

YONI KANDU IN CLASSICS OF AYURVEDA

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ABSTRACT

Female being responsible member of family always gives importance to the other members & continuously ignore their health issues *Yoni kandu* is one of such problem faced by many female patient but when it becomes intolerable & interferes with daily routine then it takes her to gynae opd. After trying many market products & chemicals as vaginal wash, cream & ointment and not getting satisfactory result patients are looking towards Ayurveda for some better solutions. In Ayurveda classics Acharyas have explained *Yoni kandu* in detail & has mentioned it as a symptom & complication in many *yonivyapada*. *Yoni kandu* is caused due to aggravation of *vata kapha doshas* which further creates environment for *krimiutpatti* is some cases as per severity. Drugs with *vatakapha nashak* & *kriminashana* property will give relief in *Yoni kandu* In classics *Yoni Dhawan*, *Yoni pichu*, *Yoni varti yoni puran*, *Yoni basti* & *Yoni dhoopana* is suggested for management of *Yoni kandu*. As modification is the need of present era so in order to increase the efficacy & for easy mode of administration as per *yukti vyapshraya chikitsa*, *Kalpana* can be changed such as *Malahara kalpana* which can enhance the property of *kanduhara dravya* & can be proved as a boon for the sufferers.

KEYWORDS: *Yonivyapada*, *Yukti vyapashya chikitsa Malahara Kalpana*.

INTRODUCTION

Ayurveda classics are the great source of solutions to the present day problems & diseases related to female. *Yoni kandu* is one such problem being faced by females in our society not getting satisfactory treatment & is with high recurrence rate In Ayurveda all diseases related with females are discussed under *yonivyapadas*. It is clear from the text that women in ancient times also suffered from *Yoni kandu* as it is highlighted by our acharyas as a symptom in many *yonivyapada* such as *Kaphaja*, *Acharana*, *Vipluta* & *Sannipataja yonivyapada* *Yoni kandu* is cardinal symptom in case of vitilated *kaphaja doshas*, so wherever *kapha dosha* is present *Yoni kandu* indirectly can be present as a symptom or as a complication such as *uppluta*, *karnini*, *atyananda*, *aticharana*, *phalini yonivyapada* *Yoni kandu* basically means itching in & around vulva & vagina. First definition of 'itch' was proposed by Samuel Heffrenreffer in 1660 as an unpleasant sensation provoking the desire to scratch As per the classification itching can be pruritogenic if it arise from inflammation dryness or skin damage, it can be neuropathic if it results from pathology located at any point along afferent pathway, psychogenic itch can be related to psychological abnormalities Throughout the womans life there is a great deal of physiological change as well as social, behavioural & sexual change that influence the distribution of the

prevalence of pruritus vulva. *Yoni kandu* can be present in any age group i.e prepubertal, reproductive & menopausal but *Acharyas* have explained in the text that this symptom is associated with the female having excessive coitus which clearly indicates its high prevalence in reproductive age group, here there is more chance of spread of infection from partner along with this female also undergoes changes related to pregnancy, delivery & puerperium leading to physiological & pathological condition effecting the local flora & pH of the vagina. Intense itching can hamper the quality life of the patient, it can be associated with other symptoms like vaginal discharge, rashes, pain foul smell irritability, sleep deprivation etc. Initially female ignore their itching problem & use many chemical & market products that gives temporarily relief to the patient but it does not work on the root cause. Overuse of vaginal wash disturbs the pH & flora of the vagina all these contribute to disturbance in the reproductive health of female genitalia. Formulations mentioned in Ayurveda can be effective in *Yoni kandu* without effecting the pH & flora of the vagina. With purusham purausham veechya siddhanta treatment protocol varies from patient to patient is as per the underlying cause & severity of symptoms. In the management of *Yoni kandu shodhana chikitsa* including *mridu panchakarma* & *shaman chikitsa* i.e *vatakapha shamaka chikitsa* along with the

specific *sthanik chikitsa* with the drugs having *vatakaphashamak, kanduhara & krimihara* property recommended by acharyas that can be selected as per the *yukti* of the *Vaidya*. Any mismanagement or delay in treatment can lead to ascending infections involving cervix, uterus & fallopian tubes can cause complication like PID & infertility.

Etiological Factors For Yoni Kandu

Causes of *yonikandu* is different from prepuberty to menopause age group. In the prepubertal age group vulva is thin & delicate due to *aparipakawa dhatu*,^[1] hence more susceptible to infection, in reproductive age group the incidence of *yonikandu* in maximum, in 2/3 patients the cause is infection by *krimi* that can be fungal, bacterial or trichomonal caused by *adhawan* (unhygienic condition). After menopause the estrogen deficiency and increased *vata dosha* causes atrophic & degenerative changes of genital organ leading to intense itching in genitals.

In Ayurveda the causes,^[2] of all *yonivyapada* are *mithyachar, pradushta artava, beeja dosha & daiva*. All the *Yonivyapada* in which *yonikandu* is associated as a symptom main cause seems to be *mithyachara*. *Mithyachara* means *mithya ahara* i.e. excess intake of *vata & kapha vardhaka ahara*, irrespective of *matra & kala & mithya vihara* like *alasya, avayayaam, avyavaay* (excessive coitus, coitus in abnormal position, coitus in *bala* with *pravridha linga*, coitus with multiple partners). Unhygienic condition like *yonikandu*,^[3] or lack of knowledge to maintain hygiene leading to overwashing of genitals with chemicals products, using vulvar pads for longer duration during menses are some of the *mithyavihara*. Use of *Apdravyas* in *yonikandu* act as *agantuja hetu* like use of IUCD allergy with condom, undergarments of polyesters & synthetic clothes causing local pathology leading to rashes, pain, itching & swelling like symptom in genital area they can even create environment for manifestation of *krimi*.

Pathogenesis of Yoni Kandu

According to Acharya Charaka -Rogastu *doshvaishmyam*.

Arogyata is nothing but *samyata* of the *doshas*. *Chaya or vridhi* of the *doshas* leads to pathology.

Mithyahara/vatakapha vardhak ahara → *agnimandya* → *rasadushti* → *vikrita kapha utpatti* → *sthansanshraya in yoni Pradesh (krimi utpatti /anutpatti)* → *yonikandu* → *yonikandu*.

Mithya vihara /Use of apdravyas /agantuja hetu causes sthanika manifestation → *sthansanshraya in yoni pradesha* → *yonikandu* → *yonikandu*.

No *yonivyapada* can occur without disturbance in *vata doshas*.

Management

The aim of ayurveda is both prevention & cure so the 1st line of treatment is *nidan parivarjana*. *Vata & kapha vardhaka ahara* should be stopped *kala & matra ahara* should be followed. Life style management to be done, breathing exercise, yoga should be started to balance the vitiated *doshas*. Unhygienic conditions & use of *apdravyas/agantuja hetu* should be avoided.

Yonivyapada can not occur without disturbance in *vata dosha* so *vata shamaka chikitsa* should be given in all *yonivyapadas*.

Yonikandu is the cardinal symptom of *kapha dosha vridhi* so *kapha shamaka chikitsa* should be given *ruksha & ushna kriya* should be done in *kaphaja yoni rogas*.

Drugs with *vata kapha shamaka* properties along with *kanduhara* property are effective in treatment of *yonikandu*. *Tagar, dalchini, kushtha, keshara, devadaru, priyangu & nagakeshara* which are mentioned under *eladi gana* have such property can be used for better results.

The common line of treatment suggested by Acharya for *yonikandu* is *nidan parivarjana, snehana, swedana, mridu panchakrma & vata & kapha shamaka chikitsa*.

Specific Treatment for Yoni Kandu

As per the causes *mithyachara i.e. mithya ahara & vihara* cause *sthanika dosha dusti*. so along with the *nidana parivarjana, shodhana, shamana chikitsa & sthanik chikitsa* is also very important for *yonikandu*. *Yonidhoopan, yoniprakshalana* (vaginal wash), *yonivarti, yonipicchu* (tampon), *uttarbasti* are the treatment suggested by acharyas for *yonikandu*.

Yonidhoopan

- *Yonidhoopan* with *Brihatiphala, Haridra & Daruharidra*^[4]
- *Yonidhoopan* with *katu tail apluta matsya*^[5]
- *Yonidhoopan* with *ghrit apluta Sarala, guggulu & yava*^[6]

Yoniprakshalana

- *Kareeradi kwath yoniprakshalana*^[7]
- *Rajavrikshadi kwath yoniprakshalana*^[8]
- *Guduchi, trifala, danti kwath yoniprakshalana*^[9]

Basti

- *Katu rasa pradhana dravya with mootra basti*^[10]
- *Basti with dhtakyadi taila*^[11]
- *Uttarbasti* with the oil treated with *jeevaniya gana*^[12]
- *Asthanapana & anuvasana basti* with *shatpaaka taila, vatanashaka taila*^[13]

Yonivarti

- *Pippalyadi varti*^[14]

- *Kassisadi varti*^[15]
- *Arkadi varti*^[16]
- *Shodhanvarti*^[17] made up of linen cloth dipped for 7 days in *varaha pitta*

Yoni Picchu

- *Dhatakyadi taila*^[18]
- *Udumbaradi taila*^[19]
- *Dasanghari & shrimada kwath*^[20]
- *Sneha picchu* with oil treated with *kwath* of *shallakai*, *panchvalakala*, bark of *jamuna*, *dhav*^[21]

In order to increase the efficacy of the drugs & for easy use modification can be made in these formulations by changing the *Kalpana* like the drugs used for *yoniprakshalana* & *yonidhoopana*, *yonipicchu* & *varti* can be used as *malahara* with base as *siktha* & *tila taila* both having *kanduhara* property will definitely increase the efficacy & help the patient without creating any side effect.

CONCLUSION

As *kandu* is the cardinal symptom of *vilitated kapha doshas*, it is primarily a symptom in all *kaphaja yonivyapada* & in *yonivyapada* associated with unhygienic condition that creates environment for manifestation of *krimi* in genital area. *Krimi* causes infection & damage to the local issue, flora & pH of the yoni. Overall management becomes important as the recurrence rate is high. Prevent unhygienic condition, stop *vata* & *kapha vardhaka ahara - vihara*, *krimihara* treatment should be given to avoid further infection & tissue damage. So the formulation having *vatakaphashamaka*, *kanduhara* & *kriminashaka* property along with the wound healing property will give good result. Many formulations are suggested by *Acharyas* for the treatment of *yonikandu*. Need of time is to modify & enhance the property of such drug as per the *yukti* of the *Vaidya* that can give fast & permanent relief to the patients.

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