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A STUDY ON THE LITERARY REVIEW OF YONIVYAPADA AND ITS RELATION WITH MODERN LIFE STYLE

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ABSTRACT

Women's health is the strengthening pillar of any family's healthy reproductive system. It's been asserted in different phases of life ranging from puberty where she enters reproductive phase, marriage and then child birth and so on. Modern era , its modern lifestyle, food habits, working conditions, women is not able to follow the right code of conduct given by different Acharya's like Rituchar ya, Dincharya, Ritumati, and Sutikaparicharya etc. yonivyapad Is the amalgamation of various disorders effecting reproductive organ at different level ranging from vulva till the uterus. Also the shukra and Artav has the respective genes and information for future organ development. Any deviation in Beeja, Beejabhaga, Beejabhagavaya results in congenital malformation and abnormalities in the growing embryo. Acharyas have enumerated 20 yoni Roga in detail affected female Yoni in different extends.

KEYWORDS - *Yonivyapad, Modern Lifestyle, Congenital Disorder.*

INTRODUCTION

After puberty, a woman undergoes a set of changes while entering reproductive phase from menarche to menopause. Knowledge, awareness, and management of these changes are necessary for the positive health of a woman.
Ayurveda lays stress and importance for the health of women's in family , so can procreate and thus lay the foundation of a fruitful society.

Yoni Vyapada : Pittaj(PID), Vataj(Endometriosis) Shleshmiki(Trichomoniasis), Raktayoni (DUB), Arajaska (2° Amenorrhoea), Karnini (Cervical ectopy), Vandhya (Primary Amenorrhoea), Upapluta (Candidiasis), Udavartani (Dysmenorrhoea), Putraghi (Recurrent Abortion), Mahayoni (Prolapse) etc.
Ayurveda shows marvellous results in the treatment by Panchakarma, especially, Uttarbasti, oral medication, local application of medicine, fumigation, tampons, decoction, etc.

Objective of Study: Conceptual study of yonivyapad & sedentary lifestyle & samanya chikitsa according to Ayurveda & reducing its occurrence in India in the 20th century.

Materials and Methods

All the available knowledge about yoni vyapad in classic texts of Ayurveda are studied, evaluated & rectified to generate the amalgamated review, to full the aim according to objective.

Total 20 yoni Vyapad are been described by Acharyas in Ayurveda:

S.N	Charaka	Sushruta	Vagbhata
1	Udavartini	Udavarta	Udavarta
2	Paripluta	Paripluta	Paripluta
3	Vamini	Vamini	Vamini
4	Putragni	Putragni	Jatghni
5	Karnini	Karnini	Karnini
6	Achirna	Achirna	Atichorna
7	Atichorna	Atichorna	Shondhi
8	Shandhi	Shondhi	Mahayoni
9	Mahayoni	Vivruta	Sochhimukhi

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10	Sochhimukhi	Samvruta	Vataja
11	Vataja	Vataja	Vataja
12	Pittaja	Pittaja	Pittaja
13	Kaphaja	Kaphaja	Kaphaja
14	Sannipataja	Sannipataja	Sannipataja
15	Asruja	Vandhya	Vipluta
16	Arjaska	Vipluta	Lohitkshaya
17	Prakchanna	Lohitkshaya	Prakchanna
18	Upapluta	Prasramsini	Upapluta
19	Anivamukhi	Ativandhya	Anivamukhi
20	Shushka	falini(Andal)	Shushk

Doshanubandha in Yonivyapada

Vataja	**1.Vataja,2.Udavartini,3.Putragni 4.Shonita,5.Achshonita,6.Shandhi 7.Mahayoni,8.Suchimukhi,9.Pakshmashana 10.Aantarmukhi,11.Shushka**
Pittaja	1.Pittaja,2.Asruja,3.Arjaska
Kaphaja	1.Kaphaja
Vata-Pittaja	1.Parisruta,2.Vamini
Vata-Kaphaja	1.Karnini,2.Upapluta
Sannipataja	Sannipataja

Sushruta has classified five conditions arising due to vitiation of each Dosha:
Udavarta, vandhya, vipluta, paripluta and vatala due to vata, rudhiraksara, vamini, sramsini, putraghi and pittala due to pitta, Atyananda, karnini, charondwaya(Acharna&Aticharana) and shlesmala due to kapha and shandi, phalini, mahati, suchivaktra and sarvaja due to vitiation of all the 3 dosha i.e sannipatika.
Both Vagbhata & Madhava have not clearly mentioned names separately. Vagbhata followed Charaka but description of Vipluta in place of Acharana & Madhava has given the description like Sushruta.
yonivyapada Hetu (General etiology of yonivyapada):
In charaka chikitsa 30/7-8 has given the description in detail. Now considering explanation of all the classic uniformly the etiological factors that emerge:-

1. **Mithyacharna**
   This heading unifies both abnormal diet and abnormal mode of life. Different factors either environmental, during embryonic life of the girl or at a later life also come under this heading.
   A. Abnormal Diet
      Abnormality in diet refer to excessive inadequate diet along with unhygienic , unwholesome, incompatible foods. Excessive eating causes various disorders in females by getting overweight, diabetes etc. Inadequate take of nutritional food make give deficiency symptoms weakness, low immunity, emaciation resulting into Lohitkshaya as studies have proven Lecithin of fat is important for menstrual regulation.
   B. Abnormal Mode of Life
      Sexual intercourse in abnormal position, with a person who is emaciated or young comes under this category. Producing hyperemia, ulceration, infection, in other words VataPrakopa which may cause gynaecological problems moreover it may result in abnormal behaviour, reflection of abnormal Psychology, etc
2. **Pradusthaartav**
   Artava it's amalgam term used simultaneously for female sex hormone, ovum and menstrual blood is already described differently as a result of different hormonal changes during cycle and reflects reproductive health of female and hormone frequency its never cause of disease, Artava is a broad term referring to all the factors such as hormone, ovarian hormone are causative factor for a good number of gynaecological disorders.
3. **Bija- Dosa or Abnormalities of sperm or ovum**
   It includes gene aberration & chromosomal defect.
4. **Daiva or God**
   It refers to idiopathic or unknown factors.
   Kashyapa only have the total number of yonivyapad as 20, not explaining them. In Sutrasthan effects of different shapes of yoni & pubic hair in future life have been given referring to genetic mutation & malformation explained below.

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S.N	Shape of Yoni	Effect
1.	Shape of cart	Conception (Son)
2.	Fleshy	Good fortune
3.	flongated	Death of Child
4.	Rounded	Whoredom
5.	Upward	Infertility
6.	Narrow	Misfortune
7.	Excessive dilated/ constricted	Anguish
8.	Compact	Female Child
9.	Protuberant fleshy	Male Child
10.	Covered with Spots	Dhanya
11.	Very Hairy	Widow Hood
12.	Total absence of spot	Ignominy
13.	Having black spot	Whoredom

SN	Shape of Pubic Hair	Effect
1	Directed towards centre	Praiseworthy
2	Thin Hair	Widow Hood
3	Dense hair	Harlotry
4	Directed downwards	Misfortune
5	Covering umbilicus	Average

General Line of Treatment:
In line with Charak chikitsa 30 chapters shloka 41-42 samanya chikitsa is:

	SamanyaChikitsa	Kalka	UttarBasti	
Vataj	Sekabhyamphichu + Tail [Snehan-Swedona Basti]	hinsra	Amlatail	Naadikumbh: SaashmaPrastraSweda guduhi
Pittaja	Sekabhyamphichu + ghrita (Raktha pitta ghna)	Panchavalkal	Madur ksheera	BrihatShataravi Ghrita
Kaphaj	SanShodhana Varti (varah pitta)	Shyamaadi	Katu mutra	Udumbaradi, Aragvadha kwatha
Sannipataj	All		All	

DISCUSSION

Initially according to ancient Ayurvedic classical text number of yoni vyapada were 20, while explaining the treatment Charaka & Vagbhata mention treatment of Srasta yoni (vaginal displacement) along with Karkasha, uttana etc on the specific symptoms they gave but can't be set as different disorders but as different symptoms in different yonivyapada. Though Prasamsana or Sramsana is also described as a sign of Mahayoni but Acharya Sushruta has described as one disease with name Sramsani, he has included vivarta as sign of Mahayoni.

Saranghar has enumerated 3 disorders of women caused by inexperience of husband, co-wife, Daiva. These appear to psychological disorder peculiar to women.

CONCLUSION

With all the healthy norms of life, healthy status of yoni is achieved with the help of treatment. Conception occurs with union of Shukra & Shonita possessing all normal qualities & descendant of jiva propelled by the deeds of previous life its what Charaka says. Coitus is not indicated for women suffering from yoni Rogi.

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