



## CLINICAL STUDY OF ACHARANA YONIVYAPAT (YONIKANDU) AND ITS MANAGEMENT

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### ABSTRACT

The ladies though are suffering from various diseases as the male suffer; there are some specific diseases which are invading only to the females. Among them 20 types of *yonivyapadas* are most important. Out of these *yonivyapadas* Acharana is one. Charaka has defined the *Acharana Yoni* as a vaginal disorder which is produced by the *KRIMIS* and itching is the main symptom. In this disease the *Krimis* are formed due to uncleanliness of the vagina or some infections and due to severe itching the women have the excessive coital desire which pacifies the itching. According to Charaka without the vitiation of the *VataDosha*, the *Yoniroga* would not occur. Although certain specific causative factors can produce the disease. *Krimi* have been told as the causative factors for the *Acharana Yonivyapad*. For the production of the *Krimis*, mainly the uncleanliness of the genital tract is responsible. The vagina is a secret part of the female which always comes in contact with the urine, sweating and certain other secretion. These secretion when retained in secret parts, they start putrefication and originate the fungus which leads to local irritation in the urogenital tract of the females. Therefore everyday cleaning of the vaginal tract is necessary otherwise these secretions accumulate and create a good field for the growth and multiplication of certain *Krimis*, which produce itching. Thus the unhygienic condition helps for the growth and development of certain *Krimis*, which are the causative factors for the *Acharana Yonivyapad*.

**Keywords:** *Acharana, Yonivyapat, Yonikandu, Krimi, itching, Discharge*

**INTRODUCTION:** The lack of health education and illiteracy predispose the aetiological factors of this disorder. Regular bath and washing of the private parts are important factors to maintain the healthy condition of the vulva and vagina. Therefore to prevent the occurrence of disease in the society, the ladies are advised to clean and dry the external genital organs after urination and defecation. The surrounding area of the vagina like vulva and mons pubis also help in the growth of *Krimis* due to sweating. The sweating is a good media for the growth of *Swedaja Krimis*, Thus insect like pediculus and bacteria grow due to the unhygienic condition and produce itching and inflammation. Along with the

cleanliness, care should be taken to avoid the use of allergic things such as –vaginal deodorants, contraceptive preparations like cream, tablet, pessary, douche etc. These may disturb the natural secretion of the vagina which becomes a fertile land for easy and rapid growth of bacteria and fungus etc.

**Pathogenesis:** In *Acharana Yonivyapad* the unhygienic conditions causes the vitiation of the *Doshas* which provide the suitable environment for the *KRIMIS*, without the vitiation of the *Doshas*, the *KRIMIS* cannot manifest a disease. If it is considered about the *Doshic* involvement, it is very clear that mainly in this disease *VATA* and *KAPHA DOSHAS* play a very im-

portant role. Thus the impaired VATA and KAPHA create a good condition for the manifestation of the KRIMIS, which in turn produce <sup>3</sup>Acharana Yonivyapat, with cardinal symptom of itching. Anyhow in the pathology of Acharana yonivyapat the Krimis play a vital role. Thus Krimis destroy the normal structure and function of the Dhatu (Twak, Rakta, Mamsa) and produce itching, discharges and inflammation. Thus the Acharana yonivyapat is produced by the KRIMIS.

The pathogenesis of the Acharana can be explained as follows—

*Dosha- Kapha, Vata*

*Dushya - Rasa, Rakta, Mamsa, Twak*

*Adhithana - Yoni*

*Sthanasamshraya - Bhaga*

*Srotas- Rasa, Rakta, and Artavavaha*

*Sroto Dushti Prakar - Atipravritti*

*Rogamarga - Abhyantara*

*PratyatmaLaxana - Kandu, Kleda, shotha*

Although, for the Acharana Yonivyapat the above <sup>5</sup>Samprapti is mentioned but how the diseases have occurred is an unanswered question because the phenomena of pathological changes are not visible.

#### **Clinical features :**

The main cardinal symptoms of Acharana are only two. They are:-

1. *Yoni Kandu*

2. *Atyadhika – Maithunechha*

**(1) Yoni kandu** – The yoni kandu is a peculiar and uncomfortable sensation of the skin or mucus membrane of the vagina and vulva which causes scratching and induces the rubbing of the affected parts.

**(2)Atyadhika Maithunechha** - The itching sensation in vulva and vagina causes stimulation of clitoris and develops excessive sexual desire to pacify the itching sensation temporarily.

Other associated symptoms are *yonisotha*, Burning micturition, Backache, Discharge, Dyspareunia, etc.

**Prognosis:** According to the fundamental doctrines of Ayurveda when in a disease only one *Dosha* is involved then that disease is easily curable. Since Acharana Yonivyapat is due to *VataDosha* according to Charaka and *Kaphadosha* according to <sup>6</sup>Sushruta, it is curable.

**Complication:** In early stage of Acharana Yonivyapat if not treated it may produce inflammation and pain in vulva and vagina and it doesn't receive the sperm and may cause infertility.

#### **Vulval Pruritus**

##### **Mechanism-**

1. Special Sensory innervation of the area.
2. Underlying vascular instability results in discharge of histamine like substance causing an induction of itching.

##### **Probable Causes:-**

- (1) Local causes
- (2) General causes

**Local causes:** Vulva and vaginal organism mainly trichomonas vaginalis and Moniliasis.

Trichomonas vaginalis- is a pear shaped flagellated anaerobic protozoan.

Mode of infection- Mainly by coital transport.

Sign and symptoms-

- (1) Itching vulva
- (2) Dyspareunia
- (3) Dysuria
- (4) Frothy, greenish yellow and offensive discharge

**Investigation** - Microscopically and by c/s <sup>1,2</sup>**Moniliasis** - Monilia is yeast like fungi which are normally saprophytic on the skin.

Predisposing factors - Relation with pregnancy, oral contraceptives, antibiotics & hormones.,

Mode of infection- Endogenous source or contagious.

Investigation-10% KOH or by c/s.

### Sign & symptoms :-

- (1) Intense vulval itching
- (2) Thick, curdy white vaginal discharge
- (3) Scattered thrush patches on the introitus & inner surface of the labia.

### Other causes

- (1) Other vaginal discharge
- (2) Vulval epithelial disorder.
- (3) Ulcerative lesions of the vulva.
- (4) External sources of irritation.
- (5) Pressure, friction, excretion.
- (6) Masturbation.
- (7) Anal parasites
- (8) Tinea cruris, scabies
- (9) Urticaria

### General cause:

- (i) General physical debility as seen in malnutrition, either due to poor diet intake or due to deficient absorption, vitamin deficiencies, anaemia, tuberculosis.
- (ii) Diabetic mellitus
- (iii) Gout, jaundice
- (iv) Medication – oral contraceptive, antibiotic
- (v) After menopause due to oestrogen deficiency
- (vi) Psychological disturbance
- (vii) Inflammation, congestion, irritation or infection of internal organs.

### Principles of treatment-

1. First of all *vata* dosha should be pacified.
2. Other *dosha* should be treated according to intensity.

**Dietic Management** *Pathya* – Easily digestible nourishing & vegetarian diet. *Apathya* – *Kapha* & *vata* *vardhak* diet & *virudhasana*.

### Precaution:

Precaution should be taken in the following manner:-

1. The area should be kept clean.
2. The area should be dry.
3. Trauma or scratching should be avoided.
4. The uses of loose fitting undergarments preferably made of cotton, to keep the area aerated are advised.
5. Avoidance of all typical sprays, perfumes, deodorants, synthetic fabric is also important.

### Specific Treatment of Acharana:

Specific treatment of *Yonikandu* in *Acharana* and *Vipluta Yonivyapat* according to <sup>4, 7, 8</sup> *charaka* and *Vagbhata* are as follows.

1. *Uttara Vasti* of oil treated with *Jivaneeya* group of drugs should be given.
2. <sup>9</sup>Local applications of a *Varti*(wick) either prepared with a piece of linen cloth dipped 21 times in the bile of cow or fish or local applications of *Kinva* mixed with honey, clears the *Srotasas*. This also relieves the itching, *Kleda* (moisture) and *shopha*.
3. <sup>10</sup>Application of a tampon soaked in medicated *Sneha* with the decoction of *Shallaki*, *Jingini*, Stem bark of *Jambu* and *Dhava* along with *panchavalkala* is beneficial in *Vipluta Yonivyapat*.
4. <sup>11</sup>*Vasti* and *Pichu* of *Dhatakyadi taila* is also beneficial.

**Management of the patients:-** Patients are randomly categorized into two groups. In each group 20 patients were taken for study

### Group-i

Treated internally – *Gandhaka Rasayana* – 2 rati + *Banga Bhasma* – 2 rati 4 rati. Twice daily with water

**Group-ii** Treated internally - *Nimbadi churna* – 5 gms.(twice daily with water)

### Group-i&ii

Treated externally – *Khadira* – For *Yoni prakshalana*

*Khadira* powder – Dusting on the vulval region

Duration of Treatment – 15 days

Follow up study – 30 days.

Criteria of assessment:- The total effect of the therapy was assessed in both the groups in term of cured, markedly improved and unchanged.

1.Cured – 90 to 100% relief in all the signs and symptoms, normal P<sup>H</sup>,no itching etc.

2.Markedly improved – 50 to 90% relief in the signs and symptoms, marked decreased in itching, change in P<sup>H</sup>

3.Unchanged – less than 50 % relief in signs and symptoms, slight change in vaginal P<sup>H</sup> and itching.

**OBSERVATION:** In group ‘A’ the drug *Gandhak Rasayana*, *Vanga Bhasma* has relieved the *yonikandu* with other associated symptoms within a very short time while externally the *Khadira Kwatha* for *Yoni prakshalana* and its powder for dusting maintain the hygienic condition and inhibits the growth of bacteria due to *Krimighna* and *Kusthghna* property. Cured rate was 100%.

In group ‘B’ the drug *Nimbadi Churna* has relieved the *yonikandu* on account of its *Krimighna* and *Kusthghna* property with *Kaphaghna guna* but not significantly as in group A. Cured rate was 70%, markedly improved 20% and unchanged 10%.

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