

CASE ANALYSIS OF ATROPHIC PAP SMEARS CHANGES W.S.R. TO VATAJA YONIVYAPAD**Ranu Rajpurohit¹, Dichen angmo², Akhilesh srivastava³, Swapnilsaini⁴**

^{1,2}M.D. 2nd Year, Dept. of Rog Nidan Evam Vikriti Vigyan, R.G.G.P.G. Ayurvedic College & Hospital, Paprola, Distt. Kangra, H.P., India.

³Prof. Dept. of Rog Nidan Evam Vikriti Vigyan, R.G.G.P.G. Ayurvedic College & Hospital, Paprola, Distt. Kangra, H.P., India.

⁴Reader Dept. of Rog Nidan Evam Vikriti Vigyan, R.G.G.P.G. Ayurvedic College & Hospital, Paprola, Distt. Kangra, H.P., India.

Corresponding Author: rnanu505@gmail.com

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**ABSTRACT**

Vataja Yonivyapada (Gynecological condition of vitiated Vata Dosha) applies to atrophic changes in women of reproductive age, with signs and symptoms such as pain along with irregular menstrual bleeding, which interferes with daily chores, disrupts interpersonal relationships and, most importantly, reduces the quality of life. It can be co-related with regenerative and reparative changes in paps smear. Atrophic smear refers to the detection of atrophic changes in the epithelial cells of the cervix and is commonly seen in postmenopausal women but can also occur in younger women for various reasons. A 31-year-old female with chief complaints of white discharge pervaginam with foul smell and itching at the vulvar region. The patient came to R.G.G.P.G. Ayurvedic College and the Hospital Pathology Department.

Keywords: *Vataja Yonivyapada*, Atrophic changes, paps smear, post-menopausal women

INTRODUCTION

The "Ashtangas of Ayurveda" (eight branches of Ayurveda refers to the eight unique branches of Ayurvedic medicine. The word "Ashtanga" signifies eight branches or components. *Kaya* (Internal Medicine), *Bala* (Pediatrics), *Graha* (Psychiatry), *Urdwanga* (ENT), *Shalya* (Surgery), *Danshtra* (Toxicology), *Jara* (Geriatrics), and *Vrisha* (Reproductive Medicine) are among these. The second branch, *Bala*, specifically addresses the care of women and babies

during the prenatal and postpartum periods. Apart from *Asrigdara*, *Artavadushti*, *Raktagulma*, *Yoni Arsa*, and *Yoni Kanda*, most gynaecological disorders are termed *Yonivyapada* in Ayurvedic texts. Numerous gynaecological issues in women of reproductive age are linked to the signs and symptoms of *Vataja Yonivyapada*, such as irregular menstrual bleeding and discomfort.

Types of vataja yonivyapada

Vataja	1. Vataja, 2. Udavartini, 3. Putraghi, 4. Acharana, 5. Aticharana, 6. Shandhi, 7. Mahayoni, 8. Soochimukhi, 9. Prakcharana, 10. Anantarmukhi, 11. Shushka
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A 31-year-old female with a chief complaint of white discharge per vaginam with foul smell and itching at the vulvar region. The patient came to R.G.G.P.G. Ayurvedic and the hospital pathology department. The pap smear report was as follows.

Slides: Satisfactory for evaluation.

Microscopy:

1. Smear findings:

Shows superficial, intermediate, and parabasal cells. Epithelial cells display nuclear enlargement of variable degrees with smooth, rounded, and uniform nuclear outlines. Squamous epithelial cells exhibit vacuolization of cytoplasm.

Presence of squamous metaplastic epithelial cells,

2. Flora and Bacteria:

Smear reveals a shift in vaginal flora and abundant bacteria

Cytolytic changes are present

3. Inflammatory Cells

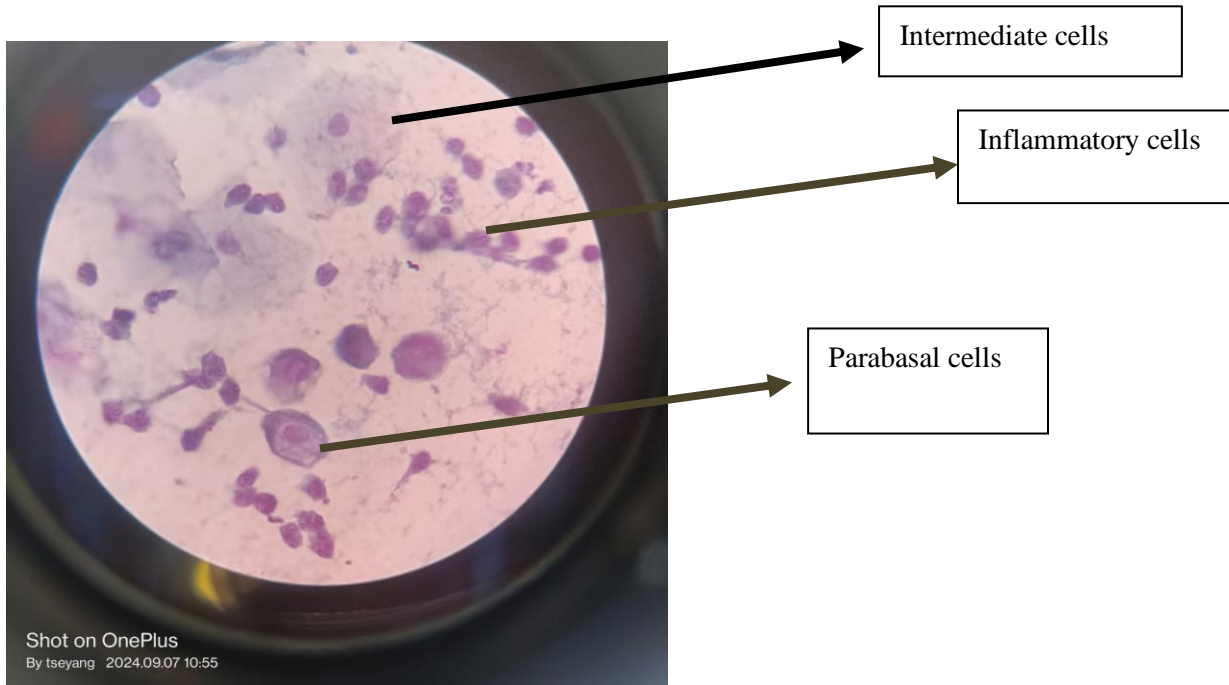
Numerous inflammatory cells are noted, along with alterations in cells associated with inflammation and repair.

Impression:

Atrophic changes.

Bacterial vaginosis.

Smear negative for intraepithelial lesions and malignancy.



Vataja Yonivyapad can be correlated with atrophic changes observed in a **Pap smear** based on the nature of the condition, which is primarily caused by the vitiation of *Vata Dosha*. Atrophic changes in the vaginal mucosa, typically seen in postmenopausal women or women with low estrogen levels, result in thinning and drying of the vaginal walls. It helps us with the diagnosis of premature menopause, a coming-of-age problem in our society. This parallels with the *Vataja Yonivyapad*, where *Vata's* dry, rough, and degenerative qualities are manifest in the reproductive system.¹ It is not only *Vataja Yonivyapadas* symptoms which carry weight, but it certainly has a significant bearing on the reproductive health of women. This is evident from clinical data that speak eloquently about the atrophic changes seen in Pap smears. Such features that accompany inflammation and shrinkage of cells occur due to *Vata* imbalance underlying the body. This supports how modern medical research is related to *Ayurveda*. Understanding *Vataj Yonivyapad* will allow the creation of specific treatment modalities that consider women's health on both psychological and physiological fronts.² *Vataja Yonivyapad* aligns with the clinical presentation of atrophic changes on a Pap smear. Here is my reason for this.

Clinical Features of Atrophic Vaginitis (Atrophic Changes):

- **Vaginal Atrophy** is a condition where there is thinning, drying, and inflammation of the vaginal walls due to decreased estrogen levels, commonly seen in postmenopausal women. Still, it can also occur in younger women due to hormonal imbalances or specific conditions.
- On a **Pap smear**, atrophic changes include: Thinning of the epithelial layer; loss of cellular maturation; increased inflammation or dryness in the vaginal environment. Cells may appear smaller, shrunken, and flattened, indicating degeneration process.

Vataja Yonivyapad: Description and Symptoms:

As stated in *Ayurvedic* texts, *Vataja Yonivyapad* is a disease that arises from the vitiation of *VataDosha* in the reproductive system. Here, it will be more involved with yoni (vaginal area). Symptoms appear to be dryness, thinning of tissues, pain, and discomfort, which are comparable to the atrophic changes.

Some Signs of *Vataja Yonivyapad*:

1. *Rukshata* (Dryness): It is the predominant feature with *Vata* vitiation, resulting in atrophic changes that cause the vaginal walls to become thinner and drier, like in atrophic vaginitis.

2. *Parushata*: Vaginal tissues become rough, having lost their natural lubrication, leading to irritation, similar to what is seen in atrophic changes.
3. *Kashaya* (Astringent taste): Reflective of vaginal discharge in *Vataja Yonivyapad*; this indicates the degenerative character of *Vata*.
4. *Shoola*(Pain): Common to both *Vataja Yonivyapad* and vaginal atrophy is pain or discomfort during intercourse, walking, or urination.³ Atrophic changes, as seen in Pap smear-thin and dry epithelial layer, as well as inflammation caused by moisture loss, are manifestations of *Vata*'s dry and degenerative qualities in reproductive tissues with moisture loss.^{4,5}

CONCLUSION

The analysis discusses the atrophic pap changes related to *Vataja Yonivyapad*. This illustrates how modern clinical findings align with Ayurvedic principles, providing a clearer understanding of cervical health. The atrophic changes highlight the necessity for a multidimensional approach to women's health management, particularly during postmenopausal transitions characterised by a predominance of *Vata* dosha. Such considerations can enhance diagnostic precision and assist in developing specific therapeutic strategies by correlating traditional descriptions with their physiological manifestations. These efforts could evolve into a comprehensive intervention model addressing women's health's psychosocial and physical aspects. Therefore, the intended area for future research aims to ensure that Ayurvedic practices are effectively integrated with evidence-based medicine for improved treatment and understanding of conditions like those indicated by an atrophic pap smear (Sharadini Arun Dahanukar et al.). The discussion on atrophic pap smear changes, *Vataja Yonivyapad*, forms the core of this extensive analy-

sis. This represents a fascinating stage of synthesising modern clinical findings with Ayurvedic principles to foster a better understanding of cervical health. Atrophic changes support a multidimensional management approach during postmenopausal transitions when *Vata* transport is predominant. Such considerations could enhance diagnostic accuracy and assist in formulating specific therapeutic strategies by correlating traditional descriptions with their physiological manifestations. Consequently, these efforts could serve as a foundation for a comprehensive intervention model addressing women's psychosocial and physical health. The proposed area for future research will ensure that Ayurvedic practices remain closely linked with evidence-based medicine, facilitating better treatment and understanding of conditions akin to an atrophic pap smear (Sharadini Arun Dahanukar et al.) al.).

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