *yoniprakshalana* with their properties.**<sup>[22]</sup>

m	Tuvarak	<i>Rasa - Kashaya, Tikta, Katu</i> <i>Vipak - Katu</i> <i>Virya - Ushna</i> <i>Guna - Laghu, Snigdha, Tikshna</i>
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### Procedure of *yoniprakshalana*



## DISCUSSION

*Kaphaja Yonivyapada* which can be correlated to vulvovaginal candidiasis, is one of the commonest problems faced by women in her reproductive life. Today the increasing burden of cost on healthcare sector demand to search simple cost effective, non recurrent, no adverse effect and acceptable effective therapy.

Ayurvediya *sthanik chikitsa* like *Yoniprakshalana*, *Yonipichu* chosen as it has properties of *Srotoshodhana*, *Krimihara* and *Ushna guna* which in turn to reduced the symptoms.

## CONCLUSION

*Kaphaja Yonivyapada* a is a condition that can be managed by proper hygiene and dieteric habits. *Yoniprakshalana* like *sthanik chikitsa* helps us to maintaining a healthy localised environment and prevent further infection of reproductive system. These procedures prevent STD and other communicable diseases. The procedure are cheap, safe effective with no adverse effect.

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