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:

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 Artava dushti
   - Putipuyanibha Artava dushti

   Treatment
   - Pitta shamak Chikitsa
   - Shothghna Chikitsa
   - Rakta pitta shamak chikitsa
   - Sheeta and Kashaya rasa drugs (chandan, dhava, payashya, kakoli etc.)
   - Basti with madhuka
   - Local application of paste of panchvalkala
   - Ghrítapán

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
   - Decoction of Patha, Tryusana and Vriksaka\(^5\)Decoction of bhadrasyra and Chandan\(^7\)
   - Paste of Triphala in vaginal canal\(^8\)

3. Mucoid vaginal discharge
   - Kaphaja yonivyapada
   - Sannipatata yonivyapada

   Treatment

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Treatment

1. Kapha nashaka chikitsa
2. Ruksha and Ushna Chikitsa
3. Pessary prepared with Pippali, maricha, masa, satahwa, kustha and rock salt
4. Uttarbasti of oil treated with jivaniya group of drugs
5. Application of a tampon soaked with sneha medicated with decoction of sallaki, jingini, jambu and dhava along with panchvalkala
6. Anuvasa basti and uttar basti with traivrtsneha

5. Thin watery vaginal discharge

Parisruta jataharini
Swetpradar

Treatment

1. Rohitaka with water orally
2. Amalaki mixed with honey and sugar orally
3. Darvyadi decoction orally
4. Decoction of nyagrodha group of drug orally
5. Vaginal irrigation with decoction of lodhra and vata
6. Fumigation with sarala, guggulu and yava mixed with ghrita

4. Blood stained vaginal discharge

Lohitkshara yonivyapada
Karnini yonivyapada
Mahayoni yonivyapada
Vamini yonivyapada

4. Blood stained vaginal discharge

Lohitkshara yonivyapada
Karnini yonivyapada
Mahayoni yonivyapada
Vamini yonivyapada

Abnormal vaginal discharge

<table>
<thead>
<tr>
<th>Cause</th>
<th>Nature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infective</td>
<td>Frothy yellow discharge</td>
</tr>
<tr>
<td>1. Trichomonas</td>
<td>Curdy white in flute</td>
</tr>
<tr>
<td>2. Monilial</td>
<td>Gray white, fishy odour</td>
</tr>
<tr>
<td>3. Bacterial</td>
<td>Mucoid discharge</td>
</tr>
<tr>
<td>Vaginosis</td>
<td>4. Cervicitis</td>
</tr>
<tr>
<td>Atrophic</td>
<td>Post-menopausal</td>
</tr>
<tr>
<td>Foreign body</td>
<td>Discharge not prominent, irritation prominent</td>
</tr>
<tr>
<td>Chemical</td>
<td>Offensive, copious, purulent, often blood stained</td>
</tr>
<tr>
<td>Excretions</td>
<td>Soreness is pronounced than discharge</td>
</tr>
<tr>
<td>Neoplasms</td>
<td>Offensive discharge with pruritus</td>
</tr>
</tbody>
</table>

Life table of abnormal vaginal discharge

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

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.
Management

- Improvement of general health
- Cervical factor requires surgical treatment like electrocautery, 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

CONCLUSION

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

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