

YONIDHAVAN KARMA IN KAPHAJ YONIVYAPDA: LITERATURE REVIEW

Karishma Bilade*¹ and Madhuri Bhalgat²¹P.G Scholar Streerog & Prasuti-Tantra, SVNHT's Ayurved Mahavidyalaya, Rahuri Maharashtra, India.²Professor & Head Of Department of Stree-roog & Prasutantra, SVNHT's Ayurved Mahavidyalaya, Rahuri Maharashtra, India.***Corresponding Author: Karishma Bilade**

P.G Scholar Streerog & Prasuti-Tantra, SVNHT's Ayurved Mahavidyalaya, Rahuri Maharashtra, India.

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ABSTRACT

Ayurveda is an ancient science which deals with natural good health, disease free life of person. Ayurveda is one of the special human sciences on the earth for benefits of all persons. Now a days, most of women go through physical and psychological stress she don't have enough time for her personal hygiene so women prone to the disease like Yoniroga. Number of patients having symptoms like Yonigatstrava, Yonikandu and Yonivedana are seen in day to day practise. For the treatment of Kaphaja Yonivyapda Stanikchikitsa like Yonidhavan, Yonidhupan, Vartidharan, Yonipuran, Yoniprakshalan describe in Sanhita. Out of this Yonidhavan found effective in Kaphaj Yonivyapada. Yonidhavan means cleaning or purification of yoni. Dravya used for dhavana does there work through Rasa, Virya, Vipaka Guna and reduces Sthandushti by dosh prakopa. Here effort has been put forth to make conceptual study of Yonidhavan Karma in Kaphaj Yonivyapda. Samanya, Vishesh Hetu, Sanprapti, Lakshan, Chikitsa of Kaphaj Yonivyapda with Yonidhavan karma are describe below.

KEYWORDS: Yonivyapda, Kaphaj Yonivyapda, Yonidhavan.**INTRODUCTION**

In Ayurveda most of gynaecological disorders described under Yonivyapda and Artavavikara. Abnormal diet and mode of life, abnormalities of artava and bija and course of god are causative factor for all yoni rogas. About 20 types of Yonivyapada described in Samhita.^[1] Kaphaj Yonivyapda is found very common in women having symptoms Yonigatvedna, Yonigatkandu, Yonigatshewat strava.

Kaphaj aahar, abhishandi aahar, vitiated Kapha dosha are main cause explain in Ayurveda.^[2] Charka charya mention Ushana karma, Ruksha karma chikitsa in Kaphaj Yonivyapada. Ruksha Ushana guna should be given because these guna are opposite to singadha, pichhila, shita guna of Kapha.

Yonidhavan

Yonidhavan is procedure in which vaginal canal, vagina, cervical lip are washed with medicated kwath. Dravya used for the dhavana does there work through Rasa, Virya, Vipaka Guna and reduces Sthandushti by dosh prakopa. As earlier mention by Charka Ushna Ruksha gunatmak dravya used for Yonidhavan in Kaphaj Yonivyapda. As considering the concept of Charka i.e. Ushana Ruksha therapies and condition like Kaphaj

Yonivyapda having kapha prakopak symptoms, one of the ideal chikitsa is Yonidhavan.

MATERIAL AND METHODS

This is a conceptual type of study. References are obtained from Ayurveda literature, journals for the study.

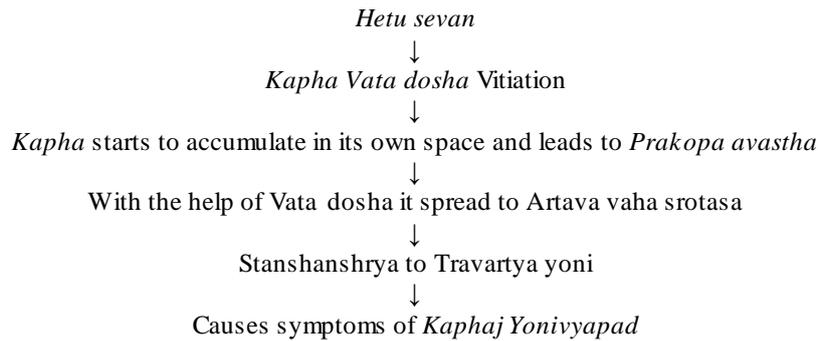
**Kaphaj Yonivyapda
Samnya Hetu**

- Mithyachar (abnormal diet and mode of life)
- Pradusta-Artava (abnormalities of Artava)
- Bijadosha (abnormalities of Bija)
- Daivakopa (curses or anger of God)

Vishishat Hetu

1. **Aahar Swaroop-** Madhur, Amla, Lawan. Sheeta, Snigdha, Guru, Abhishandi Aahar Sevan, Viruddha Aahar- Fruit salad Aatisevan
2. **Vihar Swaroop-** Deewaswap, aalasya, apdravya sevan, Avayayam
3. **Kala Swaroop-** Sheetkala, Vasant Rutu.
4. **Desh Swaroop-** Aauup desh

All these hetu leads to vitiation of Kapha dosha.

Samprapti**Lakshan**

Charaka: *Yoni picchilata, Shitalata, Kandū, Alpavedana yoni, Avedana yoni, Pandu varna srava.*^[3]

Sushruta: *Yoni picchilata, Shitalata, Kandū.*^[4]

Vagbhata: *Yoni picchilata, Shitalata, Kandū, Avedana yoni, Pandu varna srava.*^[5]

Chikitsa

“*Sleshmajaasu cha rookshoshnamkarma kuryadhvichkshanaha*”.^[6]

Charka charya mention Ushana karma, Ruksha karma Chikitsa in Kaphaj Yonivyapada.

Laghu ruksha ushana dravya should be given because these guna are opposite to singadha, pichhila, shita guna of kapha. Various Sathanik chikitsa like Yonidhavan, Yonidhupan, Vartidharan, Yonipurana, Yoniprakshalan are used in the management of Kaphaj Yonivyapada.

Yonidhavan

Dhavan karma of yoni is term as Yonidhavan (Cleaning of Yoni). It is procedure in which vaginal canal, vagina, cervical lip are washed with medicated kwath. Dravya used for the dhavana does there work through rasa virya vipaka guna and reduces sthandushti by dosh prakopa. Sushruta and Vagbhata consider Dhawan as Yoni Prakshalan.

Procedure

1. Proper aseptic precaution should be taken before starting the procedure.
2. Patient is given lithotomy position.
3. The rubber maincentosh is placed underneath patients waist, one end of which lies in the bucket. Sterile rubber catheter is inserted into vagina.
4. Enema pot filled with decoction is kept at 5 feet distance with luke warm decoction prathamavarta (Vagina) is washed out.
5. After the procedure the vulva is dried with cotton.
6. Then procedure is repeated on the respective days. The drugs used for Yonidhawana are antiseptic.

Drugs used for Yonidhavan have bacteriocidal action as well as pain reliving action. Yonidhavan of medicated kwatha prevent the growth of bacterial organism and helps in restoring pH of vagina. Drugs used for

Yonidhavan absorb through mucosa and blood circulation. And have beneficial effect on uterus.

The drugs used for Dhawan karma in Kaphaj Yonivyapada are Ushana, Ruksha, Laghu, Katu, Tikata, Kashaya rasatamak and Kapha Vata shamak.

Kalpa

Various types of kwath preparation Used for symptoms of Kaphaj Yonivyapda are given below:

Aark + Nimb + Aamrakosh + Bilva + Dhav kwath:- Yonistrava.^[7]

Aragwagdhadi gana kwath Dhawan :- Durgandh picchila Yoni.^[8]

Triphala + Gomutra + Takra:- Yonistrava.^[9]

Karir + Jambu + Karanj + Arjun + Sidhu + Madhu:- Yonistrava.^[10]

Gudchi +Triphala + Danti:- Kandū (Yogratanakar, Stree rog adhikar)

CONCLUSION

1. Kaphaj Yonivyapda is commonest problem in women in reproductive age.
2. Better management of Kaphaj Yonivyapda is Kaphaghan chikitsa using Dravya of opposite guna of Kapha dosha.
3. Kaphaj Yonivyapda manage by proper hygiene and proper dietary habit.
4. Sathanik chikitsa like Yonidhavan is a boon in such condition like Kaphaj Yonivyapda, helps in maintaining healthy localised environment and preventing growth of bacterial infection.

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