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Yonikandu: A Case Study

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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



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INTRODUCTION

Today when we are stepping in the 21st Century we see remarkable changes in the society. The note-worthy 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 'Tridosh' 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*.

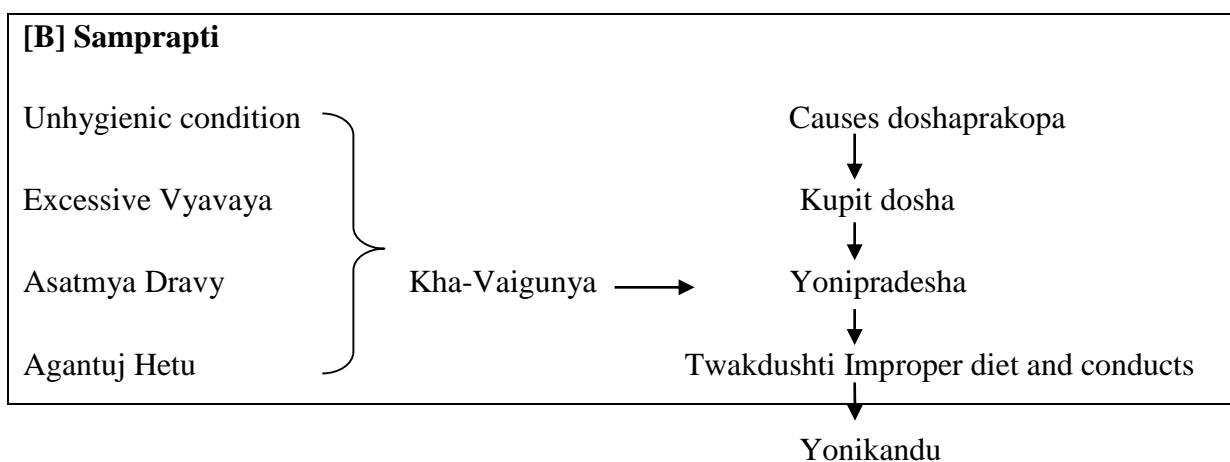
Asatmya Hetu:

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*.



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

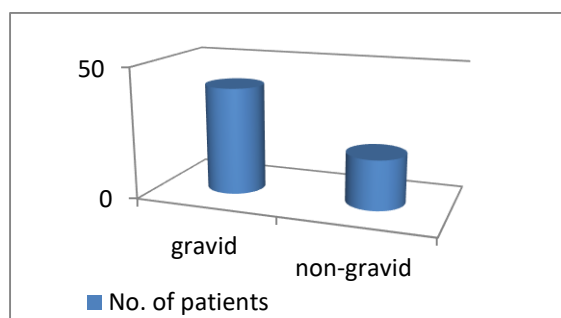
RESULTS

(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

Gravidity	No.	Percentage
Gravid	41	68.33
Non-gravid	19	31.67
Total	60	100



Graph 1 Graphical presentation of gravid and non-gravid patients with yonikandu

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) Prakriti

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' Prakriti– 55%

'Kapha-Vata' prakriti– 30%

Total incidence of Kapha Pradhan

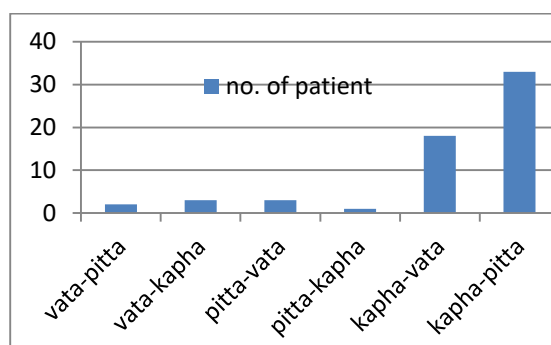
Table 2 Incidence of yonikandu in different prakriti

Prakriti	No.	Percentage
Vata-pitta	2	3.33
Vata-kapha	3	5
Pitta-vata	3	5
Pitta-kapha	1	1.67
Kapha-vata	18	30
Kapha-pitta	33	55

Prakriti– 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 Yonioga

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 prakriti and 30% patients belonged to Kapha-Vata prakriti, so



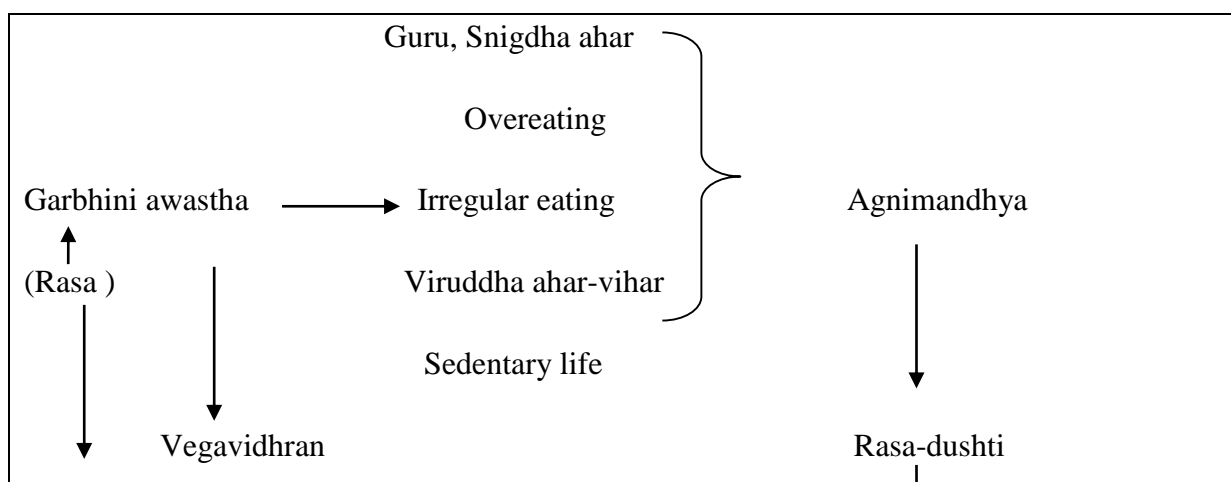
yonikandu is more common in Kapha pradhan prakruti (kapha dominating prakruti). In Kapha-Pitta prakruti, even small amount of consumption of Kaphaja Ahar-Vihar leads to Kapha-prakopa and kandu. Consumption of pittaja Ahar-Vihar leads to pitta-prakopa, which gives rise to rakta-dushti and kandu.

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

In Gravid patients, kaphaja-yonivyapada is found common. Causes found during study for kaphaja-yonivyapada 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.



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-yonivyapad.



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