



AN OBSERVATIONAL STUDY ON KAPHAJA YONI VYAPAD – A MOST PREVALENT DISORDER IN INDIAN WOMEN

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ABSTRACT

Due to women's special role in delivering birth, gynaecological illnesses have been of utmost relevance in the world of medicine. The majority of gynaecological illnesses are referred to as Yoni Vyapada in Ayurveda's section on women's health care. Before learning about management, one should be familiar with the disease's literature. Thus, an effort has been made in this study to provide a conceptual study that almost completely covers Kaphaja yoni Vyapada according to Ayurveda. A healthy mother ensures a healthy family. The idea of a healthy yoni has been referenced in both modern and traditional Ayurvedic literature during various stages of a woman's life, from adolescence to menopause. Regardless of age or socioeconomic background, yoni infection is currently a serious concern. Infection-related signs and symptoms may include vaginal discharge, itching, and coolness. These kinds of signs and symptoms are seen in the Kaphaja yoni Vyapada in Ayurveda.

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

INTRODUCTION

In the ayurveda texts, a particular category of disorders known as Yonivyapad, which disturbs women's lives in numerous ways, is noted. The care of women's health is crucial. All conditions that affect a woman's general, mental, or reproductive health should be carefully addressed and given the necessary medical care. The female body is very fragile and intricate. Women are more susceptible to certain feminine illnesses because of their unique

reproductive roles. One of the illnesses is kaphaja yoni vyapad. Yoni strava is indicated as a symptom in cases when there is vaginal discharge. The Stree is a crucial component of our society and family since it is a mula of reproduction.¹

She plays various roles and fulfils social and familial obligations as a woman who is focused on her career, as well as being a wife, mother, and daughter. Stree has a special role as a mother thanks to nature. Also, because modern women are career-focused, they are growing more autonomous, taking charge of their own lives, and carving out their own niche in society. She has many forms of bodily and emotional suffering as a result of her fast-paced lifestyle. She is unable to adhere to the norms of Dincharya, Rutucharya, Rajaswala, Rutumati, and Sutikaparicharya that are described by Acharyas for women's health due to changes in lifestyle and current eating habits of fast food and junk food. As a result, she is vulnerable to a number of yonirogas, including Yonigat shewtapicchilsrava, Yonikandu, and Yonigata Alpavedana, which are characteristics of Kaphaj yoni vyapad.²

METHODOLOGY

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

YONIVYAPAD

Tryavartayoni (2). Since the vikruti of Kshetra and Tryavartayoni creates Garbhat, Garbhastrva, Leenagarbh, and Garbhvikruti, Yonivyapadas causes Apatyavighat. 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 mentioned yonivyapada (Yoniraogadhi kara). As in our nation, many women are anaemic, malnourished, and ill-health due to poor nutrition, multiple pregnancies, low socioeconomic status, poverty, population growth, and disregard for proper hygiene. They are hence susceptible to different yonirogas like Kaphajayonivyapada. Among the 20 Yoni Vyapats, the Kaphaj Yoni Vyapat is categorised as a Kaphapradhana Yoni Vyapat and is distinguished by clinical characteristics of Kapha Vriddhi.³

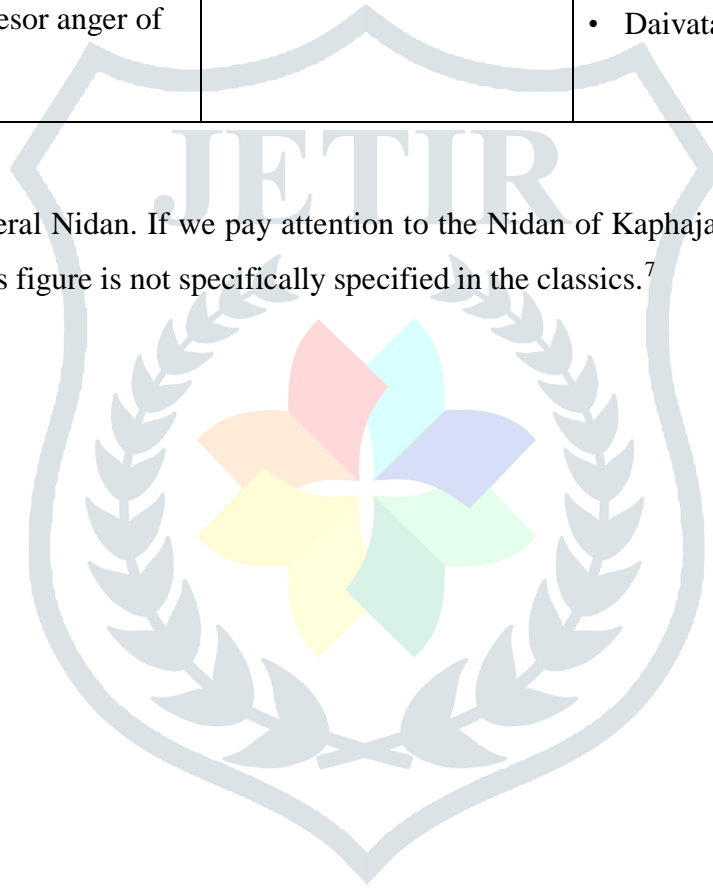
Etiology (Nidana) of Kaphaja yoni Vyapada

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) 	Prabridhalinga purush atisevana	<ul style="list-style-type: none"> • Apadravyaprayog • Bijadosha • Daivata

These are Yoni vyapad's general Nidan. If we pay attention to the Nidan of Kaphaja Yoni Vyapad, it will become obvious that the Nidan for this figure is not specifically specified in the classics.⁷

KAPHA QUALITY

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



SAMPRAPTI

Nidan



Vitiation of Kapha and Vata



Kapha starts accumulate in its own space



This accumulation leads to Prakopa avasthaa



This provoked and spread Kapha there after
gets lodgment in the Artava vaha Srotasa or in the genital system.



Causes symptoms of Kaphaja Yoni Vyapada

[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
- Adhisthan – 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
Sushruta ⁸	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 Karnikain yoni
Charaka ⁹	Not mention	Sopha (inflammation), Supti (numbness) & pain occur.	Non cleanliness of vagina produces Krimi which produces itching in yoni and due to this	Due to straining before starting of labour pain, Vayu is obstructed by foetus, along with Kapha and Raktaproduces

			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

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

According to Charak and Vagbhata, Kapha becomes vitiated and reaches yoni as a result of ingesting Abhishyandi substances (Kapha karak ahar), which results in the signs and symptoms of Kaphaja yoni Vyapada.

PATHYA-APATHYA:

PATHYA

Ruksha, Ushna medicines, Kaphahara Taila, sidhu, and Arista, Saindhava Lavana, yava anna, abhayarishtam, seedhu, taila, pippali, ayoraja, and ksoudra (honey) and Lasuna (garlic) are all mentioned in the asramayan by Acharya Kashyap.¹³

APATHYA

Manda (boiled-rice scum) is not recommended for use by women who have Yoni rogaasvata is the primary cause of all yoniroga, although manasika bhavas (mental causes) and vatavidhikaraahara vihara (food and exercise regimens that enhance vata) can also be regarded as apathya. Women who have yoniroga should not take manda (supernatant water of rice gruel), according to AcaryaKasyapa (gynaecological disorders).¹⁴

DISCUSSION

Any animals, including humans, may achieve longevity by maintaining good health. Women's health is significant since it pertains to their ability to carry and birth a healthy foetus in the womb. She also has to raise the child appropriately, which helps to the social well-being as a whole. As a result, women's health care is crucial. All conditions that affect a woman's general, mental, or reproductive health should be carefully addressed and given the necessary medical care. The female body is very fragile and intricate. Women are more susceptible to several specific feminine illnesses because of their unique reproductive roles.¹⁵

One of the most frequent problems experienced by many women is vaginal discharge. Women tend to ignore this issue unless and until the patient begins to experience discomfort in their daily lives. It is a symptom that is present in the majority of the diseases documented in classical literature but is not a description of the aetiology (Nidana) of the Kaphaja Yoni Vyapada sickness. Ayurveda texts have made note of a particular category of illnesses that affect women, known as Yonivyapad, which affects womanhood in many ways. One of the illnesses is Kaphaja yoni Vyapada. Yoni Srava is a sign of this illness when there is vaginal discharge.¹⁶

The major treatment for this illness is good hygiene. For all women, maintaining personal hygiene is crucial. Disturbances in the vaginal flora are the primary cause of vaginal issues. Thus, methods for addressing the vaginal flora should be used in order to resolve vaginal issues. Due to women's special role in delivering birth, gynaecological illnesses have been of utmost relevance in the world of medicine. The majority of gynaecological illnesses are referred to as "Yoni Vyapada" in the Ayurvedic system of medicine.¹⁷

CONCLUSION

One of the most prevalent issues among women of reproductive age is Kaphaja yoni vyapat. According to ayurveda, preserving reproductive health may be achieved by practising good hygiene, eating the right things at the right times, and engaging in regular exercise. In Caraka samhita and Ashtanga Hridaya, Yonivyapat are categorized as ekadoshaja (involvement of any single dosa), dvidoshaja (involvement of two dosas), and tridoshaja (involvement of three dosas), but Sushrutasamhita only discussed ekadoshaja and tridoshaja. The idea that only Vagbhata explains is krimijayonivyapat. It is evident that the chronicity of a particular illness is represented by the same yonivyapat interpreted differently by many samhita. In order to fully comprehend the pathophysiology of vaginitis, we need thus examine the explanations in all of the Samhitas rather than just relying on one or two.

CONFLICT OF INTEREST -NIL**SOURCE OF SUPPORT -NONE****REFERENCES**

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