



A SYSTEMIC REVIEW ON KAPHAJA YONI VYAPAD – A MOST COMMON DISORDER IN FEMALES

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ABSTRACT

Gynecological disorders have been of uttermost significance in the realm of medicine because of women's unique role in childbirth. The bulk of gynecological conditions are referred to in Ayurveda's treatment of women as Yoni Vyapada. The literature on the condition should be familiarized with before learning about management. In order to present a conceptual study that almost entirely covers Kaphaja yoni Vyapada in terms of Ayurveda, considerable attempt has been made in this research. A happy family is guaranteed by a healthy mother. In both contemporary and classical Ayurvedic literature, the concept of a healthy yoni has been discussed at many points in a woman's life, from adolescence through menopause. Age or financial status aside, yoni infection is today a major problem. Vaginal discharge, itching, and coldness are examples of signs and symptoms associated with infections. The Kaphaja yoni Vyapada in Ayurveda exhibits several types of symptoms.

KEYWORDS- Yoni, Kaphaja yoni Vyapada, Vaginal discharge, etc.

INTRODUCTION

The Yonivyapad group of illnesses, which significantly disrupts women's life in a variety of ways, is mentioned in the ayurvedic literature. It is essential to take care of women's health. All ailments that have an impact on a woman's overall, psychological, or reproductive health should be carefully considered and provided the required medical attention. The female body is extremely delicate and complex. Because of the specific reproductive

functions they play, women are more vulnerable to several disorders that affect women. The sickness kaphaja yoni vyapad is one of them. When there is vaginal discharge, yoni strava is mentioned as a symptom. Given that it provides a means of reproduction, the stree is an essential part of our society and family.¹

As a career-driven woman who is also a wife, mother, and daughter, she fulfills a variety of tasks as well as social and familial commitments. Due to nature, Streeto plays a unique position as a mother. Additionally, modern women are becoming more independent, taking control of their own life, and establishing their own niche in society as a result of their career-focused mindset. She has a wide range of physical and mental pain as a result of her fast-paced way of life. Due to lifestyle changes and her present eating habits of fast food and junk food, she is unable to follow the rules of Dincharya, Rutucharya, Rajaswala, Rutumati, and Sutikaparicharya that are prescribed by Aacharyas for women's health. She is hence susceptible to a variety of yonirogas, such as the Kaphaj yoni vyapad's Yonigat shewtapicchilsrava, Yonikandu, and Yonigata Alpavedana.²

METHODOLOGY

The data of Kaphaja Yoni Vyapada has been collected from different articles, authentic websites like PubMed, NCBI, etc.

YONIVYAPAD

Tryingtoni (2). Yonivyapadas causes Apatyavighat because the vikruti of Kshetra and Tryavartayoni produces Garbhat, Garbhastrva, Leenagarbh, and Garbhvikruti. Asthtang Hridaya (Chi.30), Sushrut Samhita (U.38), Asthtang Sangraha (Uttarshan38), Madhav Nidan (63), Sharangdhar Samhita (Purvakhanda7), Kashyap Samhita (Su.27), Bhavprakash & Yogratarakar, and others have all stated yonivyapada (Yoniraogadhi kara). Like in our country, poor nutrition, many pregnancies, low socioeconomic position, poverty, population expansion, and a disdain for good hygiene contribute to the anemia, malnutrition, and bad health of many women. As a result, they are vulnerable to various yonirogas like Kaphajayonivyapada. The Kaphaj Yoni Vyapat is one of the 20 Yoni Vyapats and is classified as a Kaphapradhana Yoni Vyapat because it exhibits clinical traits of Kapha Vriddhi.³

Etiology (Nidana) of Kaphaja yoni Vyapada

Charak ⁴	Sushrut ⁵	Vagbhat ⁶
<ul style="list-style-type: none"> Mithyachar (abnormal diet and mode of life) Pradusta-Artava (abnormalities of Artava) 	<ul style="list-style-type: none"> Mithyachar Pradusta-Artava Bijadosha Daivakopa 	<ul style="list-style-type: none"> Dustabhojan Bisamangasayan bhrisa maithun sevan Dusta artava

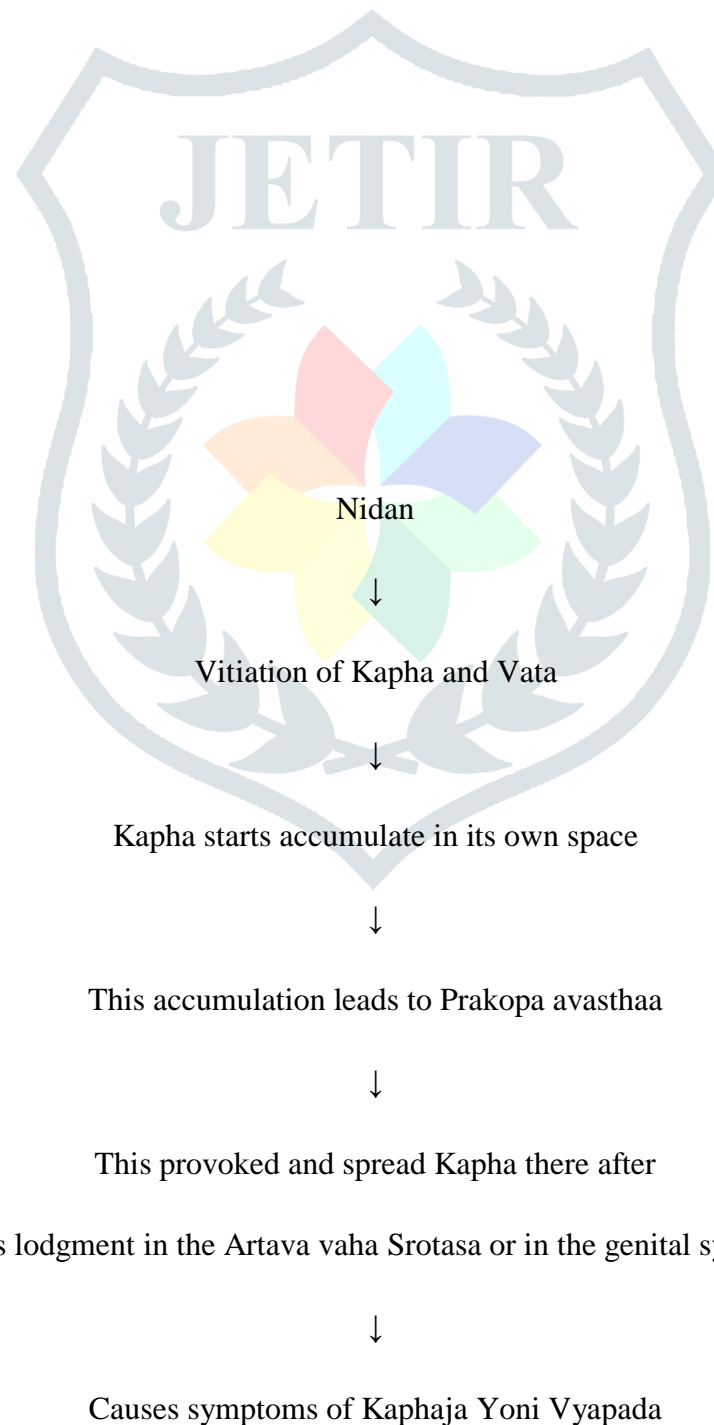
<ul style="list-style-type: none"> • Bijadosha (abnormalities of Bija) • Daivakopa (curses or anger of God) 	Prabridhdhalinga purush atisevana	<ul style="list-style-type: none"> • Apadravyaprayog • Bijadosha • Daivata
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These are the general Nidan of Yoni Vyapad. If we focus on the Nidan of Kaphaja Yoni Vyapad, it will be clear that the Nidan for this figure is not mentioned in the classics particularly.⁷

KAPHA QUALITY

- Guru
- Shita
- Mridu
- Snigdha
- Sthira
- Picchila
- Madhur

SAMPRAPTI



[Ref- Dr. Sayali Gajanan Deokar, Kaphaja Yoni Vyapada - Literary Review, © 2021 JETIR September 2021, Volume 8, Issue 9, www.jetir.org (ISSN-2349-5162)]

SAMPRAPTI GHATAK

- Dosha – Vata + kapha
- Dushya – Rasa, Rakta & mamsa
- Srotas – Rasavaha, artavaha, raktavaha
- Srotodustilakshan – Atipravriti
- Adhistan – Yoni
- Rogamarga – Abhyantara
- Sthanasamsraya – Yonimarga & Garbhashaya

LAKSHANA

- Yoni picchilata
- Shitalata
- Kandu
- Alpavedana yoni
- Avedana yoni
- Pandu varna Srava

TYPES OF KAPHAJA YONI VYAPAD

	Atyananda	Aticharana	Acharana	Karnini
Sushruta⁸	Woman suffers from this disease Does not satisfied with coitus.	It is caused by excessive sexual act. Woman does Not achieve conception.	Woman gets excited before coitus as well as much earlier than her husband.	Kapha and Rakta produces Karnika in yoni
Charaka⁹	Not mention	Sopha (inflammation), Supti (numbness) & pain occur.	Non cleanliness of vagina produces Krimi which producesitching in yoni and due to this	Due to straining before starting of labour pain, Vayu is obstructed by foetus, along with Kapha and Rakta produces

			Woman feels excessive sexual desire.	Karnika in Yoni.
Vagbhata ¹⁰	Followed Charaka	Followed Charaka	Followed Charaka	Followed Charaka
Madhv nidan ¹¹	Followed Sushruta	Followed Sushruta	Followed Sushruta	Followed Sushruta
B.P.& Y.R. ¹²	Followed Sushruta	Followed Sushruta	Followed Sushruta	Followed Sushruta

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According to Charak and Vagbhata, consuming Abhishyandi substances causes Kapha to get vitiated and reach yoni (Kapha karak ahar), which causes the signs and symptoms of Kaphaja yoni Vyapada.

PATHYA-APATHYA:

PATHYA

Acharya Kashyap's Asramayan has references to Ruksha, Ushna remedies, Kaphahara Taila, sidhu, and arista, Saindhava Lavana, yava anna, abhayarishtam, seedhu, taila, pippali, ayoraja, and ksoudra (honey) and Lasuna (garlic).¹³

APATHYA

Women who have just given birth are not advised to utilize Manda (boiled-rice scum). Although manasika bhavas (mental reasons) and vatavidhikaraahara vihara (diet and exercise routines that increase vata) can also be seen as apathya, yoni rogaasvata is the basic cause of all yoniroga. AcaryaKasyapa (gynecological diseases) advises against giving manda (supernatant water of rice gruel) to women who have yoniroga.¹⁴

DISCUSSION

Any animal, including humans, may live a long life if they keep themselves healthy. Women's health is important since it affects their capacity to conceive and give birth to a healthy baby. In order to contribute to the kid's social development overall, she must also raise the child properly. Women's health care is essential as a result. All ailments that have an impact on a woman's overall, psychological, or reproductive health should be carefully considered and provided the required medical attention. The female body is extremely delicate and complex. Due to

the special reproductive responsibilities they play, women are more vulnerable to a number of distinct feminine disorders.¹⁵

Vaginal discharge is one of the most prevalent issues that many women deal with. Unless and until the patient starts to feel discomfort in their everyday life, women prefer to neglect this condition. The majority of diseases described in ancient literature exhibit this symptom, however it does not describe the genesis (Nidana) of the Kaphaja Yoni Vyapada illness. Yonivyapad, a specific group of disorders that afflict women and have a variety of effects on womanhood, has been mentioned in Ayurvedic scriptures. The sickness Kaphaja yoni Vyapada is one of them. When there is vaginal discharge, Yoni Srava is an indication of this condition.¹⁶

Maintaining proper hygiene is the main therapy for this sickness. Maintaining personal hygiene is essential for all women. The main cause of vaginal problems is disturbances in the vaginal flora. Therefore, approaches that target the vaginal flora should be employed to manage vaginal problems. Gynecological disorders have been of uttermost significance in the realm of medicine because of women's unique role in childbirth. Ayurvedic medicine uses the term "Yoni Vyapada" to describe the bulk of gynecological conditions.¹⁷

CONCLUSION

Kaphaja yoni vyapat is one of the most common problems among women of reproductive age. Ayurveda states that maintaining reproductive health may be accomplished by maintaining excellent cleanliness, eating the correct foods at the proper times, and exercising often. Yonivyapat are classified as ekadoshaja (involvement of any single dosa), dvidoshaja (involvement of two dosas), and tridoshaja (involvement of three dosas) in Caraka samhita and Ashtanga Hridaya, but Sushrutasamhita only mentioned ekadoshaja and tridoshaja. Krimijayonivyapat is the concept that only Vagbhata is able to articulate. It is obvious that the same yonivyapat, read differently by various samhita, represents the chronicity of a certain sickness. We must thus investigate the explanations in all of the Samhitas rather than only relying on one or two in order to properly understand the pathophysiology of vaginitis.

CONFLICT OF INTEREST -NIL

SOURCE OF SUPPORT -NONE

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