

AYURVEDIC CONCEPT OF VAGINAL DISCHARGE: (YONIGATA STRAVA)Nisha Baban Pawshe¹, Tinku-Ganesh P. Khalache²¹PG Scholar, Department of Prasuti Tantra,²(Associate Professor), Dept. Of Streerog and Prasutitantra,Hon. Shri. Annasaheb Dange Ayurved Medical College and Research
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(Published Online: November 2021)

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Article Received: 17/10//2021 - Peer Reviewed: 31/10/2021 - Accepted for Publication: 02/11/2021

**ABSTRACT**

Vaginal discharge is one of the major problems encountered in gynaecological practice. It is a very common condition that has been experienced by most women of all ages, especially in childbearing or reproductive age.

Vaginal discharge is a condition that causes great discomfort to a woman and hampers her normal activity. It is believed that vaginal discharges produce loss of strength & confidence, also there is the presence of fear that it may be due to malignancy. Nowadays it is essential to study differential diagnosis of vaginal discharge.

In Ayurvedic texts, various conditions giving rise to white discharge per vaginum had been described but the subject was never dealt with as a separate entity. Therefore, in this study, an effort has been put forth to make a conceptual study covering almost all the aspects of Yonigata Strava as per Ayurveda as well as per modern.

Keywords: Leucorrhoea, Vaginal Discharges, *Yonigata Strava*.**INTRODUCTION**

A healthy woman is a promise of a healthy family. In different phases of a women life, from puberty to

menopause, the concept of healthy yoni has been mentioned in Ayurveda as well as in modern.

Normal physiological vaginal discharge is a white or clear, non-offensive discharge that can vary over time. It is thick and sticky for most of the menstrual cycle but becomes clearer, wetter, and stretchy for a short period around the time of ovulation. It is heavier and more noticeable during pregnancy, with contraceptive use and with sexual stimulation. It decreases in volume at menopause due to a fall in estrogen levels. Abnormal vaginal discharge is characterized by a change in colour, consistency, volume, odour and may be associated with symptoms such as itching, soreness, dysuria, pelvic pain, or intermenstrual or postcoital bleeding.

Vaginal discharge is one of the most common problems faced by many women. Women do not give much attention to this problem unless and until it will make the patient feel uncomfortable in their day-to-day life. It is not a disease but a symptom, which is seen in most the disease as symptoms. So, in this study, an effort has been put forth to make a conceptual study covering almost all the aspects of the *Yonigata strava*.

DESCRIPTION: -

Normal vaginal discharge may appear clear, cloudy, white and without any type of smell. It is physiological in the following conditions- *Prakruta strava*:

1. In newborn female
2. At the time of puberty
3. At the time of ovulation
4. During coitus
5. During Pregnancy:

Garbhini-

तत्रप्रथमेमासिकललंजायचे¹

खेटःश्लेष्मा, मेंखेटभूतआणिश्लेष्मलदृशइत्यर्थः !

- च. शा. ४/९चक्र.टीका.

Such physiological conditions don't need treatment. Any changes in colour, consistency, amount, the smell of discharge may be a sign of Vaginal infection. In *Ayurvedic Samhitas*, all gynaecological disorders come under the heading of *Yonivyapat*. Vaginal discharges mean *Yoni strava* is seen as a symptom in various *Yonivyapat* and some diseases.

Etiology

मिथ्याचारेणताःस्त्रीणांप्रदुष्टेनार्तवेनच !¹

जायचेबीजदोषाच्चदैवाच्चश्रुताःपृथकः!

-च.चि.30/8

Abnormal diet and mode of life, abnormalities of *Artava* and *Beeja* (either ovum or sperms and both) and *Daivakop* (anger of God), are the general *Nidan* of *Yonivyapat*. Based on clinical features white discharge seems to be a *Kaphaja* disorder of a female's genital organ because *Kapha dosha* is the main causative factor for any discharge so it is said that *Kaphaprakopa*. (*aggravation*) According to "*Ashrayashrayisiddhanta*" in *Ayurveda Rasa* and *Kapha* are in close relation, hence *Rasa dushti* can be considered as one of the causes of Vaginal discharge.

TYPE OF VAGINA DISCHARGE.

1 *TANU* - (This as against thick)

Here the discharge is *Tanu* i.e., watery. If *Kaphaprakopa* accompanied with *Pittaprakopa* of its *Drava guna*. this type of discharge occurs.

2. *PICHCHILA*- (slippery, lubricous, slimy)

Discharge is a mucoid one. When *kapha-prakopa* especially of its *Pichchila* & *Snigdha*guna accompanied with *Vataprakopa* of its *Chalaguna* this type of discharge occurs.

3) *STHANA* – (Collected into a mass thick, bulky and gross)

Collected into a mass, thick bulky gross here the discharge is thick & curdy. It denotes *Kaphaprakopa* in a stage of *Samawastha*.

4) *AVILA TANTULA* - (like water in a trench around the roots of a tree, fibrous, sticky).

Here the discharge is a Muco- purulent one. If *Kaphaprakopa* of *Samawastha* is accompanied with *Vataprakopa*. This type of discharge occurs.

5) *DURGANDHI PEETA* - (Offensive, yellowish)

Here the discharge is a purulent one. This type of discharge is seen if *Kaphaprakopa* of *Samawastha* is accompanied by *Pitta prakopa*.

Vaginal discharge varies in its characteristics according to the *Dosh dushti* at its base. If one takes into consideration the type of discharge, it is easy to understand the underlying pathology to a certain extent. The genital tract is the seat of a lesion and discharge is just a symptom there. Hence, we will note the vari-

ous conditions in which different types of vaginal discharge occurs.

VARIOUS CONDITIONS-

1. Kaphaja Yonivyapat-

Kapha dosha vitiated due to the excessive indulgence of *Abhishyandi* (moisture-producing substances) like diets and regimens, reaches the yoni and causes *Pandupichilasrava* (whitish mucoid menstruation), *Kañdu* (itching) and *Alpavedana* (low-grade pain) ². *Vagbhata* has included yellowish discolouration of vaginal discharge and *Avedana* (without pain) ³ while *Susruta* has given only local symptoms of *Pichilata* of yoni (vagina with mucoid secretions), *Kandu* (itching) and *Sheetalata* (coldness in the vagina).

2. Acharaṇa or Vipluta -

It is a condition due to the *Krimis* (microbes) formation resulting from yoni *Adhāvana* (non-cleanliness of vulva and vagina) leading to *Kañdu* (itching) in the vagina, But *Susruta* says that in *Acharana*, the woman gets hyperexcited even before the coitus, as well as much earlier than the husband along with other features of *Kapha* vitiation such as unctuousness and itching.

3. *Aṭyananda* – It is another condition in which the woman does not get satisfied with coitus; along with other *Kaphaja* symptoms like unctuousness and itching.

4. *Aticharaṇa* – According to *Acharya Charaka & Vagbhata*, it is characterized with *Shopha* (inflammation), *Supti* (numbness) & *Ruja* (tenderness) due to *Ativyvaya* (excessive sexual act) while *Acharya Susruta* has indicated an inability to conceive along with *Shleshmaja* clinical features like unctuousness and itching these conditions resembles chronic cervicitis. ⁸

5. *Karnini* - This is a condition caused by *Kapha* and *Raktadushti*. *Charaka* has described it as the effect of premature bearing down which causes chronic cervicitis due to infection of the lacerated cervix caused during Labour.

6 *Upapluta* – It is a condition characterised by whitish mucoid discharge along with other *Vataja* and *Kaphaja lakshana* such as *Shwetpandustrava* (white discharge) along with *Toda* (pricking pain). *Charaka*

highlights the involvement of *Garbhincharya* (antenatal dietetics and regimens) whereas *Vagbhata* didn't specify that.

7 *Paripluta* -

Charaka and *Vagbhata* explained that when a *Pitta prakruti* woman holds her *Vega* (natural urges) of *Kṣavathu* (sneezing) or *Udgara* (belching) during coitus, then pitta gets vitiated and mixes with *Vayu* reaches the yoni and produces its abnormalities like *Neela Peeta strava* (bluish or yellowish discharge), *Shoonata* (numbness), *Sparshasahatva* (tenderness) along with other systemic symptoms like *Jwara* (fever), *Atisara* (diarrhoea), *Aruchi* (anorexia) etc. While *Susruta* mentioned this condition with severe dyspareunia (*Gramyadharmaruja*,) along with other types of *Anilavedana* (vataja symptoms). ¹¹

Sarvadhehikvichar

1. *Kaphajajwara* – *Rasaj vadhi* Relation between *Kapha* and *Rasa*.

2. *Kaphaj Pandu* -. (रसोपिश्लेष्मवत्!) Relation between *Kapha* and *Rasa*.

3. *Prameha* - सामान्यलक्षणतेषांप्रभूताविलमूत्रता! *Kaphavikruti* and *keldvrudhi*

4. *krimhi- Yonigatashwetrasrava* associated symptoms *kanduta*.

5. *Raktagulma*

योन्याश्चाटालत्वम्, अपिचयोन्यादौर्गध्यमास्त्रावश्चोपजायते!¹²

-च.नि.३/१४

There is foul-smelling mucopurulent discharge.

6. *Phiranga* -

तत्रबाह्यफिरङ्गस्याद्विस्फोटसदृशोल्परुका¹³

स्फुटितोन्नवणवद्वेद्यः सखसाध्योडुपिसस्मृतः !

-भा. प्र.चि.५९/५

It is like a blister with little pain after rupture an ulcer is formed here discharge is with *Durgandhi*.

7. *KaphajaUpadamashe*:

सकण्डूः शोथयुतैर्महद्भिः शुकलैघनैः सत्रावयुतैः कफेना¹⁴

-मा.नि.४७/२

Madhavanidana says that the inflammation with itching, large, white, hard or with ulcers and white discharges is *Updamshe* due to *kapha*.

8. Soma roga

स्त्रीणामतिप्रसङ्गनशोकाच्चापिश्रमादपि।अभिचारिकयोगाद्वागरयोगात्तथैवच॥¹⁵
आपःसर्वशरीरस्थाःक्षुभ्यन्तिप्रसवन्तिचतस्यास्ताःप्रच्युताःस्थानान्मूत्रमार्गैर्ब्रजन्तिहि।

-भा०प्र०चि०६९ / १,

There is white, cold, odourless, painless & excessive discharge present and she feels weak.

Table 1: Differential Diagnosis

Tanu (watery)	Pichchila (Mucoid)	Sthana (thick, curdy)	Avilla - Tantula (Muco- purulent)	Peeta Durgandhi (purulent)
Soma roga	Kaphajayonivyapat	Atyanandayonivyapat	Karnini-yonivyapat	Raktagulma
Acharanayonivyapat	Upaplutayonivyapat	Kaphajayonivyapat	Yoni arsha	Phiranga
Kaphajapandu	Atticharanayonivyapat			Upadamshe
Rajyakshma	Kaphajashotha			
	Kaphajapremeha			
	Krumi			

Treatment

1. Eradication of cause.
2. Kaphaghna medication.
3. Varti- (Vaginal tablet)
4. Yonidhavan.
5. Yoni Dhupana

1. Eradication of cause:

Vaginal discharge is a symptom found in various diseases. Hence, the curative treatment for any type of vaginal discharge is to remove the underlying disease. All other methods are more or less, useful to relieve the symptom. The modern science also agrees that treatment of vaginal discharge varies with the cause. Foreign bodies must be removed, infections and neoplasms should be treated accordingly.

2. Kaphaghna medication:

Kaphasamana treatment- If discharge per vagina is especially white in colour, *Pichilasrava*, *Kanduyukta* then it is due to vitiated *Kapha*, the main aim would be to bring *Kapha* to its normal state naturally. For this various *Kaphaghna* drugs are advised. The main characteristics of these drugs are *Ruksha* and *Ushna*.

3. Varti-Vaginal tablets.

Varti Kalpana is identical to vaginal tablets. The same purpose is served by using Kalka, Pichoo or Pottali. All these methods are employed for a local action of the drug.

4. Yonidhavan-

It deals with altered pH of vagina thus not favouring microorganism invasion.

5. Yoni -Dhupana-

It deals with the following actions-

Srotoshodana- Clears off the passage.

KaphaghnaKledaghna-Absorbs secretions

Rakshoghna- Bactericidal and Antiseptic.

It is specially mentioned for *Upapluta* and *Kaphaja Yoni* but can be used in all cases of *Styāna* and *PichchilStrāvas*. Commonly used drugs for medicinal fumigation with *Sarala*, *Guggulu* and *Yava* (*Hordeum vulgare*Linn) mixed with Ghrita should be done after oleating the vaginal canal.

Treatment of vaginal discharge with different yonivyapat

Name	Modern interpretation	Treatment
1. <i>kaphaj Yonivyapat</i>	Vaginitis	1. <i>Ruksha</i> (dry) and <i>Ushna</i> (hot)treatment. 2. <i>Trivrut kalka dharana</i> 3. <i>Pipalaydi varti Arkavarti</i> ¹⁶ (c.ch.30/70-72) 4. <i>Lodhrasava</i> .
2. <i>Upapluta</i>	White discharge	1. <i>Rohitakakalka</i> .

Yonivyapat		2. Lodhrasava 3. Dhatakaydi tail pichoo ¹⁷
3. Atyananda yonivyapat Acharana (Charaka) Vipluta (vagabhat)	Puritis vulvae	1. Dhatakayadi tail 2. Uttarabasti with oil prepared with Jivaniya varga dravya. 3. Sneha pichu dharana with Sneha prepared by sallaki, jingini, jambutvak, dhava and valkala.
4. Aticharna	Simple erosion	1. Sneha pichu
5. karnini	Chronic cervicitis	Shodhanvartikushta, pippali, arka, saindhava, bastamruta

DISCUSSION

A woman during her life span may have different types of discharges per vagina. The vagina serves as a passageway between the outside of the body and the inner reproductive organs. The pH balance of the vagina is acidic, which discourages infections from occurring. This acidic environment is created by naturally occurring bacteria. A healthy vagina produces secretions to clean and regulate itself, like saliva which cleans and regulates the environment of the mouth. Any interference with the balance of vaginal secretions sets up an environment conducive to infection.

Ayurveda explains both oral and local procedures. Treatment of Vaginal discharge is mainly based on the use of drugs which are having a predominance of Kashaya rasa and Kapha-shamaka properties. Therefore, the drugs of Kashaya rasa dominance are mainly used locally and internally. For this treatment, sthanikachikitsa plays an important role here. The vaginal wall is very well suited for the absorption of drugs since it contains a vast network of blood vessels. The drugs used for sthanikachikitsa act by exerting their antiseptic, antimicrobial, antifungal, anti-inflammatory and analgesic actions. Here proper sthanikachikitsa with proper internal medicines gives potentially good results in the treatment of vagina.

CONCLUSION

Yonigatastravas not only disturbs the physical health of women but also affects their mental status. Ayurveda has given several effective remedies to treat Vaginal discharge. These Ayurvedic formulations have given miraculous results and should be used in treating various gynaecological conditions associated with Vaginal discharge. Once the aetiology has been

ruled out it is very easy to treat the women with satisfying results and there is no recurrence of the disease.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: *Nisha Baban Pawshe & Tinku-Ganesh P. Khalache: Ayurvedic Concept of Vaginal Discharge: (Yonigata Strava. International Ayurvedic Medical Journal {online} 2021 {cited November 2021} Available from: http://www.iamj.in/posts/images/upload/2802_2807.pdf*