

Ayurvedic Aspect of Kaphaj Yonivyapada: A Review Article

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ABSTRACT

Women's health is currently being impacted by a stressful lifestyle, poor eating habits, and a low social position, all of which contribute to an increased incidence of vaginal white discharge. Kaphaj Yonivyapad is one of the 20 Yonivyapad and is distinguished by unctuous, chilly itching and slight pain in the vagina, white unctuous discharge from the vagina. It is a Kapha condition characterised by white sticky discharge, heaviness, giddiness, and other symptoms. It causes discomfort in women and interferes with their daily activities. It can also be overlooked and lead to pathological condition. As a result, here is our tiny initiative. We attempted to grasp everything about Kaphaj Yonivyapada and gathered information on all possible root causes and connected items in order to cure this Kaphaj Yonivyapad.

I. INTRODUCTION

Yonirogas (Vinshati Yonivyapad) are described in Ayurveda Samhitas by different Acharyas. Kaphaj Yonivyapad is one among them, having Yonigata shweta strava, Yonikandu and Yonivedana as Pradhanlakshan. If neglected, it may lead to ascending infections harming the general health and disturbing to women psychologically. As the Stree is mula of reproduction, her health is of prime importance and responsibility,

Due to change in lifestyle, modern food habits, junk foods, etc. she is unable to follow the rules of Dincharaya, Rutucharya, Rajaswala, Rutumati, Sutika paricharya and also Garbhini paricharya which are explained by Acharya for

health of women. Inability to follow these charya, she becomes more prone to various Yoniroga, one of which is Kaphaj Yonivyapada.

Reproductive tract infection is a major among women of public health problem Reproductive age in developing countries. The genital area of female mostly remains moist causing a media for growth of organism and producing infection.

The commonest infection seen is vaginal candidiasis which shows the symptoms of curdy white discharge and vaginal itching. It is the infection of vagina caused by fungus or yeast *Candida albicans*. Considering similarities in the clinical features of Kaphaja yonivyapad and vaginal candidiasis, Kaphaja yonivyapad can be compared with vaginal candidiasis to some extent^[1] For the treatment of vaginal candidiasis broad spectrum antifungal agents along with the topical application of azole drugs are used. Prevalence of vaginal candidiasis in India is estimated to be 30%. Most antifungal regimen treatments are available for vaginal candidiasis but have chance of side effects as well as recurrences. Hence selection of appropriate treatment without disturbing other systems and overcoming the drawback of modern treatment

II. AIMS AND OBJECTIVES

1) To study about the literary review of kaphaj yonivyapad.

2) To study the etiopathogenesis of kaphaj yonivyapad.

III. MATERIALS AND METHOD

This conceptual study is made after reviewing all the available Ayurvedic classics

IV. LITERATURE REVIEW

Hetu

Acharya Charak^[2]

Mithyachar
Pradushta Artava
Bijadosha
Daivakopa

Acharya Sushrut^[3]

Mithyachar
Pradushta Artava
Bijadosha
Daivakopa
Prabridha linga
purush atisevana

Acharya Vagbhat^[4]

Dushtabhojan
Vishamangashayan
bhrisa maithun sevan
Dushta Artava
Daivata
Bijadosha
Apadrayva prayog

Samprapti

Nidan

Vitation of kapha with vata

Kapha starts to accumulate in its own space

This accumulation leads to Prakopa avastha

This is provoked and spread kapha there after gets lodgement in the Artavavaha strotas or in the genital system

Causes symptoms of Kaphaja Yoni Vyapad

Samprapti ghatak
Dosha- Vata +Kapha
Dushya- Rasa, Rakta, Mamsa
Strotsa- Rasavaha, artavaha, raktavhaha
Strotodushtilakshan- Atipravriti
Adhistan- yoni
Rogamarga-Abhyantara

Chikitsa

Shaman chikitsa -

1.Abhyantara prayog -

i) Aam pachan, Agni deepan - Lashunadi vati ,
chitrakadi vati , Hingwashtak churna

ii) Choorna - Pushyanug choorna with tandulodaka ,
aamalaki rasayan

iii) Vati - chandraprabha vati , Pradarantak ras,
Aarogyavardhini vati^[6]

iv) Aashav arishta - ashokarishta, Lodhrasava

2.Bahya prayoga -

i) Yonidhavan - Panchvalkal kwath, Nimba kwath ,
Triphala kwath^[5]

ii) Varti Dharan - Pippalyadi varti

iii)Pichu dharan - Udumbara tail pichu

V. DISCUSSION

The term Kaphaj Yonivyapad is related to Ayurvedic medicine, specifically concerning health issues that arise due to the imbalance of the Kapha dosha in women's reproductive health. Kapha is primarily associated with the earth and water elements. It governs structure, stability, lubrication, and the body's immune system. When Kapha is in balance, it promotes strength, vitality, and endurance. However, when it becomes imbalanced, it can lead to various health conditions, including issues related to

the reproductive system. Yonivyapad refers to disorders or ailments related to the female reproductive system. These conditions can range from menstrual disorders, infertility, vaginal infections, and other gynecological issues. Kaphaj Yonivyapad occurs when there is an imbalance or excess of the Kapha dosha in the reproductive organs which affects the normal functioning of the female reproductive system. Heavy, excessive vaginal discharge (possibly thick and white), Irregular menstrual cycles or delayed periods, Weight gain and sluggish metabolism, excessive fatigue or lethargy.

One of the core strengths of Ayurveda is its holistic approach. Unlike conventional medicine, which may focus solely on treating symptoms, Ayurveda aims to restore balance at the root cause. In the case of Kaphaj Yonivyapad, treatment involves addressing the individual's unique constitution, lifestyle, and environment. This approach ensures long-term healing and prevention. Kaphaj Yonivyapad is a disorder resulting from an excess of Kapha in the female reproductive system. By understanding the causes, recognizing the symptoms, and implementing Ayurvedic treatments that focus on diet, herbal remedies, and lifestyle changes, this condition can be effectively managed. The Ayurvedic approach not only addresses the physical symptoms but also ensures the emotional and spiritual well-being of the individual, making it a truly holistic system of healing.

VI. CONCLUSION

Maintaining reproductive health is essential for overall well-being and fertility. Kaphaja yoni vyapat is the one of the commonest problem among women of reproductive age as well as menopausal age. As per ayurveda kaphaj yonivyapad caused by excessive khaf dosha. The better management of Sleshmiki yoni Vyapat is Sleshmahara chikista which has proven results in Ayurveda by maintaining of proper hygiene and taking appropriate food in time taking proper sleep and doing regular exercise can help in maintaining the reproductive health. As per ayurveda treatment should contains the nidana parivarjana, Agni deepana, ama pachana, vatanulomana, sthanika dosha nirharana Chikitsa. the holistic framework provided by Ayurveda offers a

valuable perspective on maintaining reproductive health in women.

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