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THE DIAGNOSIS AND TREATMENT OF GYNAECOLOGICAL DISORDERS THROUGH AYURVEDA

Etiology, Signs, Symptoms and Treatment



General Introduction of Gynaecological Disorders

The Treatment of Gynecological morbidities are most important

disease which is also caused by the aggravated vayu in general. It is the diseases of her genital organs which cause impediments for the procreation of progeny. Therefore, I want to explain the origin (etiology), signs as well as symptoms and treatment of these disorders for the welfare of humanity.

Gynecic disorders are specified to be of twenty varieties. These ailments are caused by wrong regimen, menstrual morbidities, defective genes and Daiva or Karma, i.e., result of the evil actions of the past life. Here the term 'Daiva' implies the effects of the sinful acts of the previous life. It, ofcourse is the common cause of all the diseases, however when a specific etiological factor of the disease is not found then from the effect (i.e. Manifested disease) one can infer its being caused by Daiva or Karmaja vyaddhi¹.

Name of the Gynaecological Disorders and predominance of Doses.

Predominance of Dose in the twenty varieties of the gynecologic disorders is as follows².

- | | |
|--------------------------|----------------------|
| 1. Vatika Yoni Roga | - Vayu. |
| 2. Paittika Yoni Roga | - Pitta |
| 3. Kaphaja Yoni Roga | - Kapha |
| 4. Sannipatika Yoni Roga | - Vata-Pitta & Kapha |

- | | |
|--------------------------|----------------|
| 5. RaktaYoni Roga | - Pitta |
| 6. Arajaska Yoni Roga | - Pitta |
| 7. Acarana Yoni Roga | - Vayu |
| 8. Aticarana Yoni Roga | - Vayu |
| 9. Prakcarana Yoni Roga | - Vayu |
| 10. Upapluta Yoni Roga | - Vayu & Kapha |
| 11. Paripluta Yoni Roga | - Vayu & Pitta |
| 12. Udavartini Yoni Roga | - Vayu |
| 13. Karnini Yoni Roga | - Vayu & Kapha |
| 14. Putraghni Yoni Roga | - Vayu |
| 15. Antarmukhi Yoni Rog | - Vayu |
| 16. Sucimukhi Yoni Roga | - Vayu |
| 17. Suska Yoni Roga | - Va |
| 18. Vamini Yoni Roga | - Vayu & itta |
| 19. Sandhi Yoni Roga | - Vayu |
| 20. Mahayoni Roga | - Vayu |
- (1) C.S.Cl..Ch.30/1-8, SU.Ch.19/3-4.
(2) Ibid.30/7, Madh.Nida Ch.62/1-2

1 Etiology, signs and symptoms of Vatika-Yoni Roga .

It a woman having Vatika constitution resorts to food and regimens which cause aggravation of Vayu, then the aggravated Vayu gets located in the gynecic organs to produce pain, ache, stiffness, formiculation (a sensation as if ants are crawling), dryness numbness, fatigue and such other ailments caused by Vayu in that place (gynecic organs). Because of aggravated Vayu, she gets (untimely) menstruation discharge which is

- | | |
|----------------------|---------------|
| 18. Vamini Yoni Roga | - Vayu & itta |
| 19. Sandhi Yoni Roga | - Vayu |
| 20. Mahayoni Roga | - Vayu |

- (1) C.S.Cl..Ch.30/1-8, SU.Ch.19/3-4.
(2) Ibid.30/7, Madh.Nida Ch.62/1-2



(1) Etiology, signs and symptoms of Vatika-Yoni Roga .

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(2) Etiology, signs and symptoms of Paittika Yoni Roga

According to Maharsi Caraka, Paittka type of Yoni Roga is caused by the intake of pungent, sour, saline, alkaline and similar other types of food ingredients as a result of which the woman suffers from burning sensation, suppuration, fever and heating sensation. Her menstrual discharge becomes blue, yellow or black in colour, and in large quantity, hot and having offensive smell of the dead body (Kunapagandha)².

(3) Etiology, signs and symptoms of Kaphaja Yoni Roga

If by the intake of Abhisyadi ingredients (which cause obstruction to the channels of circulation), the aggravated Kapha vitiates the gynecological organs of the woman, then it causes sliminess, cold, itching, mild pain and pallor of her genital organ. Her menstrual discharge will be pale in colour and slimy³.

(4) Etiology, signs and symptoms of Sannipatika Yoni Roga.

If the woman indulges in samasana (intake of wholesome and unwholesome food together⁴) of all the tastes, then all the three doses located in her genital tract and uterus get vitiated to cause manifestation of the signs and symptoms

of all the three doses (as described above in respect of Vatika, Paittika and Kaphaja Yoni Rogas .She becomes afflicted with burning sensation and colic pain. Her menstrual discharge will be white in colour and slimy⁵.

(5) Etiology, signs and symptoms of Rakta Yoni Roga.

If the woman resorts to (food and regimens) which cause Rakta-Pitta (an ailment characterized by bleeding from different parts of the body), then her blood being vitiated by Pitta flows in excess quantity through the genital tract, and the blood-flow does not stop even when the woman becomes pregnant⁶.

different parts of the body), then her blood being vitiated by Pitta flows in excess quantity through the genital tract, and the blood-flow does not stop even when the woman becomes pregnant⁶.

(6) Etiology, signs and symptoms of Arajaska type of Yoni Roga

If pitta located in the vaginal tract and uterus vitiates blood, then there will be no menstruation. In addition, there will be extreme emaciation and discoloration of the skin. This ailment of gynecologic organs is called Arajaska or amenorrhea⁷.

(7) Etiology, signs and symptoms of Acarana (A variety of sterility)Yoni Roga.

If the genital tract is not washed properly, then microbes grow there to cause itching. This ailment attended with, is called Acarana. The woman suffering from this ailment has itching excessive desire to have sexual intercourse with man⁸.

- (1) C.S.Ci.Ch.30/9-1/2-11, S.S.VI-38/9-2/11, Madh.Nid.Pg.106
- (2)Ibid.30/11-1/2-12, S.S.VI/38/9, Madh.Nid.ch.62/
- (3)Ibid.30/131/2-14. S.S.VI-38, Madh.Nid.ch.62.
- (4) Ibid.15/235,
- (5).Ibid .30/141/2-15, Madh.Nid.ch.62,

- (6).Ibid.30/16, Madh.Nid.Ch.62,S.S.VI.38,
- (7).Ibid.30/17, Madh.Nidh.Ch.62, S.S.VI 38,
- (8).Ibid.30/18, Madh.Nidh.Ch.62, P.1067,

(8) Etiology, signs and symptoms of Aticarana (a variety of sterility) Yoni Roga.

Because of excessive sexual intercourse, the aggravated Vayu causes swelling, numbness and pain in the genital tract of the woman. This ailment is called Aticarana¹.

(9) Etiology, signs and symptoms of Prakcarana Yoni Roga.

If a girl before attaining appropriate age (puberty) indulges in sexual intercourse the aggravated vaya vitiates her gynecologic organs, and causes in her back, waist, thighs and groins. This ailment is called Prakcarana².

(10) Etiology, signs and symptoms of Upapluta Yoni Roga.

If a pregnant woman indulges in Kapha aggravating food and regimens, and suppresses the manifested urge for vomiting as well as deep breathing, then the vayu in her gynecologic organs gets aggravated. This aggravated vayu carrying kapha to the genital organs vitiates the latter. This gives rise to discharge of yellow-wish and white colour, and of mucus along with pain. This ailment in which her genital tract is pervaded with the morbidities caused by aggravated kapha and vayu is called Upapluta³.

(11) Etiology, signs and symptoms of Paripluta Yoni Roga.

If a woman of paittika constitution suppresses the manifested urge for sneezing and eructation during the sexual intercourse with man, then the aggravated Vayu being afflicted by pitta vitiates her

gynecologic organs. This causes oedema, tenderness and pain in her genital organ, and discharge of bluish as well as yellowish blood. She suffers from pain in waist, groin and back, and fever. This ailment is called Paripluta⁴.

(12) Etiology, signs and symptoms of Udavartini Yoni Roga.

If in a woman the course of the (downward moving) natural urges are reversed and made to move upwards, then the aggravated Vayu causes upward movement of the gynecologic organs. This makes the woman afflicted with pain. She gets painful menstruating because of the tendency of the discharge to move in the reverse direction. Immediately after the discharge of menstrual blood, she gets relief from the pain. Because of this tendency of the menstrual flow (Artava) to move upwards(Urdhva) the wise physicians call this ailment as Udavartini⁵.

(13) Etiology, signs and symptoms of Karnini Yoni Roga.

If the pregnant woman strains prematurely to expel the foetus, then vayu in her gynecologic organs gets obstructed by the foetus. Being afflicted with kapha and rakta(blood) this aggravated vayu gives rise to karnika (polyp or nodular growth) in her genital organ. This polyp distrusts the course of blood flow and the ailment is called Karnini⁶.

(14) Etiology, signs and symptoms of putraghni Yoni Roga.

When the aggravated vayu, because of its ununctuousness destroys each and every foetus produced from the polluted ovum, the ailment is known as putraghni. In this ailment the ovum gets polluted also by the aggravated vayu⁷.

- (1)C.S.Ci. Ch.30/19, Madh.Nid.ch.62.



- (2) Ibid.30/20, Madh.Nid.ch.62
 (3) Ibid.30/21-22, Madh.Nid.Ch.62
 (4) Ibid.30/23-24, Madh.Nid.ch.62
 (5) Ibid.30/25-26, Madh.Nid.ch.62
 (6) Ibid.30/27 1/2 - 28, Madh.Nid.ch.62
 (7) Ibid.30/28 1/2- 29 1/2, Madh.Nid.ch.62

(15) Etiology, signs and symptoms of Antarmukhi Yoni Roga.

If a woman after a heavy meal enters into sexual intercourse in improper posture, then the vayu located in the channels of her gynecologic organs gets suppressed by the food. This aggravated vayu causes distortion of the cervix (mouth) of the uterus as a result of which she suffers from pain in the bones and muscles. Because of excruciating pain sexual act becomes intolerable for her. This ailment of the gynecologic organ is called Antarmukhi¹.

(16) Etiology, signs and symptoms of Sucimukhi Yoni Roga.

If a pregnant woman resorts to wrong regimens, then vayu in her gets aggravated. Because of the ununctuousness of this aggravated vayu, the genital organs of the female foetus in the womb of the mother become narrow in opening (stenosed) (and continues to be so even when the girl is grown up. This ailment of the gynecologic organ is called Sucimukhi (needle like or narrow opening of the genital tract)².

(17) Etiology, signs and symptoms of Suska Yoni Roga.

If during the sexual intercourse, the women suppresses her natural urges, then the aggravated vayu causes pain, obstruction to passage of stool and urine, and dryness (Suska) of the gynecologic organ (Yoni) the ailment is called Suska Yoni³.

(18) Etiology, signs and symptoms

of Vamini Yoni Roga.

If the semen which is deposited in the gynecologic organ of the woman for six days or seven nights is excreted with or without pain, then the ailment is called Vamini⁴.

(19) Etiology, signs and symptoms of Sandhi Yoni Roga.

Because of gynecologic morbidity the vayu in the foetus destroys its developing gynecologic organs in the womb of the mother. In the later stage of her life, this offspring develops aversion for men (sexual intercourses) and her breasts do not grow. The woman having this ailment is called Sandhi, and treatment of such a patients should not be attempted, i.e. this ailment is incurable⁵.

(20) Etiology, signs and symptoms of Maha Yoni Roga.

If the woman sleeps in an irregular posture or on an uncomfortable bed during sexual intercourse, then the Vayu gets aggravated to cause dilatation of the openings of her uterus and vagina. Since the dilated openings do not get closed, she suffers from pain and discharge of ununctuous and frothy blood from the genital tract. There will be protuberance of the muscles, and she suffers from pricking pain in the joints and groins⁶.

Complication of Yoni Roga

Thus, along with aforesaid signs and symptoms, twenty varieties of diseases of gynecologic organs in woman are described. When the gynecologic organs of the woman are afflicted with these ailments, she becomes incapable of retaining the semen as a result of which she does not conceive. She becomes liable to many diseases like gulma (Phantom Tumour), piles and menorrhagia because of the excessive



affliction by vayu etc⁷.

- (1) C.S.Ci. Ch.30/29 1/2 1/2-31, Madh.Nid.ch.62, S.S.VI.38.,
 (2) Ibid.30/30 1/2 1/2-32, Madh.Nid.ch.62, S.S.VI.38.,
 (3) Ibid.30/32 1/2 1/2-33, Madh.Nid.Ch.62, S.S.VI.38.,
 (4) Ibid.30/33 1/2 1/2-34, Madh.Nid.ch.62, S.S.VI.38.,
 (5) Ibid.30/34 1/2 1/2-35, Madh.Nid.ch.62, S.S.VI.38.,
 (6) Ibid.30/35 1/2 1/2-37, Madh.Nid.ch.62, S.S.VI.38.,
 (7) Ibid.30/37 1/2 1/2-39, Madh.Nid.ch.62, S.S.VI.38.,

Predominance of Doses in Yoni Rogas.

Among the aforesaid (twenty) gynecologic diseases, (the predominance of doses), in the last sixteen varieties is as follows:-

Of these last sixteen varieties; the first two, viz, Rakta Yoni and Arajaska varieties are caused by the aggravated Pitta, Paripluta and Vamini varieties are caused by the aggravated Vayu and Pitta, Karnini and Upapluta are caused by the aggravated Vayu and Kapha, and the remaining gynecic disorders (Viz., Acarana, Aticarana, Prakcarana, Udavartini, Putraghni, Antarmukhi, Sucimukhi, Suska, Sandhi and Mahayoni) are caused by the aggravated Vayu.

The aggravated doses, Viz., Vayu, etc., afflict the body (Gynecologic organs) of the patient with their respective signs and symptoms¹.

Line of treatment

For the treatment of gynecologic diseases caused by the aggravated Vayu, the patient should be given oleation, fomentation, enema and such other therapies which alleviate Vayu with recipes

containing Vayu alleviating drugs².

For the treatment of gynecologic diseases caused by the aggravated pitta, the patient should be given therapies which are cooling and which are curative of Raktapitta (an ailment characterized by bleeding from different parts of the body)³.

For the treatment of gynecologic diseases caused by the aggravated Kapha, a wise physician should administer therapies which are ununctuous and hot⁴.

If the gynecologic diseases are caused by the aggravation of two or all the three doses, then the therapies prescribed above should be combined and administered. If there is displacement of the uterus, then the patient should be given oleation and fomentation therapies, and thereafter, the tortuous uterus should be pressed by the hand and brought to its normal position⁵.

If there is stenosis in gynecologic diseases, then after the administration of oleation and fomentation therapies the genital tract should be dilated (belonged)⁶.

If the uterus is prolapsed, then after the oleation and fomentation therapies, it should be pushed into its normal position⁷.

If the orifice is dilated, then after oleation and fomentation therapies, the passage should be constricted⁸.

If the uterus is displaced from its normal position, then it behaves like a foreign body in the woman⁹.

In all the varieties of gynecologic diseases, after giving oleation, fomentation therapies, Pancakarma (five



elimination therapies) like emesis etc., should be administered in a mild form¹⁰.

When her body is clean of the morbid material, the remaining therapeutic measures (to be described here after) should be administered¹¹.

(1) C.S.Ci. Ch.30/39 1/2 ½-41, Madh.Nid.ch.62,S.S.VI.38,.

(2) Ibid. 30 / 4 1 1 / 2 , Madh.Nid.ch.62,S.S.VI.38,.

(3) Ibid. 30 / 4 1 1 / 2 , Madh.Nid.Ch.62,S.S.VI.38,.

(4) Ibid. 30 / ½ - 4 1 , Madh.Nid.ch.62,S.S.VI.38,.

(5) Ibid. 30 / ½ - 4 3 , Madh.Nid.ch.62,S.S.VI.38,.

(6) Ibid. 30 / 4 3 1 / 2 , Madh.Nid.ch.62,S.S.VI.38,.

(7) Ibid. 30 / ½ - 4 4 , Madh.Nid.ch.62,S.S.VI.38,.

(8) Ibid. 30 / 4 4 1 / 2 , Madh.Nid.ch.62,S.S.VI.38,.

(9) Ibid. 30 / ½ 4 5 , Madh.Nid.ch.62,S.S.VI.38,.

(10) Ibid. 30 / 4 5 ½ , Madh.Nid.ch.62,S.S.VI.38,.

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