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Yonikanda - A Conceptual Study

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ABSTRACT

Yonikanda is a disease of vulva or lower vaginal canal, which has round or irregular shape, requires only local treatment and is easily curable. Clinically it can be correlated with abscess of bartholin gland. Few workers have equated this with polypoidal growth protruding through introitus. Ayurveda, including *Madhavanidana*, *Bhavaprakasha*, *Yogaratanakara*, *Sharnghdharma Samhita* explained well about the *Nidana*, *Samprapti* and *Chikitsa* of *Yonikanda* in detail.^[1]

Key words: *Yonikanda*, *Yonipoorana*, *Yoniprakshalana*, *Bartholin Abscess*.

INTRODUCTION

Women have many unique health concerns related to menstrual cycles, pregnancy, birth control and menopause. Sexual and reproductive health problems are responsible for one third of health issues for women between the ages of 15 and 44 years. Apart from twenty yonirogas, *Laghutrayis* gave explanation to *Yonikanda*, with *Nidana*, *Samprapti* and *Chikitsa*. Considering the description of *Yonikanda* in its entirety, it is difficult to equate this with any single disease known-today, however, it appears nearer to bartholin's abscess. Exact incidence of bartholin's cyst and abscess is uncertain, but abscesses account 2% of all gynaecological visits a year. Asymptomatic cysts may occur in 3% of women. This mostly afflicts aged women.

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Definition

Yoni : Vagina

Kanda : Protuberant structure

Yonikanda is a disease of vulva or lower vaginal canal, presenting with masses or protuberant structures growing in the vagina.

Nidana

- *Divaswapna* - Day sleeping
- *Atikrodha* - Excessive anger
- *Ativyayama* - Excessive exercise
- *Ativyavaya* - excessive coital act
- *Nakha Dantadibih Kshatha* - ulceration by nails, teeth or thorns.

Samprapti

Due to the above *Nidana*, the *Doshas* aggravated due to their respective causes, i.e. *Divaswapna* leads to aggravation of *Kapha Dasha*, *Atikrodha* leads to aggravation of *Pitta Dasha*, *Ativyayama* and *Ativyavaya* leads to aggravation of *Vata Dasha*. These produces a *Kanda* with irregular shape and size in *Yonipradesha*.

Lakshana

- पूयशोणितसंकाशं
- निकुचाकृतिसन्निभं

The *Kanda* resembles the shape of a fruit *Lakucha* (*Artocarpus lakucha*), which is irregular or rounded in shape and with discharge of pus with red or yellow color.

Types and Lakshana

1. वातज - रूक्षंविवर्णस्फुटितंवातिकंतंविनिर्दिशेत् |
 2. पित्तज - दाहरागज्वरयुतंविध्यात्पित्तात्मकंतुतं |
 3. कफज - नीलपुष्पप्रतीकाशंकन्डूमन्तंकफात्मकं |
 4. सन्निपातज - सर्वलिंगसमायुक्तंसन्निपातात्मकंविदुः |
- *Vataja Yonikanda* presents with dry or rough, discoloured with cracked appearance.
 - *Pittaja Yonikanda* is associated with burning sensation, redness and fever.
 - *Kaphaja Yonikanda* have the color of flower of *Atasi* or *Tila* (bluish) and associated with itching. Though bluish discoloration is sign of *Pitta* vitiation, yet here due to speciality of disease it is seen in *Kaphaja* disorder.
 - *Sannipataja Yonikanda* is associated with features of all the *Doshas*.

Chikitsa

Bahyakarma

- *Yonipoorana* with *Churna* of *Gairika* (red ochre), *Amrasthi* (kernel of mango), *Jantugna*, *Rajani*, *Anjana* and *Katphala* mixed with honey.
- *Yoniparisheka* with *Triphala Kashaya* mixed with honey.
- *Yonilepa* with *Dashanga Lepa*.^[2]
- *Yonipichu* with *Mushaka Taila*^[3]: The oil should be cooked with the small pieces of immediately killed rat. When the meat is properly cooked, the oil should be filtered. Use of tampon soaked with this oil cures *Yonikanda*.

Aushada Prayoga

- *Punarnavashtaka Kwatha*
- *Jwarahara Kwatha*

- *Tab Triphala Guggulu*
- *Tab Punarnavadi Guggulu*
- *Trayodashanga Guggulu*
- *Tab Gandaka Rasayana*
- *Tab Kanchanara Guggulu*
- *Arogyavardhini Vati*

Modern Aspect

Since in this disease resemblance with pus or blood is basic clinical feature, hence it can be correlated with Bartholin's abscess.

- *Vathaja* - early stage of bartholinabscess
- *Pittaja* - acute suppuration stage
- *Kaphaja* - chronic stage
- *Sannipataja* - acute suppuration in chronic stage

Bartholin's Cyst

There is closure of the duct or the opening of an acinus. The cause may be infection or trauma followed by fibrosis and occlusion of the lumen.^[4]

Pathology

It may develop in the duct (common) or in the gland. The gland is adherent to it posterolaterally, cyst of the duct or gland can be differentiated by the lining epithelium.

The content is glairy colorless fluid secretion of the bartholin gland.

Clinical Features

A small size often remains unnoticed to the patient or escapes attention to the physician even following internal examination.

If it become large, there is local discomfort and dysperunia.

Examination reveals a unilateral swelling on the end of the labia minora.

Treatment

Marsupialisation is the gratifying surgery for bartholin's cyst. An incision made on the inner aspect of the labium minus just outside the hymenal ring.

Complications

Bartholin cyst usually treatable, but left untreated, it can lead to

1. Bartholin abscess
2. Bartholin giant cyst
3. Septicemia

Bartholin's Abscess

- Bartholin's abscess is the end result of acute Bartholinitis.
- The duct gets blocked by fibrosis and the exudates pent up inside to produce abscess.
- If left uncared for, the abscess may burst through the lower vaginal wall.
- A sinus tract may remain with periodic discharge through it.

Clinical Features

- Local pain and discomfort become intense.
- The patient cannot walk or even sit. Fever often associated.
- On examination, there is unilateral tender swelling beneath the posterior half of the labium majus expanding medially to the posterior part of the labium minus.

Treatment

- Rest imposed.
- Pain relieved by analgesics and daily sitz bath.
- Ampicillin 500mg orally 8 hourly or tetracycline in chlamydial infection is effective.
- Abscess should be drained at the earliest, before it bursts spontaneously.

Diet and Lifestyle Changes

- A balanced diet is always beneficial in maintaining a healthy body and life.
- Diet and lifestyle these days are the root cause of many problems.
- Mild illness can be managed by just changing diet and lifestyle without taking any medicine.

Healthy Diet includes

- Drink at least 2-3 litres water per day to stay hydrated.
- Fresh fruits should be included in a diet such as apple, mangoes, bananas, papaya, fig etc.
- Avoid citrus fruits like oranges, lemon, berries etc, which are not good in cystic condition.
- Only low fat dairy products should be consumed.
- Avoid eating pickles and refined oils, whereas ghee is good for health.
- Avoid junk foods, bakery products and packed food.

Life Style changes includes

- Always maintain a healthy body weight.
- Do regular exercise and include yoga, meditation in daily routine.
- Stop smoking, tobacco intake and limit the alcohol intake.
- Avoid sleeping in day time and make a habit of waking up early in the morning and sleep on time.

Other precautions to be taken

- Hygiene to be maintained in the local area as well as the whole.
- Avoid over indulgence in coitus and abnormal postures.
- Screening should be done for sexually transmitted diseases.
- After the age of 40, women should be screened for carcinoma.

DISCUSSION

Nidana Sevana, Tridosha Prakopa, Rakta, Maansa, Medo Dushti and Sthaana Sanshraya in Yoni is Yonikanda Utpatti. Bahya Chikitsa including Yoni Poorana, Prakshalana etc. and oral consumption of drug is the first step of management of abscess for Paka. Further the abscess burst out with release of all pus. The drugs which helps in enhancing wound healing and anti inflammatory is indicated here. Internal medicine were prescribed to reduce pain, inflammation and enhances healing process.

Gairika (Red Ochre) a silicate of Alumina is *Dahashamaaka*, *Pitta-Kaphashamaka*, purifies blood. Its cooling property gives relief in abscess. It is *Madhura* and *Kashaya*, *Shita Virya*, *Vrana-Ropaka* and *Balya* in properties. Kernel of mango (*Aamrasthi*)^[5] consist sitosterol, tocopherol which has antibacterial, antioxidant properties thus prevent infection. *Haridra* is anti-inflammatory, analgesic, antiseptic, antibacterial, antiparasitic in action and also boost immunity. It has beneficial effect for *Rasa* and *Rakta Dhatus*, it reduces *Kapha* and *Ama*. *Rasanjana* is *Katu* and *Kashayarasatmaka*, *Ushnavirya*, *Kapha Pitta Shamaka*. It reduces Inflammation, removes pain, blood purifier, haemostatic in action.

Bhavaprakasha described *Triphala Kwatha Prakshalana* in the treatment of *Yonikanda*. *Triphala Kwatha* described in *Shotha Rogadhikara* in *Bhaishajya Ratnawali*. Its *Tridosha Shamaka* and *Shothahara Guna* properly based on *Kashaya Rasa Pradhana Dravyas* directly act upon in all stages of *Dushta Vrana*,^[6] like in *Ama-Avastha* by *Pachana* of *Doshas*, in *Pachyamana Avastha* by *Pittashamaka Guna* relieves pain and in *Pakva-Avastha* it corrects *Srava* by its *Kashaya Rasa* which is *Dhatushoshaka Guna* and by *Lekhana Guna* it corrected *Kleda* of *Vrana* ultimately *Ropana* occurred.

Trayodashanga Guggulu is *Vrana Ropaka* and *Vrana Shodhaka*.

Dashanga Lepa^[7] contains drugs - *Shirisha*, *Yashti*, *Ela*, *Chandana*, *Jatamasi*, *Haridra*, *Daruharidra*, *Kushta*, *Tagara*, *Hribera* which acts as *Vedana Sthapaka* and *Shothahara* and *Tridoshagna Guna* directly acts on pain.

Bartholin's abscess can occur at any age, however, young women are more vulnerable, while this disease is said to develop in older age. In general practise, *Mushaka Taila* is prescribed for the treatment of utero-vaginal prolapse which is common in aged women. Generally in utero-vaginal prolapse, resemblance with pus or blood, is not seen, however, sometime as in chronic prolapse of uterus, specially

after menopause, due to congestion, the redness may be seen. These various stages can be equated with different types of *Doshika Yonikanda*.

CONCLUSION

Considering the description of *Yonikanda* in its entirety, it is difficult to equate this with any single disease known today, however, it appears to be nearer to bartholin's abscess or prolapse of uterus specially after menopause. *Yonikanda* can be managed through Ayurveda by accurate *Dosha* involvement and a structured protocol.

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