



Ayurveda Concept of Gynecological Disorders

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Introduction

Gynecological problems have been described in classical texts of *Ayurveda* as *yoni vyapat*. These texts have described as many as twenty different kinds of *yoni vyapat* (gynecological disorders). Amongst the eight branches of *Ayurveda Kaumarbhritya tantra* (pediatrics) deals with pediatrics and gynecological disorders. According to description of Chakrapani, *yoni* the female sexual organ means reason, a causative factor of various diseases. It is an organ which gives rise to variety of diseases. Maharshi Charaka, Maharshi Sushruta and Maharshi Vagbhata have described twenty varieties of *yoni vyapat*. Specifically 30th chapter of *Charaka Samhita Chikitsa Sthana* is called *Yoni*

Vyapat Chikitsa Adhyaya. It deals with gynecological disorders, seminal disorders and postpartum disorders in women [1-14].

Classification of *Yoni Vyapat* [1-13, 15-18]

1) As per Charaka Samhita

a) *Yoni Vyapat* caused by *Vata dosha* (11 types) - *Vatiki, Acharana,*

Aticharana, Prakcharana, Udavartini, Putraghni, Antarmukhi, Suchimiukhi, Sukshma, Shandhya yoni, Mahayoni (Prolapse).

b) *Yoni Vyapat* caused by *Pitta dosha* (3 types) - *Paitiki* (Pelvic Inflammatory Disease), *Raktayoni* (Dysfunctional



Uterine Bleeding), *Arajaska* (Secondary Amenorrhoea).

c) Yoni Vyapat caused by Kapha dosha (1 type) - Shlaishmiki (Trichomoniasis).

d) Yoni Vyapat caused by Tridosha dosha (1 type) - Sannipatiki.

e) Yoni Vyapat caused by Vata-Pitta dosha (2 types) - Paripluta, Vamini.

f) Yoni Vyapat caused by Vata-Kapha dosha (2 types) - Upapluta (Candidiasis), *Karnini*

2) As per Sushruta Samhita

a) Yoni Vyapat caused by Vata dosha (5 types) - Udavarta (Dysmenorrhoea), Vandhya (Primary amen- orrhoea), Vipluta, Paripluta, Vatala.

b) Yoni Vyapat caused by Pitta dosha (5 types) - Rudhirakshara, Vamini, Sramsini, Putraghni (Recurrent Pregnancy Loss), Pittala.

c) Yoni Vyapat caused by Kapha dosha (5 types) - Atyananda, Karnini, (Cervical ectopy), Acharana, Aticharana, Shlaishmika.

d) Yoni Vyapat caused by

Tridosha dosha (5 types) - Shandha, Phalini (Cystocele), Mahati, Suchivaktra, Sravaja.

3) As per Ashtanga Hridaya

a) Yoni Vyapat caused by Vata dosha (11 types) - Vatiki, Aticharana, Prakcharana, Udavritta, Jataghni, Antarmukhi, Suchimukhi, Sukshma, Vamini, Shandha yoni, Maha yoni.

b) Yoni Vyapat caused by Pitta dosha (2 types) - Paittiki, Raktayoni.

c) Yoni Vyapat caused by Kapha dosha (1 type) – Shlaishmiki.

d) Yoni Vyapat caused by Tridosha dosha (1 type) – Sannipatika.

e) Yoni Vyapat caused by Vata-Pitta dosha (2 types) – Lohitakshya, Paripluta.

f) Yoni Vyapat caused by Vata-Kapha dosha (2 types)– Upapluta, Karnini.

g) Yoni Vyapat caused by Krimi (parasites) dosha (1 type) – Vipluta.

Causes of Yoni Vyapat

Causes of *Yoni vyapat* are mainly *Artava dosha* (Menstrual irregularities), *Bija dosha* (Defect in Ovum/genetic



mutations), abnormal diet and habits, excessive coitus, weak body constitution and dry organic temperament, injudicious conduct of life, accidental cause etc [1-6,15,16,18,19].

Symptoms of Yoni Vyapat

1) Symptoms of Vataja type

Painful and frothy menses, absence of menses, pain, ache, stiffness, formication (a sensation as if ants are crawling), dryness, numbness, fatigue, local pain during sexual intercourse, aching and piercing pain in the organ which seems rough and numbed etc.

2) Symptoms of Pittaja type

Discharge of menses with a burning sensation, blue, yellow or black colored menstrual bleeding, in a large quantity and having offensive smell of a dead body, prolapsed of uterus, difficult and painful parturition, repeated abortions, heavy menses, an extreme burning sensation and suppuration in the organ with fever etc.

3) Symptoms of Kaphaja type

No satisfaction in sex, haemorrhoid polyp, local itching sensation, sliminess, cold,

mild pain and pallor of genital organs, pale and slimy menstrual discharge etc.

4) Symptoms of Tridoshaja type

Nonappearance of menses, non-development of breasts, roughness of the vaginal wall felt during coitus, extremely dilated vagina, extremely constricted vagina, burning sensation and colic pain, white and slimy menstrual discharge etc [1- 9,18,19].

Complications of Yoni Vyapat

The woman with *yoni vyapat* becomes incapable of retaining semen as a result of which she does not conceive. She becomes liable to many diseases like *gulma* (phantom tumor), piles and menorrhagia because of the excessive affliction of the *doshas* [1, 2, 3].

Management of Yoni Vyapat

Management of *yoni vyapat* is done by *Panchakarma* (five methods of purification) especially *Uttarabasti* where medicated oil or decoction is pushed into the uterine cavity through vagina. Oral medicines and medicine for local



application in the form of oil, decoction, paste etc. are also used. Apart from that vaginal tampons can be inserted and douche, fumigation etc. can be done.

In *yoni vyapat* mostly *Vata*-alleviating measures are applied such as enema, ointment, bath, pasting and keeping tampons. Decoction of *Guduchi*, *triphala* and *danti* is used for sparkling (bath). *Natadi taila* is applied through tampon which is kept in vagina. It relieves pain. *Vachadi churna* is also useful in pain in female genital tract. Medications used for *yoni vyapat* are *Gorachanadi churna*, *Satapuspadi taila lepa*, *Panchapalavadi ghrta*, *Phala ghrta*, *Soma ghrta*, *Nilotpaladi ghrata*, *Brhat saribadi ghrta*, *Aragbadhadi taila*, *Kshara taila* etc.[9,10,15,16,18,19].

Line of Treatment

Treatment of *Yoni Vyapat* caused by aggravated *Vata dosha*

The patient should be given oleation, fomentation, enema and such other therapies which alleviate *Vata* (with

recipes containing *Vata* alleviating drugs).

Treatment of *Yoni Vyapat* caused by aggravated *Pitta dosha*

The patient should be given cooling therapies and which cures *rakta-pitta* (an ailment characterized by bleeding from different parts of the body).

Treatment of *Yoni Vyapat* caused by aggravated *Kapha dosha*

The patient should be administered therapies unctuous and hot.

Treatment of *Yoni Vyapat* caused by aggravated *Tridosha*

The therapies prescribed above should be combined and administered in appropriate doses. [1-3,15-17].

General Treatment

The medical treatment of the curable vaginal diseases should begin with the administration of a *sneha* (fatty or oily substance) according to the *doshas* involved in each case and with application of properly charged vaginal



enemas (*Uttara-Basti*). In cases where the vagina would feel cold, rough, numbed and marked by diminished sensibility of mucous membrane during sexual activity, it should be fomented, in the manner of *Kumbhi sweda* with the flesh of aquatic animals and drugs should be applied in the form of poultice. Plugs of oil soaked with cotton should be constantly retained in the *yoni* (vagina). Proper vaginal lotions and washes as well as measures of *purana* (medical injunctions) should also be employed. The vagina should be filled up with the powders of the five kinds of drugs (*Pancha kasaya*) in a cases of fetor and slimy mucus secretion and decoction of the drugs of *Rajavrksadi* group should be used in washing. Pindas (balls) of disinfectant (*sodhana*) drugs passed with cow's urine and saturated with salt should be inserted in to vagina marked by the discharge of pus. Vagina marked by itching and impaired sensibility should be fumigated with the vapor of *Brhati* and *Haridra* taken together, which should be well inserted and retained in the vagina. A plug or stick composed of disinfectant

(*sodhana*) drugs should be inserted into vagina and retained. A prolapsing *yoni* should be fomented with hot milk and rubbed with clarified butter [4-8, 15-17].

Sthanik Chikitsa (Local Treatment)

There are some *sthanik chikitsa* (local treatment) described by ancient Acharyas for *yoni vyapat*. having outstanding and satisfactory results. *Sthanik chikitsa* preferably includes *Yonidhawan* (Douche of vagina), *Yoni Pichudharan* (tampon soaked in medicated oil or liquid is placed into the vagina), *Uttara Basti* (Medicated oil or decoction is pushed into the uterine cavity through vagina), *Yoni Dhupan* (Fumigation of vagina, with medicated smoke), *Yoni Varti* (Insertion of medicated wick into the vagina), *Yoni Purana* (vaginal packing), *Yoni Lapan* (vaginal painting), *Yoni Parisheka*, *Pinda Chikitsa* etc. Gynecological problems like white discharge, itching vulva, foul smelling vaginal discharge, burning



micturition etc. In such problems *sthanik chikitsa* give excellent results [9,10,17].

Diet

Specific diets are also prescribed for women with *yoni vyapat*. *Asava*, *Arista* and *Sura* (wines of medicinal drugs) should be prescribed according to the *dosha* involved in each case and the patient should take the expressed juice of garlic every morning and her diet should consist mainly of milk, meat soup etc. [1,2,3].

Conclusion

As many as twenty varieties of *yoni vyapat* has been described in Ayurveda. These have been ascribed mainly to the *tridoshas*. Definite treatment plans has also been described in ancient Ayurveda texts. But prevention always remains the cornerstone for better sexual health.

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The author declares that he has no competing interests.

Authors' contributions

The author conceptualized, carried out literature review, analyzed the data and wrote the manuscript.

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