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Conceptional Review of *Vathala Yonivyapath* in *Vandhya*

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ABSTRACT

It is only a woman who can enjoy the joy of siring a baby and giving birth to the child. Acharya Charakacharya is indicated that healthy yoni is needed for receiving the sperm and for conception to occur. Combination of four factors like *rutu*, *kshetra*, *ambu* and *beeja* are necessary for conception.¹ In Ayurveda Classics have described twenty types of *yonivyapath* and complication of *yonivyapath* states that *beeja* will not enter into the yoni.² Among them *Vathala yonivyapath* are extensively seen as one of the causes of *Vandhyatwa*. *Vathala yonivyapath* can be co-related to Endometriosis due to similarity of symptoms like *toda*, *vedana*.^{3,4,5,6} The ailments can be understood through the concept of *nidanapanchakas*.^{7,8} As the severity of the endometriosis increases, adhesions become more common and the chance of natural conception decreases. There is some references shows that relation between infertility and endometriosis. Patients with endometriosis mainly complain of pelvic pain, dysmenorrhea, and dyspareunia. Women with endometriosis tend to have a lower fecundity and ovulatory disorders. For justifying *vathala yonivyapath* as one among the cause of *vandhyatva* can be understand with the above statement. An effort has been made to justify *vathala yonivyapath* with its symptoms similies Endometriosis, with infertility.⁹ Thus this study has been taken to logically justify on conceptional on a par with modern basis.

KEYWORDS

Vathala yonivyapath, Endometriosis, *Vandhya*



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INTRODUCTION

Pain is an important alarm system, which cannot be measured by an observer and the biggest unpleasant phenomenon that is uniquely experienced by each individual, which draws attention to the fact that something is at fault. Acharya's explained clearly about different kinds of pain like *toda*, *vedana*, *shoola* etc in different *yonivyapath*^{1,2,3,4}. Pain is a highlight character of *arthava dushti*. Pain during menstruation is seen in endometriosis and along with other symptoms like stiffness, ant-crawling sensation different kinds of pain also can be seen in *vathala yoni vyapath*, So considering facts that symptoms of *Vathala yonivyapath* similies with that of Endometriosis. The side effects of all *yonivyapath* is that they will end up with infertility.

Endometriosis, which is a gynecological disorder in which there is presence of functioning endometrial tissue, seen other than uterine mucosa. It is not a neoplastic condition, but malignant transformation is possible. During the last couple of decades, the prevalence of endometriosis has been increasing both in terms of real and apparent. The prevalence is about 10%. However, prevalence is high amongst the infertile woman (30-40%), based on diagnostic laparoscopy and laparotomy.

About 25% of patients with endometriosis have no symptoms. Common symptoms are Dysmenorrhoea (70 %), abnormal menstruation (20%), Infertility (40-60%), Dyspareunia (20-40%), and Chronic pelvic pain. Various theories have been proposed over the years to explain its pathogenesis and newer hypothesis continues to be formulated. The most popular theory remains the 'Sampson's Retrograde Menstruation Theory.

Fecundability rates in affected patients are estimated at 2% to 10% per month. Possible mechanisms for infertility among women with endometriosis include anatomic distortion from adhesions or fibrosis and the known presence of inflammatory mediators that exert toxic effects on gametes, embryos, tubal fimbria and eutopic endometrium. Laparoscopy for direct visualization remains the mainstay in the diagnosis of endometriosis^{5,6,7,8,9,10,11,12}.

MATERIALS AND METHODS

The Primary Source of literature will be Classical text books of Ayurveda, text books of Modern Medical Science, various journals, previous studies conducted on similar subjects and information available on internet will also be incorporated in the study.



REVIEW OF LITERATURE

Conceptual review of literature in respect to *Vathala yonivyapath* as mentioned by *Acharya's*.

Nidana's and *Lakshana's* of *Vathala yonivyapath* are told in *Charaka Samhitha, Chikitsa Sthana*³.

Nidanapanchaka's are told in *Charaka Samhitha, Nidana Sthana*³.

Lakshana's of *Vathala yonivyapath* are told in *Sushruta Samhitha, Uttara Tantra*⁴.

Endometriosis are seen in all Gynecological books and Available information will be taken from Intenet^{5,6,7,8,9,10,11,12}.

Lakshana's of *Vathala yonivyapath* are told in *Ashtanga Hridaya, UttaraTantra*¹³.

Description on *Vathala yonivyapath* are found in *Kashyapa samhitha, Madhava Nidana, Bhavaprakasha*^{14,15,16}.

DISCUSSION

The word *Yoni* refers to entire reproductive system and *Arthava* to the menstrual blood. *Arthava* is *upadhathu* of *rasa*. *Vyana vatha* is responsible for circulation of *rasaadi dhathus*. *Apana vatha* in *Apana pradesha* is responsible for *Arthava Nishkramana*.

In a condition of *Vathaja arthava dushti* there is vitiation of *vatha* due to *nidanans* such as *rookshaadi aahara* and *vihara* leading to condition such as stiffness, roughness, hyperaesthesia etc and also

vimarga gamana of *raktha*. These symptoms can be co-related with features like endometriosis, oestrogen dependent and other gynaecological conditions. When any *arthavadushti* or *yonivyapath* is not treated, ultimately it will lead to condition such as infertility.

On the other hand endometriosis i.e. presence of functioning endometrium other than uterine cavity with the symptoms like dysmenorrhoea, stiffness etc., can lead to infertility. Thus *vathalayonivyapath* with its features such as *vimarga gamana* of *arthava, shooladi vathaja* features can be co-related with endometriosis.

CONCLUSION

Ruthu, Kshetra, Ambu, Beeja are the essential factors for conception, in *Vathala yonivyapath* both the *kshetra* and *beeja* are affected and leading to infertility. Contemporary science is unable to explain proper causative factors for infertility instead; many theories are proposed to explain it. So with this study a conclusion is drawn from the respective classical evidence that *vathala yonivyapath* can be correlated with endometriosis which may lead to infertility if not diagnosed at proper time.



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