

## AYURVEDIC ASPECT OF KAPHAJA YONIVYAPAD: REVIEW ARTICLE

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### ABSTRACT

The concept of healthy yoni has been mentioned in Ayurveda as well as modern science. These concepts have been mentioned in different phases of a woman's life from puberty to menopause. In today's gynecology practice several patients having complaints of vaginal discharge, per vaginal itching, mild back pain, dull pain in lower abdomen and vagina. These are main symptoms of *kaphaja yoni vyapada*. In Ayurveda twenty types of *yoni vyapada* are mentioned. Which disturb the normalcy of the female reproductive tract.

**KEYWORD:** *Yoni, Vyapada, Kapha, Vata.*

### INTRODUCTION

In the present period, pelvic inflammatory disease is a burning problem whose incidences are increasing rapidly. Pelvic inflammatory disease (PID) is a disease of the upper genital tract. It implies infection and inflammation of the upper genital tract organs typically involving the uterus (endometrium) fallopian tubes, ovaries, pelvic, peritoneum and surrounding structures. It is attributed to the ascending spread of microorganisms from the vagina or cervix to the contiguous pelvic structures.<sup>[1]</sup> Twenty types of *yonivyapada* mentioned in the classics are a major cause in hampering the normalcy of the female reproductive tract. Charaka says that *Yoni* (vagina) of a woman afflicted with *Doshas* or diseases does not retain *Shukra* (semen) or the female becomes infertile.<sup>[2]</sup>

## MATERIALS AND METHOD

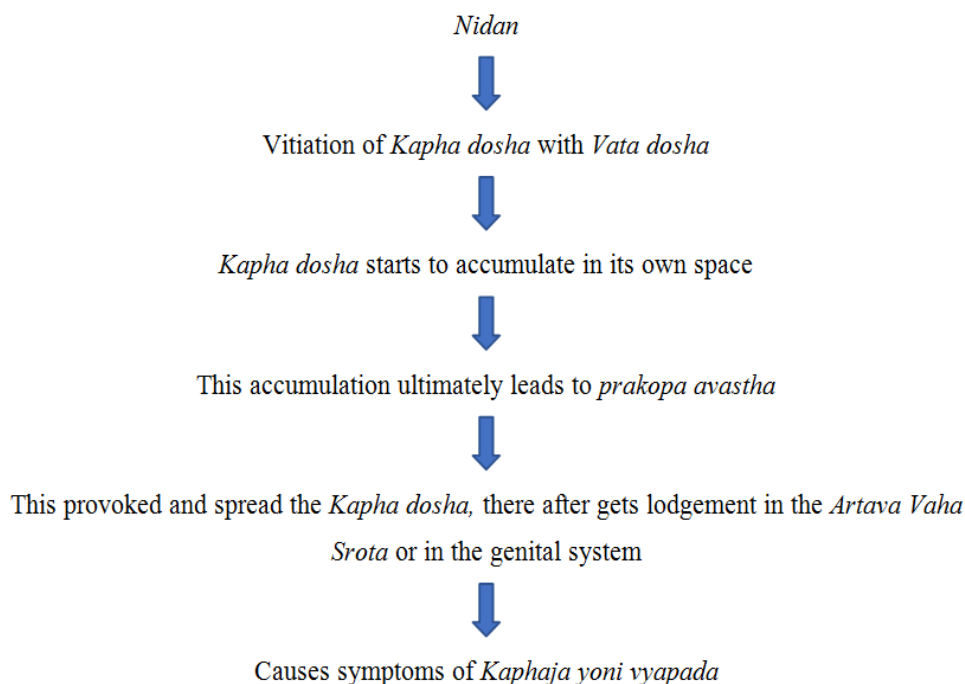
This conceptual study is constructed after review of all the available ayurvedic classic texts as well as several allopathic books thoroughly.

### Etiology (*Nidan*) of *kaphaja yoni vyapada*

According to Charaka

- *Mthyachar* (Abnormal diet and mode of life)
- *Pradushta Artava* (Abnormalities of Artava)
- *Bijadosha* (Abnormalities of Bija)
- *Daivakopa* (curses or anger of God).<sup>[3]</sup>

### *Samprapti*



### *Lakshan*

According to Charaka 3 types *kaphaja yonivyapada*. *Aticharana-*

- *Shopha* (inflammation),
- *Supti* (numbness)
- And pain occur

### *Acharna*

Non-cleanliness of vagina produces *krimi* which produces itching in *yoni* and due to this woman feel excessive sexual desire.

**Karnini**

Due to straining before starting of labour pain, Vayu is obstructed by foetus, along with *Kapha* and *Rakta* produces *Karnini yoni vyapada*.<sup>[4]</sup>

***Samanya Chikitsa***

- 1 Pushyanug Churna
- 2 Ashokarishta
- 3 Chandraprabha vati
- 4 Yonidhavan

**CONCLUSION**

This disease cured mainly by taking proper hygiene. Personal hygiene plays an important role to cure the disease in every woman.

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