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### “COMPARITIVE STUDY OF GENITAL TRACT INFECTIOUS DISEASES WITH YONIVYAPADA”

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#### **ABSTRACT:**

Genital Tract Infection diseases [GTI] have been in existence for centuries and are a major public health concern in India. Both men and women suffer from Genital Tract Infections but their consequences are harmful and prevalent amongst women. These infections often go undiagnosed and are left untreated; they lead to major complications such as infertility, ectopic pregnancy, pelvic inflammatory disease, cervical cancer etc. Some of the GTIs are associated with poor pregnancy outcome, high morbidities and mortalities in neonates and infants. In *Ayurveda* genital tract diseases of females are known as *Yonivyapada*. There are twenty types of *Yonivyapadas* in total, amongst which, five types can be considered as ‘genital tract infectious diseases.’

**Key words:** *Yonivyapada*, genital tract infection,

## **INTRODUCTION:**

The word *Yonivyapada* is made up of two words. *Yoni* means *Tryavarta Yoni*, it refers to the entire reproductive system of females. *Vyapada* means disease. *Yonivyapada* is a word described for gynecological diseases.

In Ayurveda, all *Aacharyas*, '*Charrak, Sushrut, Vagbhatas, Bhel, Sharandghara and Madhava*' had described twenty types of *Yonivyapadas*. Although all the classics have described twenty gynecological disorders, however, there exists difference of opinion regarding causative *Doshas* and names.

## **OBJECTIVES:**

- Rational comparison between *Yonivyapada* and genital tract infectious disease.
- Improve knowledge and prevention of genital tract infective disease.

**\*Definition<sup>1</sup>:** The anatomical, physiological abnormalities of female genital system are called *Yonivyapada*.

## **General etiology of *Yonivyapad*<sup>2</sup>:**

**Abnormal dietetic:** It includes excessive, inadequate, unhygienic and incompatible food. It includes systemic diseases like malnutrition, obesity, diabetes, anemia etc.

**\*Abnormal way of living :** It includes living in unhygienic conditions, bad habits, multiple sex partners, irritant douches,

foreign body insertion, lack of menstrual hygiene inadequate facilities for obstetrics condition like child birth, abortion etc.

**\*Pradustha artava:** This refers to abnormalities at endometrium and at menstruation due to infection or hormonal dysfunction.

**\*Bijdosha** or abnormalities of sperms or ova: Various chromosomal or genetic abnormalities.

**\*Daiva** or god: Unknown or idiopathic factors.

In this article we are going to study those *Yonivyapada* which are similar to genital tract infection.

## **Clinical Spectrum of Genital tract Infections:**

Women having genital tract infection usually show following complaints:

- Vaginal discharge
- Vesicular or non vesicular genital ulcers
- Lower abdominal pain

**Table No 1**

symptoms	<i>Pittaj yonivyapad</i>	<i>Sannipatik yonivyapad</i>	<i>Acharanayonivy apad</i>	<i>Pariplutayonivy apad</i>	<i>Upaplutayonivy apad</i>
discharge	Reddish blackish purulent ,bad odour	yellowish white unctuous	Curd like patchy white colour	Pus like blood mixed	Watery mucous ,excessive
Temperature	High fever with chills	Mild irregular fever	nil	Mild fever	Nil
Urinary symptoms	Burning micturation	Pain on passing urine	Burning micturation	Pain or burning on passing urine	nil
Menstrual symptoms	Irregular,intermenstrual ,heavy flow	Menstrual irregularities	Nil	nil	nil
Other symptoms	Pain at lower abdomen ,inflammation of vagina and cervix, suppuration of lower genital tract.	Lower abdominal pain ,backache tenderness,dyspareunia	Intense vaginal and vulval itching	Severe dyspareunia, vaginitis ,ulcers on external genitalia	Low backache, bodyache
Involved <i>dosha</i>	<i>Pitta</i>	<i>Vata ,pitta,kapha</i>	<i>Vata,kapa</i>	<i>Vata, pitta</i>	<i>Vata ,kapha.</i>

Symptoms	Acute lower genital tract infection	Chronic pelvic infection disease	candidiasis	Syphilis, gonorrhoea	Chronic cervicitis
Discharge	Reddish grayish color with fishy odour	Vaginal or cervical discharge	Curdy vaginal discharge	Purulent discharge	Mucous or mucopurulent discharge excessive
Temperature	High fever	Mild fever	Nil	Mild to moderate	nil
Urinary symptoms	nil	Dysuria	Burning micturation	Pain ,burning micturation	nil
Menstrual symptoms	Intermenstrual bleeding	Heavy irregular bleeding	nil	Intermenstrual bleeding	Bleeding on touch
Other symptoms and signs	Pain at lower abdomen vagina and cervix are edematous and congested	Lower abdominal pain , uterine adnexal tenderness	Intense vulvovaginalpruritis local soreness vulva is red swollen	Swollen labia ,bartholin gland may be palpably enlarged	Low backache

**Table No 02: Types of genital tract infectious diseases and symptoms in relation with similar *Yonivyapada***

**Case management:** The most important elements of GTI case management are accurate diagnosis and effective treatment.

This needs time and skill in taking a detailed sexual history and in carrying out a comprehensive physical examination. The components of case management include 1) history taking 2) clinical examination 3) correct diagnosis 4) early and effective treatment 5) counseling 6) partner management 7) follow up .

1)History:\* History must be taken in language which the woman understands well. Women are often reluctant to talk about these conditions due to shyness or fear of stigmatization. Hence physician should ensure privacy, confidentiality, be sympathetic ,understanding, non-judgmental and culturally sensitive .

\*Ensure privacy by having a separate room for history taking and examination. When a couple comes, each of them needs to be interviewed and examined separately.

\*Often, because the woman feels uncomfortable talking about genital tract disease, individuals may come to clinic with other non- specific complaints assuming that the physician will notice anything abnormal that needs treatment.

Therefore, physicians should maintain high index of suspicion about GTIS.

#### **CLINICAL EXAMINATION:**

Woman should be examined in privacy. It is advisable to have an assistant of same sex during examination.

\*The woman should be told about the examination.

\*Wherever possible, complete body examination should be carried out, so none of lesions or lymph nodes are missed.

\*First general examination should be done to detect signs of systemic disease.

\*Genital examination in females must be performed with the woman in lithotomy position. .

\* It includes

1. Inspection,
2. Palpation
3. Speculum examination
4. Bimanual pelvic examination

After clinical examination, the physician will understand the diagnosis. Sometimes laboratory tests can be done to improve the diagnosis accuracy and specificity.

These tests include wet mount microscopy of vaginal discharge, whiff test, gram stain microscopy of vaginal smear and VDRL test.



**Ayurvedic Treatment: Table No 3**

Treatment	Pittaj	Sannipatik	Acharana	Paripluta	Upapluta
Pichudharan	Chandanb alaghрут	Til tail saindhav	Kutakigor ochana	Aamalakich urnatiltail	Dhatkyadi tail
Yonidhavan	Panchvalk alkqath	Dashmulkqath	Trifalakqa th	Panchavalk alkqath	Trifalakqath
Abhyantarasevan	falghрут, ,shatavari ghрут	Dashamulakqath, ny agrodhadikqath	Maharasn adikqath	Trifalagugg ula ,gandhakras ayan.	Abhayarishtpush yanugchurna

**Modern medicine Treatment<sup>3</sup>:**

**Table No 4**

Name of disease	Acute lower genital tract infection	Chronic pelvic infection disease	Candidiasis	Gonorrhoea \syphilis	Chronic cervicitis
Treatment	Tab Metronidazole 200mg TID for 7days and tab Azithromycin 1 gm singal dose	Tab. Doxycycline 100g orally BD for 15days and tab Metronidazole 400mg BD for 14days	Tab Flucanazole 150 mg orally single dose and local insertion of Clotrimazole 100mg pessaries for 6days s	Tab Azithromycin 1gm or tab Cefexime 400mg orally single dose	Tab Doxy 100mg BD for 14 days tab Metronidazole 200 TID for 14 days

**DISCUSSION:**

1] The defense mechanism and etiology: In Ayurveda, all the classics have described etiological factors mentioned above as abnormal diet and mode of life, **Pradushta Artava and Daiva**. The theory “Diseases are caused by micro-organisms like bacteria, protozoa, virus or fungus” was

established in nineteenth century with great advances made in biology, physics and chemistry. In ancient times; the diseases caused by unknown factors were assumed as if they were caused by ‘**Daiva**’. People didn’t know that these diseases are caused by microorganisms, but they knew the importance of hygiene and sanitation.

Especially they have described the regulations to be followed like *Dincharya and Hrutucharya* and *Sadvrutta*.

The Genital tract in women has direct communication of peritoneal cavity to the external environment through the vagina. In spite of this, the frequency and intensity of pelvic infection is kept low by the defense mechanism.

**Defense of the genital tract is as follows<sup>4</sup>:**

1) Vulvar defense:

- Apposition of the cleft by labia
- Compound racemose type of bartholin gland
- Fungicidal action of the secretion of apocrine gland

Natural high resistance to infection of the vulvar and perineal skin

2) Vaginal defense:

- apposition of the anterior and posterior walls with its transverse fold
- Stratified epithelium.
- Multilayered vaginal epithelium, Doderlein's bacilli presence and acidic vaginal PH.

3) Cervical defense:

- Racemose type of glands
- Mucous plug
- Bactericidal effect of the mucous.

4) Uterine defense:

- cyclic shedding of the endometrium

- Closure of the uterine ostium of the fallopian tube with slightest inflammatory reaction in the endometrium .

5] Tubal defense:

- Integrated mucous plica and epithelial cilia
- Peristalsis of the tube and movement of cilia is towards the uterus

There are some phases in woman's life when this defense is weak or is lost .

A] During reproductive period :

\* During menstruation: Vaginal pH increased due to contaminated blood and fall of estrogen .the protective cervical mucus disappears and the endometrium sheds .

\* Following child birth and abortion: the contaminated lochia increase the pH and the raw placental site, bruising of vagina and cervix, presence of blood clots or remnants of decidua favors the bacterial growth.

B] During menopause:

I] Etiology: When the immune or defense system of woman is weak, there is possibility of genital tract infectious diseases.

Defense system is weak during various phases of woman's life such as menstruation, child birth or abortion, menopause. Defense system is also weakened by many systemic diseases like

anemia, diabetes, tuberculosis, obesity, malnutrition, AIDS. Uses of contraceptive pills or intra uterine device and drugs like steroid, antibiotics also increase the chances of genital infectious diseases. Insertion of foreign body in the tract and sexual transmission by infective person may cause the genital infectious diseases.

II] Symptoms and pathology: *Pittaj Yonivyapad*: It is similar to acute infections of cervix and vagina due to various pyogenic organisms. Most common organisms are anaerobic *Streptococcus, Staphylococcus, E. coli*.

*Sannipatik Yonivyapada*: The symptoms are similar to chronic pelvic infection disease. It is a polymicrobial mixed infection. It might occur if initial treatment of acute pelvic infection was delayed or was inadequate.

*Acharana Yonivyapada*: The main symptom is intense itching which occurs in monilial vaginitis due to a fungus named *Candida Albicans*.

*Paripluta Yonivyapada*: The main symptoms are severe dyspareunia and ulcer or vesicle which are similar symptoms in syphilis. Usually in clinical practice we find gonorrhoea and syphilis together.

*Upapluta Yonivyapada*: Profuse vaginal discharge is the main symptom; is similar to chronic cervicitis.

In *Ayurveda*, acute infection symptoms like fever, inflammation and suppuration represent involvement of *Pitta Dosh*. Chronic genital infection disease is distressing clinical entity not only to the patient but also to the physician.

III] For Genital Tract Infectious Diseases, treatment described in *Ayurveda* is local treatment, which contains *Snehan, Swedan, Yonidhavan, Yonidhupan, Pichudharan and Bastichikitsa* according to the *Doshas*. Few drug regimens are described above table no 3.

Systemic medicines also described accordingly. In modern medicine various antimicrobial drugs are used. Few drug regimens are described above table no 4

IV] In clinical practice, we see polymicrobial infections, therefore early effective treatment should be done to avoid morbidity and further complications.

V] Prevention: In *Ayurveda* preventive aspect is more important, hence in various phases of woman's life *Paricharyas* are described as

1. *Rajaswala Paricharya* for menstruation period
2. *Garbhini Paricharya* for antenatal period
3. *Sutika Paricharya* For postpartum period of 6 weeks after child birth and 7 days after abortion.

*Paricharya* refers to the rules and regulations about personal hygiene, way of living, diet, rest, and contraindications.

**CONCLUSION:**

- Following *Rajswala, Sutika and Garbhini paricharya* **may** reduce genital tract infectious diseases in females .
- Early diagnosis and proper effective treatment is necessary in genital tract infectious diseases.
- Health education and sex education should be given as a preventive measure.

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