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**Published paper's title : An Elegant
Approach On Vataja Yonivyapada And Its
Different Treatment Modalities**



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Research Paper

AN ELEGANT APPROACH ON VATAJA YONIVYAPADA AND ITS DIFFERENT TREATMENT MODALITIES

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Declaration

The Declaration of the author for publication of Research Paper in Asian Journal of Modern and Ayurvedic Medical Science (ISSN 2279-0772) We Pathak Meenakshi S.N* Prof.Manjari Dwivedi¹ Prof. P.L Pakrasi² Awadhesh Kr. Pandey³the authors of the research paper entitled AN ELEGANT APPROACH ON VATAJA YONIVYAPADA AND ITS DIFFERENT TREATMENT MODALITIES declare that ,we take the responsibility of the content and material of my paper as we ourself have written it and also have read the manuscript of our paper carefully. Also, we hereby give our consent to publish our paper in ajmams , This research paper is our original work and no part of it or it's similar version is published or has been sent for publication anywhere else.we authorise the Editorial Board of the Journal to modify and edit the manuscript. we also give our consent to the publisher of ajmams to own the copyright of our research paper.

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ABSTRACT: God has gifted woman with the unique property of giving birth to a new life. If this Yoni is afflicted by doshas or diseases, the female may become infertile. Also she suffers from other diseases of Vata dosha. So it should be our prime motive to treat YoniVyapadas as soon as they appear. "Pittam pangu kapham pangu, pangavo mala dhatavah, / vayunam yatra niyante tatra gachhanti meghavat." This sutra clarifies the importance of Vata dosha in functions of all doshas.

In Stri rogas, there are 20 YoniVyapadas described in literature. Amongst all these Yoni Vyapadas, diseases occurring due to Vata vitiation form a considerable group, which encompasses in itself 11 disease entities according to Acharya Charaka and 5 according to Maharshi Sushruta. In Ayurveda, the word 'Yoni' is used specifically to denote genital tract as a whole Uterus and Vaginal canal. 'Vyapada' word means disorders, thus the disease of genital tract as a whole is "Yoni Vyapada".

There are different types of treatments for these Yoni Rogas, use of Basti is one. Basti is specially said to be beneficial in Vatik disorders. Without vitiation of Vayu no Yoni Rogas can occur hence while managing the Yoni Rogas, it should be borne in mind that the drugs or methods being used for suppressing the other Dosha should not aggravate Vayu. So Vayu is being treated first followed by other Doshas.



Ayurvedic authors have given the detailed description of Yoni Vyapada in general but Acharya Charaka has described its specific etiology according to the predominance of Doshas. In this paper we will go through these paramount descriptions of Acharyas about Vataja YoniVyapadas with their management in detail.

Keywords: Yoni,Vyapada, Vata dosha,Uttar Basti, Artava.

INTRODUCTION

Most of the Gynaecological disorders besides Asrigdara, Artava Dushti, Rakta Gulma, Yoni Arsha, Yoni Kanda, are described under the heading of 'Yoni Vyapada' in Ayurvedic Classics. The main function of Yoni apparent to common person are mainly menstruation and conception. In general etiology it has been mentioned that Vayu is main predominant Dosha in creating Yoni Rogas. This aggravated Vayu specially Apana Vayu may produce certain other diseases related to pelvic organs. The complications have been elaborated by Acharya Charaka and Vagbhata. These are enumerated here:-

(i) Sterility, (ii) Gulma, (iii) Arsha, (iv) Asrigdara or Pradaar, (v) Other Vatika disorders.

Hence there is a need for deep knowledge of these YoniVyapadas, their etiology, symptoms and line of treatment so as to manage the disease early and prevent from complications.

Examination of Yoni Vyapada in Classics:

In Ayurvedic texts we do not get a detail chapter on examination of a gynaecological case, but if we collect the various references scattered here and there, we can summarize it as below:

Yoni Parikshana Yantra

Acharya Vagbhata has described two distinct instrument one for

inspection and the other for irrigation or douching of vaginal canal. Since no specific name has been given, the first instrument may be named as 'Yoni Vikshana Yantra' and the second as 'Yoni Prakshalana Yantra'.

Yoni Vikshana Yantra

It should be 16 Angula (about 8) long hollow in between having four leaves which unite at the root with a rod, the removal or pulling of which opens the mouth of these leaves. By inserting this and opening the instrument one can also visualise cervix besides vagina. The instrument might be considered as Cusco's Vaginal Speculum.

Yoni Prakshalana Yantra

This Yantra resembles the 'Basti Yantra' except that the 'Netra' is different. In this instrument 'Netra' is 6 Angula (about 3") long without any 'Karnika' in the root, the orifice should be capable of inserting thumb while at the opposite end pea size.

Etiology of Yoni Vyapada

Ayurvedic authors have given the detail description of Yoni Vyapadas in general but Charaka Acharya has described its specific etiology according to the predominance of Doshas. According to these authors following factors may cause the Yoni Rogas.

1. Mithyachara.
2. Artava Dushti.



3. Beeja Dosha and
4. Daiva Prabhava.

1. Mithyachara

With to-days knowledge of Physiology, it is clear that unwholesome, incompatible imbalanced diet influences health of individual which in turn may be a predisposing factor for so many diseases. Unhygienic liquids and solids are carrier of so many infections and infestations which also produce different diseases.

The other aspect of Achara i.e. mode of living or Vihar also vitiate Doshas i.e. excessive working in hot sun may vitiate Pitta dosha, bathing in cold water may vitiate Kapha. In this Vihar, the psychological factor, i.e. sorrow, fear, anxiety can also be included. An example can be cited of coitus being practiced in different postures resulting in infertility and other ill advised coitus resulting in Andani and Phalani YoniVyapada.

2. Artava Dushti

Artava Dushti has been used to denote two different factors of to-days modern physiology i.e. Artava as intrinsic factor or female sex hormones and artava as ovum. Few examples are being cited here to substantiate these different meanings.

Intrinsic factor

The following specific conditions may be considered as due to hormonal imbalance –

- (i) Conditions giving rise to symptoms of amenorrhoea, dysmenorrhoea and menorrhagia may also be due to hormonal imbalance besides other etiological factors.

- (ii) Vipluta Yoni Roga described by Sushruta and Shushka Yoni of Charaka and Vagbhata are known to be due to estrogen deficiency.

Abnormalities of Bija or Ovum

- (i) Shandi Yoni Rogas: Vitiating Vayu and abnormalities of Bija influence the zygote and foetus thus developed and subsequently born fails to attain secondary sex characteristics and libido³³.
- (ii) Vandhya: Though Sushruta Acharya mentions the only symptom of Vandhya as amenorrhoea incorporating it under Yoni Vyapada. Acharya Charaka and Vagbhata have considered that if the formation of Garbhashaya in future offspring is defective the child thus born would be deprived of fully developed Garbhashaya.
- (iii) Varta: When the portion of Bija responsible to produce feminine characteristics is defective, the born child may be a Hermaphrodite.

3. Beeja Dosha

Though ovum has been referred as Artava or Shonita, however, at certain other places the word Stree Beeja has also appeared to denote the same ovum, abnormalities of which may produce different diseases.

4. Daiva Prabhava

Sometimes when exact etiology of disease is not found out, such conditions are said to be caused by the curses of God or super-natural powers or Poorva Janma Sanskara.



Yoni Rogas According to Dosha Pradhanya Given by Acharya Charaka(C.) and Sushruta(S.) and Vagbhatta(V.):

Dosha Pradhanya:

1. Vataja:

Charaka: (i) Vatala (ii) Aticharna (iii) Prakcharna (iv) Udavartani (v) Putraghni (vi) antarmukhi (vii) Acharna (viii) Suchinukhi (ix) Shushka (x) Shandi (xi) Maha Yoni

Sushruta : (i) Udavarta (ii) Bandhya (iii) Vipluta (iv) Paripluta (v) Vatala

2. Pittaja:

Charaka: (i) Pittla (ii) Rakta Yoni (iii) Arajaska

Sushruta: (i) Lohitakshara (ii) Vamini (iii) Sransani (iv) Putraghni (v) Pittla

3. Kaphaja:

Charaka: Shlaishmika

Sushruta: (i) Atyananda (ii) Karnini (iii) Acharna (iv) Aticharna (v) Shlashmala

4. Dwandaja:

Charaka: (i) Paripluta (Vata Pittaja) (ii) Vamini (Vata Pittaja) (iii) Karnini (Vata Kaphaja) (iv) Upapluta (Vata Kaphaja)

Sushruta: -

5. Tridoshaja:

Charaka: (i) Sannipataja

Sushruta: (i) Sarvaja (ii) Suchivaktra (iii) Maha Yoni (iv) Phalini (v) Shandi

Since topic of our work here is Vatika Yoni Rogas, detail description of only these conditions is being given further.

Detail Description of Vatika Yoni Rogas Alongwith their sign, Symptoms and Etiology

(1) Vatala (C.) Vatik (V.) :

Etiology : In woman of Vata habitus the Vata gets greatly increased by Vata inducing diet and behaviour and produce Vatala Yoni Vyapada.

Sign and Symptoms : Local pricking sensation, rigidity, roughness, numbness, tingling sensation and dryness of vagina, feeling of exhaustion consistency of menstrual flow becomes thin or watery, frothy (C.S.V.), it comes alongwith sound pain (C.).

Displacement of Yoni, pain in iliac fossa and latral side of abdomen, causes Gulma and other Vatika disorders, reddish black scanty menstruation (V.).

(2) Udavartini (C.), Udavarta (S.), Udavritti (V.):

Etiology : Due to withholding of reflexes caused by Apana Vayu, it goes upward and presses the Yoni (uterus) and causes severe pain.

Sign and Symptoms: Frothy painful menstruation (C.S.V.) and pain relieves after onset of periods (C.).

(3) Aticharna (C.)(V.):

Etiology: Due to excessive coitus, Vata becomes vitiated.



Sign and symptoms: The vitiated Vayu causes oedema, loss of sensation and pain (C.).

Alongwith all sign and symptoms of Vatiki Yoni Roga inflammations in Yoni or oedema in Yoni (V.).

(4) Prackharna (C.)(V.):

Etiology: Coitus in teen aged girl causes Vata Dushti.

Sign and Symptoms: The Dushta Vata causes pain in back, thigh, chest, groin region and Yoni Dushti (C.V.).

(5) Putraghni (C), Jataghni (V.):

Etiology: Due to Ruksha Ahara – Vihara, Vata gets provoked and causes Artava Dushti which results in Putraghni Yoni Vyapat.

Sign and Symptoms: There is repeated immediate death of new born after birth (C.V.).

(6) Antarmukhi (C.)(V.):

Etiology: After taking full diet if a woman indulges in act of coitus specially in malposition, Vayu situated in Yoni influences the Srotasa and produce disease.

Sign and Symptoms: Pain in Yoni, Asthi (Pelvic bone) and Mansa and displacement or tilting of Yoni Mukha.

(7) Acharna (C.) ,Vipluta (V.):

Etiology: Unhygienic conditions causes Krimi in Yoni.

Sign and Symptoms: itching due to Krimi in uncleaned Yoni and excessive urge for intercourse.

(8) Suchimukhi (C.)(V.):

Etiology: Due to ruksha Ahara – Vihara of mother, the vitiated Vayu reaches fetus and produces the disease.

Sign and Symptoms: Vitiated Vayu makes Yoni mukha of unborn child very narrow just like a needle (C.V.).

(9) Shushka (C.)(V.):

Etiology: Due to withholding the urge of Apana Vayu (flatus) during coitus (C) or during Ritu Kala (V.).

Sign and Symptoms: The vitiated Vata produces obstruction in urination and defecation and causes atrophy of Yoni (C.V.).

(10) Shandi (C.) Shanda (V.):

Etiology: Due to Beeja Dosha and Dushti of Vata in pregnant woman the foetus suffers from Shandi Yoni Roga.

Sign and Symptoms: Amenorrhoea, absence of breast, Ashaya (Garbhashaya) – Dushti, absence of sex desire and is incurable (C.V.).

(11) Maha Yoni (C.)(V.):

Etiology: By doing coitus in abnormal and unequal, troublesome bed the Vata is vitiated.

Sign and Symptoms: The vitiated Vata causes widening of Yoni and Garbhashaya Mukha (vagina and cervix). This wide vaginal opening is associated with painful and frothy menstrual flow. Pain in joints, groin region and vagina. There appears a protuberant muscular structure (C.V.).

(12) Bandhya (S.):

Etiology: Vitiating of Vayu.

Sign and Symptoms: Absence of Artava (C.).



(13) Vipluta (S.):

Etiology: Vitiated Vayu.

Sign and Symptoms: Constant pain in Yoni (S.).

(14) Paripluta (S.):

Etiology: Vata.

Sign and Symptoms: Excessive pain during coitus (S.).

MAIN PRINCIPLES OF TREATMENT

Vatika: Snehana, Swedana, Basti, Parisheka, Massage, Pichu (Tampoon), Use of Ushna and Snigdha Dravyas.

Paittika: Sheetal Parisheka, Irrigation, Tampoon, Rakta and Pitta Nashaka procedures.

Kaphaja: Ruksha, Ushna, Uttara Basti of cow's urine with Katu Dravyas.

Sannipataja: Mixed type of treatment

Treatment of Vataja YoniVyapadas According to Different Authors:

1) Charaka Samhita:

Churna: Pippaliyadi Yoga (Yoni Shoola)

Ghrita and Taila: Kashmaryadi Ghrit, Bala taila (General Vatika Roga), Dashmoola Ghrita (Maha Yoni, Vipluta, Udavarta)

Medicated Milk: Rasna, Gokhru, Adusa Ksheera Paka (Yoni Shoola) Anupa and jaliya Mansa Rasa Siddha Milk, Dashmoola Siddha Milk (Udavarta, Vipluta, Maha Yoni)

Local Medicine:

Taila and Ghrita: Guduchyadi Taila (General Vatika Roga.) Gambharayadi Ghrita (Putraghni, Upapluta) Trivrata Taila (Udavarta, Vipluta, Maha Yoni) Dashmooladi milk

Varti: Surakitta Churna Varti (Acharna.), Cow's ghrita (MahaYoni.)

Pichu: Saindhawadi Taila, Guduahyadi Taila, Dhatakyadi Taila (General Vatika Roga), Shallakityadi Taila (Vipluta)

Parisechana: Guduchyadi Kwatha (Yoni Shoola)

Kalka: Hanspadi Mula Kalka (General Vatika Roga), Shatpushpadi Kalka (Aticharna and Acharna), Veshwara Pinda (MahaYoni and Prasristayoni), Krishra (hot) (General Vatika Roga)

2) Sushruta Samhita:

Asava/Aristha: Doshanusar Asava Arishta, Sura Pana

Medicated Milk: Milk and Mansa Rasa

Local Medicine:

Note: Kumbhi Sweda (General Vatika Rogas)

Parisechana: Medicated Kwatha with Vataghna Medicine

Kalka: Veshwara Pinda (Prasansani)

3) Ashtanga sangraha:

Churna: Saindhavadi Churna with Ghrita (General Vatik Rogas)

Kwatha: Dashmoola Kwatha (Udavarta), Nishotha Kwatha (Udavarta)

Ghrita and Taila: Baladi Sneha (General Vatika Rogas), Shatavaradi Ghrita, Phala Ghrita (Jataghni)



Asava/Aristha: Adusadi Kalka with Arjaka Moola etc. with Madya (Yoni Shoola)

Medicated Milk: Adusadi Milk (Yoni Shoola)

Local Medicine:

Taila and Ghrita: Shirisha Taila (General Vatik Rogas) Bala Taila, Kutjadi Ghrita (Jataghni) Blood of mrigdadi animals with Amla, Madhu and Ghrita (Jataghni)

Kwatha: Dashmoola kwatha Nishotha Kwatha (Udavarta)

Pichu: Kushthadi Taila, Rasnadi Taila (General Vatik Rogas), Dhatakyadi Tail (Yoni Shoola)

Parisechana: Dantyadi Kwatha (General Vatik Rogas)

Kalka: Yava Godhumadi Kalka (General Vatik Rogas), Hinsra Kalka, Kuttita Mansa and Krishra (Vipluta)

Note – Pinda sweda, Nadi Sweda, Kumbhi Sweda can be given in general Vatik Rogas.

4) Yoga Ratnakar:

Churna: Shweta Baladi Churan, Paraspeepladi Churna (Bandhya), Jeerkadya Kalka (Krishna)

Kwatha: Krishna Tila Kwatha (Bandhya), Krishna Tiladi Kwatha (Bandhya)

Ghrita and Taila: Phala Ghrita , Triphaladi Ghrita (General Vatik Rogas)

Asava/Aristha: Bilva Majja Seeds (Yoni Shoola).

Medicated Milk: Ashwagandhadi Ksheera Paka, Katsaraiyadi Ksheera

Paka, Palasha Ksheera, Rasnadi Ksheera (Yoni Shoola)

Local Medicine:

Varti: Tagradi Taila (Vipluta), Til Taila and Mushaka Kwatha Siddham Taila (General Vatik Rogas)

Parisechana: Guduchyadi Kwatha (Yoni Shoola), Kapikachhu Kwatha (Maha Yoni)

Kalka: Veshwara pindi (Prasansani)

5) Bhava Prakash:

Churna: Baladi Churna with Madhu

Ghrita and Taila: Phala Ghrita and Triphaladi Ghrita (General Vatik Rogas)

Asava/Aristha: Bilva Majja Seeds (Yoni Shoola).

Medicated Milk: Lakshmana Moola with Milk (Bandhya), Seeds of Ishwarlingi with milk (Bandhya)

Local Medicine:

Note: Kumbhi Sweda (General Vatik Rogas)

Pichu: Same as in Yoga Ratnakar

Parisechana: Kapikachhu Kwatha

Kalka: Khadiradi Churna (Maha Yoni)

6) Sharangdhara Samhita:

Churna: Jeevaneeya Gana Churna (General Vatik Rogas)

Kwatha: Maharasnadi kwatha, Nyagrodhadikwatha

Ghrita and Taila: Phala Ghrita and Laghu Phalalghrita (General Vatik Rogas)



Local Medicine:

Kalka: Palashbeejadi Lepa

7) Bhaisajya Ratnavali:

Churna: Vachadi Churna (General Vatik Rogas), Pipplyadi Churna (Bandhya), Kakolyadi Churna.

Ghrita and Taila: Shatavari Taila (General Vatik Rogas) Phalaghrita (Yoni Shoola, Maha Yoni), Phalakalyanghrita, Kumarkalpadrughrita (Upapluta, Putraghni)

Medicated Milk: Lakshmana Siddha Milk, Ashwagandhadi Ksheera, Krishnaprajita ksheera

Rasa Yoga: Suvarnadi Rasa (Bandhya), Nashta Pushpantaka Rasa, Rajakpravartani Vati, Kumarika Vati (Anartava), Vijayadivati (Vipluta)

Local Medicine:

Varti: Ikshwaku Beejadi Varti, Samvidasaravati

Pichu: Tagradi Taila (General Vatik Rogas), Shallakityadi Taila (Vipluta), Mushakadi taila, Sudhakar taila (General Vatik Rogas), Hingwadi Taila (Upapluta, Yoni Shoola), Hayamanadi Taila (Yoni Kandu)

Parisechana: Guduchyadi Kwatha (General Vatik Rogas).

Kalka: Hinsra Kalka (General Vatik Rogas), Kinva Churna Lepa (Acharna), Shatpushpadi Lepa (Maha Yoni), Sushvimulalepa (Prasansani), Vachadi lepa

CONCLUSION

In Ayurveda there is a detailed description of YoniVyapadas with their

detailed treatment. These Vyapadas and their management will help to cover major Gynaecological disorders in females. Hence in this paper an attempt is made to summarize Vataja YoniVyapada in detail with their management as mentioned in different Samhitas.

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