

A REVIEW ON PRASRAMSINI YONIVYAPAD

¹*Dr. Swagatika Padhan, ²Prof. (Dr.) Sudeshna Meher, ³Dr. Manjusri Sahoo and ⁴Dr. Jasmita Priyadarsini¹P.G Scholar, ²Prof. and HOD, ³Associate Prof. and ⁴Assistant Prof.
Dept. of P.T.S.R. Gopabandhu Ayurveda Mahavidyalaya, Puri, Odisha, India.

*Corresponding Author: Dr. Swagatika Padhan

P.G Scholar, Dept. of P.T.S.R. Gopabandhu Ayurveda Mahavidyalaya, Puri, Odisha, India.

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ABSTRACT

The health of women's reproductive organs is essential for a healthy life. Even though pregnancy and childbirth is a wonderful process of life, a female body is subjected to both wear and tear during this and it takes a long time to revert back to normal state. Due to negligence or lack of awareness, a female suffers with many gynaecological diseases throughout her life cycle out of which prolapse of reproductive organ is one of them especially seen among parous women. *Prasramsini* is one of the twenty *Yonivyapad* mentioned in *Ayurvedic* classics. It was first explained by *Acharya Sushrut* and placed under *Pittaja Yonivyapad* but as no *Yonivyapad* can occur without the involvement of *Vata dosha* so it can be considered as *Vata anubandhi Pittaja Yonivyapad*. It is a condition in which there is displacement of *Yoni* from its place occurs along with vaginal discharge and difficulty in labour due to abnormality of birth passage. It may be co-related with first and second degree utero-vaginal prolapse. *Nidana, samprapti, purvarupa, rupa, vibhedak nidana, upadrava, sadhya-asadhyata, chikitsa* and *pathya-apathya* of *Prasramsini Yonivyapad* is described in detail in this article.

KEYWORDS: *Prasramsini Yonivyapad*, utero-vaginal prolapse.

INTRODUCTION

Prasramsini is one of the twenty *yonivyapad* which was first described by *Acharya Sushrut* under *pittaja yonivyapad*. Description of *Prasramsini yonivyapad* is found in *Sushrut Samhita, Madhav Nidan, Bhava Prakash* and *Yogaratanakar*.

ETYMOLOGY

Prasramsini is derived from the word "sransi" which means to fall down from its place or hanging down or being loosened.

DEFINITION

As per *Acharya Sushrut*, any irritation causes excessive vaginal discharge or displacement and labour is difficult or abnormal along with that features of *pitta* vitiation are present.^[1]

Dalhana explained that, *syandate* means *sravati* (vaginal discharge), *kshobhita* means *sanchalita* (irritation or displacement), *duhprasuscha* means *dukhenya prasuyate* (difficult labour) and *lakshana* of *pitta* vitiation.^[2]

Madhav Nidan^[3], *Bhava Prakash*^[4] and *Yoga Ratnakar*^[5] explained that when there is displacement, excessive discharge, difficult labour and *pitta* vitiation features.

In *Madhukosa* commentary, it is explained that *sransana* means displaced from its own place or protrudes outwards and *kshobhana* means compression or irritation which means after compression the *yonis* is prolapsed or displaced.^[6]

SAMANYA NIDAN

As per *Acharya Charak*, abnormal dietetics and mode of life, abnormalities of *artava* and *beeja* and curses or anger of god are the causative factors of all *yonivyapad*.^[7]

Chakrapani explained that *mithyachara* includes both abnormal diet and regimen, *beeja dosha* means *stri beeja dusti* and *daiva* means misdeeds of previous and present life.^[8]

Acharya Sushrut corroborating the views of *Charak* added that when a woman having *ruksha* (dry) body or else a weak or very young woman does excessive coitus with a man having big size penis, then her *vayu* gets aggravated. This *vayu* withholding *pitta* and *kapha* already vitiated due to their specific causes, reaches the region of *yonis* and produces various disorders.^[9]

Acharya Vagbhata have added that abnormal diet, having coitus in abnormal posture of body, excessive

coitus and use of objects for sexual pleasure are also causes of disorders of *yonis*.^[10,11]

The description of general aetiology in *Madhav Nidan* is same as that of *Charak. Madhukosa* elaborated that *pradusta artava* means *artava* or *raja* vitiated by *vatadi dosha* and *beeja dosha* means abnormalities of both male and female gametes.^[12]

Bhava Prakash and *Yogaratanakar* given the same description as *Charak*.

1. *Mithyachara* (abnormal diet and habit)

- *Mithya ahara* like inadequate and improper diet, *pittala* and *vatala ahara* (*katu, amla, lavana, kshara, vidahi, ruksha annapana*)

Improper diet may result in weakness in body and a weak body is more liable to any disease. Improper diet results in deficiency of various essential nutrients in body like minerals and vitamins which are essential for collagen tissue repair and for maintaining natural tone of ligaments and muscles supporting genital organs at place. Thus their deficiency is an important factor for utero-vaginal prolapse.

- *Mithya vihara* like lifting heavy weights, excessive physical works, multiparity, coitus in abnormal positions, abnormal labour.

All these factors mentioned above may cause direct injury to the genital organs further resulting in weakness of the supporting ligaments and muscles of the genital organs leading to utero-vaginal prolapse.

2. *Pradusta artava*

Here *artava* can be interpreted as hormones of female body. This factor includes the estrogen deficiency following menopause which causes laxity of pelvic floor predisposing prolapse. With the advancement of age, when menopause sets in the estrogen level comes down. As estradiol is the main hormone for maintaining the elasticity and tonicity of ligaments and muscles of genital organs, its deficiency results in laxity and atrophic changes of genital organs. This post-menopausal atrophy and poor collagen tissue repair with age acts as an aggravating factor for utero-vaginal prolapse.

3. *Beeja dosha* (Congenital abnormality)

It is one of the most important predisposing factor and explain its occurrence in multiparous as well as nulliparous women. During conception if there is vitiation of *doshas* in both *beeja* (female and male gametes) the *matruja* and *pitruja bhava* of developing

fetus get *dushita* leading to *vikruti* in *beeja* and *beeja bhaga avayava* which may lead to defective formation of organ and its supporting system. Any abnormality of development may cause congenital weakness or absence of ligaments and muscles supporting genital organs. Defective nerve innervation is also a major cause of congenitally supports of genital organs.

4. *Daivaja*

Unknown or idiopathic cause of utero-vaginal prolapse.

VISHESA NIDAN

Acharya Sushrut has described *yonis kshobhana* or *sanchalana* as the *nidan* of *Prasramsini yonivyapad*. *Madhukosha* commentary has taken the meaning of *yonis kshobhana* as *yonis vimardana*.

SAMPRAPTI

Nidana sevana (*mithya ahara, vihara, kshobhana* or *sanchalana*)

↓
Vata, pitta dusti

↓
Garbhasaya gata mansapeshi affected

↓
Deterioration in compactness and integrity of genital organ

↓
Sithilata and *sramsas*

↓
Descent or displacement or prolapse

Samprapti Ghatak

Dosha- Vata, pitta

Dushya- Rasa, rakta, mansa

Srota- Rasavaha, raktavaha, mansavaha

Srota dusti- Vimargagamana

Agni- Jatharagni dusti

Adhithana- Yoni

Roga marga- Abhyantara

PURVARUPA

In classics, *purvarupa* of *yonivyapad* are not described.

RUPA

Rupa or *lakshana* of *Prasramsini yonivyapad* are *yonis sransana* or *syandana* (prolapse or displacement of *yonis* or excessive vaginal discharges) and *duhprasuscha* (difficult labour). Along with this there may be features of *pitta* vitiation like *osha, chosa*.

VIBHEDAKA NIDANA

| <i>Yonivyapad</i> | <i>Dosha</i> | <i>Nidana</i> | <i>Lakshana</i> | <i>Probable co-relation</i> |
|--------------------|--------------------|---------------------------|--|--|
| <i>Prasramsini</i> | <i>Vata, pitta</i> | <i>Yonis kshobhana</i> | <i>Yonis sransana / syandana</i> <i>Duhprasuscha</i> Features of vitiated <i>pitta</i> | Utero-vaginal prolapse of 1 st and 2 nd degree |
| <i>Mahayoni</i> | <i>Tridosha</i> | Coitus in troublesome bed | <i>Vivruta yonis</i> <i>Parva vakshana sula</i> | Procidentia |

| | | | Features of three <i>doshas</i> | |
|--------------------------|-----------------|--|--|------------------------|
| <i>Antarmukhi</i> | <i>Vata</i> | Coitus in abnormal position after excessive intake of food | <i>Vakra yoni</i> <i>Maithuna asahisnuta</i> Features of <i>vata</i> vitiation | Retroversion of uterus |
| <i>Andini or Phalini</i> | <i>Tridosha</i> | Vaginal tear due to coital activity at a very young age | <i>Anda samana yoni</i> Features of three <i>doshas</i> | Cystocele or rectocele |

UPADRAVA

Upadrava of this disease is not mentioned specifically but as a whole *upadravas* of *yonivyapad* are inability to conceive, *gulma*, *arsa*, *pradara*, *vata roga* etc.^[13]

SADHYA-ASADHYATA

All the five *sannipataja yonivyapad* are *asadhya* (incurable) according to Maharshi Sushrut^[14], Madhavkar, Bhava Mishra and Yogaratnakar. *Prasramsini yonivyapad* is *kasta-sadhya*.

CHIKITSA**Chikitsa of *pittaja yoniroga***^[15]

- Drugs and methods having *sita* property mentioned for *raktapitta* should be used.
- *Seka*, *abhyanga*, *pichu*, prepared with drugs having cooling property or capable of suppressing *pitta* should be done. For *snehana*, either only *ghrita* or *ghrita* medicated with *pittahara* drugs should be used.
- *Basti* is indicated with milk medicated with *madhura* drugs or *madhuka*.
- Local application of paste of *panchavalkala*.
- *Ghrita* for oral administration- *Kshirasarpi* prepared with *jivaniya gana* drugs, milk or ghee medicated with *jivaniya gana* drugs

Chikitsa of *Prasramsini Yonivyapad*

- Oral- Meat soup of *gramya*, *anupa* and *audaka* animals and milk medicated with *Dasamula Kwatha*.^[16]

Laghu Phala Ghrita^[17]

- Local- *Snehana* with *traivrit sneha*^[18]

Swedana with milk^[19]**Kapikachhu Mula Kwatha**^[20] for *yonni prakshalana*

- Replacement of displaced *yonni*- After *snehana* and *swedana* the prolapsed mass should be gently pushed back into its original place inside vaginal canal with hand. Then a *vesawara* should be inserted and a light bandage should be applied and kept until the patient has the desire for micturition.^[21,22]
- *Uttara basti* and *anuvasana basti* with *traivrit sneha*, *sneha* prepared with decoction and paste of *dasamula* and *trivrit*, *satapaka* or *sahasra paka vatahara taila*, *sukumara taila*, *bala taila*, *sirisha taila*.^[23]

PATHYA-APATHYA^[24]**Pathya**

- Dugdha, mansarasa, lasuna swarasa and sura, arista, asava according to the predominant dosha

- Yavanna, abhayarista, sidhu, taila and pippali churna, louha bhasma, pathya churna with madhu.
- Bala taila, sukumara sneha and misraka sneha.
- Lasuna

Apathya

- Manda

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