



ISSN 2456-3110

Vol 6 · Issue 4

July-Aug 2021

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Yoni Roga Nidana - A Review

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ABSTRACT

Female counts half of the total population. Health care for females vary widely according their age. The need to care the people who take care of others becomes the responsibility of every individual. Maintaining the health of female is equal to maintaining the health of the family. Most of the gynaecological disorders are covered under the heading of *Yoni Vyapadh*. *Yoni* is a broad term which considers uterus, cervix and vagina as it. When the needed care is not given to maintain female's physical and mental health, they result in various conditions of *Yoni Vyapadh*. This raises the issue to analyse the various reasons results in the *Yoni Vyapadh*.

Key words: *Yoni Vyapadh, Nidana, Ayurveda*

INTRODUCTION

Ayurveda being the life science offers ways to stay healthy and reasons, signs and remedies for diseases. Starting from menarche to menopause, females undergo much blessing and sufferings in the reproductive period and after that too. So, it is normal to address the condition undergone by the female population in the treatises. Since *Charaka Samhita* period, there's a dedicated chapter mentioned for *Yoni Vyapadh*. Total number of *Yoni Vyapadh* is 20 in all *Samhitas*.

Charaka Samhita explains vitiated *Vata* as the primary cause of all the *Yoni Vyapadh*. It explains the main

causes like *Mithyaahara Viharam, Pradushata Aarthvam, Beeja Dosham, Daiva Karanam. Ashtanga Hrudayam* throws a little more explanation on the *Nidana* - indulging in copulation suddenly (for the second time) immediately after retiring from the first, copulating with women who are weak, and *Bala* (one who hasn't attained puberty).

OBJECTIVES

1. To study various *Nidana* of *Yoni Vyapadh* according to various *Acharyas*.
2. To elaborate the *Nidanas* of *Yoni Vyapadh* according to modern era.

MATERIALS AND METHODS

Yoni Vyapadh is 20 in number in all the *Samhitas*.

Table 1: Yoni Vyapad mentioned in various Samhitas.

Samhitas	Mithyachara	Pradushtarthava	Beeja Doshaha	Daiva Karanam	Athi Maithuna	Apadravya Prayoga
Charaka ^[1]	✓	✓	✓	✓		
Sushruta ^[2]					✓	
Ashtanga	✓	✓	✓	✓	✓	✓

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Submission Date: 04/07/2021 Accepted Date: 09/08/2021

Access this article online

Quick Response Code



Website: www.jaims.in

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Sangraham ^[3]						
Ashtanga Hrudayam ^{4]}	✓	✓	✓	✓	✓	
Madhava Nidhana ^[5]	✓	✓	✓	✓		
Vangasena ^[6]	✓	✓	✓	✓		
Bhava Prakasha ^[7]	✓					
Yogarathn akara ^[8]	✓	✓	✓	✓		

1. Mithyachara

This consists of 2 words

Mithya and *Achara* - Meaning faulty regimen respectively. This includes

- *Mithya Aahara*
- *Mithya Vihara*

(A) Mithya Aahara

The ingested food assimilates and nourishes the *Rasa Dhatu* first. *Aarthava* is the *Upadhatu* of *Rasa Dhatu*^[9] which is important in the pathogenesis of the *Yoni Vyapadhs* and many other disorders. *Mithyaahara* includes

▪ *Athi Bhojanam*

Consuming large quantity of food even before the previous meal is digested is termed as *Athi Bhojanam*. Females in the modern era are habituated, sometimes addicted to many food items. They continue to consume these foods often which lead to *Jataragni Mandhyam* leading to either *Kapha Vrudhi* or *Pitha Vrudhi* depending upon the food article and ultimately leading to *Rasa Dhathvagni Mandhyam*.

Eg - coffee dependence: women are more sensitive to caffeine and take much longer to detoxify it and its stimulating effects.^[10] Coffee in overdose causes anxiety, restlessness, tension, increased heart rate and blood circulation thereby increased blood

pressure and psychomotor agitation thus can be taken as *Rooksha* and *Ushna* in *Guna* and often taken without milk. Employed females normally seen to have this dependence especially working shifts during night and working in an air-conditioned environment. This increases the *Rooksha Guna* in the body and causes *Vata Vrudhi* and responsible for scanty bleeding, dysmenorrhoea, expulsion of clots, insomnia. It also increases the breast tenderness during the PMS.

▪ *Abojanam*

Female folk of all ages skip food especially due to many reasons which leads to emaciation and malnourishment. When the proper nutrition is not met, it causes *Dhatu Kshaya* starting from *Rasa Kshaya*. When there's *Rasa Kshaya* in the body i.e. the person's nutrition is not properly met, the first nourished *Rasa Dhatu* itself undergoes *Kshaya* and the *Upadhatu* i.e., the one originates from the *Rasa - Aarthava* is not formed at all or is reduced in quantity.

Rasa Kshaya → *Aarthava Kshaya* [scanty bleeding, dysmenorrhoea]

▪ *Virudha Bhojanam*

The food pattern has changed drastically in the modern era where wholesome and timely food pattern is not followed rather people tend to consume incompatible food often.

Eg. Morning after the breakfast people tend to consume coffee or tea with milk. The salt in the breakfast and the milk in the tea are incompatible and cause the *Vidhitvam* leading to

Agni Dushti → *Tridosha Vrudhi* → *Rasa Dhatu Dushti* → burning sensation during menstruation, *Kasarthavam*.

▪ *Akala Bhojanam*

Taking food during the midnight or late in the night and during the sunset or anytime which is not supposed to be a meal time causes *Agni Dushti* and leads to *Pitha* and *Vatha Vikruthi*, hence leading to dysmenorrhoea and many other like disorders.

▪ *Ashuchi Bhojanam*

It's become a habit for people to consume food on the roadside which is not prepared with proper hygiene. This causes the *Agni Dushti* and *Koshta Ashudhi* causing *Deha Malinathwa* and further leads to improper formation *Rasa* and *Utharothara Dhatus*.

▪ *Eka Rasa Athi Upayogam*

When the female tends to eat the same food all the time, not only the nutrients which aren't present in the item are depleted, the nutrients which are present in it are overdosed. This causes either more bleeding per vagina or scanty or even inter-menstrual bleeding.

▪ *Dhooma Panam*

Athi Dhooma Pana causes *Athyantha Rookshatha* in the body causing *Vata Vrudhi* and consequently *Rasa* and *Raktha Kshaya* leading to decrease in the formation of the *Aarthava* and change in the consistency. When only the consistency is affected, there may be formation of clots which can be difficult to be expelled and causes pain thereby causing dysmenorrhoea leading to *Vataja* and *Udavarthini Yoni Vyapadh*.

Rookshatha → *Rasa* and *Raktha Kshaya* → scanty bleeding and dysmenorrhoea

▪ *Madhya Panam*

Madhya Panam causes the *Ushna Theekshna Sara Guna Vrudhi* in the body. This leads to *Pitha* and *Raktha Vrudhi* and causing *Aarthava Vrudhi* and leading to *Pithaja* and *Arajaska Yoni Vyapadh*.

Athi Madhya Panam → *Pitha Raktha Vrudhi* → *Aarthava Vrudhi* → *Pithaja, Arajaska Yoni vyapadh*

(B) *Mithya Vihaaram*

▪ *Rajaswala Charya*

Special instructions have been mentioned for women during bleeding phase of menstrual cycle. One of the regimens is not bathing during the first 3 days of the bleeding phase. If done, *Snana* causes *Sthambhana* of the menstrual blood which may remain inside the *Aashaya* and may cause foul smell in the menstrual

blood and clots causing dysmenorrhoea and other issues.^[11]

▪ *Dinacharya*

It was a daily regimen to apply oil and massaging before bathing which is very rarely practised nowadays. *Abhyanga* does *Vata Shamana*, improves sleep, relieves tiredness and strengthens the body.^[12] When the female doesn't take *Abhyanga*, it causes *Vata Vrudhi* and this *Vata Vrudhi* lodges in the *Yoni pradesha* and causes the *Yoni Vyapadhs*.

Vata Vrudhi → *Vata* lodges in the *Yoni* → *Yoni Vyapadh*

▪ *Vega Dharanam*

Vega Dharanam is a most common cause nowadays to find in patients with *Yoni Vyapadhs*.

Adho Vegas i.e., *Mutra Pureesha* and *Adho Vata Dharana* causes the *Urdhwa Gathi* of the *Apana Vaayu*. This *Prathilomathwam* causes *Aarthava Sangam, Todha and Bheda* types of *Vedana* in the *Apana Vaayu Sthana* and *Udavartham* occurs. Added to this, further *Urdhwa Gathi* of *Apana Vaayu* affects the *Samana Vaayu* and causes *Agni Dushti* and affects the *Saptha Dhatus*.

Vega Dharanam → *Apana Vaayu Prathilomathwam* → *Aarthava Sangam* → *Vataja YV, Udavarthini YV*

▪ *Ratri Jagaranam*

From teenage girls to working women, home makers and other women folk of all age group nowadays don't sleep at night or sleep during early hours of the morning due to various reasons like night shifts, studies and many others. If the person doesn't sleep during night, *Vatha Pitha Vrudhi* happens and causes various disorders.^[13]

(a) *Pitha Vata Vrudhi* → increase in the *Aarthava* quantity → *Asruja* and other *Yoni Vyapadh*

(b) *Vata Pitha Vrudhi* → decrease in the *Aarthava* quantity → *Vataja YV, Udavarthini* and other *Yoni Vyapadhs*

▪ *Diva Swapnam*

Sleeping in the day time causes *Kapha Pitha Vrudhi* in the body leading to decrease in the *Aagnayathwa* in

the body and thereby causes increase in the *Sheethathva* leading to *Mandya* of all *Agnis'* and *Aama* formation. All the above-mentioned causes decrease either the formation or the flow of the *Aarthava*.

▪ *Vyayamam*

Ashtanga Sangraham says that *Karma* which causes *Aayasam* (tiredness) in the body is called *Vyayamam*.^[14] There are 2 types of *Nidana* possible.

(a) *Avyayamam*

Avyayamam leads to increase in the *Kapha* and *Medas* in the body. This *Kapha Vrudhi* in turn causes *Agni Mandhya* and increase in the *Sheethathva* and *Gurutha* in the body which are opposite to the *Aarthava Lakshanas* and causes *Ghanatva* of the *Aarthava*. The *Apana Vatha Prakopa* occurs as the *Ghanatva* of the *Aarthava* increases and the *Nishkramana* is not properly possible because of that.

(b) *Athivyayamam*

Athivyayamam causes *Athi Aayasam* in the body i.e. causes *Athi Roukshyam* first in *Rasa Dhatu* and subsequently in the *Uttara Dhatus*. This causes *Kshaya* in the *Dhatu Pushti* and subsequently leading to the *Aarthava Kshayam* and may lead to *Antarmukhi* and *Mahayoni*.

Vishamastha Anga Shayana Brusha Maithuna Sevanam

Copulation in positions other than the mentioned ones cause not only *Vata Vrudhi*, *Garbha* may not be formed. Intercourse in the flexed position causes *Vata Vrudhi* and affects *Yoni* in right lateral position causes the *Kapha* to displace and obstruct the *Yoni* and in left lateral the displaced *Pitha* causes the *Vidaha* of *Stree* and *Pum Beeja*. So, the *Kshetra* (one of the *Garbha Sambhava Samagri*) is affected i.e., possibility of the formation of *Garbha* is compromised.^[15]

2. *Pradushtarthava*

Dhatu Rupa Artavothpathi

Aarthava can be considered as the *Dhatu Roopi Aarthava* which can be correlated with hormones.

These Hormones are secreted from the ovary. This *Dhatu Aarthava* is responsible for *Yoni*, *Garbhashaya*, *Sthana Utpathi* and *Vrudhi*. When there's an imbalance in these hormones many menstrual irregularities and *Vandhya*, *Vamini Yoni Vyapadh* can be explained. Like *Shukra Dhatu* in males, *Aarthava* in females imparts *Bala*, *Varna*, *Pushti* hence it is considered as *Dhatu*.

Beeja Rupa Artavothpathi

The Hormones from the master gland- hypothalamus and pituitary can be considered as *Srava Roopi Aarthava*, these hormones aid in the maturation of the *Beeja Roopa Aarthava* i.e. ovum ready for the fertilisation. When there's *Dushti* the maturation itself is query and affects one of the *Garbhasambhava Samagri* causing *Vamini*, *Putraghni Yoni Vyapadh* and *Apraja*.

Rajasrava Roopa Artavothpathi

Aarthava Vaha Srotho Moolam is *Garbhashayam* and *Aarthava Vahi Dhamani*. When the *Aarthavam* is affected by the *Vatadi Doshas* they attain different *Aarthava Dushti* and causes *Yoni Vyapadhs* like *Asruja*, *Arajaska*

3. *Beeja Dosh*

Sthri Beeja can be correlated with female gametes and the *Dushti* of *Stree Beeja* can cause *Vikruthi* in *Aakruthi*, *Varna* and *Indriya* of the *Garbha*. The chromosomal disorders can be considered as *Beeja Bhaga Dushti*. When there's *Dushti* in the *Beeja Bhaga*, there forms the *Heena Anga* or *Vikrutha Anga*. Eg when the *Bhaga* which forms the *Shonitha* and *Garbhashaya* attains *Dushti*, that baby will be a *Vandhya*. *Beeja Bhaga Avayava* can be considered as the genes. When there's *Dushti* in this, it either causes *Garbhasrava*, *Poothipraja* (stillbirth), or *Klinnanga* (where some *Angas* attain *Shosham*)

Shandi Yoni Vyapadh is explained to have *Beeja Dosh* as *Nidana* where the *Garbhashayam* is affected by *Vata* and hampers the development of the *Yoni*.^[16]

4. *Apadravya Prayoga*

The Cu-T insertion itself causes cervical injury while inserting. Other than this the IUDS' with hormonal

effect has causes may problems like profuse white discharge, excessive per vaginal bleeding. The female condoms which require assistance for its use, if not fitted properly may also cause cervical injuries.

Also the sexual toys like dildos and others used for masturbation can cause vaginal lacerations when not used properly and can cause scarring in there which during vaginal delivery may cause of tear and bleeding. Sharing these articles with others can cause blood borne disease and possibility of STD is not uncommon.

5. Daiva

Unexplained reasons for the *Yoni Roga* are explained as *Daiva Karanas*. The bad deeds in the previous life or the present life is also said to be the causes of the *Yoni Rogas*

CONCLUSION

Most of the above explained *Nidanas* cause *Vata Dushti* and may solely or combine with other doshas cause the *Yoni Rogas* except for the *Daiva Karanas*. The *Nidanas* causing the *Yoni Vyapadh* are explained in different sub headings. The above said nidhanas as avoided for the healthy life and progeny.

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How to cite this article: Vasupradha R, Prathima. Yoni Roga Nidana - A Review. J Ayurveda Integr Med Sci 2021;4:255-259.

Source of Support: Nil, **Conflict of Interest:** None declared.
