



A GLIMPSE OF THE LITERARY REVIEW OF YONIVYAPAD

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ABSTRACT

Women have been held in high regard since the beginning of life on Earth since they are universally commended in the majority of the world's ancient authentic literature, or Vedic literature. Being a mother is the most valuable gift a woman can get from God. A healthy woman may build a healthy family, which will benefit the nation as a whole. Any sickness that causes physical or psychological suffering in women should be addressed immediately from now on. In particular, her vaginal tract has to be healthy for her to be able to conceive and give birth to healthy children. Women have proclaimed the notion of healthy yoni during many stages of their lives, including puberty, marriage, childbirth, and beyond. The modern scientific literature and Ayurvedic medicine have both explored the idea of a healthy reproductive system (Yoni). Regardless of age or socioeconomic background, Yoni infections are a major concern these days. Vaginal discharge, itching, and coldness are some signs and symptoms that may indicate an infection. Because women have a special role in delivering birth, gynaecological illnesses have become extremely important in the medical sector. Women's health is covered in a separate area of Ayurveda, where most gynaecological problems are included under the title Yoni Vyapad. Prior to understanding management, one needs familiarise oneself with illness literature. Thus, an attempt has been made in this work to provide a conceptual analysis of Yonivyapads, encompassing the indications and manifestations about Doshik predominance as described by Charaka.

KEYWORDS : Yonivyapad, Gynaecological disorders, Stree Roga, Yonivyapad classification, types of Yonivyapad, Yoni Roga Chikitsa.

INTRODUCTION:

Since women are the foundation of a family's general health, it is important to ensure that they have access to high-quality treatment, which may also benefit the health of their families and children. In order to preserve her communities' general health and well-being, women are essential. But because women have so many responsibilities, they frequently overlook their own needs in favour of taking care of their spouse or kids. It is imperative that women make the time to look after their own health.

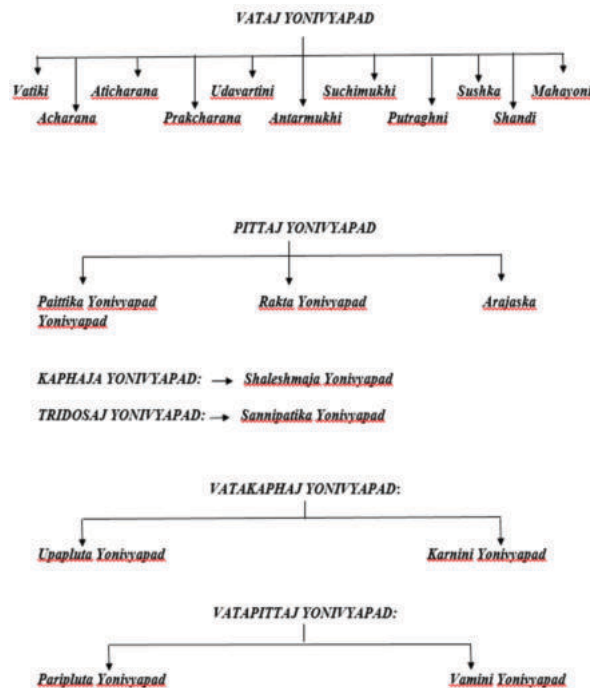
In reality, by prioritising good care for women, many illnesses that harm them can potentially be averted. There are crucial preventive healthcare actions that women should do at every stage of their lives to enable early identification of health issues. There are several reasons why a lot of women would skip health examinations. Women have several symptoms related to their genital organs because of the intricate nature of the female body. Many times, these illnesses are rather upsetting in nature. Ayurveda has provided a detailed explanation of women's health and placed special emphasis on all preventative and therapeutic strategies to maintain optimal health. For this reason, a variety of gynaecological problems are covered in detail under the general category of Yonivyapad in Ayurvedic classics.

AIM AND OBJECTIVE:

To study about the literary review of Yoni Vyapad.

Women's health is a major determinant of national health as contented and healthy women are the foundation of a flourishing country. There are several reasons why a lot of women would skip health examinations. Women have several symptoms related to their genital organs because of the intricate nature of the female body. Many times, these illnesses are rather upsetting in nature. All types of Yonivyapad can lead to PCOS, infections, PID, menstrual irregularities, Bandhyatva (infertility), septicemia etc. Females suffering from Yonivyapad are unable to conceive. Hence, in order to conceive and give birth to a healthy baby, proper treatment should be done.

CLASSIFICATION OF YONIVYAPAD:-



CHIKITSA:-

According to Acharya's, Vata is the main Dosh responsible in causation of all Yoni Roga, especially because of the Vata Sthana of reproductive system. So Chikitsa sutra (treatment principle) of any Yonivyapad should be associated with Vata Samana (pacifying) therapies. Then Sthanika Chikitsa (local treatment) in Yoni like Parisheka (irrigation), Pichu (medicated tampon), Pralpana (anointment), Abhyanga (massage), Uttarakavasthi (medicine instillation through vagina or cervix) are indicated on the basis of involvement of Dosh. While treating Yoniroga, the treatments prescribed for Shukra Dosh (seminal morbidities) and Artavadosa (menstrual disorders), Stana Roga (breast disorders), Klaihya (impotency), Mudha

Garbha (obstructed labour), *Garbhini Roga* and *Paricharya* (ante natal disorders), *Dushprajata Roga* (disorders due to difficult labour or obstructed labour) has to be adopted according to the condition.

The whole treatment procedure is divided into 3 groups:

- A) *Shodhana*
- B) *Samshamana* and
- C) *Nidana Parivarjan*.

A. Shodhana Chikitsa:

Shodhana includes internal & external purification. hence *Snehana* (unction), *Swedana* (fomentation) along with *Mrdu Sodhana* (purification with less potent drugs) should be followed, as *Teekshna Sodhana* (purification with more potent drugs) is contraindicated in *Bala* (children), *Vridha* (old age) and *Sukumara* (those who are delicate in nature).

- *Snehana – Swedana – Panchakarma*
- *Uttarbasti*
- *Abhyanga – Parisheka – Pralepa – Pichu – Varti Prayoga*.

- 1) Using all five purifying procedures following appropriate oleation, sudation, emesis, etc., is recommended for all of these gynaecological problems. Other medications should only be administered once the dosas have been well cleaned through the upper and lower channels. Similar to how they treat diseases of other systems, emesis and other cleaning techniques also treat gynaecological issues.
- 2) It is important to use the purification techniques in the correct order, such as oleation first, sudation second, etc. The medications utilised in these operations have to be in accordance with *Dosa* vitiation. This ought to come after using *Uttarbasti*, which is administered based on vitiated *Dosa*.
- 3) The use of further procedures, such as *Uttar Basti*, massage, irrigation, anointments, and tempons, should follow appropriate oleation and cleanliness.
- 4) Since *vata* must be vitiated for all of these ailments to arise, especially *Mahayoni* and *Vataja* disorders, the treatment recommended for *vata* disorders should be applied to all of these disorders. Therefore, treating additional dosas should come when *vata* has returned to normal.
- 5) Use of purgatives is beneficial.

B. Sanshaman Chikitsa:

Sanshaman is a therapy used to balance the imbalanced doshas by using different measures

Specific management of Vataj Yonivyapad:

Chikitsa Sutra of *Vataja Yoni Vyapad* involves alleviating procedures. The principles of treating the *Yoni Vyapad* due to vitiation of *Vata* include:

- Controlling the *Vata* by administrating *Vata* alleviating treatments and measures including *Snehana*, *Swedana*, *Basti*.
- All forms of *Vata Nashak* measures, treatments, activities, medicines, and food should be followed.
- *Taila* processed with *Ushna* and *Snigdha Dravya* should be used for *Seka*, *Abhyanga*, and *Pichu*.
- Use of *Anupa Mamsa Rasa* for consumption and *Swedana*.
- *Uttarabasti* with *Trivrit Sneha*.
- *Ashma*, *Prastara*, *Shankara*, *Pinda*, *Nadi* or *Kumbhi Sweda* with suitability.
- *Pichu* of the oil prepared with *Guduchi*, *Malati*, *Rasna*, *Bala*, *Madhuka*, *Chitraka*.
- *Guduchyadi Taila Uttara Basti*.
- *Tampon- Guduchyadi Taila*, *Scindhavadi Taila*, *Rasnadi Taila*,
- Application of paste- The paste of *himsra* should be

applied locally.

- Sudation *Kumbhi* or *Nadi* type of sudation *Basti*- Enema of recipes containing oil and sour juice is useful.
- *Ghritapan –Kasmaryadighrita*, *Bala ghrita*, *Satawaryadi ghrita*,
- *Churna- Vrsakadi Churna*.

Specific management of Pittaj Yonivyapada: -

- *Pitta Shamak Chikitsa*,
- *Sheet Paricharya*,
- *Ghrita –*

Phala Ghrita

Brihat Shatavari Ghrita

- *Uttar Basti- Basti* with the milk treated with either *Madhura* group of drugs or *Madhuka* should be given.
- *Yoni Kalka Dharan -Panchavalka Kalka*.
- The juice expressed from four *Tulamatra* of *Jivaniya* group of drugs should be mixed with equal quantity of *Ghrita* extracted directly from milk and cooked. Oral use of thus prepared *Ghrita* cures all types of *Pittajayoni Rogas* and also increases fertility or gives progeny.
- *Varunadi Kwath*
- *Kaishor Guggulu*
- *Pushyanugchurna* should be used in blackish, whitish, and brownish vaginal discharge.
- In 2 *Drona* of *Balamulakwath*, *Kshirvidari*, *Shalparni*, *Pipal*, *Shatavari*, *Gorakmundi* and 1 *Prastha jivaniyam ahakashay*, 16 *Prasthagodugdha* and 4 *Prasthaghrita* should be added to make *Paka* and after *Siddha Lakshana* it is used to treat *Vata-Pitta Janityonirogas*.

Specific management of Kaphaja Yonivyapad:

In *Kaphaja Yonivyapad Ruksha* and *Ushna* treatment should be used.

Internal medicine:

Churna –

- *Pippalyadi Churna*
- *Pushyanug Churna*

Kwath –

- *Nyagrodhadi kwath*.
- *Maharasnadi kwath Asava*
- *Patranga asava*.
- *Lodhra asava*.

External Medicine:

- *Pichu*: With *Udumbaradi Taila*, *Dhatakyadi Taila*
- *Varti*: With *Pippalyadi Varti*, *Kusthadi Varti*, *Khadiradi Varti*, *Arkadi Varti*.
- *Prakshalan*: With *Kariradi kwath*, continuous flow of *Kwath* of *Guduchi*, *Triphala*, *Danti* with *Kwath* of *Triphala* mixed with *Takra*, *Gomutra*, *Shaukta*.
- *Basti*: *Palash Niruha Basti*, *Satawaryadi Anuvasana Basti*, *Dhatakyadi Anuvasana Basti*, *Jivaniya Dravya sadhita Uttara Basti*, *Panchavalka Kwath Kalka*: *Syama (Trivrit) Kalka Dharanbasti*, *Guduchyadi Rasayan Basti*, *Atavaryadi Amivasan Basti*, *Baladiyamak Anuvasana Basti*, *Uttarvasti with Katu Ras Pradhan Drugs* in *Gomutra*.

C. Nidana Parivarjan:

Nidana Parivarjan is considered as the avoidance of the causative factors.

YONIVYAPAD CHIKITSA

Yoni Roga	Chikitsa Sutra	Yoga
1) <i>Vatajanya</i>	<i>Snehana</i> , <i>Nadi Sweda</i> , <i>Kumbhi Sweda</i> , <i>Basti</i>	<i>Sendhawadi Taila</i> , <i>Kashmaryadi Ghrita</i> , <i>Gambhari Sidhha Ghrita</i>

2) Pittajanya	Raktapitta Nashak Chikitsa	Brihatta Shatavari Ghrita, Jivniya Kshir Ghrita
3) Kaphajanya	Use of Ruksha and Ushna Aushadhi	Varaha Pitta Varti, Udumbar Taila, Dhatkyadi Taila Pichu
4) Sannipataja	Mixed Chikitsa	

CONCLUSION:-

Gynaecological disorders are covered under the Yonivyapads group in our Ayurvedic literature, and there is not much information about them overall. In all, Brihatyree has recorded twenty distinct forms of yonivyapad; this is not an exact figure, but rather a range of disorders, since the Chikitsa division also treats several other gynaecological ailments. With the unsatisfactory results and often harmful side effects of allopathic medicine's treatment procedures, many are turning to Ayurveda instead. Therefore, there is much space for research to find a potent, secure, cost-effective, and effective Ayurvedic therapy for gynaecological issues.

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