

LITERARY REVIEW OF *PITTALA YONIVYAPADA* (VULVOVAGINITIS)Riya\*<sup>1</sup>, Sharma Kalpna<sup>2</sup> and Tomar Pravesh<sup>3</sup><sup>1</sup>MS Scholar (3<sup>rd</sup> Year) in Department of Prasuti Tantra Evam Stree Roga at Rishikul Campus, UAU, Haridwar, Uttarakhand, India.<sup>2</sup>Prof. & HOD in Department of Prasuti Tantra Evam Stree Roga at Rishikul Campus, UAU, Haridwar, Uttarakhand, India.<sup>3</sup>Prof. in Department of Prasuti Tantra Evam Stree Roga at Rishikul Campus, UAU, Haridwar, Uttarakhand, India.**\*Corresponding Author: Riya**MS Scholar (3<sup>rd</sup> Year) in Department of Prasuti Tantra Evam Stree Roga at Rishikul Campus, UAU, Haridwar, Uttarakhand, India.

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**ABSTRACT**

Today's women have more work load than men. They are going forward parallel to men in every direction. But sometimes she faced stress and don't have sufficient time to care of self. But as compared to past women are more conscious about their health. This consciousness increases their hospital visit for different health problems. Vulvovaginitis is the most common gynecological condition seen by the practitioners that is associated with frequent medical visits. In *Ayurveda*, *Acharya* mentioned all gynecological problems under the heading of *Yonivyapada*. All *Acharya* mentioned total 20 *Yonivyapada*. Among them one is *Pittala Yonivyapada*, on the basis of textual discretion, it seems that *Pittala Yonivyapada* can be compared to vulvovaginitis. Before going to the management review, disease literature should be study. In this article we are going to covering almost all the aspects of *Pittala Yonivyapada* of *Ayurveda* as well as of modern also.

**KEYWORDS:** *Pittala Yonivyapada*, vulvovaginitis, *Pitta Dosha*, *Ayurveda*.**INTRODUCTION**

*Acharya Charaka* has mentioned women as the source of human progeny and injury to progeny is caused by the disorders which take place in the female genital tract which are collectively named as *Yonivyapada*. For delivery of a healthy baby mother should be healthy. Any discomfort that hampers the *Sharirik* as well as *Mansika* health of a female required more attention. Vulvovaginitis is most common gynecological problem which is faced by many women. It is the inflammation of vulva and vagina, characterized by vaginal discharge, pain, itching, which are its most common symptoms and is accompanied by sign of vulval irritation such as erythema and excoriation of the skin. In *Ayurveda* all gynecological problems are considered under the heading of *Yonivyapada* and *Artva Vyapada*. *Pittala Yonivyapada* is one of them which is caused by *Pitta Dosha Prakopa* and characterized by *Yoni Daha* (burning sensation in vagina), *Yoni Paaka* (local suppurative changes), *Jwara* (fever), *Kunap Gandhi Srava* (foul smelling vaginal discharges)<sup>[1]</sup> on the basis of textual discretion, it seems that *Pittala Yonivyapada* can be compared to vulvovaginitis. In this article we try to make a literary review covering all most all the aspects of *Pittala Yonivyapada*.

**AIM AND OBJECTIVE:** To study the literary review of *Pittala Yonivyapada*.**MATERIAL AND METHOD**

This article is made after reviewing the *Pittala Yonivyapada* through all *Ayurvedic* text, modern text and from research articles.

***Samanya Nidana of Pittala Yonivyapada***

मिथ्याचारेण ताः स्त्रीणां प्रदुष्टेनातृर्वन च । जायन्ते  
बीजदोषाच्च दैवाच्च शृणु ताः पृथक्<sup>II[2]</sup>

*Acharya Charak* gives 4 *Nidanas* that are responsible for all *Yonivyapadas* i.e abnormalities in dietary habits and mode of life style, abnormalities *Artva & Beeja Dosha* and *Daivkop* (anger of God) all are the causative factors for all *Yonivyapadas*.

*Acharya Sushruta* corroborating above view and added that a woman having *Ruksha* body or else a weak or young woman if does excessive coitus with a man having big sized penis, then her *Vata* gets aggravated. This vitiated *Vata* along with *Pitta* and *Kapha* reaches *Yoni* and produces various gynecological disorders in woman.<sup>[3]</sup>

Acharya Vagbhata has added *Mithya Ahara*, having coitus in abnormal position of the body, having excessive coitus and use of objects made of Iron etc. for sexual pleasure can also cause the gynecological diseases.<sup>[4]</sup>

Acharya Kashyapa says if *Nasya Karma* is given to a woman just after menstrual period is over, then she suffers from *Yoni Rogas*.<sup>[5]</sup>

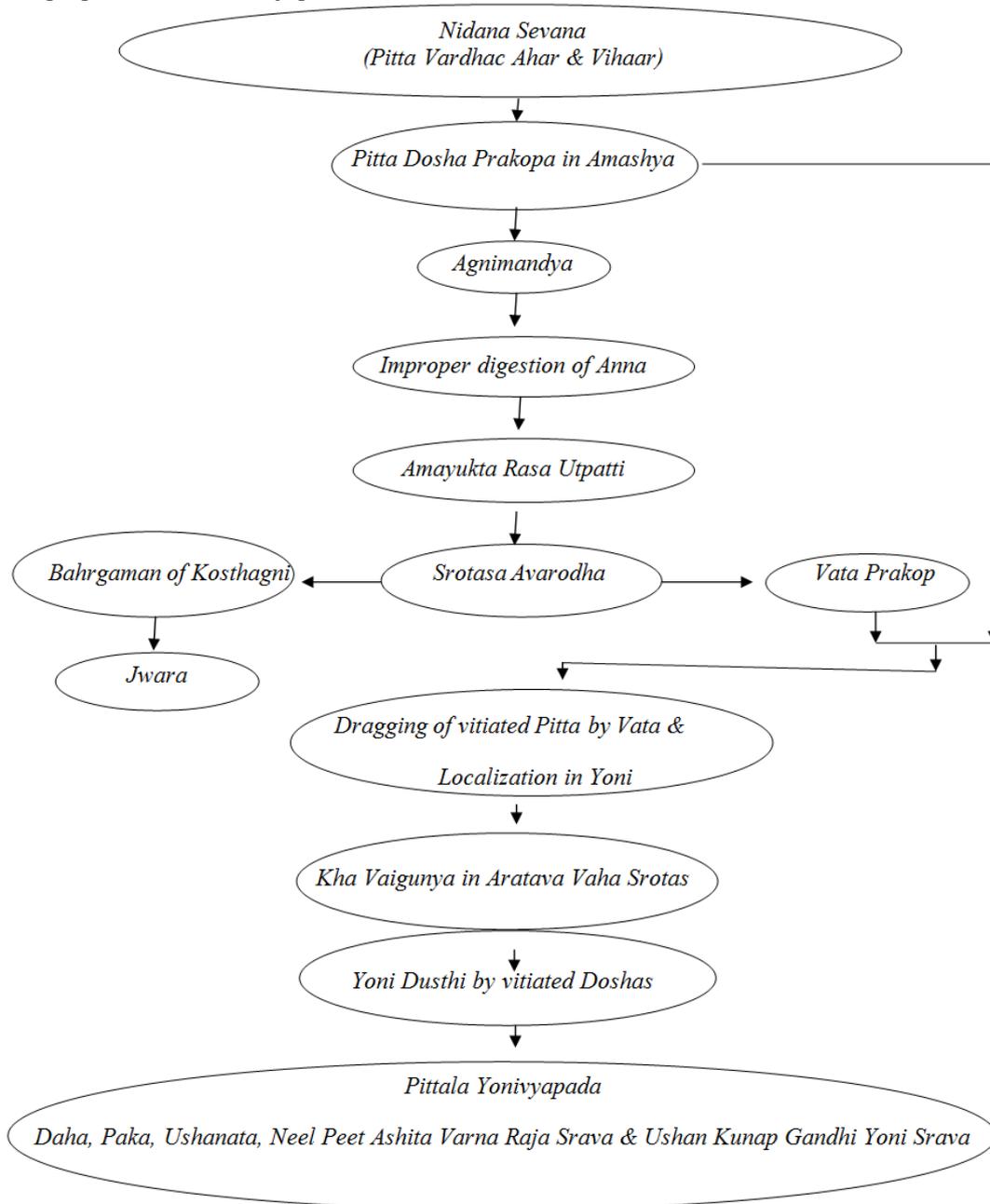
Factors like eating large amount of *Katu, Amla, Lavan, Kshar Aahar* vitiates *Pitta Dosha*. Vitiated *Pitta Dosha* reaches *Tryavarta Yoni* and cause *Pittala Yonivyapada*.

*Sasenh, Laghu, Tikshna, Vistram, Ushana, Saram, Dravam* these are the properties of *Pitta Dosha*. So when these properties agonist then *Pitta Dosha* gets vitiated.

**SPECIFIC NIDANA (General etiological factors)**

व्यापत्कट्वम्ललवणक्षाराद्यैः पित्तजा भवेत् ||11||<sup>[6]</sup> (Ch. Chi. 30/11)

**Probable Samprapti of Pittala Yonivyapada**



**Samprapti Ghataka**

<b>Dosha</b>	Vata & Pitta
<b>Dushya</b>	Rasa & Rakta, Artva
<b>Agni</b>	Jatharagnimandya and Rasadhatvagnimandya
<b>Strotas</b>	Rasavaha & Artvavahastrotas
<b>Strotadushti</b>	Sanga, Atipravarti
<b>Adhishtana</b>	Yoni
<b>Vyaktasthana</b>	Yoni, Serva Deha
<b>Rogamarga</b>	Abhyantar, Bhaya
<b>Sadhya Asadhyata</b>	Sadhya

**Lakshan (clinical features) of Pittaja Yonivyapada**

दाहपाकज्वरोष्णार्ता नीलपीतासितार्तावा |

भृशोष्णकुणपस्रावा योनिः स्यात्पित्तदूषिता ||12||<sup>[7]</sup> (Ch. Chi. 30/12)

अत्यर्थं पित्तला योनिदाहपाक ज्वरान्विता || (सु.उ.38 / 14)<sup>[8]</sup>

यथास्वैदूषणैर्दुष्टं पित्तं योनिमुपाश्रितम्। करोति  
दाहपाकोष्णपूतिगन्धिज्वरान्विताम्।।  
भृशोष्णभूरिकुणपनीलपीतापितार्तावाम्। सा व्यापत् पैतिकी।। (अ.ह.उ. 33 /  
42-43, अ.सं.उ. 38 / 44)<sup>[9]</sup>

**According to different Acharyas**

<b>Lakshan</b>	<b>Charak</b>	<b>Sushruta</b>	<b>Vagbhata</b>
Yoni Daha (burning sensation in vagina)	✓	✓	✓
Yoni Paaka (local suppurative changes)	✓	✓	✓
Jwara (fever)	✓	✓	✓
Yoni Vedana (pain)	✓		✓
Yoni Srava (abnormal vaginal discharges)	unapgangdhi Yoni Srava	-	utigandhi Yoni Srava

Pittala Yonivyapada is caused by Pitta Dosha Prakopa and characterized by Yoni Daha (burning sensation in vagina), Yoni Paaka (local suppurative changes), Jwara (fever), Kunapgangdhi Srava (foul smelling vaginal discharges) etc. on the basis of textual discretion, it seems that Pittala Yonivyapada can be compared to vulvovaginitis.

Vulvovaginitis is the inflammation of vulva and vagina characterized by one or more of the following signs and symptoms

- 1. Increased volume of discharge:** - Local congestive state is responsible cause of an increased vaginal secretion. Discharge is by an increased transudation from the vaginal wall.
- 2. Abnormal color and consistency of discharges:** - Curdy white, thick and cheesy in consistency in candidiasis. Greyish white & thin in bacterial vulvovaginitis. Greenish yellow, purulent, frothy thin discharge in trichomoniasis.
- 3.** Vulva may be red and swollen.
- 4.** Vaginal walls become sore and red.
- 5.** Irritation and burning sensation on the vulva (inner

and outer lips around the vagina) and in the vagina including around the urethra.

- 6. Vulval itching:** - The discharge may cause irritation of the vulva and patients complaint of itching or irritation. Intense itching is present in candidiasis infection, itching is absent in bacterial vaginitis and may or may not present in trichomoniasis infection.
- 7. Odour:** - Odourless discharge in candidiasis infection, peculiar fishy odour is present in bacterial vaginitis and unpleasant odour is found in trichomoniasis infection.
- 8. Dyspareunia:** - The patient experiences very severe pain during coitus.
- 9.** During Vaginal examination fornices may be tender.
- 10. Change in vaginal pH:** - Vaginal pH is <4.5 in candidiasis infection, >4.5 in bacterial vaginitis and 5-6.5 trichomoniasis infection.
- 11. Wet vaginal smear:** - Budding hyphae, spores can be seen in vaginal smear in candidiasis infection, clue cells and few WBCs are seen in bacterial vaginitis and motile trichomonas with plenty of WBCs are seen in trichomoniasis infection.<sup>[11,10]</sup>

<b>CHARACTERISTICS</b>	<b>CANDIDIASIS</b>	<b>BACTERIAL</b>	<b>TRICHOMONIASIS</b>
<b>Odour</b>	Odorless	Fishy odor	Unpleasant odor
<b>Itching</b>	Intense itching	Itching absent	May or may not be present
<b>Discharge- Color</b>	Curdy white	Grayish-white to green	Greenish yellow
<b>Consistency</b>	Thick and cheesy	Thin	Frothy thin
<b>Wet vaginal smear</b>	Budding hyphae and spores	Clue cells and few WBCs	Trichomonas with plenty of WBCs
<b>pH</b>	<4.5	>4.5	5-6.5

**Treatment of Pittala Yonivyapada**

In Charak Samhita Chikitsa Sthana, Raktapitta Ghan Chikitsa is mentioned for all type of Pitta Dosha

Pradana Yoni Rogas.<sup>[12]</sup> For Pittala Yonivyapada there is particularly mentioned Kalka Dharan of Panchvalkala drugs.<sup>[13]</sup>

**Panch-Panchaka of Panchvalkala<sup>[14]</sup>**

Drug	Latin name	Rasa	Guna	Veerya	Vipaka	Karma
Vata	<i>Ficus bengalensis</i>	Kashaya	Guru- Ruksha	Sheeta	Katu	Kaphapittashamak
Udumbara	<i>Ficus glomerata</i>	Kashaya	Laghu-Ruksha	Sheeta	Katu	Kaphapittashamak
Plaksha	<i>Ficus lacor</i>	Kashaya	Guru- Ruksha	Sheeta	Katu	Kaphapittashamak
Parisha	<i>Thespesia populnea</i>	Kashaya	Laghu-Ruksha	Sheeta	Katu	Kaphapittashamak
Ashwatha	<i>Ficus religiosa</i>	Kashaya Madhura	Guru- Ruksha	Sheeta	Katu	Kaphapittashamak

Pittala Yonivyapada occurs due to vitiation of Pitta Dosh Pradanta Panchvalkala will be beneficial for Pittala Yonivyapada because of its Pitta - Kapha Shamaka action and Stambhana, Shoshana properties.

पित्तलानां तु योनिनां सेकाभ्यङ्गपीचक्रियाः॥

शीताः पित्तहराः कार्याः स्नेहनार्थं घृतानि च।

पीतघ्नौषधसिद्धानि कार्याणि भिषजा तथा॥<sup>[15]</sup>

(Ch. Chi. 30/ 63, 64)

- Pitta Dosha Nashaka Ausdhadhi Sidha Seka, Abhyanga, Pichu Dharana
- Pitta Dosha Nashaka Ausdhadhi Sidha Ghrita Paana like Phal Ghrita, Jivaniya Ghrita and Shatavari Ghrita
- Use of Pitta Nashaka Ausdhadhi

**Updrava<sup>[16]</sup>**

The Yoni which is affected by Yonivyapada has following complications:

Sukram-Na-Dharyati (infertility), Gulma, Arsha, Pradara, Vatvyadhi

**Pathya Apathya**

The concept of Pathya Apathya is the back bone of Ayurvedic management. It has been stated in Ayurvedic text that person who always consume Pathya does not require any medication.

**Pathya**

The diet employed is common to all type of Yoni Rogas.

- Sura, Arista, Asava, Lashuna Swarasa in early morning Ksheera Mansajukta Bhojana<sup>[17]</sup>
- Lashuna Rasayana<sup>[18]</sup>
- Yavanna Bhojana, Abhyarista, Pipali Churna, Lohabhasma, Pathya Churna with Madhu<sup>[19]</sup>

**Apathya**

Manda Prayoga is contraindicated.

**CONCLUSION**

The disease can be cured by taking personal perineal hygiene, which is very important to cure the disease. Vulvovaginitis is mainly due to disturbance in vaginal pH. So attention should be given to correct the vaginal pH by which patients get rid of vaginal discharges.

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