**Yonikandu: A Case Study**

Shikha Singh*

*Prasuti Tantra, BHU Campus, Varanasi, UP, India

**ABSTRACT**

In the 21st century, women are wandering out of their home and accepting key roles in various fields. Women are hard-working and determined, so they need to be healthy. But due to today’s fast and changing life style, they can’t pay much attention to their health, as cumulative effects of all these factors, they become prone to various diseases. Among these various problems ‘Yonikandu’ is a common problem, which affect the personality pattern of the patient. Yonikandu is very irritating and annoying, which not only affect the women physically but also psychologically. It affects the concentration and efficiency of women, causes disturbance of sleep, and has hazardous complications like abrasion, inflammation, irritation and soreness.

We need this study to know the conditions which are more susceptible for this disease, so that by avoiding these conditions, we can reduce the incidence of yonikandu. Gravid woman and Kaphaj prakriti woman is more prone for Yonikandu.

**KEYWORDS**

Yonikandu, Gravida, Prikriti
INTRODUCTION

Today when we are stepping in the 21st Century we see remarkable changes in the society. The noteworthy is, women stepping out of their home and playing key role in various fields.

Now women is dedicated and decided. However, because of the present quick and changing way of life, she can't give careful consideration to her wellbeing, as total impacts of every one of these variables, they became more prone to different health problems. Among these various problems ‘Yonikandu’ is a common problem, which affect the personality pattern of the patient. Yonikandu is very irritating and annoying symptom, which not only affect the women physically but also psychologically. It affects the concentration and efficiency of women, causes disturbance of sleep, and has hazardous complications like abrasion, inflammation, irritation and soreness.

Yonikandu is caused by ‘Tridosha’ mainly ‘Kapha’ Vata dushta Rakta and Kleda.

As per Charak:
‘Kandu is Atma lakshana of Kaphadosha.’ and, ‘Kandu is Nanatmaja lakshana of Pittadosha’. Yonikandu mainly affect the ‘twaka’ of Yonipradesh. There are some factors, because of these woman is more prone for Yoni-kandu. If we know these conditions, then we can prevent and cure the Yonikandu more effectively.

Yonikandu Samprapti :

Yonikandu appears as a symptom of various diseases different etiological factors should be considered.

There are 4 factors, those are responsible for Yonivyapad:
- Mithyachara
- Aratavadushti
- Bijadosha
- Daiva and

‘Yonikandu’ is seen as a symptom of various yonivyapad.

Yonikandu is caused by ‘Tridosha’ mainly Kapha and Vata.

[A] Hetu of Yonivyapad:

Ahar and Vihar:

Excessive consumption of Guru, Sheet, Snigdha, Drava Gunatmak, Dravya like, milk products, Fish, Viruddha Ahar, Sleep during day time, sedentary life enhances Kaphadosha.

Excessive consumption of spicy and fermented food Kulittha, Madyapan and excessive heat, exertion, improper sleep leads to Pitta-prakopa and Raktadushti.

Ati-ruksha, Parushit ahar, Vega-vidharan, excessive traveling leads to Apanvayu prakopa.

Hetu of Sthanik dushti: 

Unhygienic condition:
Due to improper hygiene, irregular cleaning habit, accumulation of Srava and mala develops, which causes yonidushti.

Asatmya Hetu:

Asatmya hetu, which material does not suited to the body and can cause allergy, like, soaps, detergents, sanitary pads, condom, diaphragm etc. leads to tridoshprakopa, Rakta-dushti and sthanik dushti.

Agantu hetu: External factors like, repeated trauma during operative like MTP, D&C, Cervical encirclages. IUCD’s like ‘Cu-T’ causes Mansa-dushti. Raktadhatu and Tridosha dushti and makes it prone to Yoniroga.

Bahu-prasav:

Due to repeated pregnancy and delivery, Causes Dhatukshaya, Vataprakopa, Daurbalya and Sthanik dushti.

【B】Samprapti

Unhygienic condition
Excessive Vyavaya
Asatmya Dravy
Agantuj Hetu

Causes doshaprakopa
Kupit dosha
Yonipradesha
Twakdushti Improper diet and conducts

Yonikandu

Materials and Methods -

Place of work:
The study was done in striroga – Prasutitantra Vibhaga of STRH Hospital, both indoor and outdoor patients.

Sixty patients fulfilling the inclusion criteria are selected for the study.

Baseline Screening

Investigations:
- Haemogram
- HIV
- VDRL
- HBsAg

- BSL – F
- PP
- Urine ®
- Blood group

Inclusion Criteria

Indoor and outdoor patient having symptoms of Yonikandu in STRH irrespective of
- Age
- Parity
- Gravity
- Also include pregnant patient.

Exclusion Criteria

Patients having:
- Diabetes
- Allergic conditions
- Venereal diseases (HIV, Syphilis, Herpes genitalis)
- Benign or malignant disease of Cervix and vagina

RESULTS

(1) Gravidity
All the selected patients were divided into gravid & non-gravid patient. As shown in table no.1 and graph no.1.

Table 1. Incidence of yonikandu in gravid patients

<table>
<thead>
<tr>
<th>Gravidity</th>
<th>No.</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gravid</td>
<td>41</td>
<td>68.33</td>
</tr>
<tr>
<td>Non-gravid</td>
<td>19</td>
<td>31.67</td>
</tr>
<tr>
<td>Total</td>
<td>60</td>
<td>100</td>
</tr>
</tbody>
</table>

In both groups incidence of ‘yonikandu’ was mostly found in gravid patients. Total incidence in Gravid patients – 68.33 %. So it is very common in Gravid patients.

(2) Prakruti
All the selected patients were again divided into six groups according to their Prakriti. As shown in table no. 2

Total incidence of ‘Yonikandu’ in ‘Kapha-Pitta’ Prakruti– 55%
‘Kapha-Vata’ prakruti– 30%

Total incidence of Kapha Pradhan

Table 2 Incidence of yonikandu in different prakriti

<table>
<thead>
<tr>
<th>Prakriti</th>
<th>No.</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vata-pitta</td>
<td>2</td>
<td>3.33</td>
</tr>
<tr>
<td>Vata-kapha</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>Pitta-vata</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>Pitta-kapha</td>
<td>1</td>
<td>1.67</td>
</tr>
<tr>
<td>Kapha-vata</td>
<td>18</td>
<td>30</td>
</tr>
<tr>
<td>Kapha-pitta</td>
<td>33</td>
<td>55</td>
</tr>
</tbody>
</table>

Prakruti– 85%.
So, it is Kapha-Pradhan Vyadhi because 85 % incidences are Kapha-Pradhan.

As shown in graph no. 2.

Graph 2  Graphical presentation of incidence of yonikandu and prakriti

(3) Yonikandu and Yoniroga
Various yonirogas were observed during study. As shown in table no. 3. Yonikandu is mostly found in Kaphaj-yonivyapad (50%). As shown in graph no. 3.

DISCUSSION

1) In this study, 60 patients were registered for all the age groups and there was no correlation found between age and Yonikandu.
2) 55 % patients of yonikandu belonged to Kapha-Pitta prakruti and 30% patients belonged to Kapha-Vata prakruti, so
yonikandu is more common in Kapha pradhan prakruti (kapha dominating prakruti). In Kapha-Pitta prakruti, even small amount of consumption of Kaphaja Ahar-Vihar leads to Kapha-prakopa and kandu. Consumption of pittaja Ahar-Vihar leads to pitta-prakopa, which gives rise to rakta-dushti and kandu.

3) In this study, 41(68.33%) patients of yonikandu are gravida, (because of kleda-pradhan garbhini awastha and kleda generates kandu).

In Gravid patients, kaphaja-yonivayapada is found common. Causes found during study for kaphaja-yonivayapada are Guru, Sheeta, Snigdha, Drava-gunatmaka dravya like milk products, sedentary life style, sleep during day time. (Which aggravate kapha-dosha, causative factor of kandu).

In such cases, these all causative factors leads to Agnimandhya and agnimandhya leads to ‘Ama’ formation and kapha-dushti.

In garbhini awastha, there is increased ‘Rasa-dhatu’, if there is rasa-dushti, due to Agnimandhya, caused by viruddha ahar-vihar, overeating, irregular eating, Vegavidharan of Chhardiand Nihshwas, then there will be kapha-dushti, which is mala of rasa-dhatu and Kapha-dushti causes Kandu.

<table>
<thead>
<tr>
<th>Guru, Snigdha ahar</th>
<th>Overeating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garbhini awastha</td>
<td>Irregular eating</td>
</tr>
<tr>
<td></td>
<td>Viruddha ahar-vihar</td>
</tr>
<tr>
<td>(Rasa )</td>
<td>Sedentary life</td>
</tr>
<tr>
<td>Vegavidhram</td>
<td>Rasa-dushti</td>
</tr>
</tbody>
</table>

Kapha-prakopaka Ahar-vihar → Kapha-prakopa → Kapha-dushti → Yonikandu

**CONCLUSION**

Study of observations represent following conclusions:

(1) High incidence of Yonikandu is seen in pregnant patients.

(2) Yonikandu is common in Kapha-Pitta and Kapha-Vata prakruti. So, it is Kapha-pradhan vyadhi.

(3) Yonikandu commonly present in Kaphaj-yonivayapad.
REFERENCES