

# Ayurvedic Concept of Kaphaja Yoni Vyapada: Vulvo-Vaginal Candidiasis

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## Abstract:

A healthy mother ensures a healthy family. The concept of a healthy *Yoni* has been discussed in both contemporary medicine and *Ayurveda* throughout many phases of a woman's life, from puberty to menopause. Regardless of their age or economic background, *Yoni* contamination is a pressing problem today. Additional signs and symptoms of infection include vaginal discharge, itching, and discomfort. These kind of signs and symptoms are seen in *Kaphaja Yoni Vyapada* in *Ayurveda*, and some of the symptoms are similar to Vulvo-Vaginal Candidiasis. Due to the fact that women have a unique characteristic of giving birth, gynaecological illnesses have come to be of great significance in the field of medicine. The majority of gynaecological problems are referred to as *Yoni Vyapada* in *Ayurveda's* section on women's fitness care. The literature of the disease must be studied before understanding the management. Therefore, an effort has been made in this study to provide a conceptual knowledge of almost all of *Kaphaja Yoni Vyapada* aspects according to both *Ayurveda* and modern science.

**Keywords:** *Ayurveda*, *Candida*, *Dhupana*, *Kaphaja Yoni Vyapada*, *Srava*, Vaginal Discharge, *Yoni Vyapada*.

## Introduction:

*Stri Roga* and *Prasuti Tantra* is a branch of *Ayurveda* dealing with *Stri Roga* (Gynecological disorders) as well as care and conditions related to *Prasuti Tantra* (Obstetrics). It strives to promote genital tract health, strengthen genital organs to prevent genital tract diseases, and treat genital tract diseases with the proper regimen. It also aims to produce healthy offspring from healthy mothers. In ancient *Ayurvedic* texts, the word "*Yoni*" can refer to both the overall

reproductive system as well as specific parts. Twenty various disorders connected to this *Yoni*, referred to as *Yoni Vyapada*, are explained by *Ayurveda*.

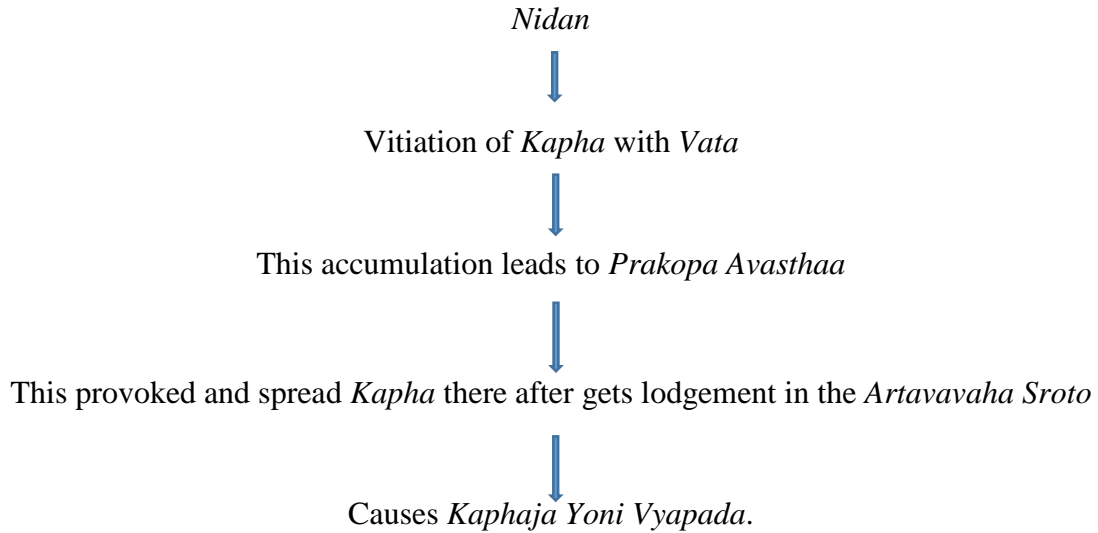
The 20 *Yoni Vyapada* include *Kaphaja Yoni Vyapada*, which is explained. When a woman consumes too many meals that cause leaking or serous effusion, the *Kapha* becomes inflamed. The *Yoni*, or reproductive system, is affected by this worsened *Kapha*, particularly the vagina and uterus, which results in *Kaphaja Yoni Vyapada*. This *Vyapada* causes an overabundance of *Sweta Srava*, which is *Snigdha*, *Pandu Varna*, and *Picchila* associated to *Kandu*. These symptoms can give women great discomfort and interfere with their daily routines. The many treatments for *Kaphaja Yoni Vyapada*, including oral medication and local treatments like *Yoni Prakshalana*, *Yoni Purana*, *Yoni Varti*, and *Yoni Dhupana*, were mentioned by the *Acharyas*.

*Acharya Kashyapa* has contributed a separate chapter on *Dhupana karma* in various contexts which also includes *Rakshoghna Karma* and *Krimighna karma*<sup>1</sup>. Properties of *Dhupana* can help produce good results in the management of *Kaphaja Yoni Vyapada*.

**KAPHAJA YONI VYAPADA:**

**Etiology:**

<i>Charak</i> <sup>2</sup>	<i>Sushrut</i> <sup>3</sup>	<i>Vagbhat</i> <sup>4</sup>	<i>Madhav Nidan, B.P, YR</i>
<i>Mithyachar</i> <i>Pradusta- Artava</i> <i>Bijadosha</i> <i>Daivakopa</i>	<i>Mithyachar</i> <i>Pradusta- Artava</i> <i>Bijadosha</i> <i>Daivakopa</i> <i>Prabridha Linga</i> <i>Purush Atisevana</i>	<i>Dustabhojan</i> <i>Bisamangasayan</i> <i>Bhrisa Maithun</i> <i>Sevan</i> <i>Dusta Artava</i> <i>Apadravya Prayog</i> <i>Bijadosha</i> <i>Daivata</i>	Followed <i>Charak</i> <sup>5</sup>

**Samprapti:****Samprapti Ghatak:**

- *Dosha- Vata + Kapha*
- *Dushya- Rasa, Rakta and Mamsa*
- *Srotas- Rasavaha, Artavaha, Raktavaha*
- *Srotodushti Lakshana- Atipravriti*
- *Adhistan- Yoni*
- *Rogamarga- Abhyantara*
- *Sthanasamsraya- Yonimarga and Garbhashaya*

**Types:**Table 1: Types of *Kaphaja Yoni Vyapada* by different Acharyas:

<i>Charak</i> <sup>6</sup>	<i>Vagbhata</i> <sup>7</sup>	<i>Sushruta</i> <sup>8</sup>
<i>Sleshmaja</i>	<i>Sleshmaja</i>	<i>Sleshmaja</i> <i>Atyananda</i> <i>Aticharana</i> <i>Acharana</i> <i>Karnini</i>

**Clinical features:**

Table 2: *Lakshanas* of *Kaphaja Yoni Vyapada* Are given below:

<i>Lakshana</i>	<i>Charaka</i> <sup>9</sup>	<i>Sushruta</i> <sup>10</sup>	<i>Vagbhata</i> <sup>11</sup>	<i>Madhava Nidana</i> <sup>12</sup>	<i>Bhavprakasha</i> <sup>13</sup>
<i>Yoni Pichchilata</i>	+	+	+	+	+
<i>Shitalata</i>	+	+	+	+	+
<i>Kandu</i>	+	+	+	+	+
<i>Alpavedana Yoni</i>	+	-	-	-	-
<i>Avedana Yoni</i>	+	-	+	-	-
<i>Pandu Varna Srava</i>	+	-	+	+	+

Table 3: Differentiation of condition by examining the discharge.<sup>14</sup>

<i>Tanu</i> (watery)	<i>Pichchila</i> (mucoid)	<i>Styana</i> (thick curdy)	<i>Avil-Tantula</i> (muco-purulent)	<i>Pitta Durgandhi</i> (purulent)
<i>Soma Roga</i>	<i>Kaphaja Yoni Vyapada</i>	<i>Atyananda Yoni Vyapada</i>	<i>Karnini Yoni Vyapada</i>	<i>Rakta Gulma</i>
<i>Acharna Yoni Vyapada</i>	<i>Upapluta Yoni Vyapada</i>	<i>Kaphaja Yoni Kanda</i>	<i>Kaphaja Yoni arsha</i>	<i>Phiranga</i>
<i>Kaphaja Pandu</i>	<i>Aticharna Yoni Vyapada</i>			<i>Upadamsha</i>
<i>Rajyakshma</i>	<i>Kaphaja Shotha</i>			
	<i>Krumi</i>			
	<i>Kaphaja Prameha</i>			

**Treatment:**

The treatment of *Kaphaja Yoni Vyapada* in *Ayurveda* focuses on correcting *Kapha Dosha* by detecting the *Nidana* and restoring the normal functioning of the female reproductive system.

Treatment divided in to;

1. Oral Medication
  2. Local treatment
- Oral Medication:<sup>15</sup>
    - a. Pestled root of *Rohataka* (*Tecoma undulata*) should be taken with water.

- b. Use of *Darvyadi* (*Barberis aristata* etc.) decoction cures *Kaphaja Yoni Vyapada*.
- c. Paste or powder of *Amalaki* or seed of *Amalaki* (*Emblica officinalis Gaertn.*) should be taken with honey and sugar.
- d. Paste of *Lodhra* (*Symplocos racemose Roxb.*) should be taken with decoction of stem bark of *Nyagrodh* (*Ficus bengalensis L.*).
- e. Use of decoction of drugs of *Nyagrodha* group is beneficial due to its astringent property.
- f. Use of *Nagakeshar* (*Mesua ferrea L.*) with *Takra* (buttermilk) followed by diet of only cooked rice and *Takra* can cure *Kaphaja Yoni Vyapada* only within three days.
- g. Powder of root of *Chakramard* (*Cassia tora L.*) should be taken with *Tandulodaka* (rice-water) in the morning hours.
- h. Licking of powdered *Shadawasa* (a variety of *Setaria etallica*) mixed with oil of *Tila* for seven consecutive days cures *Kaphaja Yoni Vyapada*.
- i. Use of combination of *Praval* (Coral) *Bhasma*, *Trivang Bhasma* with rice water relieves the *Kaphaja Yonivyapada*.
- j. *Pushyanuga churna* should be used with *Tandulodaka* mixed *Madhu*.
- k. *Utpaladi churna* should be used with *Tandulodaka*.
- l. *Pradarantak Lauha*, *Pradarantak Rasa*, *Pradararipu Rasa*, *Pradarari Rasa*, *Pradarari Lauha*, *Shitakalyanaka Ghrita* etc. are *Rasaushadhi* cure the *Kaphaja Yoni Vyapada*.
- m. *Kukkutandatwak Bhasma* 250mg with *Madhu* twice in a day.
- n. *Asava-Arishta*: *Lakshmanarishta*, *Ashokarishta*, *Patrangasava* and *Lodhrasava*.
- o. *Ghrita-Tail*: *Ashoka Ghrita*, *Nyagrodhadi Ghrita*, *Vishwavallabha Ghrita* and *Priyangwadi Taila*.

• Local Treatment:<sup>16</sup>

A. *Yoni Prakshalana*

- i. Vaginal irrigation with decoction of stem bark of *Lodhra* (*Symplocos racemosa Roxb.*).
- ii. Vaginal irrigation with decoction of stem bark of *Vata* (*Ficus bengalensis L.*).

B. *Yoni Purana*

- i. Use of a bolus of powdered bark of *Plaksha* (*Ficus lacor* Buch. Ham.) mixed with honey after oleating vaginal canal.
- ii. Fine powders of *Khadira* (*Acacia catechu* (Linn. f.) Willd.), *Pathya* (*Terminalia chebula* Retz. & Willd.), *Jatiphala* (*Myristica fragrans* Houtt.), *Nimba* (*Azadirachta indica*) and *Puga* (*Areca catechu* Linn.), triturated with soup of *Mudga* and used in vagina after drying the mixture.

C. *Yoni Varti*

- i. After oleating vaginal canal, suppository made with powdered *Lodhra* (*Symplocos racemosa* Roxb), *Priyangu* (*Callicarpa macrophylla* Vahl) and *Madhuka* (*Madhuca indica* J.F.Gmel.) mixed with honey or all drugs with *Kashaya Rasa* prominence should be used.
- ii. A flaxen cloth impregnated with decoction of stem bark of *Nyagrodha* (*Ficus bengalensis* L.) should be used.
- iii. A flaxen cloth impregnated with decoction of stem bark of *Lodhra* (*Symplocos racemosa* Roxb) and *Vata* (*Ficus bengalensis* L.) should be used.

D. *Yoni Dhupana*

- i. *Dhupana* (Fumigation) with *Sarala*, *Guggulu* (*Commiphora wightii* (Arn.) Bhand) and *Yava* (*Hordeum vulgare* Linn) mixed with *Ghrita* should be done after oleating vaginal canal.
- ii. Fumigation with *Katu Matsyaka* (a type of fish) along with oil should be done after oleating vaginal canal.
- iii. Fumigation with *Haridra* (*Curcuma Longa*), *Daru-Haridra* (*Berberis aristate*) and *Bruhtiphala* (*Solanum indicum*) are also useful<sup>17</sup>.
- iv. Drug used for Fumigation are *Nimba*, *Haridra*, *Vacha*, *Jatamansi*, *Guggulu*, *Sarjarasa*, *Lavana*, *Sarshapa*, *Pippali*, *Brihatipahala*, *Kusta*, *Khadira*, *Tulsi*, etc.

Among *Yoni Prakshalan*, *Yoni Purana*, *Yoni Varti* and *Yoni Dhupana*, *Yoni Dhupana* is the ideal *Chikitsa* as it possesses *Kapha Dosha*. *Dhupana Karma* in *Ayurveda* is a focus of heat therapy in which dried plant material is burned very near to the surface of the skin. The intention is to warm and invigorate the flow of energy and blood in the particular area and dispel certain pathogen influences.

As therapeutics, it plays an important role in the conditions where there is *Vedana*, infestation of *Krimi*, *Ati-Srava*, *Kandu*, *Vrana* as in diseased condition and also to sterilize the *Chikitsagara*, *Sutikagra*, *Shastra*, *Yantra*. The property of the *Dhupa* in general are *Rooksha*, *Laghu*, *Ushna*, *Vishada*, hence can be used in conditions that produces opposite qualities<sup>18</sup>.

#### PROPERTIES OF DHOOPAN DRUGS<sup>19</sup>-

Most the drugs indicated for *Dhupana* in our texts have *Laghu*, *Katu*, *Ruksha*, *Tikshna*, *Vikasi*, *Uragandhi* i.e *Volatile Guna*, *Ushna Virya* and *Katu Vipaka*. These qualities of *Dravyas* help in its rapid spreadability and quicker combustion. These drugs mostly possess *Shothahara*, *Krimighana*, *Kandughana*, *Vranashodhana*, *Vranaropan* and *Vedanashamak* properties. Mostly *Agini* and *Vayu Mahabhoota Pradhan Dravyas* are used for this procedure.

#### Mode of action of *Yoni Dhupana*:<sup>20</sup>

*Dhupana* drugs with *Katu-Tikta*, *Ushana* and aromatic properties when put on fire get converted into volatile medicated fumes.

These fumes enter into smallest units of tissues of genital tract (due to *Sooksham-Srotogami*), dilate blood vessels and helps in oxidation of blood that leads to adequate tissue perfusion.

This antiseptic & sterilized environment helps in disinfection uterine cavity, vagina & vulva; reduces pH & laxity of pubic muscles Thus, helps in reducing pain, decreasing vaginal discharge healing of wound & prevent growth of microorganisms.

#### PROCEDURE<sup>21</sup>

##### GENERAL INSTRUCTIONS-

procedure should be done in adequate light, after thorough pelvic examination,

Hands should be washed thoroughly before and after the procedure to prevent cross infection to and from the patient especially if the case of The STDS.

Sterile gloves should always be used

##### PROCEDURE-

The *Dhupana* procedure should be done in following steps:

1. The bladder must be emptied before *Dhupana Karma*.
2. The pot with pre-heated coal or dry Cow dung (red hot) is kept ready for the patient.

3. A procedure of *Yoni Prakshalana* must be done before *Dhupana* as pre-operative procedure.
  4. The desired drugs in powder form are added over the coal so as to produce dense fumes and kept under the chair with vent in the middle.
  5. The fumes must reach the external genitalia, passing through that vent.
  6. *Dhupana* is done till a desired time (5-10 min on an average) by covering the patient at the level of her belly with a thick cloth or blanket.
- **In modern medicine**, *Kaphaja Yoni Vyapada* can be correlated with conditions such as Bacterial vaginosis (BV), Vulvovaginal Candidiasis (VVC) and Trichomoniasis.

### ***Pathya- Apathya:***

***Pathya-*** *Sura, Asava, Arista, Lasuna Swarasa, Ksheera, Mamsarasa, Yava, Abhayarishta, Sidhu, Oil, Pippali Churna, Pathya, Lauhabhasma with Honey, Bala Taila, Misraka Sneha, Sukumaraka Sneha.* According to *Kasyapa Lasuna Rasayana* is just like nectar<sup>22</sup>.

***Apathya-*** *Manda* is Contraindicated<sup>23</sup>.

### **Previous work done on Kaphaja Yoni Vyapada:**

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### **Vulvovaginal Candidiasis<sup>25</sup>:**

- Vulvovaginal One of the major fungal diseases that affects healthy women of childbearing age in their lower vaginal tract is candidiasis. Every year, millions of women are impacted by it, and 75% of them only experience it once. Although the infection is not fatal, it causes a high rate of morbidity, discomfort, and pain, which adds to the cost of healthcare. The occurrence of VVC (Vulvovaginal Candidiasis) is caused by a number of candida species, including *C. albicans* and NAC (non albicans candida). These species are typically found in the vagina as a part of the vaginal community, which, along with other naturally occurring vaginal flora, comprises a smaller variety of microorganisms than the intestine. Also related to increased candida spp. density are external factors. such as spread from the digestive system or perineum in the sexual tract.
- Types of VVC:  
There are two types of VVC; uncomplicated and complicated, with many differences between them.
  1. The uncomplicated VVC is mainly brought by *C. albicans* and has mild to moderate severity, with less than 4 episodes per year. 90% of cases of VVC involve this kind of infection.
  2. 10% parts of the VVC was complicated by VVC. it is frequently caused by NAC species in abnormal conditions like diabetes, and it is characterized by severe clinical symptoms with more than four instances per year.

Simple infections respond well to topical and oral antifungal medications and only require small dosages, but complex infections are more challenging to treat and require higher doses.

- Mechanism of VVC development:

Currently, it is unclear how *Candida* spp. generate VVC. essentially, it happens when a change in a host's physiological, non-physiological, or genetic component upsets the balance of *Candida* spp. colonization. By producing antimicrobial substances including hydrogen peroxide and lactic acid, *Lactobacillus* spp. bacteria in the vagina can control the development of *Candida* spp. Furthermore, increasing amounts of glycogen in the vagina brought on by hormones related to reproduction may act as a source of carbon to encourage the overgrowth of *Candida* spp. This Growth is mostly linked to the change from the benign commensal yeast to the hyphae that results in VVC.

- Predisposing factors:

VVC is a condition that can be caused by a variety of risk factors, including pregnancy, uncontrolled diabetes, immunodeficiency, HIV infection, genetics, prolonged corticosteroid medication, antibiotic use, or estrogen-containing oral contraceptives, intrauterine devices, spermicides, and condoms.

- Diagnosis of VVC:

The diagnosis of VVC often involves a number of phases, beginning with medical history, moving on to clinical traits, and concluding with microbiological tests. The most typical signs of VVC found during a clinical examination include burning, whitish or curd-like discharge without odor, grey-white pseudo membrane, epithelial erythema (eczematoid dermatitis), itching with swelling of the labia and vulva, and soreness. When separating a candida infection from a bacterial or parasitic infection, the pH value of the vaginal discharge is also crucial. A pH value of more than 4.7 may rule out a fungal infection. A vaginal specimen can be cultured on specialized fungal media, such as SDA (Sabouraud dextrose agar), to confirm any uncertain diagnoses. Microscopic examination of the moist smear of the vagina can help to diagnose 50% to 80% of cases by observing the morphology of yeast or hyphae. Due to low levels of particular antibodies, serology tests are not helpful in the diagnosis of VVC.

## Conclusion:

Kaphaja Yoni Vyapada and Nonspecific Vulvo-Vaginal Candidiasis are only correlated based on symptoms. The major method of treatment for this disease is good hygiene. Each lady needs to practice good personal hygiene. Most vaginal issues result from disturbed vaginal flora. Therefore, a plan of action must be taken to restore the vaginal flora that one acquires.

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