

Literary Review of Pittaja Yonivyapad

Dr. Priyanka Sahu^{*1}, Dr. Kavita Mule²

**1 PG STUDENT, DEPARTMENT OF PRASUTI TANTRA AVUM STRIROGA, YASHWANT AYURVEDIC COLLEGE PGT AND RC, KODOLI, KOLHAPUR*

**2 ASSOCIATE PROFESSOR (GUIDE), DEPARTMENT OF PRASUTI TANTRA AVUM STRIROGA, YASHWANT AYURVEDIC COLLEGE PGT AND RC, KODOLI, KOLHAPUR*

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ABSTRACT

A healthy woman represents a healthy family. In different phases of a woman's life, from puberty to menopause, the concept of healthy yoni has been mentioned in Ayurveda as well as in modern. Now days, infection related to yoni is a burning problem irrespective of their age or socioeconomic status. Due to infection, there may be sign and symptoms like vaginal discharge, vaginal bleeding, burning sensation, local suppuration, associated with fever and generalized heat. In Ayurveda, these types of sign and symptoms are found in Pittaja yoni vyapad.

Women health care is related in separate section, where the term Yoni vyapad includes majority of gynaecological disorders. Before knowing the management, literature of the disease should be known. Charak has described 20 different types of disease of the genital tract and Pittaj Yonivyapad is one of the common and important Yonivyapads. Therefore, in this study an effort has been put forth to make a conceptual study covering almost all the aspects of Pittajayonivyapad so that early diagnosis and treatment can be given and vaginal discharge and burning sensation in women can be relieved.

KEYWORDS: Pittaja yonivyapad, Lohitkshara, Vamini, Sramsini, Putraghni, Raktayoni, Arajaska

I. INTRODUCTION

As female is considered to be the root of a healthy offspring, due importance is given to her reproductive health and the diseases which affect those. A female afflicted with any such diseases will not be able to conceive and will be susceptible for various other disorders.

Moreover, she has to bring up the child properly and thus she contributes to the overall health of the society. Hence health care of woman is very important. Any disorders that hampers the general, mental as well as there productive health

of woman should be considered with care and required medical attention. Female body is highly complex and delicate. Because of special reproductive role, women are at risk of some distinct female disorders. Women do not give much attention towards this problem unless and until it will make the patient feel uncomfortable in their day today life.

PittajYonivyapadis one of the frequently seen gynecological disorder remains one among those which cause considerable morbidity affecting both physical as well as psychology of the women. It is observed that physiological state of body changes through out the lifespan. As per Ayurveda, Tridoshas should beat Prakrutavastha. With the technological development social life has undergone huge changes. With change in lifestyle people adapted new habits like mithyaahara, vihara like eating spicy food, fast food, travelling in hot polluted atmosphere, for spacing the family usage of various types of contraceptives like OC pills and Cu-Tinsertion etc, which are harmful to women's health. A detailed description of the disease of female genital tract is described in Ayurveda [3] under the chapter on Yonivyapads. Charak has described 20 different types of disease of the genital tract and Pittaj Yonivyapad is one of the common and important Yonivyapads.

Description

Etiology (Nidan) of Pittaja yonivyapad

It is not a disease but a symptom which is seen in most of the diseases which are mentioned in classics.

A specific group of the diseases of women i.e. Yonivyapad has been mentioned in Ayurvedic classics, which disrupts the womenhood in various ways. Pittaja yoni vyapad is one of those diseases. Vaginal discharge means Yoni sravasi seen as a symptom in case of this disease.

So, in this study an effort has been put forth to

make a conceptual study covering almost all the aspects of Pittaja yonivyapad.

Aim and Objective:

To study about the literary review of

Pittajayonivyapad.

Materials and Method:

This conceptual study is made after reviewing all the available Ayurvedic classics books thoroughly.

Charak ¹	Sushrut ²	Vagbhat ³	Madhav Nidan ,B.P,YR
<ul style="list-style-type: none"> Mithyachar (abnormal diet and mode of life) Pradusta-Artava (abnormalities of Artava) 	<ul style="list-style-type: none"> Mithyachar Pradusta-Artava Bijadosha Daivakopa 	<ul style="list-style-type: none"> Dusta bhojan Bisam angasayan bhrisa maithun sevan Dusta artava 	Followed charak ⁴
<ul style="list-style-type: none"> Bijadosha (abnormalities of Bija) Daivakopa (curses or anger of God) 	<ul style="list-style-type: none"> Prabridha linga purush atisevana 	<ul style="list-style-type: none"> Apadravya prayog Bijadosha Daivata 	

These are the general Nidan of Yonivyapad. If we observe the Nidan of Pittaja yonivyapad then it will be cleared that in classics Nidan for Pittaja yonivyapad is not mentioned directly.

Qualities of Pitta⁵

- Sasneha

- Tikshna
- Ushna
- Laghu
- Vishra
- Sar

So, the qualities agonist to the secanvitate Pitta.

Relation between Pitta and Rasas⁶

Pittaprakopak	Pitta shamak
Katu	Madhur
Amla	Tikta
Lavan	Kashaya

NIDANA FOR PITTAJYONIVYAPAD⁷

Vishes hanidanas for Pittaj Yonivyapad are as follows :These are mainly Pittaprakopaka factors. Katu, Amla, Lavana, Ksharapadartha atisevana. Along with this other factors are: Teekshna, Vidahi and Ushnapadartha Atisevana, other articles of food include:

- Kulatha
- Sarshapa
- Takra
- Amlaphala
- Suravikara
- Shuktasevana
- Dhanyamlasevana
- Tilaannasevana etc.
- Vihara include: upavasa, bhaya, ayasa, irsha

and shoka.

SAMPRAPTIOFPITTAJ YONIVYAPAD⁸

Pitta prakop akaahara and vihara

Vitiatespittadosha
Entersyoni
Produces Pittaja Yonivyapad

SAMPRAPTIGHATAKAS⁹

Dosha - Pitta, Vata.
Dushya-Rasa, Rakta
Srotas - Artavavaha, rasavaha, raktavaha
Udabhavasthana - Amashaya
Rogamarga - abhyantara

Adhisthana – Yoni, Garbhashaya
Srotodushtiprakara-Sanga
Vyaktasthana-Yoni, Garbhashaya

LAKSHANAS:¹⁰

According to Charaka

- Daha
- Paka
- Jwara
- Ushnakamita
- ArtavaisNeela, PeetaandAsita.
- Srava- which is Bhrusha, Ushnaand Kunapa.

According to Sushruta

- Daha
- Paka
- Jwara

- Acharya Dalhana mentions there may be manifestations of Lakshan as like Osha,^[7]Chosha, Paridaha, Dhoomayana etc.

According to Vagbhata

- Daha
- Paka
- Jwara

VYAVACHEDAKANIDANA:¹¹

The conditions from which Pittaj Yonivyapad can be differentiated are:

1. Pittaja artavadushti
2. Raktaja artavadushti
3. Pittaja raktapradara
4. Asrugdara

Types of pittaja yonivyapad by different Acharyas

Charaka ¹²	Vagbhata ¹³	Sushruta ¹⁴
Pittaja, raktayoni, arajaska.	Pittaja, raktayoni	Pittaja Lohitkshara Vamini Prasransini Putraghni

Lakshan

• **Pittajayoni vyapada**

	Charaka	Sushruta	Vagbhata	Madhav Nidan	Bha.Prakash
Yonidaaha	+	+	+	+	+
Paaka	+	+	+	+	+
Jwara	+	+	+	+	+
Ushnata (sarvadehik)	+	-	+	-	-
Nila, pita, seetartava	+	-	+	-	-
Bhrishushna, kunapgandhi srava Putigandha	+	-	+	-	-

Other 6 types of Pittajayonivyapad

	Lohitaksara	Vamini	Sramsini	Putraghni	Raktayoni	Arajaska

Sushruta	In this condition there occurs trickling or oozing of blood per vaginum associated with burning sensation.	The yoni which vomits bija (sukra or sperm) with raja (artava) and vata is known as vamin.	In this condition any irritation causes excessive vaginal discharges or its displacement and labour is also difficult due to abnormality of passage, other features of pitta viriation are also present.	In this condition, the fetuses after attaining stability are repeatedly destroyed due to bleeding, besides there are other clinical features of disordered pitta.	Not mentioned	Not mentioned
Charaka	Not mentioned	Described as vatapittaja causative factor. The disorder in which sukra is expelled with or without pain within 6-7 days of its entry into uterus.	Not mentioned	Mentioned in vatadoshaja disorder. Vayu aggravated due to predominance of ruksha properties in the body, Repeatedly destroys the fetuses conceived with vitiated sonita. Though in this condition fetuses of both the sex are destroyed, however, destruction of male fetuses predominates, thus, it is termed as putraghni.	in Raktayoni is characterized with excessive bleeding per vaginum.	When Pitta situated in yoni and uterus, vitiates rakta, the becomes extremely emaciated and discolored.
Vagbhata	Not mentioned	Mentioned as vatadoshaja disorder.	Not mentioned	Described in Vataja disorder.	It is characterized by excessive bleeding per vaginum.	Not mentioned
Madhavnidana	Not mentioned	Yoni which vomits bija (sukra or sperm) with raja (artava) or ovum) and	Any irritation causes excessive vaginal	Madhavnidana says due to bleeding, fetuses are destroyed repeatedly and he give the cause as loss	Not mentioned	Not mentioned

		vata is known as vamini.	discharges or its displaceme nt and labour is also difficult due to abnormalit y of passage, other features of pitta viration are also present.	of rakta or artava due to vayu.		
B.P.&Y.R.	Bhavaprakash says there is oozing of blood per vaginum associated with burning sensation.	Yoni (uterus) which vomits bija (sukra or sperm) with raja (artava or ovum) and vata is known as vamini.	In this disease irritation causes excessive vaginal discharges or its displaceme nt and labour is also difficult due to abnormalit y of passage, other features of pitta viration also present.	Bhavaprakash says fetuses are destroyed due to bleeding. Yogratnakara give the cause as loss of rakta and artava due to vayu.	Not mentioned	Not mentioned

According to Charak and Vagbhat, Due to consumption of Katu, amladi substances (pittavardhakahar), pitta gets vitiated and reaches yoni and produces sign and symptoms of pittaja yonivyapad.

Yonivyapada samanya chikitsa-

(1) In all these gynecological disorders, after proper snehana, swedana, vamana etc. all five purifying measures should be used. Only after proper cleansing of dosas through upper and lower passages, other medicines should be given.

- Vamanadi measures cure gynecologic disorders in the same way as they cure the diseases

of other systems.

(2) The purifying measures should be used in proper sequence i.e. first oleation then sudation etc. The drugs used in these procedures should be according to vitiation of dosa. This should follow use of uttarbasti (vaginal irrigation or uterine instillation), to be given on the basis of vitiated dosa.

(3) After proper oleation and cleansing, other measures i.e. uttarabasti, massage, irrigation, anointments and tampons etc. should be used.

(4) The treatment prescribed for disorders of vata should be used for all these disorders, especially for mahayoni and vataja disorders.

(5) These disorders do not occur without vitiation of vata, thus first of all vata should be normalized, only then treatment for other dosas should be done.

(6) The treatment prescribed for diseases of sukra, artava, wetnurse, and breasts diseases, impotence and obstructed labour along with month wise treatment of pregnant woman with history of repeated abortion and congenial diet prescribed for every month or whole pregnancy period should also be used.

(7) use of virechana is beneficial.

(8) use of milk is beneficial in all yoniroga's.

Kalpa's used are-

1. Pushyanugachurna
2. BrihatshatavariGhrita
3. Phalghrita or phalsarpi
4. Phalghrita or laghuphalghrita or triphala dighrita
5. Nyagrodhadikwath
6. Maharasnadikwath
7. Jirkadimodaka

External medicine-

1. Mushakkwath siddha til taila picchu
2. Asthapana and uttarbasti
3. Palash niruha basti
4. Shatawaryadi anuwasana or guduchyadi rasayana basti
5. Baladi yamaka anuwasana basti

PITTAJ YONIVYAPAD CHIKITSA

1. In all Yonivyapad [8] caused due to Pitta dosha, Sheetala Chikitsa should be done or Raktapittahara measures should be adopted.
2. Therapies like Seka, Abhyanga and Pichukriya must be performed with the drugs having Sheetala properties.
3. Uttarabasti should be given with Ksheera prepared from Madhura drugs or Madhuka. (Charak samhita chikitsa 30/85)
4. Kalkadharan , Panchval kalkadharana should be done in Pittaj Yonivyapad. (Charak Samhita Chikitsa 30/62)
5. The juice expressed from four tulas of jivaniya group of drugs should bemixed with equal quantity of ghrita extracted directly from milk and cooked. Oral use of thus prepared ghrita cures all types of pittaja yonirogas and also increases fertility or gives progeny. Phalaghrta (laghuphalaghrta) described by

Sarngadhara under general treatment is beneficial.

II. CONCLUSION

- Pittaja Yonivyapada can be prevented by taking proper aharavihar and avoiding pitta karaharvihar like katu , amla, lavana, ksharadi
- This disease can be cured by taking hygiene. Personal hygiene is very important for every woman.
- Vaginal problems are mainly due to disturbances of the vaginal flora. So, approach should be done to correct the vaginal flora by which one can get rid of vaginal problem.

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