



AYURVEDIC APPROACH TO YONI KANDA WITH RESPECT TO BARTHOLIN'S CYST-A SINGLE CASE STUDY

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ABSTRACT

Bartholin's cyst is a condition of Bartholin's glands which are located deep to posterior aspect of labia majora on either side. Bartholin's cyst form when duct becomes obstructed with fluid. Further when the cyst becomes infected and if untreated, it develops in abscess. This causes irritation and pain during walking, sitting and during intercourse. According to Ayurveda it can be correlated to *Yonikanda* (Bartholin's cyst), which was mentioned in *Madhavanidana*, where *Yonikanda* is described as disease of vagina presenting with protuberant mass like structure which resembles *Nikucha* or *Lakucha* (Monkey jack fruit) shape.

In present case study, A female aged 22 years, unmarried, occupation by student, came to OPD of Dr. BRKR GOVT AYURVEDIC HOSPITAL, complaining of swelling and mild pain in right labia majora since 10days. For this condition she took allopathy medicine for 5days but no relief. She has a previous history of the same complaints on left side of labia 1year ago, which was treated surgically. Considering all the factors this condition can be correlated with *Yonikanda* and managed by *Aushada* (Drug) which are *Vata-kapha hara*, *Shotha hara*(Anti-inflammatory), *Raktha shodaka*(Blood purifier), *Shula hara*(Analgesic),*Janthugna* (Anti-microbial) properties. *Sthanika chikitsa* like *Yonidhavana* (Vaginal douche), *Yoni lepa*(Vaginal anointment), *Yoni dhupa*(Vaginal fumigation), *Ahara*(Diet), *Vihara*(Conduct). In contemporary sciences, antibiotics, surgical draining, marsupialization, removal of Bartholin glands is only the line of treatment, whereas in Ayurveda it can be managed through

Aushada, Sthanika chikitsa, Ahara, Vihara, Dinacharya (Daily regimen). The patient got relieved completely after 15days of treatment.

Keywords: Yoni Kanda, Bartholin's cyst, Sthanika chikitsa

INTRODUCTION

Bartholin glands are paired glands situated in the superficial perineal pouch, close to the posterior end of vestibular bulb @5 O'clock and 7 O'clock. They are pea sized of about 0.5cm. During sexual excitement, it secretes abundant alkaline mucus which helps in lubrication. Each gland has got an efferent duct which measures about 2cm and opens into vestibule outside the hymen. These glands correspond to the bulbourethral gland of male. They are not palpable except in the presence of disease or infection. Bartholin cyst is a firm, tender, non-cancer lump. It develops due to blockage in Bartholin gland. Cysts can range in any size; larger cysts are more likely to cause discomfort and pain in vulva. Major symptoms are not common in cysts unless they get infected. Sometimes bacteria can enter cyst fluid and cause a buildup of pus forming Bartholin abscess which has symptoms like pain, fever, redness.

In Ayurveda, according to *Madhavanidana*, causes like *Diwaswapna*(Day sleep), *Ati krodha*, *Ati vyayama*, *Nakha dantadibhir kshatat* (injury caused by nails, teeth, thorns etc). Due to etiological factors, dosas in the body of women get aggravated. This aggravated doshas causes protuberant structure resembling *Nikucha or Lakucha* fruit in shape. According to predominance of dosa, *Yonikanda* is of 4 types.

Vataja- vaginal mass will be dry, rough and discolor with cracked appearance (can be considered as early stage of Bartholin cyst)

Pittaja- Presence of burning sensation, redness and fever (acute suppuration stage)

Kaphaja- resembles color of *Atasi pushpa*, bluish color and will be associated with itching (chronic stage)

Sannipatika- associated with features of all three dosas (acute suppural in chronic Bartholin abscess)

CASE REPORT:

A 22-year-old unmarried female patient, occupation by student, came to *Prasuthi & stree roga* opd of Dr. BRKR Govt Ayurvedic college, Hyderabad. Complaining of swelling and mild pain in right labia majora since 10 days.

H/O Present illness:

The patient was asymptomatic 10 days, she developed swelling in right labia majora which was initially started as small swelling, then increased in size. For which she took allopathy treatment for 5 days (Aceclofinac 100mg & Taxim 200mg), but no relief in her symptoms. The patient had a previous history of the same condition on left labia majora 1 year ago for which she was managed surgically.

H/O: Past illness:

No other surgical history, no history of thyroid disorder, diabetes, hypertension.

Menstrual history:

Menarche: 12years	LMP:20/4/2023
Duration of flow: 4days	Cycle interval: 30days
Regularity: regular	Flow: 2pads/day

Family History: Nothing specific

Personal history:

Appetite-good	Micturition-free
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Diet-veg and nonveg	Allergic history-nil
Sleep-normal	Addiction-nil
Bowel-twice in a day	Exercise-nil

ASHTAVIDHA PARIKSHA:

Nadi-vata kapha	Shabda-Prakrutha
Mala-twice a day	Sparsha-Anushnasheetha
Mutra-5-6times/day	Drik-Prakrutha
Jihva -Nirama	Akruthi-Madhyama

DASHAVIDHA PARIKSHA:

Prakruti-VK	Satmya-Madyama
Vikruthi-kapha	Satva-Madhyama
Sara-Medosara	Aharashakti-Madhyama
Samhanana-Madhyama	Vyayamashakti-Madhyama
Pramana-Madhyama	Vaya-Madhyama

PHYSICAL EXAMINATION:

Weight-55kg	BP-110/80 mmhg
Height-150cm	Breast examination-NAD
BMI-24.4	Respiratory rate-20/min
Pulse-80/min	Pallor-absent

SYSTEMIC EXAMINATION: Respiratory system: normal

CVS: S1, S2 heard.

CNS: Conscious and oriented

GIT: liver, spleen not palpable

GYNAECOLOGICAL EXAMINATION:

O/E: A unilateral mass on right labia major, measuring 4cm*3cm, reddish and smooth surface without punctum. The previous Scar mark is noted on the right side of vaginal opening.

INVESTIGATION:

HB: 12 gm/dl

HIV: Non-reactive

WBC: 12000 /cmm

VDRL: Non-reactive

PLATELETS: 225000 /cmm

TSH: 2.5 MIU/ml

TREATMENT PLAN:

AUSHADA : Table no:1

MEDECINE	DOSE	BEFORE/AFTER FOOD	ANUPANA
Kanchanara Guggulu	2 Tab (500mg)	Morning & evening after food	Warm water
Varunadi kashayam	15 ml	Morning & evening after food	Warm water
Jeerakadi vati	1 tab (500mg)	Morning & evening before food	Warm water
Chopachinyadi churna (50 gm) Rasamanikya rasa (2.5gm) Pravala pisti (10gm) Sameerapannaga rasa (2.5gm)	3gm	Morning & evening after food	Honey

Vyadhiharan sayana(20gm)	ra-		
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STHANIKA CHIKITSA:

Yoni dhavana with panchavalakala kwatha churna for 7 days
 Yoni lepa with Jathyadi ghrta for 7 days
 Yoni Dhupa is done after 7days of yoni dhavana and Yoni Lepa with Nimbadi churna for 7days. Hygiene is advised.

RESULT:

Pain, Redness and swelling were reduced at the end of 5th day of treatment. Patient was complaining of white discharge & itching over the previous scar. Further advised for Yonidhupa with Nimbadi churna for 7 days, by which she was relieved from the symptoms.



Before treatment After treatment

DISCUSSION

In this present case, by all the investigation, sign/symptoms and clinical examination, it's a predominantly Vataja Kaphaja Yoni Kanda.

Keeping in view about all the predominant dosa, sign and symptoms, the ayurvedic principles of treatment

were selected, the patient in this case was put on the shaman and *Sthanika chikitsa* by selecting multiple herb mineral formulations involving *Shota hara*, *Shrotho shodana*, *Raktha shodaka*, *Shula hara* properties.

TABLE NO: 2

Aushada	Guna	Pharmacological action
Kanchanara guggulu	Vata kapha dosa hara Lakshana Shotha hara Granthi hara	Anti-inflammatory Reduces the size and further arrest the growth of cyst.
Varunadi Kashaya	Katu, tikta rasa pradhana Kapha vata hara Vidradhi hara Lekhaniya, Chedaniya Raktashodaka, Shotha hara	Anti-inflammatory, analgesic, antioxidant anti lipase activity anti-fungal
Jeerakadi vati	Vata kapha hara Deepana Ama pachana Shrotho shodana	Anti-microbial Analgesic Insecticidal Antioxidant, anti-cancer
Chopachinyadi churna	Tri dosa shamaka Shotha hara Shula hara	Anti-inflammatory Analgesic Anti-microbial properties Effective in skin diseases

<i>Rasamanikya Ras</i>	<i>Raktashodaka, Shulahara, Kapha pitta hara Kandu hara</i>	Immune modulator Anti-microbial Anti inflammatory
<i>Vyadharan rasayana</i>	<i>Tri dosa hara Raktashodaka</i>	It avoids sepsis, forms a protective layer over mucous membrane and relieves inflammation. Immune modulator

Yoni dhavana: *Yoni dhavana* with *Panchavalkala kwatha churna kashaya*, which are anti-inflammatory, analgesic, antimicrobial, *Vrana ropana* properties. These drugs are absorbed through mucosa and blood circulation of vagina.

Yoni lepa: *Yoni lepa* with *Jatyadi ghritha*, polyherbal preparation containing 11 drugs, extensively for antimicrobial, anti-bacterial, anti-inflammatory and antiseptic activity, that may be responsible for its efficacy in wound healing.

Yoni dhupa: with *Nimbadi churna* its fumigation creates an antiseptic environment, kills microbes, thereby prevent infections. It dilates blood vessels and helps in oxidation of blood. It leads to adequate tissue perfusion and oxygenation, thus reduces inflammation, itching and eliminates infection.

CONCLUSION

As in contemporary sciences, treatment through surgery may lead to development of scar and most chances of reoccurrence is there, which can be avoided by using ayurvedic treatment. Further a large group of study is required to implement this treatment protocol in management of *Yoni Kanda* (Bartholin's cyst).

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