

Case Report on Kaphaj Yonivyapad: Ayurvedic Diagnosis and Intervention

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ABSTRACT-

Vaginitis is an infectious disease of the vagina caused by a variety of organisms including bacteria, fungi, and protozoans. Vaginitis is characterized by bad odor, abnormal vaginal discharge, vulval itching and lower abdominal pain. The most prevalent vaginal infections are vaginal candidiasis, trichomoniasis and bacterial vaginosis. Female genitalia disorders are primarily explained in Ayurveda under the term "yonivyapad". Yonivyapad are classified according to dosha involvement such as Vataja, Pittaja, Kaphaja, Pripluta and Upapluta. This is a single case study who presented with chief complaints of smelly vaginal discharge, itching in the vulva associated with lower abdominal pain. Jatyaditailpichudharan, Triphalakwath, Haridra and Kankshiyoni dhawan were carried out for one week. Jatyaditail characteristics include wound healing, Shodhan and Vedanasthapak properties, Triphalakwath is kaphashamaka and having the properties (guna-karma) such as astringent (kashayarasatmka). Haridra is antiseptic (roghanunasaka). These properties help in increasing local cell symptoms and prevent recurrence of symptoms.

Keywords-Yonipichu, yonidhawan, jatyadi tail, triphalakwath, Kafaj Yonivyapad.

I. INTRODUCTION

While some diseases may not be life-threatening, they can cause discomfort and irritation in daily activities. "Kaphaja Yonivyapad" is one of them, having yonigatshwetstrav and yonikandu is pradhanlakshan^[1] If it is neglected, it may lead to ascending infections to genitalia which is harming the general health of women and disturbing her psychologically. Women face a variety of responsibilities including housework,

professional pursuits, devotion, fasting and occasional junk food consumption.^[2] Everyone expects her to be the greatest at all tasks. In modern culture, it is common for individuals to sacrifice their health mainly genital problems (Yoni rogas)^[3-4].

Acharya Charaka identifies 20 types of Yonivyapad in the Adyaya of Chikitsa Sthan^[4] while Acharya Sushruta identifies 20 types in the Pratisedha Adhyaya of Uttartantra^[5] and Astang

Hrudaya, Asthanga Sangraha identify 20 types in the Guhyarogavignaneeya Adhyaya of Uttartantra.^[6-7] Kaphaj Yonivyapad is one of 20 yonivyapad that includes Pichhila Strav from the vagina, Kandu, Sheetalata and Alpavedana.^[8] Symptoms of vaginitis include pruritus vulva, vaginal discomfort and thick white discharge that adheres to the vagina.

II. MATERIAL & METHODS

Case Report –

A female patient of age 23 years visited OPD of Stree Roga and Prasuti Tantra, Government College of Ayurveda, Dharashiv. She is presenting with complaint of Kaphaj yonivyapad such as vaginal discharge with foul smell, itching vulva associated with backache. Previously she has taken allopathic treatment for this problem, She relieved symptoms with allopathic medicine but again symptoms aggravated after few months.

Personal history-

She was married 8 years ago

LMP -06/12/24

PLMP – 19/11/ 2024

Menstrual History-regular, painful menstrual bleeding (2 pad /day) without clots.

OBS/H- G4P2L2A2DO

G1P1 -Male 7yr FTND at hospital

G2A1 -3month IA due to encephalopathy (D&C) done

G3A2 -3month IA (D&C) done 5yr ago

G4P2 -Female 4yr FTND at hospital

History of pastillness-

No any significant medical, surgical, gynecological, pscyhiatric disease.

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On Examination

1) General Examination:

G.C – Concious& Stable

Urine & bowel habbit - Increased in frequency but bowel habbit is normal

Sleep –Disturbed due to irritation.

Pulse - 80/ min,

B.P. - 110/70mmHg

RR. - 20/Min

Pallor- Present

Tongue- Coated

P/S examination -

Cervix seen bulky.

Mild cervical erosions seen on both lip of cervix.

Mild sticky white discharge seen.

No rectocele.

Cystocele (+)seen.

P/V examination-

Uterus anteverted and anteflexed.

No cervical motion tenderness.

No any fornices tenderness.

Systemic examinations-

No any abnormality was detected in gastro-intestinal, nervous, cardiovascular and respiratory system.

Investigations –

CBC, Bsl(R), Urine routine tests, Thyroid function test, reports were within normal limit

USG (abdomen pelvis): 29/11/24

Bulky uterus with PID

ET -7. 8mm

Increased adrenal vascularity

Method

The selection of patient was made on the basis of chief complaints of Kaphajyonivyapat such as vaginal discharge with foul smell, itching vulva associated with backache.Sthanikchikitsa (local therapy) as yonipichudharan with Jatyaditaila^[9] & Yonidhawan with Triphalakwath^[10] and HaridraKankshi was done for 1 week and patient was asked to maintain local hygiene as well. Follow up was taken after 1 week.

Oral medicine given

Chandraprabha Vati	2 BD	After Meal
Triphala Guggul	2 BD	After Meal
Kamdhuda Ras	2BD	Before Meal
Pushyanug Churn	5 gm BD	After Meal with Tandulodak

Mode of Action

Local treatment also known as sthanikachikitsa is vital for managing many gynecological problems. Sthanikachikitsa relieves itching, burning pain, discharges and unpleasant odors. Ayurveda recommends local treatments such yoniprachhalana, yonipichu, yonidhupana, yonilepana, yoni varti, Kshara karma, and agnikarma to treat gynecological and obstetric diseases. This medication has a systemic effect and can avoid illness complications despite being mostly a local treatment. Yonidhavan involves deep wound washing with aseptic precautions to ensure cleanliness and hygiene. The method involves washing the vagina, vaginal channel with a medicinal decoction. According to Sushrut water

helps into extinguishing a fire, similarly using kashay for pariseka helps alleviate exacerbated Doshas reducing inflammation, purifying and preventing the condition from progressing further. Triphalakwath has antibacterial properties against bacteria, fungus. The extract proved effective against Candida albicans. The luteinizing phase is the best time for medication absorption per vaginum because it causes loosening of intercellular grooves and enlargement of intercellular channels, the epithelium becomes loose, porous and thin. So, during this phase, there is an increased likelihood of absorption of even large molecular weight to hydrophilic drug.

Yonipichu tampons are manufactured by soaking a sterile swab in medicated luke warm oil

before inserting them into the vagina for a few hours. Jatyadi tail is beneficial for wound healing as it functions as an astringent, refrigerant, hemostatic and promotes granulation tissue. Yonipichu effectively controls the growth of *Candida albicans*. Yonipichu formulations promote faster wound healing and reduce inflammation due to their anti-microbial and non-irritating properties. The tail utilized in pichu is more effective in treating gynecological illnesses due to increased vaginal permeability to lipophilic medicines compared to hydrophilic medications.

Chandraprabha Vati-It is highly beneficial for urinary tract infections, urinary bladder-related disorders, muscle strengthening, and overall weakness. The drug's herbal component has diuretic qualities, aiding in blood purification and toxin removal. Additionally, it contains multivitamins to strengthen muscles and boost immunity. This study found that chandraprabhavati can reduce burning, itching and pain while treating kaphajyonivyapad symptoms and urinary tract illnesses.

Pushyanug churn-The formulation contains 26 herbs, including Kashaya, Tikta rasa, Katu Vipaka, Laghu, Shita guna and Shita virya. The rasas of Kshaya and Tikta act as Grahi and Stambhana, Shita Virya as Pittashamak and Laghu, Rukshaguna as Kaphahara. The astringent properties of the components make it an effective haemostatic medication, particularly for the female genito-urinary system.

Triphala Guggul-Triphala (Haritaki, Bibhitaki, Amalaki) has a drying and detoxifying effect, helping to balance excess Kapha. Guggulu has Lekhana (scraping) and Deepana (digestive fire-

enhancing) properties that clear excess mucus. Acts as an Anti-inflammatory & Antimicrobial. Triphala is antibacterial and helps control infections. Guggulu has Shothahara (anti-inflammatory) properties, reducing swelling and irritation.

Kamdhuda Ras- While primarily a Pitta-pacifying medicine, Kamdhuda Ras also supports Kapha balance by reducing inflammation and excessive secretions. Ingredients like Praval Pishti (Coral) and Mukta Pishti (Pearl) have cooling, anti-inflammatory and astringent properties. Kamdhuda Ras, with its Grahana (absorbent) properties, helps regulate secretions.

Nidan Panchak^[11]

Dosha: Kapha & Vata
Srotas: Vimarga Gaman
Rogamarga: Bahyam Roga Marg

Ashtavidh Pariksha^[12]

Nadi - Vaatkaphaj Prakriti
Mutra - Prabhut (Sufficient)
Mala - Niram
Jivha - coated
Shabda - Madhyam
Sparsha - Anusha shita
Drik - Madhyam
Aakruti - Madhyam

Diagnosis and Assessment:

On the basis of clinical features (lakshna) diagnosed is made as Kaphaj Yonivyapad and assessment was done.

Conditions of patients at the time of discharge:
Patient condition was improved as per clinical features and she discharged in a stable condition.

Symptoms	Before Treatment	After Treatment
1. Vaginal Discharge	Thick Vaginal Discharge++	Mild+
2. Vaginal Foul Smell	Severe Foul Vaginal Smell+++	Absent
3. Itching In Vulval Area	Continuous Intense Itching+++	Absent
4. Backache	Moderate++	Absent
5. Lower Abdominal pain	Moderate++	Absent

III. DISCUSSION

Yonipichudharan (cotton swab deep in oil) was carried out with Jatyaditaila & Yonidhawan with Triphalakwath and Haridra, Kankshi once a

day for a duration of 7 days. Patient got gradual improvement in subsiding the symptoms and cure after 1 week. She relieved symptoms of abdominal pain, itching vulva, backache and foul vaginal

smell. Only a Mild vaginal discharge was there at the time of discharge. She advised for follow up after 1 week and to maintain local hygiene as well.

IV. CONCLUSION

KaphajYonivyapda is commonest problem in women of reproductive age. The Better management of KaphajYonivyapda is Kaphashamakchikitsa by using the dravya of opposite guna of kaphadosha. Proper hygiene and proper dietary habit help in managing the kaphajayonivyapada. Sthanikchikitsa like yonipichu and yonidhawan acts as a boon in such condition like KaphajYonivyapda and helps in maintaining healthy, localised environment in vaginal area and preventing growth of bacterial infection. The dravya of Jatyaditaila is wound healing (Vranaropana) and Vedanasthapak. Triphalakwath such as astringent (Kashayrasatmak) kaphashamak, Haridra having antiseptic (roganu-nasaka) properties. These properties help in increasing local cell immunity and prevent recurrence of symptoms.

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