

# Conceptual Review Study of Kaphaj Yonivyapad w.s.r. to Charak Samhita

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Received : 28 August 2023

Accepted : 20 September 2023

## Abstract

Every family needs healthy women. She is a most valuable asset in her family as well as at her workplace. Infections related to Yoni are most troublesome problem for women. It becomes very irritating to her without being an important factor of her sex and socioeconomic status. It causes difficulty in her working ability and day to day life. It may results in psychological upset, depression and thus affects women's personality. Health of women is important for our society, as only she has the ability to give birth to new offspring. Charak Samhita is an important ancient Ayurvedic text of three important treatises. Acharya Charaka has allocated separate chapter for problems related to women reproductive system in Yonivyapada Adhyaya. He has given complete description of problems of vagina under the heading of Yonivyapad. Yonigata srava, Kandu, Pichchhil srav, aplavedana and avedana are symptoms of Kaphaj Yonivyapad. Our Ayurveda emphasizes on complete cure by applying holistic approach and improving her general health. So present study is an attempt to conceptually review Kaphaj Yonivyapad from Charak Samhita.

**Keywords:** Kaphaj, Ayurveda, Women, Yonivyapada.

## Introduction

Today is an era of modernisation and civilisation. Both male and female are living in continuous phase of competition. To remain in this competition, there is a need of healthy status. Particularly female performs vast range of works. She have to do work in her office and also she has responsibility of house chore works. In this fast lifestyle, her health is a point of less care. She almost neglects towards her well being. Generally every women goes thorough tremendous changes in her physical, mental and social condition from birth and especially during

her Reproductive period. Only she has the ability to create new off spring and continue the generation. By seeing this point, it is much important point of our society to look after her health. Any problem which affects her physical, mental, social and reproductive health should be considered with care and required medical attention.

Generally women don't give much attention towards health due to heavy burden of numerous responsibilities of office as well as family. Vaginal discharge is one of the most common problem faced by women. She does not take much care until she feels uncomfortable in this day to day life. The main important feature seen in this is itching in vagina

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with unctuous discharge which is mentioned under the healing of Kaphaj Yonivyapad in Charak Samhita in Yonivyapachchikitsadhyaya.<sup>1</sup> In this study, all the description regarding Kaphaj Yonivyapad elaborated in Charak Samhita has been described.

### Aim

To study in detail Kaphaj Yonivyapada according to Charak Samhita.

### Objective:

1. To take various references related to Kaphaj Yonivyapada from Charak Samhita.

### Material and Methods:

Literature review is done through Charak Samhita, various research papers available in Journals and online data available.

### Review of Literature:

#### Nidana

Nidana of Kaphaj Yonivyapada according to Charak Samhita:<sup>2</sup>

1. Mithyachar (abnormal diet and mode of life)
2. Pradushta Artava (Artava abnormalities)
3. Bija dosha (bij abnormalities)

These are general etiological factors of Kaphaj Yonivyapad. If we carefully observe, it is clear that Nidana of Kaphaj Yonivyapad has not mentioned directly.

Also Acharaya Charaka has stated that consumption of Abhishyandi substances (Kaphakaraka Ahara), Kapha gets Vitiated and reaches Yoni. Then it produces signs and symptoms of Kaphaj Yonivyapad.

### Attributes of Kapha:

Guru, sheeta, Madhura, Pichhil, Manda, Snigdha.

### Kapha and Rasa relation:

Rasas increasing Kapha: Madhura (sweet), Amla (sour), Lavana (salty)

Rasas decreasing Kapha: Katu (spicy), Tikta (bitter), Kashaya (Astringent)

### Samprapti Ghatak:

Dosha: Kapha and Vata

Dushya: Rasa, Rakta and Mamsa

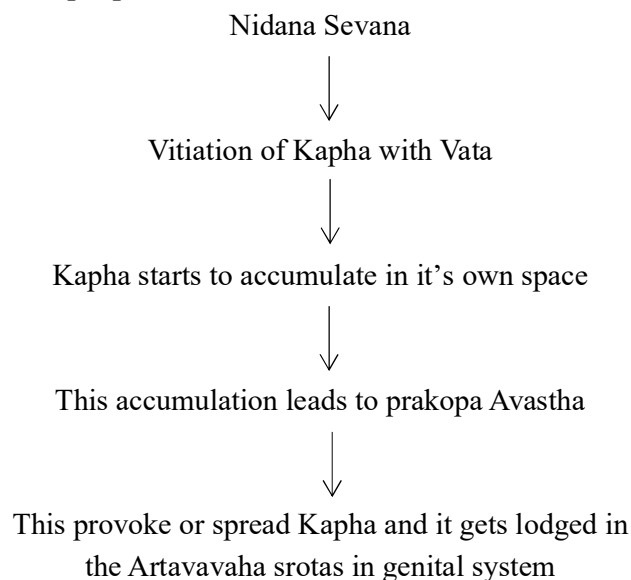
Srotas: Rasavaha, Raktavaha and Artavavaha

Adhishtan: Yoni

Rogamarga: Abhyantara

Sthanasamshraya: Yonimarga and Garbhashaya

### Samprapti:<sup>3</sup>



### Lakshanas of Kaphaj Yonivyapad<sup>4</sup>

1. Yonipichchhil
2. Shitalata
3. Kandu
4. Yoni Aplavedana
5. Avedana
6. Panduvarna srava

### Chikitsa:

- Principle of treatment: Ruksha and Ushna (hot) treatment should be prescribed.<sup>5</sup>
- Kalka - Trivrut kalkadharana<sup>6</sup>

- Varti dharana - Arkadi varti,<sup>7</sup> Pippalyadi varti<sup>8</sup>
- Pichudharan - Udumbartaila pichu,<sup>9</sup> Udumbaraditaila pichu,<sup>10</sup> Dhatakyaditaila pichu<sup>11</sup>
- Yoniprakshalan – by Kariradi Kwath<sup>12</sup>
- Consumption of Pippalyadi Churna with Honey<sup>13</sup>
- Uttarbasti of Dravyas of katu rasa with gomutra.<sup>14</sup>

### Discussion and Conclusion:

Kaphaj Yonivyapad is a commonly occurring problem in women during her Reproductive period. The disease is caused due to consumption of faulty diet and performing improper lifestyle. It occurs mainly due to excess consumption of abhishyandi ahar, which causes vitiation of Kapha. Also negligence towards hygiene is also important etiological factor.

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