

## ROLE OF YONI VARTI IN SHLESHMAJA YONIVYAPADA W.S.R NON-SPECIFIC VULVOVAGINITIS

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### ABSTRACT

*Ayurveda* is one of the oldest holistic healing systems. *Ayurveda* not only gives us the knowledge of life but also the knowledge of healthy living. Healthy women are a promise of healthy family. In different phase of women's life, from puberty to menopause the concept of healthy *yoni* has been mentioned in *Ayurveda* as well as in modern medicine. In *ayurveda* text, most of the gynecological disorders are described under *Yonivyapada*. *Yoni Varti* is considered as a modified form of *Vati kalpana*, made to be specially used in *Yoni Pradesh*. A Vaginal Suppository is a drug delivery system, it dissolves or melts & absorbed in deeper tissues. The drug possesses qualities like hygroscopic, antiseptic & wound healing i.e., *Shodhana karma*. *Shleshmaja yonivyapada* is described as a condition where symptoms of *picchila* and *Sheetala* discharge from female genital tract (*Yoni*) occurs with *kandu* and *mandaruja* along with *Artavadushti* and *pandu*. *Varti prayoga* is one such intervention among which "*Shodhani*" *varti* has been specifically mentioned in the context of *Sleshmaja Yonivyapada*. *Arkadi Varti* & *Pippalyadi varti* have been explained under the same. The symptoms which are seen in vulvovaginitis conditions need effective treatment procedures. *Varti* has *Teekshna*, *Ushna* properties and are also *Kaphahar* in nature. All of these drugs have potent antimicrobial actions and the use of a topical medicine like *Varti* will act directly on the vaginal mucosa and enable easier and target specific action. Therefore, it helps to combat the local disease-causing agent and simultaneously strengthen the vagina as well as prevent recurrence.

**Keywords:** Shleshmaja Yonivyapada, Varti, Arkadi Varti, Pippalayadi Varti, Vulvovaginitis

## INTRODUCTION

Ayurveda is one of the oldest holistic healing systems. Ayurveda not only gives us the knowledge of life but also the knowledge of healthy living. Healthy women are a promise of healthy family. In different phase of women's life, from puberty to menopause the concept of healthy *yonis* has been mentioned in ayurveda as well as in modern medicine. In ayurveda text most of the gynecological disorders are described under *yonivyapada*. The word *yonis* denotes female genital tract, so it includes whole vulva, vaginal canal, cervix, uterus & ovaries. The word *vyapada* means disorder, thus there are different types of vaginal infections, hormonal abnormalities & displacement of uterus included under *yonivyapada*.

A total of 20 types of *yonivyapada* have been described in all ayurveda text which are caused by.

1. *Mithyachara*
2. *Artavdosha*
3. *Beejdosha*
4. *Daivprakopa*.

### Qualities of *Kapha*

- *Guru*
- *Sheeta*
- *Mridu*
- *Snigdha*
- *Madhura*
- *Sthira*
- *Picchila*

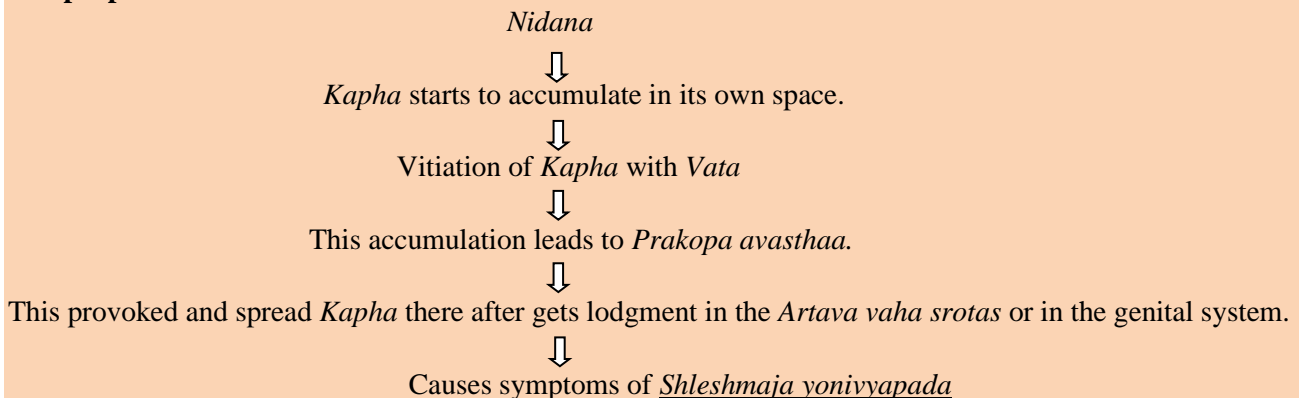
Such qualities agonist to these can vitiate *Kapha*.

*Sleshmaja yonivyapada* is one of the 20 *yonivyapada* described in an ayurvedic text. *Acharya Charak* mentions that due to consumption of *abhisyandi* food products the aggravated *kapha* reaches *yonis* causing unctuousness, coldness, itching and dull pain in vagina. She appears pale and has whitish, unctuous menstrual discharge. *Acharya Shusruta* mentioned that in *shleshmaja yonis* there is unctuous associated with itching and excessive cold. *Shleshmaja yonivyapada* is described as a condition where symptoms of *picchila* and *sheetala* discharge from female genital tract (*Yonis*) occurs with *kandu* and *manda ruja* along with *artava dusti* and *pandu*. *Shleshmaja yonivyapada* is caused due to vitiation of *kapha dosha* thus creating condition of *yonikandu*, *pichhil yonis*, so the drug is chosen because of it is *ushna*, *ruksha* and *katu* property. Due to its *ushna* and *katu* properties, it pacifies the *doshas*, cures infection, heals the lesions and improves the function of reproductive system.

*Acharya Vagbhata* mentions that the aggravated *kapha dosha* reaches *yonis* causing *sleshmaja yonivyapada* with the following clinical features like absence of pain or dull pain, coldness, itching, pale and unctuousness in *yonis* & like this there is painless, cold, pale & unctuous vaginal discharge as well as menstrual bleeding with itching.

In *Madhava nidana*, *Bhavprakash* & *Yogaratanakar*, it is same as *Sushruta sleshmaja yonis* is unctuous, associated with itching & excessive cold.

## Samprapti



### Samprapti Ghatak

- **Dosha-** Vata + kapha
- **Dushya-** Rasa, Rakta & mamsa
- **Srotasa-** Rasavaha, artavaha, raktavaha
- **Srotodusti lakshana** – Atipravriti
- **Adhsthana-** Yoni
- **Rogamarga-** Abhyantara
- **Sthanasamsraya-** Yonimarga & Garbhashaya

### Non-Specific Vulvovaginitis-

Vulvovaginitis due to foreign body, chemical (douches, deodorant, detergents), pessary, tampon, ill health can be included under Non-Specific Vulvovaginitis.

Some factors that alter the vaginal environment and make the infection more likely which are given below-

- **Reduced acidity (increased pH) in the vagina:** When acidity in the vagina is reduced, the number of protective bacteria that normally live in the vagina decreases, and the number of bacteria that can cause infection.
- **Poor hygiene:** When the genital area is not kept clean, the number of bacteria increases, making bacterial infections more likely.
- **Tight, non-absorbent underwear:** This type of underwear may trap moisture, which encourages the growth of bacteria and yeast.
- **Women of Reproductive Age:** Hormonal changes shortly before and during menstrual periods can reduce acidity in the vagina. Reduced acidity encourages the growth of bacteria that cause disease.
- **Antibiotics:** Antibiotics alter the microbiology of the vagina and can increase the risk of infections.
- **Intra vaginal preparation:** Douching or the use of intra-vaginal medication can change the vaginal pH or affect the vaginal flora, changing the resistance to infection.
- **Intercourse:** Semen has an alkaline pH, thus affecting the micro environment of vagina. New organisms that may be introduced into the vagina also affect the micro-environment. Intercourse

also causes hyperemia and small laceration in vulva & vagina which is the site of infection.

- **Stress, Poor diet & Fatigue:** These probably play a role by affecting microbiology, pH and the immune system.
- Vaginitis may be due to Excessive alcohol, Steroid use, a weakened immune system etc.

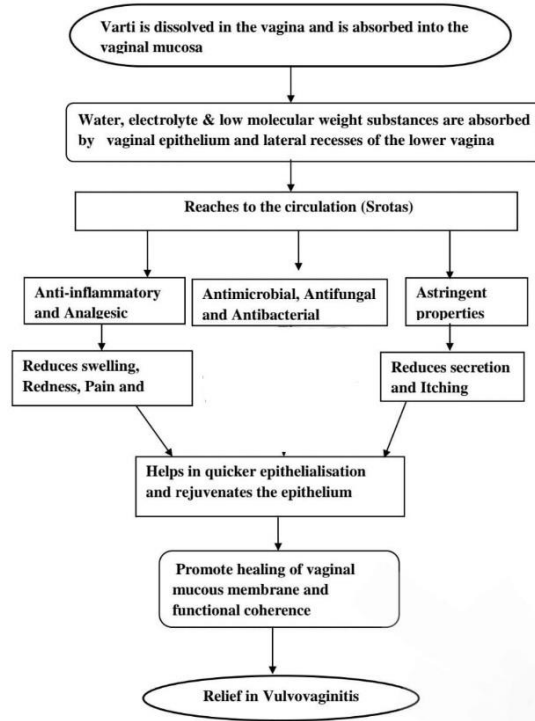
### GENERAL SIGNS AND SYMPTOMS OF NON SPECIFIC VULVOVAGINITIS

1. **Increased volume of discharge:** Local congestive state is responsible cause of an increased vaginal secretion. Discharge is by an increased transudation from the vaginal wall.
2. **Consistency of discharges:** Discharge like watery, thin, thick in consistency.
3. **Vulval itching:** The discharge causes irritation of the vulva and patients complain of itching and irritation.
4. Foul Smell
5. Pain in Vulvovaginal region.

### YONI VARTI (VAGINAL SUPPOSITORY)

Varti is a form of drug administration used in the *Shodhana* of Vagina and is of the size of the Index Finger. In the context of *Yonivyapada chikitsa* it is mentioned that the local treatment should be done and must be followed by Shodhana Therapy. The mode of action of *Sthanik Chikitsa* is yet to be proven scientifically, the hypothetical probability is that vaginal epithelium absorbs water soluble / Lipophilic active principle. The drugs may help restoring acidic pH which is a protective shield against infection. The drug may restore or enhance the growth of natural vaginal flora preventing the growth of Pathogens. *Yoni varti* is considered as a modified form of *Vati Kalpana* and specially used in *Yoni Pradesha*. A Vaginal Suppository is a drug delivery system, it dissolves or melts & absorbed in deeper tissues. Medicated *varti* possess qualities like hygroscopic, antiseptic & wound healing. The size (thickness) of this *varti* is like that of thumb or forefinger which is left for short period or as needed.

## Mode of Action of Yoni Varti



## Management

The aim of *ayurveda* is both prevention & cure so the first line of treatment is *Nidana parivarjana*. *Vata & kapha vardhaka ahar* should be stopped *kala & matra ahara* should be followed. Lifestyle management to be done, breathing exercise, yoga should be started to balance the vitiated *doshas*. Unhygienic conditions & the use of *apdravya/agantuja hetu* should be avoided. *Yonivyapada* cannot occur without disturbance in *vata dosha* so *vata shamaka chikitsa* should be given in all *yonivyapadas*. *Yoni kandu* is the cardinal symptom of *kapha dosha vridhi* so *kapha shamaka chikitsa* should be given *ruksha & ushna kriya* should be done in *shleshmaja yonirogas*. Drugs with *vata kapha shamaka* properties along with *kanduhara* property are effective in treatment of *yonikandu*. The common line of treatment suggested by *acharya* for *yonikandu* is *Nidana parivarjana, Snehana, Swedana, Mridu panchakarma, vata & kapha shamaka chikitsa*.

## Sthanika chikitsa

Among the various treatment modalities described for *Yonivyapada*, the emphasis given to *Sthanika Chikitsa* is noteworthy. The mode of approach through local route (with or without oral treatment) is with the aim

to give instantaneous relief to the suffering woman. In some cases, drugs given by the intra-vaginal route have a higher bioavailability compared to the oral route as it by-passes the liver. The vaginal wall is very well suited for the absorption of drugs for systemic use, since it contains a vast network of blood vessels. Moreover, the anatomically backward position of the vagina may help in self-containing of the drug thereby holding it in situ for a longer duration. In the types of *Sthanika chikitsa*, commonly used are *Yoni Dhavana/Prakshalana* (vulval & perineal toileting), *Pichu* (tampon), *Varti* (wick), *Lepa* (paste), *Dhoopana* (fumigation), *Yoni Purana* (filling), *Uttara Vasti* and *Kshara Karma*.

## Advice

Follow the instructions advised during the period of treatment.

- Abstinence during the course of treatment.
- To maintain hygiene.
- To wear clean and sun-dried cotton undergarments.
- To wash the vaginal area with lukewarm water.
- To avoid chemical base vaginal wash or soap.

## DISCUSSION

- Correlation between *Shleshmaja yonivyapada* and nonspecific vulvovaginitis is done only on the basis of the symptom ‘vaginal discharge’.
- This disease can be cured mainly by taking hygiene. Personal hygiene is very important for every woman.
- Vaginal problems are mainly due to disturbances of the vaginal flora. So, an approach should be done to correct the vaginal flora by which one can get rid of vaginal problem.

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