

A SYSTEMATIC REVIEW ON VATAJYONIVYAPAD

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ABSTRACT

Female body has the potential for the creation, development and nurturing of the progeny. A healthy female refers to healthy offspring. Thus maintaining her optimal health is a necessity. Ayurveda refers yoni as female reproductive organs and vyapad means disorders or ailments related to those organs. Yonivyapad are the disorders occurring in female body which hampers the proper functioning of the female reproductive system. Ayurveda have basic principles that emphasise on maintaining the balance of three doshas i.e. Vata, Pitta and Kapha for healthy body and mind. Vatajyonivyapad can be understood as the disorders caused by the disrupted balance of Vata Dosha in the body. Vata is responsible for all the bodily movements. Regulation of menstrual cycle, maintenance of hormonal production and their blood levels, etc is the action of Vata Dosha. Imbalance of Vata Dosha results in disturbed functioning on several levels leading to various gynaecological disorders. This systematic review aims to explore the etiology, pathogenesis, clinical manifestations, and treatment modules of Vatajyonivyapad. By integrating knowledge from classical texts and modern medicine. The goal of this review is to provide a holistic perspective on the management of Vatajyonivyapad, highlighting the importance of Ayurveda in addressing women's health issues.

KEYWORDS: Yonivyapad, vatajyonivyapad, genital disorders, gynaecological disorders.

INTRODUCTION

A Female body undergoes various modifications and alterations in the reproductive phase i.e. from menarche to menopause. These changes should be keenly observed for normality and abnormality as well as awareness should be raised among women to differentiate between the two. Thus women health issues are dealt promptly and management of the same is done according to the diagnosis and in an earlier stage. Ayurveda describes diseases of female reproductive system as yonivyapads.

MATERIALS AND METHODS

All the available Ayurvedic classics are critically examined, evaluated and sorted in order to generate this review.

Classification of Yonivyapad according to Ayurveda classics

All the classical texts have stated the total number of Yonivyapads as twenty. These are further classified according to the predominant Dosha into Vatajyonivyapad, Pittajyonivyapad, Kaphajyonivyapad and Sanipatajyonivyapad.

Following is the classification of Vatajyonivyapad according to Bruhat trayee

Sr no.	Charak	Sushruta	Vagbhatta
01	Vatiki	Vatala	Vatiki
02	Acharna	Udavarta	Aticharna
03	Aticharna	Vandhya	Prakcharna
04	Prakcharna	Vipluta	Udavarta
05	Udavartini	Paripluta	Jataghni
06	Putraghni		Antarmukhi
07	Antarmukhi		Suchimukhi
08	Suchimukhi		Sushka

09	Sushka		Vamini
10	Shandi		Shandi
11	Mahayoni		Mahayoni

Etiology and Pathogenesis

Etiology (Nidana) of Yonivyapad

The four Main causes or Nidans for various yonivyapad are enlisted in classical texts as follows.

- A. Mityachara
- B. Pradushta arthava
- C. Beeja Dosha
- D. Daiva.

Mithyachara - The mithyachara includes mithya aahara (dietary factors) and mithya vihara (abnormal mode of life) Dietary factors include malnourishment, inadequate food intake and consumption of incompatible food. Consumption of unwholesome and unhygienic food. This leads to malnourished body and results in various disorders.

Mithyavihara includes inappropriate following of dincharya, living in places with extreme climate, excess coitus or in uncomfortable postions.

Pradushta arthava - The word arthava refers to ovum, menstrual blood or female sex hormones.

Abnormal ovum can lead to abnormal pregnancy, infertility, inability in maintaining pregnancy. Imbalance of female sexual hormones result in various gynaecological disorders.

Beeja Dosha - Chromosomal abnormalities and genetic abnormalities are included under Beeja Dosha.

Daiva - These are unknown or idiopathic cause results in various ailments.

Etiology or Nidan of vatajyonivyapad

The following are some key factors that contribute to the vitiation of Vata Dosha and the development of Vatajyonivyapad.

1. **Diet:** Consuming foods that are dry, cold, and rough, as well as excessive fasting, can aggravate Vata Dosha. Such foods lack the grounding, moistening qualities that are necessary to balance Vata, leading to its vitiation.

2. **Lifestyle:** Irregular sleep patterns, excessive physical activity, and chronic stress are known to disturb Vata Dosha. Since Vata is associated with movement and change, any disruption in daily routines can have a significant impact on its balance.

3. **Environmental Factors:** Exposure to cold and dry climates, or living in environments that are windy and unstable, can exacerbate Vata Dosha. These environmental conditions mirror the qualities of Vata and can therefore contribute to its imbalance.

4. **Emotional Factors:** Excessive worry, anxiety, and fear are emotional states that aggravate Vata. These emotions can disrupt the normal functioning of the mind and body, leading to various Vata-related disorders, including Vatajyonivyapad.

5. **Physical Trauma:** Injuries to the reproductive organs or excessive physical strain can directly affect the Vata residing in the pelvic region, leading to the onset of Vatajyonivyapad.

Pathogenesis (samprapti)

The pathogenesis of vatajyonivyapad involves the following stages.

1. **Dosha prakopa (vitiation of vata dosha):** the first stage involves the vitiation of vata dosha due to the above mentioned factors. The vitiated vata moves from its natural seat (pakvashaya or large intestine) to the reproductive organs.

2. **Sthana samshray (localization of vata dosha):** the vitiated vata gets localized in the reproductive organs, particularly the yoni (vagina and uterus), disrupting the normal functions of these organs.

3. **Vyakta avastha (manifestation of symptoms):** as vata disrupts the normal functions of the reproductive organs, symptoms such as vaginal dryness, pain during intercourse, irregular menstruation, and other related issues begin to manifest.

4. **Bheda avastha (Progression of the disease):** The condition can progress if not treated leading to severe symptoms and complications. In chronic cases, Vatajyonivyapad can lead to infertility, chronic pelvic pain, and other severe conditions.

Clinical manifestations

The clinical manifestations of vatajyonivyapad are varied, reflecting the complex nature of vata dosha's influence on the reproductive system. The symptoms can be categorized based on their manifestation in different parts of the female reproductive system.

General symptoms

1. **Vaginal dryness,** present due to lack of moisture which can lead to discomfort and pain, especially during intercourse.

2. **Pain:** pain is a predominant symptom, often described as sharp or shooting. It may occur in the lower abdomen, pelvic region or during menstruation.

3. **Irregular menstruation:** vatajyonivyapad is often associated with irregular menstrual cycles, including scanty or excessive bleeding, delayed periods or amenorrhea (absence of menstruation).

4. Painful intercourse (dyspareunia): due to the dryness and vitiation of vata, intercourse may become painful, leading to a condition known as dyspareunia.

5. Vaginal discharge: the vaginal discharge is general dark in colour, scanty, foamy and watery in nature.

6. General symptoms: Women with Vatajyonivyapad may experience general weakness, fatigue, and a feeling of lightness or emptiness. Symptoms such as anxiety, restlessness, and insomnia can also be associated. Besides backache and constipation may also be associated with vatajyonivyapad.

Differential diagnosis

It is important to differentiate vatajyonivyapad from other yonivyapads (gynaecological disorders) and related conditions. Differential diagnosis includes distinguishing vatajyonivyapad from conditions such as.

1. Pittajyonivyapad: characterized by inflammation, burning sensations, and yellowish discharge, often accompanied by fever.

2. Kaphajyonivyapad: characterized by excessive vaginal discharge that is thick and white, along with heaviness and a feeling of coldness.

Diagnostic criteria

Ayurvedic diagnostic methods

In Ayurveda, the diagnosis of any disease involves a comprehensive evaluation of the patient's prakriti, the state of dosha imbalance (vikriti), and the specific symptoms presented. Following are the diagnostic tools used:

1. Prakriti parikshan
2. Analysis on the basis of ndian panchaka – nidana, purvarupa, rupa, samprapti and upashaya.
3. Trivida, ashtavida and dashvida parikshana methods.

Modern diagnostic techniques

While ayurveda relies on a comprehensive clinical diagnosis based on symptoms, doshic analysis, and traditional methods, modern medical science offers advanced diagnostic tools that can provide additional insights into conditions like vatajyonivyapad. These techniques not only help confirm the diagnosis but also aid in ruling out other potential conditions that might present with similar symptoms. Here's an overview of modern diagnostic approaches that can be correlated with vatajyonivyapad.

1. Pelvic Examination
2. Abdominal and Transvaginal Ultrasound
3. Hormonal Profiling
4. Vaginal pH Test

Treatment

Principle treatment

The main goal is to bring apana vata to the normal state. The apana vata is vitiated either by aggravated vata dosha or obstruction in the natural flow of vata dosha. Both leads to vitiation of vata dosha and inturn vatajyonivyapad. To regularise apana vata basti is given. Mild laxatives can also be used. Snehana and swedana

are used to remove the obstruction in the pathway of vata dosha to aid its natural movement also snehana is useful for dhatu poshana gives strength to the tissues thus decreases the vata dosha.

General vatahara chikitsa used to treat various vata vyadhis mentioned in the samhitas can be beneficial. Snehana with lavana taila, swedana with mamsa rasa and milk, basti with eranda sneha and dashmool kwatha, uttarbasti with vataghna dravyas, parisheka, abhyanga, etc are useful.

Sthanik chikitsa

Pichu dharana

Pichu dharana is recommended in vataj yonivyapad with tailas prepared with ushna and snigdha dravyas.

Ghrita prepared with madhuka, shrigala and ksheera.

Taila prepared with saindhava, tagara, kushta, brihati and devadaru.

Taila medicated with guduchi, malati, rasna, bala, amdhuka, chitaka, nidigdhika and devadaru

Yoni Parisheka

Kashaya made of danti, triphala and guduchi.

Kashaya of saral and mudgaparni

Dashmool Kashaya

Yoni Swedana

Pinda sweda

Nadi or kumbhika sweda

Abhyantar chiktisa

Ksheerpaka prepared with following drugs

Kashmari and mudgaparni

Ashwagandha and rasna

Rasna and gokshura

Ghritas

Kashmari ghrita

Shalmali ghrita

Bala ghrita

Other preparations

Bolabaddha rasa

Bhallatakavaleha

Kumarika vati

Rajahpravartini vati

Dashmoolarishta

Devadaru kwatha

Pippaliyadi yog

Yava kshara

Tailas for basti, snehana and abhyantar use

Bala taila

Narayana taila

Trivrita taila

Symptomatic treatment

In presence of constipation associated with vatajyonivyapad basti chikitsa is given also anulomana drugs are useful. In case of severe pain, formulations such as shankhodara, nidrodaya ras, sanjeevani vati, shankha vati, shoolahar vati can be given. Drugs like ahiphena, dhatura, ajamoda, kuchala can be used after

proper purification. Dilatation of vaginal orifice can be done in case of suchimukhi yonivyapad.

DISCUSSION

Vatajyonivyapad is caused mainly by the vitiation of vata dosha. Apana vayu has the normal function of regulation of menstruation and thus the reproductive health of a female is maintained. Thus the primary treatment includes regularising apana vayu. Vatajyonivyapad may be correlated with conditions like vaginismus, atrophic vaginitis, dysmenorrhea, and other forms of chronic pelvic pain in modern medical terminology. The symptom of dyspareunia can be seen in conditions such as vaginitis, vaginismus, pelvic inflammatory disease, etc. Suchimukhi yonivyapad shows symptom like dyspareunia due to narrow vaginal orifice. Dryness as a symptom is seen in atrophic vaginitis which occurs after menopause due to low estrogen levels. Shushka yonivyapad shows symptom of vaginal dryness similar to estrogen deficiency. Pain is a general symptom of vata dosha vitiation. Thus various pelvic pain, dysmenorrhea, etc can be correlated with vatajyonivyapad. Jataghni or putraghni can be compared to recurrent pregnancy loss due to hormonal imbalance. Mahayoni can be compared to various degrees of pelvic organ prolapse. Irregular menstruation is a symptom of vatajyonivyapad which can further lead to many complications such as infertility and other pelvic disorders.

CONCLUSION

All the gynaecological disorders are described under the broad term yonivyapad according to Ayurvedic literature. Brihat trayee has mentioned twenty yonivyapads but all the gynaecological disorders are not explained extensively in Ayurveda. Yet there are varied treatment protocols and symptomatic treatments explained under the chikitsa of yonivyapad in samhitas. Modern medicine fails to provide satisfactory results or there is recurrence of the symptoms. Therefore women nowadays are drawn towards Ayurveda instead. Ayurveda has also given various regimens to maintain a healthy life. Thus there is a need of extensive research and clinical trials to find safe, potent and cost effective solution for treating gynaecological disorders.

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