



International Journal of Indian Medicine

www.ijim.co.in

ISSN: 2582-7634

Volume 2, Issue-11



IJIM

INDEXED

November 2021



International Journal of Indian Medicine

Access the article online



International Category Code (ICC): ICC-1702 International Journal Address (IJA): IJA.ZONE/258276217634

Concept of Yoni Srava in different pathological condition in Yonivyapada.

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Abstract: As female is considered to be the root of a healthy offspring. Women has to do more efforts to counter this extra burden. Moreover, the woman is said to be three times more responsible than male in the procreation. She has to bear the reproduction and bringing up of children. For this she should be in the perfect, healthy condition, particularly reproductive healthiness. physical and psychological factors directly affect her attitude and efficacy, which adversely affects the family. Owing to complicated structure of the female body, women are subjected to a large number of complaints, connected with genital organ. Yonivyapada is a compilation of various disorders of the genital tract eg. Vulva, uterus. Which produces different types of Srava in different conditions. Any changes in color, consistency, amount, smell of discharge may be a sign of a vaginal infection. Vaginal infections are very common during reproductive period of women.

Keywords: Yonivyapada, Yoni Srava, Stree Roga, Vaginal discharge

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How to cite this article: Gawande N S, Patil J R. Concept of Yoni Srava in different pathological condition in Yonivyapada. Int J Ind Med 2021;2(11):55-64

INTRODUCTION:

In women abnormal vaginal discharge is the most common factor which creates annoyance in women daily work. Normal vaginal discharge may appear clear, cloudy white and without any types of smell. Changes in normal discharge can be caused by many reasons such as menstrual cycle, emotional stress, nutritional status, pregnancy, usage of medications -including birth control pills and sexual arousal. Infections, therefore, are most common at this time. Pathological conditions of female genital track manifest as changes in color(varna), consistency, amount, smell(gandha) of discharge (Srava). In ayurveda Pradara means excess or increased degree (which indicates excessive flow).¹ pradara has been described as a symptom in many ancient classics. Almost all the Acharyas have mentioned Yoni Srava, but the references are scattered in description of different disease entities.

1. Physiological srava
2. Pathological srava

1. Physiological Srava:²

Ghrita melts when it come in contact with fire, like wise women secret Artava during coitus. Acharya had also described that when two hypersexual women indulge in sexual act; they secrete Sukra in each other, which results in fetus devoid of bones. Acharya Vagbhatta has clarified it and said that a physiological discharge of women which is secreted during the sexual act is incapable of conception. Practically, in human being coitus does not initiate ovulation, thus it is not advisable to accept Artava (Stree Shukra) excreted during coitus as ovum, this may be considered only as local discharges of female reproductive system coming out during coitus.

2. Pathological Srava:

Various general & local pathological conditions described as a causative factor of abnormal discharge in modern science are mentioned here as yonivyapada. Out of them, in some conditions Yonisrava described directly as a symptom and others conditions.

Table no. 1 General pathological condition

	Direct	Indirect
Parisruta Jataharini	+	---
Asthisrava	+	---
Soma Roga	+	---
Local pathological conditions		
Yonivyapad	Direct	Indirect

Vatala	+	---
Pittala	+	---
Shleshmala	+	---
Sannipatiki	+	---
Lohitakshara	---	+
Achrana	+	---
Atyananda	+	---
Aticharna	+	---
Upapluta	+	---
Paripluta	+	---
Karninee	---	+
Shushka	---	+
Prasramsinee	+	---
MahaYoni	---	+
Phalinee	+	---
Vipluta	---	+
Artava Dushti	Direct	Indirect
Pittaja	---	+
Kaphaja	---	+
Kunapagandhi	---	+
Granthibhuta	---	+
Putipuyanibha	---	+
Mutrapurishagandhi	---	+
Asrigdara	Direct	Indirect
Pittaja	---	+
Kaphaja	+	---
Sannipataja	---	+

	Direct	Indirect
Jarayu Roga	+	---
Rati Roga	Direct	Indirect
Upadamsha	---	+

Types of vaginal discharge according modern ³

There are several different types of vaginal discharge. Which are categorized based on their color and consistency. Some types of discharge are normal others are abnormal.

a)White: white discharge, especially at the beginning or end of your menstrual cycle, is normal. However, if the discharge is accompanied by itching and has a thick, cottage cheese-like consistency or appearance, This type of discharge may be a sign of a yeast infection.

b)Clear and watery

A clear and watery discharge is perfectly normal. It can occur at any time of the month. It may be especially heavy after exercise.

c)Clear and stretchy

When discharge is clear but stretchy and mucous-like, rather than watery, it indicates that you are likely ovulating. This is a normal type of discharge.

d)Brown or bloody

Brown or bloody discharge is usually normal, especially when it occurs during or right after your menstrual cycle. A late discharge at the end of your period can look brown instead of red. You may also experience a small amount of bloody

discharge between periods. This is called spotting.

e)Yellow or green

A yellow or green discharge, especially when it's thick, chunky, or accompanied by an unpleasant smell, isn't normal. This type of discharge may be a sign of the infection trichomoniasis. It's commonly spread through sexual intercourse.

Yonisrava during Rituchakra(Menstrual cycle)⁴

During Menstrual cycle,the color, consistency, and amount can also change from day to day, depending on where a person is in their menstrual cycle:

a) Days 1–5. At the beginning of the cycle, discharge is usually red or bloody, as the body sheds the uterine lining.

b) Days 6–14. Following a period, a person may notice less vaginal discharge than usual. As the egg starts to develop and mature, the cervical mucus will become cloudy and white or yellow. It may feel sticky.

c) Days 14–25. A few days before ovulation, the mucus will be thin and slippery, similar to the consistency of egg whites. After ovulation, the mucus will go back to being cloudy, white or yellow, and possibly sticky or tacky.

d) Days 25–28. The cervical mucus will lighten, and a person will see less of it, before getting another period.

Samanya Nidana of Yonistrava: ⁵

Table no 2 - Samanya Nidana of Yonivyapad:

Causative factors	Cha. ⁶	Su. ⁷	B.P. ⁸	Ma.Ni ⁹	A.S. ¹⁰
Mithya Ahara	+	+	+	+	+
Mithya Vihara	+	+	+	+	+
Artava Dushti	+	+	+	+	+
Beeja Dosha	+	+	+	+	+
Daiva	+	+	+	+	+
Shukra Dushti	+	---	---	---	---
Pravridha Linga	---	+	---	---	---
Vishama Stana Shayana	---	---	---	---	+
Use of Apa Dravya	---	---	---	---	+

Mithya Achara¹¹: The heading includes Mithya Ahara and Vihara both.

Mithya Ahara: The diets, which are Kapha Vardhaka, are the main etiological factors for Shwetapradara. But vitiation of Pitta and Vata due to Pitta and Vata Vardhaka Ahara also plays an important role in the manifestation of disease.

Mithya Vihara: It means abnormal mode of life. Coitus in abnormal body postures, coitus with weak or young woman by a man possessing good sized penis, use of foreign bodies during sexual act.

All the Stree Roga can be included into “vishanti yonivyapad” and “Yonitah Srava” Lakshana is described in various Yoni Vyapad. General causes of this disease described by Acharya Charaka are

Manasika Hetu:

- Acharya Sharangadhara has enumerated three disorders of women caused by inexperience of the husband, co-wife and destiny. These appear to be psychological disorders peculiar to the women.
- Acharya Charaka and Vagbhatta, when described the Streekara Bhava, mainly Asahana (intolerance), Moha (mental confusion), Anawasthana (fickling nature) etc. Bhavas are described.
- All above Manasika Hetus promote various Stree Roga like Shwetapradara.

Table no. 3- Consequent conditions of Pradara where it is described directly

GENERAL PATHOLOGICAL CONDITIONS:	
Parisruta Jataharini	Chronic infection, most probably tuberculosis
Asthisrava	Vaginal discharge due to deficiency disorder like vitamins or calcium deficiency or due to some systemic disorder
Soma Roga	Vaginal discharge
LOCAL PATHOLOGICAL CONDITIONS:	
YONIVYAPAD	
Vatala	Senile/Atropic vaginitis
Pittala	Acute infection of reproductive organs
Sleshmala	Trichomonas vaginitis or Monilial vulvovaginitis
Sannipatiki	Mixed type of severe genital tract infection
Achrana	Genital tract infection
Atyananda	Genital tract infection
Aticharna	Vaginitis due to chronic genital tract infection
Upapluta	Monilial vulvo vaginitis specially in pregnant woman/ pathological Monilial
Paripluta	Acute genital tract infection
Prasramsinee	Second degree uterine prolapse
Phalinee	Prolapse of vaginal wall
ASRIGDARA	
Kaphaja	Tubercular endometritis or chronic endometritis due to other infection
Jaraya Roga	Genital tract infection

Table no. 4 -Consequent conditions of Pradara where it is described indirectly

Local pathological conditions	
Yonivyapad	
Lohitakshara	Cervical polyp or erosion
Karninee	Cervical erosion/ cervical polyp
Shushka	Vaginitis due to estrogen deficiency
Maha Yoni	Third degree uterine prolapse or procidentia
Vipluta	Genital tract infection
Artava Dushti	
Pittaja	Urogenital infection
Kaphaja	Chronic endometritis and/or endocervicitis
Kunapagandhi	Endometrial carcinoma
Granthibhuta	Malignant changes of reproductive organs infected
Putipuyanibha	Severe endometritis leading to pyometra
Mutrapurishagandhi	Severe genital tract infection and malignancy
Asrigdara	
Pittaja	Menometrorrhagia due to an acute inflammatory disorder
Sannipataja	Malignant conditions as well as severe infection like pyometra
Rati Roga (Guhya Roga)	
Upadamsha	Sexually Transmitted Disease

DISCUSSION: Vaginal discharge is the common symptom of a variety of diseases each of which has a distinct treatment. Many women have what they perceive as an abnormal vaginal discharge at some point in their lives, but usually it is just a normal physiological discharge. This is a white or

clear, non-offensive discharge that varies with the menstrual cycle. Bacterial vaginosis and yeast infections are the most frequently encountered causes of a vaginal discharge. However, there are numerous other potential aetiologies, both infective and non-infective, that need to be

considered in the differential diagnosis. In different Yonivyapada different yonisrava is mentioned. Yonivyapat can be correlated with following modern conditions possibly.

Table no. 5 Yonivyapat and their possible clinical correlation

Asrija – Rakta yoni	Menorrhagia because of coagulation factors leading to failure of implantation hence failure of conception anticardiolipin antibody and antiphospholipid antibody present
Arajaska	Secondary pathological amenorrhea because of poor nutritional status. In anorexia and even female athlete's amenorrhea
Acharna	Genital infections because of poor hygienic conditions
Aticharana	Local vulval and vaginal inflammation due to excessive intercourse. Common example is honeymoon cystitis.
Prakacharana	Vaginal tearing, ligament stretching because of sexual intercourse before adolescence
Upapluta	Candidia infection during pregnancy
Paripluta	Pelvic inflammatory disease
Udavartini	Primary spasmodic dysmenorrhea
Karnini	Old cervical tears leading to formation of tag, polyps
Putraghni	Recurrent late first trimester and second trimester abortion
Vamini	Recurrent first trimester abortion
Antarmukhi	Fixed retroverted uterus
Suchimukhi	Congenital pinhole is of cervix
Sushka	Menopause or estrogen deficiency, premature menopause
Sandhi	Turner's syndrome, Genetic abnormality with absent breast and uterus
Mahayoni	Complete genital prolapse, procidentia

CONCUSSION

Pradara has been described as a symptom in many ancient classics. Pradara means excess or increased degree (which indicates excessive flow). Vaginal discharge is one of common problem of women, and represents an even greater proportion of visits to gynecologic offices and sexually transmitted disease clinics. It has a

morbidity that includes pain, time lost from work, sexual unhappiness, family disruption, sexual transmission of disease, systemic illness, and infertility. If physician understands the samprapti in a proper way he will never fail in the management Yonisrava(Vaginal discharge).

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Source of Support : None declared

Conflict of interest : Nil

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