



UPAPLUTA YONI VYAPATH: A COMPREHENSIVE REVIEW OF CLASSICAL CONCEPTS

Dr. Sudharani¹, Dr. Usha D T², Dr. Laxmi I B³

^{1,3}Final Year PG Scholar, ²HOD and Professor

Department of PG Studies in Prasuti Tantra and Stree Roga, JSSAMCH, Mysuru, Karnataka, India.

Corresponding Author: Dr Sudharani

Article DOI: <https://doi.org/10.36713/epra30601>

DOI No: 10.36713/epra30601

ABSTRACT

Upapluta Yoni Vyapath is one among the twenty Yoni Vyapaths described in Ayurvedic classics. It is a disorder occurring during pregnancy and is characterized mainly by excessive vaginal discharge associated with itching and discomfort. Acharya Charaka and Vagbhata have described Upapluta Yoni Vyapath occurs due to vitiation of Kapha and Vata Doshas under the influence of pregnancy related physiological changes. The clinical features closely resemble vulvovaginitis during pregnancy in contemporary science. Increased abnormal vaginal discharge, vulvar itching, inflammation, and discomfort are common symptoms in both conditions. Understanding the disease from an Ayurvedic perspective helps in developing safe and effective treatment modalities suitable for pregnant women. This review explores the concept, etiology, pathogenesis, clinical features, and management of Upapluta Yoni Vyapat.

KEYWORDS: Pregnancy, Upapluta Yoni Vyapat, Vulvovaginitis

INTRODUCTION

Upapluta Yoni Vapath is one among 20 yoni vapaths occurs due to vitiation of Vata and Kapha Dosha explained by Acharya Charaka, Acharya Vagbhata and Acharya Sharangadhara. The classical symptoms described in Upapluta Yonivyapat resemble the clinical presentation of vulvovaginitis during pregnancy.

During pregnancy, the female body undergoes significant endocrine alterations, particularly increased secretion of estrogen and progesterone. The hormonal changes are necessary for maintenance of pregnancy, uterine growth, and preparation for lactation. However, they also alter the physiology of various organ systems and predispose pregnant women to several disorders and infections. Increased blood volume, altered vascular resistance, suppression of cell-mediated immunity, and changes in vaginal glycogen content create a favourable environment for the occurrence of many systemic and local disorders during pregnancy. Pregnancy is a state of immunological weakness and therefore of increased susceptibility to infectious diseases. Among gynaecological disorders Vulvovaginitis is one of the commonly affected condition during pregnancy.

DEFINITION OF YONIVAPATH

- "Yonivyapd Yoni Roga" (Dalhana)¹
- The word Yoni Vyapath refers to various diseases affecting the Yoni.
- The illness based on the female genital tract is known by the name Yonivyapath(Gangadhara)².
- Acharya Charaka while describing Yoni Vapath used the word Yoni to denote whole reproductive system as well as

the individual organs separately³.

NUMBER AND CLASSIFICATION OF YONI VAPATH

In Avurvedic classics all Acharyas have classified Yoni Rogas into twenty types.

In all the description of Yoni Rogas, Acharya Vagbhata has followed the Acharya Charaka⁴, while Madhav Nidana, Bhavprakash & Yogaratnakar have followed Acharya Sushruta with slight differences.

Acharya Charaka has divided these Rogas into five groups with specific Dosha Pradhanya, while Sushruta has divided only into four⁵.

Both the Vagbhatas have explained the Doshic involvement in a manner similar to Acharya Charaka. Likewise, Sharangdhara has followed the nomenclature used by Vagbhata. He has described one disease caused by vitiation of Rakta and has included Khandita and Nanda instead of Udavarta and Shandha mentioned in Vagbhata's classification.

Madhava Nidana⁶, Bhavaprakash⁷, and Yogaratnakara⁸ have followed Sushruta's classification. The differences are seen in between Sushruta and Madhava Nidana regarding two Yonivyapaths. In place of Sushruta's term Lohitakshara, Madhava Nidana and Yogaratnakara have used the term Lohitakshaya. In Lohitakshaya, Madhava Nidana and Yogaratnakara have described blood loss or amenorrhoea, whereas Acharya Sushruta has described oozing of blood.

For a better understanding of all the 20 Yonivyapaths according to Dosha predominance, the classification is tabulated below.



Table no. 1: Classification of Yoni vyapath according to different Acharyas.

<i>Dosha</i>	<i>Charaka</i>	<i>Sushruta</i>	<i>Vagbhata</i>
<i>Vata</i>	<i>Vatiki</i> <i>Acharana</i> <i>Aticharana</i> <i>Prakcharana</i> <i>Udawartini</i> <i>Antarmukhi</i> <i>Suchimukhi</i> <i>Shandi</i> <i>Shushka</i> <i>Putraghni</i> <i>Mahayoni</i>	<i>Udawarta</i> <i>Vandhya</i> <i>Vipluta</i> <i>Paripluta</i> <i>Vatala</i>	<i>Vatiki</i> <i>Aticharana</i> <i>Prakcharana</i> <i>Udawartini</i> <i>Antarmukhi</i> <i>Suchimukhi</i> <i>Shandi</i> <i>Shushka</i> <i>Jataghni</i> <i>Mahayoni</i> <i>Vamini</i>
<i>Pitta</i>	<i>Paittika</i> <i>Raktayoni</i> <i>Arajaska</i>	<i>Rudhirakshara</i> <i>Vamini</i> <i>Sramsini</i> <i>Putraghni</i> <i>Pittala</i>	<i>Paittiki</i>
<i>Kapha</i>	<i>Kaphaja</i>	<i>Atyananda</i> <i>Karnini</i> <i>Acharana</i> <i>Aticharana</i> <i>Shleshmala</i>	<i>Shleshmiki</i>
<i>Tridoshaja</i>	<i>Sannipatika</i>	<i>Shandi</i> <i>Phalini</i> <i>Mahati</i> <i>Suchivaktra</i> <i>Sarvaja</i>	<i>Sannipatika</i>
<i>Vatapittaja</i>	<i>Paripluta</i> <i>Vamini</i>	-	<i>Lohitakshaya</i> <i>Paripluta</i>
<i>Vatakaphaja</i>	<i>Upapluta</i> <i>Karnini</i>	-	<i>Upapluta</i> <i>Karnini</i>
<i>Krimi</i>	-	-	<i>Vipluta</i>

UPAPLUTA YONI VAPATH

Nirukti:

The word “Upapluta” is derived from the root “Plu” with the prefix “Upa,” which means afflicted/affected, overwhelmed, covered or invaded, disturbed, flooded or filled with.

Upaplutam: Avratam, Plavitam, Adhikena dravena Nimagnam|| (Shabdakalpadruma)

That which is flooded, immersed, or overwhelmed by excessive fluid.

Definition

According to Acharya Charaka⁹:

गर्भिण्याः श्लेष्मलाभ्यासाच्छर्दिनिःश्वासनिग्रहात्।

वायुः क्रुद्धः कफं योनिमुपनीय प्रदूषयेत्॥२१॥

पाण्डुं सतोदमास्रावं श्वेतं स्रवति वा कफम्।

कफवातामयव्याप्ता सा स्याद्योनिरुपप्लुता ॥१८॥ (Cha. Chi. 30/21-22)

Commentary Chakrapani

गर्भिण्या इत्यादौ आस्रावमिति

श्लेष्मविलक्षणमास्रावम्।

कफवातामयैरुपप्लुतत्वात् ‘उपप्लुता’ इत्युच्यते॥२१-२२॥

When a pregnant woman indulges in *Kapha* and *Vata* vitiating diet or regimen and suppresses vomiting and inspiration leading to aggravation of *Vayu* which in turn withholds *Kapha* reaches Yoni producing abnormalities. There is yellowish discharge or mucoid white discharge per vagina with pain. There is prevalence of *Kapha* and *Vata Rogas*, termed as *Upapluta Yonivapath*.

According to Acharya Vagbhata^{10,11} :

वातश्लेष्मामयव्याप्ता श्वेतपिच्छिलवाहिनी। उपप्लुता स्मृता योनिः.....। (अ.सं.उ. 38/49, अ.ह.उ. 33/48-49)

Acharya Vagbhata, mentions that along with the clinical features of *Vata Kapha Roga* there is whitish unctuous discharge per vagina, this condition is not restricted to the pregnant women only as explained by *Acharya Charaka*.

According to Acharya Sharangadhara¹²

Upapluto Iti || Vayorurdhwamupaplutatwat||

According to *Sharangadhara*, the condition is termed *Upapluta* because the vitiated *Vata* moves upward (*Urdhwagati*) and, along with *Kapha*, affects the Yoni.



SAMANYA NIDANA OF YONI VAPATH

Although *Upapluta Yonivapath* occurs during pregnancy, factors such as improper diet and lifestyle, poor genital hygiene, *Dosha* vitiation, and pregnancy-related hormonal and physiological changes create more susceptible for vulvovaginitis by altering vaginal flora, increasing glycogen content, changing vaginal pH, and reducing immunity.

Mithyachara¹³:

Mithyachara refers to improper dietary habits and unhealthy lifestyle practices that disturb the normal balance of *Doshas* and predispose women to gynaecological disorders.

Mithya Ahara

Improper food habits such as excessive intake of sweets, dairy products, unctuous, junk, unhygienic, incompatible, or nutritionally inadequate food can lead to vitiation of *Doshas*, mainly *Kapha* and *Vata*.

During pregnancy, such dietary disturbances may impair digestion and immunity, alter vaginal pH and micro flora, and increase vaginal secretions. This creates a favourable environment for microbial growth and predisposes the pregnant woman to symptoms like excessive discharge, itching, burning sensation, and discomfort, which resemble *Upapluta Yonivapath*.

Mithya Vihara

Improper lifestyle practices such as poor genital hygiene, sedentary habits, inadequate rest, stress, excessive physical exertion, and use of tight or non-breathable clothing can aggravate *Kapha* and *Vata Doshas* and affect vaginal flora.

Pradushta Artava¹⁴

Artava can be correlated with the female sex hormones estrogen and progesterone. During pregnancy, the levels of these hormones increase significantly, leading to changes in the vaginal environment and increasing susceptibility to infections.

VISHESHA NIDANA FOR UPAPLUTA YONI VAPATH

Acharya Charaka has given *Vishesha Nidana* for *Upapluta Yoni Vapath*:

- Excess intake of *Vatakara* and *Kaphakara Ahara* by pregnant women
- *Vegadharana* of *Chardi*, *Nishwasa*

Excess consumption of food having properties of *Abhishyandi Ahara* (the products which have *Atipichila Guna* and *Guru Guna* able to vitiate the *Rasavaha Srotas* and causes *Avarodha*, leading to *Gauravam*). *Kaphaprakopakara Ahara* like *Madhura*, *Amla*, *Lavana Rasayukta Ahara*, *Atisnigdha*, *Sheeta*,

Guru and *Pichilayukta Ahara* like *Masha*, *Mahamasha*, *Godhuma*, *Dadhi*, *Dugdha*, *Krishara*, *Payasa* will lead to *Kapha Prakopa*. Whereas *Vata Prakopakara Ahara* possessing *Ruksha*, *Sheeta*, *Laghu*, *Katu*, *Tikta*, and *Kashaya* properties like excess intake of tea, coffee, *Upavasa*, *Alpaahara* may aggravate *Vata Dosha*.

RUPA

- *Pandu*- *Shweta Srava*
- *Todayukta Srava*
- Local symptoms like *Yoni Kandu*, *Yoni Pichchhilata*, *Toda*, are due to vitiated *Kapha Dosha* and *Yoni Vedana* is due to *Vata Vitiation*.

SAMPRAPTI

Garbhiṇī Avastha (Physiological *Apana Vata pravṛddhi* and *Kapha vṛddhi*)



Nidana sevana (*Ati-Maithuna*, *Vegadharana*, *Guru-Snigdha-Abhishyandi Ahara*, *Ati-shrama*)



Apana Vata Prakopa and Kapha Vṛddhi



Vata-Kapha Prakopa



Artavavaha Srotas duṣṭi (Sanga)



Dosha Sthanasamshraya in Yoni (Garbhashaya Ashrita sthana)



Kapha Prabhava → *Shotha*, *Gurutva*, *Picchila/shweta srava*
Vata prabhava → *Ruja*



Upapluta Yonivyapath

SAMPRAPTI GHATAKA¹⁵

<i>Dosha</i>	<i>Kapha, Vata</i>
<i>Dushya</i>	<i>Rasa, Artava</i>
<i>Agni</i>	<i>Jatharagni Manda, Dhatwagni manda</i>
<i>Srotas</i>	<i>Rasavaha, Artava vaha</i>
<i>Srotodushti</i>	<i>Atipravṛutti</i>
<i>Adhishtana</i>	<i>Yoni</i>
<i>Rogamarga</i>	<i>Abhyantara</i>
<i>Sadhya-Asadhyatva</i>	<i>Kashta sadhya</i>

UPASHAYA

Aharaja: Use of wholesome diet, *Drava*, *Madhura*, *Snigdha*, *Deepaniya Dravyas*, *Brimhaniya dravyas*, *Navanita*, *Ghrita*, *Ksheera*, avoiding non congenial diet.

Viharaja: *Prasanna Chitta*, *Nitya Snana*.



ANUPASHAYA

Aharaja: Ruksha Ahara, Teekshna, Ushna, Katu, Lavana Ahara, Atimadhura, Atipichila, Atisnigdha ahara.

PATHYA-APATHYA

Table no.3: Pathya Ahara and Vihara

Aharaja	Viharja
- Intake of Madhura, Snigdha, Drava, Hridya dravyas along with the Deepaniya Dravyas¹⁶. - Use of Jeevaniya Gana Draavyas both internally and externally¹⁷.	- Maintainin g good conduct - Mridu Shayya And Asana - Wear clean clothes¹⁸

APATHYA

Table no. 4: Apathya Ahara and Vihara.

Aharaja	Viharaja
- Avoid Atiteekshna, ushna, Guru, Abhishyandi Ahara. - Atimamsa sevana.	- Not to do Ativyayama and Ati Vyavaya - Avoid Diwaswapna, Ratrijagarana, Vegadharana.

REFERENCES

- Dalhana commentary on Ayurved Tatwa Sandipika vyakhya, by Ambika Dutt Sashtri, Varanasi, Chaukhamba Sanskrit samsthan, S.S.Utt.38/36
- Prof.Dr.V.N.K.Usha2010 1 edi. A Text Book of Stree roga-Vijna, Chaukhamba Sanskrit Pratisthan Delhi
- Charak, Charak samhita ed.by Satyanarayan Shastri, reprint, Varanasi Chaukhamba Bharti Academy 2003 Cha chi 30/7
- Charak, Charak samhita ed.by Satyanarayan Shastri, reprint, Varanasi Chaukhamba Bharti Academy 2003 Cha.chi.30/39,40,41
- Sushruta. Sushruta Samhita. eds. Ambika Dutt Sashtri. Varanasi, Chaukhamba bharti academy 2005, S.S.Uu.38/6-9
- Madhukosh Tika, Sri Ydunananda Upadhyaya, Varanasi, Chaukhamba bharti academy Ma.Ni 62/1
- Sri Bhav Mishra, Bhavaprakasha commentary by Dr.K.C.Chunekar, edited by Dr. G.S Pandey, Varanasi reprint 1999,B.P.chi.70/2-5
- Vd. Laxmipati Sashtri, Yogaratnakar, Vidyotini Vyakhya 2009, Varanasi Chaukhamba bharti academy, Y.G. Yonivyapat chi-yoniroga chapter P-411
- Tiwari P V 2003, Ayurvediya prasuti tantra avum streeroga Part 1,2,Chaukhamba Orientalia Varanasi P-30
- K R S Murthy 1995, Ashtanga Hridayam volume 3 Krishnadas academy, Varanasi page no. 314
- K R S Murthy 2024, Ashtanga Sangraha of Vagbhata volume 3 chaukhambha orientalis, Varanasi page no. 334
- Shastri PPV, editor. Sharangadhara Samhita. Reprint ed. Varanasi: Chaukhambha Orientalia; 2013. p. 127.
- Madhavakara, Murthy S KR. Madhava Nidana. 1st ed. Varanasi. chaukhambha Orientalia; 1993. p222
- Susruta, Dalhana, Acharya J T. Susruta Samhita with the Nibandhasangraha Commentary. 1st ed. Varanasi. Chaukhambha Sanskrit Samsthan; 2010. P22
- Kapoorchand H. Stree Roga. 1st ed. Varanasi: Chaukhambha Vishwabharati; 2018. Reprint 2020 p;174
- Sushruta Samhita, Nibandha Sangraha tika of Dalhana, Choukhambha Surbharathi Prakashan, Varanasi, Shareera Sthana, 10th Chapter, Verse-3, pp 824, pg.no 387.
- Vagbhata, Ashtanga Hridaya with Arunadutta and Hemadri commentaries, ShareeraSthana 1st Chapter, Verse 43, Choukhamba Surabharati Praakashan, Varanasi, Reprint 2010, pp-956, pg.no-370.
- Sushruta Samhita, Nibandha Sangrahatika of Dalhana, Choukhambha Surbharathi Prakashan, Varanasi, Shareera Sthana, 10th Chapter, Verse-3, pp 824, pg.no 387
- Prof Ravidatta Tripathi, Charaka samhita vol 2, Chaukhamba Sanskrit Pratisthan, Delhi; 2017 Reprint pg no-765

Viharaja: Vata and Kapha Prakopaka Vihara like Ratrijagarana, Divasvapna, Atichankramana, Vegadharana, Ativyayama and Ativyavaya should be avoided.

CHIKITSA OF UPAPLUTA YONI VAPATH¹⁹:

धातक्यामलकीपत्रस्रोतोजमधुकोतपलैः॥७८॥
 जम्बाम्रमधकासीसलोध्रकटफलतिन्दुकैः।
 सौराष्ट्रिकादाडिमत्वगुदुम्बरशलाटुभिः॥७९॥
 अक्षमात्रैरजामूत्रे क्षीरे च द्विगुणे पचेत्।
 तैलप्रस्थं पिचुं दद्याद्योनौ च प्रणयेत्ततः॥८०॥
 कटीपृष्ठत्रिकाभ्यङ्गं स्नेहबस्तिं च दापयेत्।
 पिच्छिला स्राविणी योनिर्विप्लुतोपप्लुता तथा॥ CHA.CHI.30/87॥

- Dhatakyadi Taila: Kalka Of Dhataki Puspa, Amalaki Phala, Patra, Srotoja, Madhuka,Utpala, Jambu And Amra, Kasisa, Lodhra, Katphala, Tinduka, Saurastrika, Dadima Twak, Udumbara Salatu (Unripe Fruit) one Aksha each, goat's urine and milk double quantity of total paste, oil (one Prastha) and cooked. It is used for Yoni Pichu, Abhyanga of Kati Praṣṭha, Trika and Sneha Basti. It is effective in Yoni associated with excessive unctuousness or discharges, Vipluta and Upapluta.
- After Snehana and Swedana, Santarpana should be done with Sneha pichu.
- Vataghna dravyas which suppresses the Vata should be used in diet.
- Yoni pichu: Application of tampon soaked with Sneha medicated with decoction of Sallaki, Jambu Twak, along with Panchavalka