

AYURVEDA AND MODERN PERSPECTIVE ON GYNECOLOGICAL DISORDERS AND  
THEIR MANAGEMENT: A REVIEW

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## ABSTRACT

Gynecological Disorders are pathological conditions mainly related to female health; uterine bleeding, uterine fibroids, PCOD, pelvic inflammatory diseases, amenorrhoea, oligomenorrhoea, leucorrhoea and infertility, etc. are common gynecological disorders. Ayurveda mainly described gynecological disorders under the heading of *Yonivyapad*. Poor nutrition, stress, internal injury, hormonal disturbance, unhealthy lifestyle and improper sexual conduct, etc. are major causes of gynecological disorders. Irregular and scanty menstruation, abdominal cramping, lower back pain, depression, acne, irritability, burning sensation, fatigue and infertility, etc. are major symptoms of *Yonivyapad*. Herbal medicines, *Panchakarma* therapies, maintenance of personal hygiene, good conduction of dietary and life style regimen and *Yoga*, etc. are approaches which help to treat these problems. *Amalaki*, *Ashoka* and *Ashwagandha*, etc. are majorly prescribed drugs for gynecological ailments.

**KEYWORDS:** Ayurveda, Yonivyapad, Gynecological Disorder, Menstruation.

## INTRODUCTION

As per Ayurveda the gynecological disorders associated with hormonal regulation, lifestyle pattern, level of stress, diet and genetic factors, etc. The patient *Doshic* constitution also play vital role in specific features of gynecological disorders. The women predominant to *Vata* may have irregular and scanty menstrual with symptoms of cramping, back pain, depression and insomnia, etc. *Pitta* predominant patient possess symptoms of irregular menstrual flow, acne, rashes, irritability and burning sensation, etc. Similarly women suffering from gynecological issues and predominant to *Kapha Dosh* then she may suffers with symptoms of nausea, heaviness, fatigue and edema during her menstrual period.<sup>[1-4]</sup>

The health of women is prime concern of all medical fraternity since a healthy women can contributes towards the development of healthy society and healthy nation. The ancient Indian science Ayurveda also put health of female on priority and in this regards Ayurveda described causes, symptoms and management of various *Yonivyapad*. Present article described Ayurveda and modern view on some gynecological disorders including *Yoni Arsa*, *Vandhyatwa*, pelvic inflammatory disease and genital prolapsed.<sup>[3-6]</sup>

*This Shloka described number of Yonivyapad as per Ayurveda*

## YONI-ARSA

*Yoni Arsa* means development of mass in vaginal region associated with symptoms of hemorrhoids. The abnormal mass formed due to the effects of vitiated *Doshas*, *Raktha* and *Mamsa dhatus*. Injury, sexual misconduct, irregular menstruation and miscarriages, etc. can cause *Yoni Arsa*. The symptoms are protuberances, foul smelling, sticky discharge and itching sensation, etc.

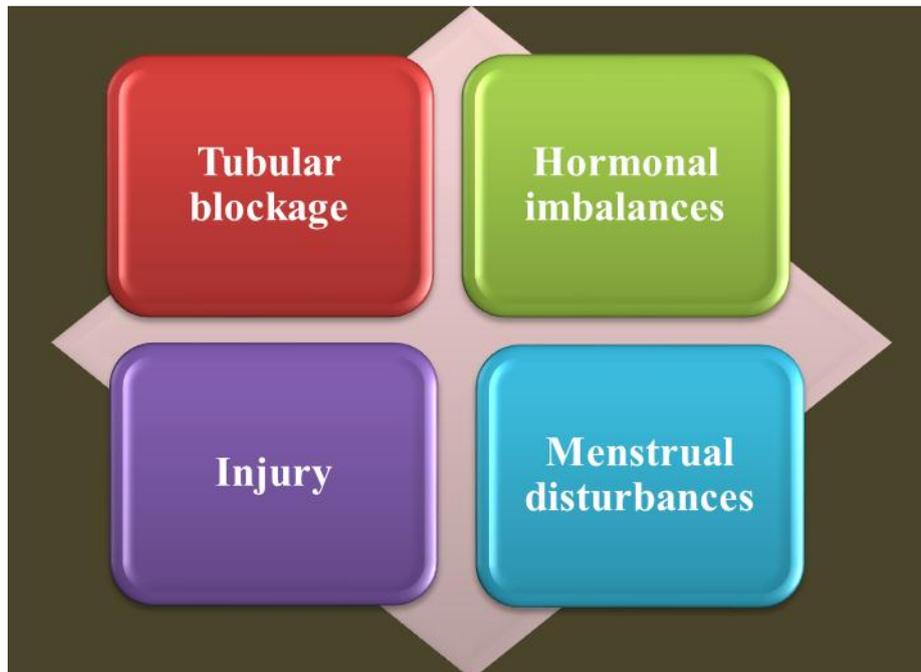
Ayurveda described various therapies including application of *Arsa- aushadhi*, *Shodhna*, *Sastra karma* and *Agni karma*, etc. The *Prasruta*, *Mridu* and *Uchritha* properties of Ayurveda therapies can relive symptoms of disease. *Teekshna* and *Sodhanakara Dravyas* suggested along with *Yoni prakshalana* with *Triphala kashaya*. The Ayurveda drugs possess *Ushna* and *Doshas Nasana* effects are useful for such types of conditions. *Sophahara* drugs like *Triphala guggulu* advised for *Yoni Arsa*, *Vagbhata* mentioned *Vamana* and *Virechana* for purifying effects in *Yoni Arsa* and local application of *Tuttadi Lepa* suggested for reliving symptoms of *Yoni Arsa*.

विंशतिव्यापदो योनेर्निर्दिष्टा रोगसंग्रहे

**VANDHYATWA**

*Vandhyatwa* means infertility which can be defined as failure to get conceives after sexual intercourse for many times. Disturbances in *Aratavvahstrotas* and *Yoni-Roga*

mainly considered responsible for *Vandhyatva*. Modern science mentioned other causative factors of infertility as depicted in **Figure 1**.



**Figure 1: Major causes of infertility.**

**Samprapti Ghataka of Vandhyatwa**

- *Dosha*: Predominantly *Vata*
- *Adhishthana*: *Garbha & Yoni*
- *Srotasa*: *Artavavaha*
- *Dhatu*: *Rasa & Rakta*

**Types of Vandhyatwa: (As per *Harita Samhita*)**

- ✓ *Kakavandhya*
- ✓ *Anapatya*
- ✓ *Mritvatsa*
- ✓ *Garbhasravi*
- ✓ *Balakshaya*

**Diagnosis of Infertility**

- ✓ Falloscopy
- ✓ Ultrasonography
- ✓ Endometrial Biopsy
- ✓ Laparoscopy

Ayurveda prescribed various therapeutic options for the management of *Vandhyatwa* including uses of *Rasayana* drugs and *Vajikarana* drugs. *Artavadosha* pacifying drugs can be used to manage infertility such as; *Shatavari* and *Dushmoolarishta*, etc. The *Agneya dravyas* *Agaru*, *Haridra* and *Langali*, etc. are also useful in *Artavkshaya*. Similarly *Guduchi*, *Shilajatu rasayana*, *Bhrungraj*, *Manjishta* and *Yashtimadhuk*, etc. can be used for improving reproductive health.

*Panchakarma* therapy like; *Virechana* and *Basti* advocated to control *Vata Dosha* in gynecological

disorders. *Snehana*, *Anuvasan Basti* and *Uttarabasti* helps to cure *Artavdushti* therefore offers good effects in case of infertility. *Basti* clears obstructions of reproductive pathways, support *Kshetra Nirmana*, maintain hormonal regulation and improves functioning of reproductive organs.

**PELVIC INFLAMMATORY DISEASES**

“Pelvic Inflammatory Diseases” is condition in which pelvic pain at abdomen part especially in pelvic area persisted. The consequences mainly observed in reproductive parts such as; uterus, fallopian tubes, cervix and endometrium, etc. The aggravation of *Vata Dosha* due to the faulty daily and dietary habits, hormonal disturbances, trauma, surgery and improper sexual conduct, etc. can leads inflammatory cascade in genital organs. Ayurveda mentioned *Vata* associated with *Pitta Dosha* as major pathological *Doshas* involved in disease condition.

**Symptoms of “Pelvic Inflammatory Diseases”**

- *Udavarta*
- *Paripluta*
- *Sanipatika*
- *Sotha*

The elimination of *Ama*, prevention of microbial infection, pacification of *Vata Dosha* and uses of anti-inflammatory herbs, etc. are major approaches of Ayurveda to manage such types of painful conditions. Ayurveda described various treatment options including

use of decoctions of herbs, *Yoni dhavan* and *Yoni Varthi*, etc. Ayurveda drugs such as; *Methi*, *Ajwain* and *Chandershooor*, etc. are useful for pelvic pain. *Pippali*, *Haritak* and *Amlaki*, etc. considered beneficial for pacifying aggravated *Vata Dosha* thus relieved pelvic pain. *Chitrak*, *Guggul* and *Gokharu*, etc. eliminate gases thus relieves pelvic pain. The anti-inflammatory and analgesic herbs can relieve pelvic discomfort i.e; *Vangabhasmahas* and *Chandraprabha vati*, etc. These drugs by virtue of their *Ushna Guna* and *Vata Samhana* effects relive inflammatory symptoms of disease.

### GENITAL PROLAPSES

Genital Prolepses is condition in which genital organs of female either fall down, moved and expands from their original places. As per Ayurveda *Andini Yoni Vyapad*, *Phalini Yoni Vyapad* and *Prasramsini Yoni Vyapad*, etc. are the conditions associated with prolepses of female genital tract. The features of genital Prolepses are; *Vivruthatva* of *Yoni*, *Mamsotsanna* in *Yoni*, *Shula* in *Parva* and *Maithuna ashaktata*.

As per the modern science the causes of genital prolepses are abnormal pregnancy, trauma, improper surgical intervention, ageing, heavy lifting of weight, anatomical defects and weakens of pelvic tissues, etc. The modern science described different terminologies for various types of female genital organ's prolepses as follows:

- ✚ Urethrocele
- ✚ Cystocele
- ✚ Enterocele
- ✚ Rect

The treatment protocol involves utilization of therapeutic modalities which reduces constipation, frequent infections and chronic coughing. Drugs and *Yoga* which gives strength to the pelvic muscles and controls *Vata* are useful for genital prolapsed. *Swedana*, *Uttara basti*, *Prasramsini chikitsa* and *Garbhasrava chikitsa*, etc. are effective in genital prolepses. Anterior colporrhaphy for cystocele and vaginal hysterectomy for utero-vaginal prolepses can be recommended as surgical intervention. Avoidance of heavy lifting & heavy exercise, improper sexual conduct and sedentary living style must be avoided.<sup>[2, 7-10]</sup>

### CONCLUSION

*Stree Roga* belongs to female reproductive system, the common gynecological disorders are uterine fibroids, PCOD, uterine bleeding, amenorrhoea, oligomenorrhoea, pelvic inflammatory diseases and infertility, etc. Malnutrition, injury, hormonal disturbance, anxiety, awful sexual conduct and sedentary life style, etc. are *Nidana* of gynecological disorders. Disturbed menstruation, back pain, depression, fatigue, infertility and acne, etc. are common symptoms of these pathological conditions. *Langhans*, *Rasayana*, *Samsodhana*, *Ahara*, *Achara*, *Virechana* and *Uttaravasti*, etc. are useful Ayurveda modalities which help in these *Stree Roga*. *Lekhana*, *Vata-Kapha Shamaka*, *Shothghna*,

*Rakta-Shodhaka* and *Kledaghna* properties of many Ayurveda drugs impart beneficial effects in *Stree Roga*. These drugs are; *Haritak*, *Amlaki*, *Pippali*, *Chitrak*, *Gokharu*, *Haridra* and *Guggulu*, etc.

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