

Use of Yonidhawan in Yonigata Shweta Strawa: Literary Review

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Abstract: Nowadays regarding different issues the lifestyle of woman become more busy and hasty which makes them unable to follow- 'Dinacharya', 'Rutucharya', 'Rajaswalaparicharya', 'Sutikaparichrya'. Due to which, girls and women suffer from number of gynecological diseases, one of them is 'yonigatashwetastrava'. Leucorrhoea commonly known as "whites" refers to white discharge from female genitals. The complaints of abnormal vaginal discharge is very common particularly in south asia where about a quarter of all adult woman report this complaint. Moreover women due to a lot of sweating in genital area which increases chances of infection inflammation and foul smelling and thus women become embarrassed and avoid to discuss the problem with their doctors which is why the treatment for vaginal discharge or leucorrhoea could be bit of a challenge.

1. Introduction

Bacterial, fungal and viral infections change the environment in vagina and make it "alkaline" which results in formation of abnormal vaginal discharge. Trichomonasvaginalis and candida albicans are the most common causes of leucorrhoea.

Leucorrhoea is usually non pathological symptom secondary to inflammatory condition of vagina and cervix and need no medical interventions but it is significant if it is profuse foul smelling, change in colour and consistency. Normally quantity of secretion varies throughout the mensrualcycle picking at ovulation and also increase on emotional stress. Its diagnosis depends upon frequency, time and nature of discharge.

Leucorrhoea, the abnormal vaginal discharge is quite frequently met in day to day gynecological practice. Vaginal discharge was one of the commonest symptom reported by women in India. The World Health Organization estimated that there are 333 million new cases of curable Vulvovaginal infections (VVIS) per year. A study in India has shown that the prevalence of reproductive tract infections was 37.0% based on symptoms and 36.7% by laboratory investigations, including 31% Candidiasis, 3% Gonorrhoea, 2% Trichomoniasis and 45% Bacterial vaginosis."

Leucorrhoea is a white discharge from the vagina. Normally, vaginal discharge occurs in regular variations of amount and consistency during the course of the menstrual cycle. A greater than usual amount is normal in pregnancy, and a decrease is to be expected after delivery, during lactation, and after menopause. It physiological or pathological. Physiological excess of vaginal discharge does not require any treatment. But, the pathological conditions which necessitate treatment are those involving many infections due to Candida, Trichomonas, Gram negative, Gram positive etc. organisms.

Although leucorrhoea neither causes mortality nor morbidity in susceptible women, but this complaint is liable to cause much mental stress, problem of sexual anxiety and even

sometimes fear of carcinoma or failure to conceive. Apart from this, it also causes local inconvenience to the patient.

Today when we are stepping in the 21st Century we see remarkable changes in the society. The note-worthy is, women stepping out of their home and began playing by key role in various fields. When she is so hard-working and determined, she strongly needs to be healthy.

"स्त्रीहिमूलमपत्यानाम्स्त्रीरक्षतिरक्षिता।

सर्वश्रमाणांप्रथमंगृहस्थत्वमनिन्दितम्॥" (अ० सं० शा० 2/40)

(In order to give healthy progeny special attention must be given to conserve maternal health) But due to today's fast and changing life style, she do not pay much attention to her health, as a cumulative effects of all these factors, they become prone to various diseases.

In Ayurvedic literature, regarding the Shwetapradara, there is no separate chapter allotted in Brihatrayee. Commentator Chakrapani has explained the word Pandura- Asrigdara as Shwetapradara in his commentary.

पाण्डुरेप्रदरेइतिश्वेतप्रदरे॥

...Cha. Chi. 30/116, Chakra. – Tika

There are many other diseases in which Shwetapradara is described as a symptom like ParisrutaJataharini, AsthiSrava, Somaroga, KaphajaAsrigdara and Yonivyapad like Vatala,Pittala, Shleshmala, Acharana, Atyananda, Aticharana, Upapluta, Paripluta, Prasamsinee and Phalini.

As per ayurveda, according to charaka and vagbhata the symptoms of kaphajayonivyapada are similar to that of shwetapradara.

In clinical practices, we commonly came across patients complaining white discharge per vagina that is leucorrhoea.

In ayurveda local medication in the form of

Prakshalana

Pichudharana

Dhupana and

Vartidharana

has been described.

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Charakacharya has mentioned following regimen in treatment of yonigatashwetstrava

न्यग्रोधत्वक्षायेणलोधकल्कतथापिषेत्।
आसावेक्षौमपट्टवाभावितंतेनधारयेत्॥च.चि.30/118

Need for Study

As per the increasing problem of shwetastrava in day to day life many work have been done on yonigatashwelastrava e.g. Uddumbar Sidhtail Nagkesharchoorna, Trivrita Kalka, Dhatkyadipichu which all act as a sthambhan.

2. Material and Methods

This is a conceptual type of study. References are obtained from Ayurveda literature, journals for the study.

KaphajYonivyapda

Samnya Hetu

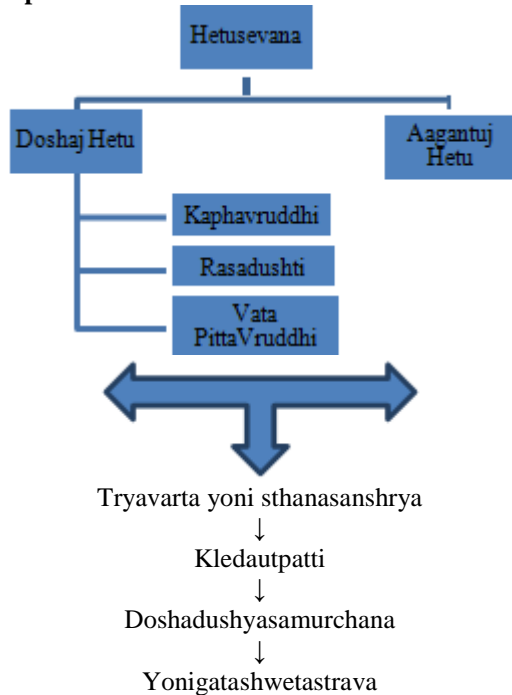
- Mithyachar (abnormal diet and mode of life)
- Pradusta-Artava (abnormalities of Artava)
- Bijadosha (abnormalities of Bija)
- Daivakopa (curses or anger of God)

Vishishat Hetu

- 1) **AaharSwaroop-** Madhur, Amla, Lawan. Sheeta, Snigdha, Guru, AbhishandiAaharSevan, ViruddhaAahar- Fruit salad Aatisevan
- 2) **ViharSwaroop-** Deewaswap, aalasya, apdravyasevan, Avayayam
- 3) **Kala Swaroop-** Sheetkala, VasantRutu.
- 4) **DeshSwaroop-** Aauupdes

All these hetu leads to vitiation of Kaphadosha.

Samprapti



Lakshan:

- 1) **Charaka:** Yoni picchilata, Shitalata, Kandu, Alpavedana yoni, Avedana yoni, Panduvarnasrava.
- 2) **Sushruta:** Yoni picchilata, Shitalata, Kandu.
- 3) **Vagbhata:** Yoni picchilata, Shitalata, Kandu, Avedana yoni, Panduvarnasrava.

Chikitsa

“Sleshmajaasu cha rookshoshnam karma kuryadhvichkshanaha”.

Charka charya mention Ushana karma, Ruksha karma Chikitsa in KaphajYonivyapada. Laghuruksashaushanadravya should be given because these guna are opposite to singadha, picchhila, shitaguna of kapha. Various Sathanikchikitsa like Yonidhavan, Yonidhupan, Vartidharan, Yonipuran, Yoniprakshalan are used in the management of KaphajYonivyapda

Yonidhawan

निरुक्ती :- धावतीशुध्यतिइतिधावन्।(सु.चि. २८/३१)

धावनप्रक्षालन। 1 सु.चि.२२अ.सं.सू. ३८

योनीविशेषणशोधनंनमशुद्धिकरणम्।च.सु.१३/१५

- Yonidhawan also called as prakashalan
- Dhawan means Kwatha or Sidhajalaetc use to clean the organ.
- Yonidhawan means use aushadhisidhajala / kwatha for yonishudhi
- Yonidhawan is usefull for yonishudhi & doshashaman
- Yonidhawan is use to clean external genital organ Vagina & Cervix.

3. Procedure

Take VataTwakaKwatha in enema pot.

Attach rubber tube with douch Cannula to enema pot.

Give Lithotomy position to patient.

Put enema pot at 2 ft above from patient.
Maintain speed of Kwatha by using nozzle.

Firstly clean external genital organ symphysis pubis, labiamajora, labia minora, vaginal opening by using N.S.

AAP Insert cannula in vaginal opening and clean it properly by moving cannula clockwise and anticlockwise.

Remove cannula from vaginal opening and again cleaned external genital organs.

Duration: 5mins. For 7 days x OD

Quantity= 800 ml

The drugs used for Dhawan karma in KaphajYonivyapada are Ushana, Ruksha, Laghu, Katu, Tikata, Kashayarasatamak and Kapha Vatashamak.

Kalpa

Various types of kwath preparation Used for symptoms of KaphajYonivyapda are given below:

Aark + Nimb + Aamrakosh + Bilva + Dhavkwath:- Yonistrava.

AragwaghdhiganakwathDhawan :-Durgandhpicchila Yoni.

Triphala + Gomutra + Takra:-Yonistrava.

Karir + Jambu + Karanj + Arjun + Sidhu + Madhu:- Yonistrava.

Gudchi +Triphala + Danti:-Kandu (Yogratanakar, Streerogadhikar)

4. Conclusion

- 1) Kaphaj Yonivyapda is commonest problem in women in reproductive age.
- 2) Better management of Kaphaj Yonivyapda is Kaphaghanchikitsa using Dravya of opposite guna of Kaphadosha.
- 3) KaphajYonivyapdamanage by proper hygiene and proper dietary habit.
- 4) Sathanikchikitsa like Yonidhavan is a boon in such condition like KaphajYonivyapda, helps in maintaining healthy localised environment and preventing growth of bacterial infection

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