



## Review Article

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### YONISRAVA IN VARIOUS YONIVYAPADA AND ARTAVA DUSHTI WITH SPECIAL REFERENCE TO ABNORMAL VAGINAL DISCHARGE

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#### ABSTRACT

Women status was expected to reach new horizons both socially and physically with the coming of new millennium. But some of the physiological things like menstruation, pregnancy, vaginal discharges, recurrent urinary infections and other sexually transmitted disorders trouble women making them slow down. Amongst these problems, abnormal vaginal discharge is the most common factor which creates irritation in women freedom. In Ayurvedic classics, all gynaecological disorders including yonisrava / abnormal vaginal discharge come under Yonivyapada and Artava Dushti. Therefore, Yonivyapada which are caused by Kapha or Vata kaphaja dosha are main causative factors of abnormal vaginal discharge. Treatment of Yonisrava is mainly based on the use of drugs which are having predominance of Kashaya rasa and Kapha-shamaka property.

**Keywords:** Yonisrava, Yonivyapada, Abnormal vaginal discharge

#### INTRODUCTION

The woman is considered as one of the most essential factor responsible for producing offspring and for the proper growth and development of the fetus. Woman's health is receiving more attention these days. The derivation of the word Stree itself denotes that the family begins from her. The set of disorders that affect her in reproductive life are considered under the heading Yonivyapada and Artava dushti in Ayurveda. The disease and causes, which interfere with the development of female reproductive system, like different types of vaginal discharges and congenital anomalies, infections, displacement comes under the heading of Yonivyapada and Artava dushti.

Complaint of vaginal discharge very much depend upon woman's own perception, power of observation and tolerance etc. Vulva and vagina are continuously moistened by secretion of reproductive system.

Pathological vaginal discharges are actually symptoms of different diseases. On the basis of consistency, colour and smell etc. these discharges can be classified under headings<sup>1</sup>

1. Purulent vaginal discharge
2. Thick foul smelling vaginal discharge
3. Mucoid vaginal discharge
4. Blood stained vaginal discharge
5. Thin or watery vaginal discharge or leucorrhoea

In Ayurvedic classics these discharges are found in below mentioned diseases.

#### 1. Purulent vaginal discharge

Pittaja yonivyapada  
Sannipataja yonivyapada  
Paripluta yonivyapada

Pittaja Artava dushti

Putipuyanibha Artava dushti

#### Treatment

- Pitta shamak Chikitsa<sup>2</sup>
- Shothghna Chikitsa
- Rakta pitta shamak chikitsa<sup>3</sup>
- Sheeta and Kashaya rasa drugs<sup>4</sup> (chandan, dhava, payashya, kakoli etc.)
- Basti with madhuka
- Local application of paste of panchvalkala
- Ghritpan

#### 2. Thick foul smelling vaginal discharge

Raktagulma  
Kunapgandhi Artava dushti  
Granthibhuta Artava dushti  
Mutrapurish Gandhi Artava dushti

#### Treatment

- Tridosh nashak and yoni shodhaka Chikitsa
- Kashaya drugs in the form of local ointment, tampon and Basti
- Foul smelling vaginal discharge of Rakta gulma are cured after complete expulsion of Raktagulma<sup>5</sup>
- Decoction of Patha, Tryusana and Vriksaka<sup>6</sup> Decoction of bhadrasrya and Chandan<sup>7</sup>
- Paste of Triphala in vaginal canal<sup>8</sup>

#### 3. Mucoid vaginal discharge

Kaphaja yonivyapada  
Sannipataja yonivyapada

Upapluta yonivyapada  
Acharana yonivyapada  
Aticharana yonivyapada  
Atyananda yonivyapada  
Karnini yonivyapada  
Kaphaja Artava dushti

**Treatment**

- Kapha nashaka chikitsa
- Ruksha and Ushna Chikitsa
- Basti of cow urine mixed with the drugs
- Local application of paste of Trivata
- Pessary prepared with Pippali, maricha, masa, satahwa, kustha and rock salt<sup>9</sup>
- Uttarbasti of oil treated with jivaniya group of drugs<sup>10</sup>
- Application of a tampon soaked with sneha medicated with decoction of sallaki, jingini, jambu and dhava along with panchvalkala<sup>11</sup>.
- Dhatakyadi Taila
- Anuwasana and Asthapana Basti with the oil treated with Shatapaka taila or Vataghan tail<sup>12</sup>
- Pessary prepared with kushtha, pippali, tip of twig of arka, and rock salt<sup>13</sup>

**4. Blood stained vaginal discharge**

Lohitkshara yonivyapada  
Karnini yonivyapada  
Mahayoni yonivyapada  
Vamini yonivyapada

**Treatment**

- Haemostatic treatment
- Uttarbasti with ghrita medicated with decoction of kasmari and kutaja<sup>14</sup>
- Milk boiled with jivaniya group of drugs
- Application of a tampon soaked with sneha medicated with decoction of sallaki, jingini, jambu and dhava along with panchvalkala
- Anuvasan basti and uttar basti with traivrtasneha

**5. Thin watery vaginal discharge**

Parisruta jataharini  
Swetpradar

**Treatment**

- Rohitaka with water orally
- Amalaki mixed with honey and sugar orally
- Darvyadi decoction orally
- Decoction of nyagrodha group of drug orally
- Vaginal irrigation with decoction of lodhra and vata
- Fumigation with sarala, guggulu and yava mixed with ghrita<sup>15</sup>

**Normal vaginal discharge**

Characteristics of normal vaginal discharge- white in colour, watery, non-odorous with pH ~ 4.5. Microscopically, it contains squamous epithelial cells and few bacteria. Lacto bacilli, few gram negative bacteria and anaerobes are present without any white or red blood cells<sup>16</sup>.

**Abnormal vaginal discharge<sup>16</sup>**

	<b>Cause</b>	<b>Nature</b>
Infective	1. Trichomona vaginitis 2. Monilial vaginitis 3. Bacterial vaginosis 4. Cervicitis	Frothy yellow discharge Curdy white in flake Gray white, fishy odour Mucoid discharge
Atrophic	Post-menopausal	Discharge not prominent, irritation prominent
Foreign body	Forgotten pessary, Tampon	Offensive, copious, purulent, often blood stained
Chemical	Douches, latex condoms, deodorants, Chemical irritation	Soreness is pronounced than discharge
Excretions	Contaminations with urine or feces producing secondary vaginitis	Offensive discharge with pruritus
Neoplasms	Fibroid polyp or genital malignancy	Sero-sanguinous

**Life table of abnormal vaginal discharge<sup>16</sup>**

<b>Period of life</b>	<b>Associated Symptoms</b>	<b>Probable diagnosis</b>
Early neonate	Nil	Leucorrhoea
Period up to pre menarche	Nil Offensive Vulval itching	Ill health Foreign body Threadworm
Puberty	Nil	Leucorrhoea
Reproductive period (non -pregnant)	Nil	Leucorrhoea
Pill users	NIL Pruritus	Leucorrhoea Moniliasis
During antibiotic therapy	Pruritus	Moniliasis
Diabetes	Pruritus	Moniliasis
Pregnancy	NIL Pruritus	Leucorrhoea Vaginitis(Moniliasis)
Postmenopausal	NIL Pruritus/ Diabetic Offensive	Senile vaginitis Moniliasis Pyometra Neoplasm

## Management

- Improvement of general health
- Cervical factor requires surgical treatment like electro-cautery, Cryo-surgery etc.
- Pelvic lesions producing vaginal discharge require appropriate therapy for the pathology
- Pill users may have to stop the pills temporarily
- Above all, local hygiene has to be maintained meticulously
- Treatment for specific infection<sup>16</sup>

## CONCLUSION

In Ayurvedic classics yonirava /abnormal vaginal discharges are described under the heading of various yonivyapada and Artava Dushti. Abnormal vaginal discharge is a frequent complaint of women seen in the gynaecologic problem. A comparable study of abnormal vaginal discharge according to Ayurveda and modern science is discussed in this article.

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