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# "*YONIVYAPAD* IN AYURVEDA: CLASSICAL CLASSIFICATION AND ITS RELEVANCE IN MODERN GYNECOLOGY - A COMPREHENSIVE REVIEW"

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**ABSTRACT:**

**Introduction:** *Yonivyapad* refers to gynecological disorders described in Ayurveda, comprising twenty conditions caused by doshic imbalance, improper conduct, and pathological alterations in reproductive tissues. These disorders range from menstrual irregularities and infertility to structural and infectious conditions. Modern gynecology also classifies diseases of the female reproductive system into structural, functional, endocrine, and infectious categories. Correlating *Yonivyapad* with modern nosology offers opportunities for integrative insights. **Methods:** This review synthesizes information from *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, and their commentaries, alongside articles retrieved from PubMed, Scopus, Web of Science, and Google Scholar. Keywords used included "*Yonivyapad*," "Ayurveda gynecology," "female reproductive disorders Ayurveda," and "women's health Ayurveda." Inclusion criteria were peer-reviewed publications (2000-2024) and classical texts with relevance to gynecology. Non-peer-reviewed or anecdotal sources were excluded. **Results:** Ayurveda classifies *Yonivyapad* into 20 types, broadly grouped by *doshic* predominance (*Vata*, *Pitta*, *Kapha*, and *Sannipataja*), *dhatu* involvement, or external causes. These include conditions such as *Artava Vyapad* (menstrual disorders), *Vandhyatva* (infertility), *Shweta Pradara* (leucorrhea), and traumatic or infectious conditions. Modern gynecology parallels these under categories like abnormal uterine bleeding, PCOS, infertility, pelvic inflammatory disease, endometriosis, and neoplasms. Both systems highlight the centrality of reproductive health to overall well-being. Ayurveda additionally emphasizes dietary, behavioral, and psychological causes, which align with modern understandings of lifestyle and stress impacts. **Discussion:** Comparing Ayurvedic *Yonivyapad* with modern gynecology highlights convergence in recognizing pathophysiological diversity, while Ayurveda uniquely provides a preventive, personalized, and holistic approach. Integrative research may help validate traditional therapies and improve outcomes for chronic gynecological disorders.

**KEYWORDS:** Ayurveda, Gynecology, Reproductive health, Women's health, *Yonivyapad*

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## INTRODUCTION

Gynecological disorders have been described since antiquity, given their impact on fertility, menstrual health, and overall quality of life. Modern gynecology encompasses a wide range of conditions, including hormonal disorders, infections, structural abnormalities, and malignancies. [1] The global burden of conditions such as PCOS, abnormal uterine bleeding, infertility, and endometriosis emphasizes the need for both preventive and therapeutic strategies. [2-3]

Ayurveda, India's traditional system of medicine, devotes extensive discussion to female reproductive disorders under the heading *Yonivyapad.* Classical texts describe twenty types, each arising from specific doshic imbalances, improper regimens, or traumatic causes. [4-5] Unlike modern nosology, *Yonivyapad* also integrates mental, dietary, and lifestyle influences. [6] This multidimensional view makes it valuable for comparison with current biomedical perspectives. [7-8]

This review aims to analyze the Ayurvedic concept of *Yonivyapad,* its classification, and its modern relevance. The objectives are: (i) to describe the classification of *Yonivyapad* as per Ayurveda, (ii) to compare these with modern gynecological conditions, (iii) to analyze similarities and differences in causation and pathology, and (iv) to suggest integrative approaches for women's reproductive health. [9-10]

## MATERIALS AND METHODS

A structured literature review was conducted between January–July 2025. [11]

- **Primary Ayurvedic sources**: *Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya,* and *Bhavaprakasha Nighantu.*
- **Databases searched**: PubMed, Scopus, Web of Science, Google Scholar.

**Search Strategy:** [12]

Keywords: "*Yonivyapad*," "Ayurveda gynecology," "Ayurvedic management of reproductive disorders," "*Artava Vyapad*," "*Vandhyatva*." Boolean operators AND/OR applied.

**Inclusion Criteria:** [13]

- Peer-reviewed articles (2000–2024)
- Reviews, clinical trials, and observational studies relevant to female reproductive health in Ayurveda
- Classical Ayurvedic texts and commentaries

**Exclusion Criteria:** [14]

- Non-peer-reviewed blogs or anecdotal case reports
- Articles unrelated to gynecology
- Duplicates and non-English studies without reliable translation

**Study Types Reviewed:** [15]

- Ayurvedic conceptual reviews
- Modern gynecology literature
- Clinical studies of Ayurvedic formulations and therapies in gynecological conditions

**Final Dataset:**

A total of 42 peer-reviewed articles and 7 classical texts were analyzed.

## OBSERVATION AND RESULTS

### Classical Description of *Yonivyapad*

Ayurveda classifies *Yonivyapad* into **20 types**, broadly grouped by *doshic* predominance, traumatic causes, or systemic imbalances.

- ***Vataja Yonivyapad* (4 types):** Disorders due to *Vata* aggravation characterized by pain, irregular bleeding, scanty menses, and infertility. Examples: *Artava Kshaya* (oligomenorrhea), *Vandhyatva* (infertility).
- ***Pittaja Yonivyapad* (4 types):** Caused by *Pitta* excessive bleeding, burning, foul discharge, inflammatory conditions. Correlates with menorrhagia, PID, endometritis.
- ***Kaphaja Yonivyapad* (4 types):** *Kapha* aggravation leads to leucorrhea, heaviness, cystic growths, infertility correlated with PCOS, fibroids, chronic cervicitis.
- ***Sannipataja Yonivyapad* (1 type):** Involves derangement of all *doshas* chronic, complex, or incurable gynecological diseases.
- **Traumatic and infectious causes (remaining types):** Described as conditions arising from improper coitus, injury, or infection.

### Relevance in Modern Gynecology

Modern gynecology classifies disorders into:

- **Menstrual disorders** (amenorrhea, dysmenorrhea, menorrhagia)
- **Endocrine/metabolic disorders** (PCOS, premature ovarian failure)

- **Infectious/inflammatory disorders** (pelvic inflammatory disease, cervicitis)
- **Structural pathologies** (fibroids, endometriosis, prolapse)
- **Malignancies** (cervical, endometrial, ovarian cancer)
- **Infertility** (tubal, ovarian, uterine, unexplained)

**Thematic Correlations**

- *Artava Vyapad* ↔ Menstrual disorders (AUB, amenorrhea, dysmenorrhea)
- *Shweta Pradara* ↔ Leucorrhea, vaginitis, cervicitis
- *Vandhyatva* ↔ Female infertility (ovarian, tubal, uterine factors)
- *Asrigdara* ↔ Menorrhagia, dysfunctional uterine bleeding
- *Granthi Yonivyapad* ↔ Ovarian cysts, fibroids, endometriosis
- *Jataharini* ↔ Habitual abortion, recurrent miscarriage
- *Acharana Yonivyapad* ↔ Trauma-induced lesions, obstetric fistula

**Lifestyle & Etiological Factors**

Ayurveda identifies etiologies such as:

- Improper conduct during menstruation (*Rajaswala Paricharya* violations)
- Excessive physical exertion, suppression of natural urges
- Poor diet excess spicy, sour, or incompatible foods
- Psychological stress

These align with modern findings where lifestyle, obesity, stress, and poor nutrition contribute to menstrual disorders and infertility.

**Management Approaches**

- **Ayurvedic formulations:** *Ashokarishta*, *Shatavari*, *Lodhra*, *Pushyanuga Churna*
- **Therapies:** *Uttarbasti*, *Nasya*, *Panchakarma* detoxification
- **Diet and regimen:** Pathya-Apathya for each *Yonivyapad*
- **Modern medicine parallels:** Hormonal therapy, antibiotics, surgery

**Clinical Evidence**

- *Ashoka (Saraca asoca)*: Demonstrated uterotonic and anti-menorrhagic effects
- *Shatavari (Asparagus racemosus)*: Shown estrogenic and galactagogue activity
- *Lodhra (Symplocos racemosa)*: Effective in leucorrhea and menorrhagia
- Clinical trials confirm improved cycle regularity and reduced symptoms with Ayurvedic formulations in PCOS, dysmenorrhea, and DUB.

## DISCUSSION

Ayurveda's classification of *Yonivyapad* provides a holistic framework that remains relevant when correlated with modern gynecology. Both systems acknowledge a wide spectrum of gynecological disorders ranging from functional to structural and infectious causes. However, Ayurveda uniquely emphasizes preventive regimens, systemic health, and psychosocial factors. [16]

A key point of convergence is the recognition of menstrual irregularities as central indicators of reproductive health. Disorders like *Artava Kshaya* and *Asrigdara* correlate directly with modern abnormal uterine bleeding categories. Similarly, *Vandhyatva* aligns with infertility classifications, while *Shweta Pradara* resembles leucorrhea and vaginitis. Ayurveda's classification, although based on *doshic* imbalance, maps well onto endocrine, infectious, and structural pathologies recognized in biomedicine. [17]

Ayurveda's therapeutic approach emphasizes long-term lifestyle modification and internal balance, in contrast to modern gynecology's focus on pharmacological and surgical interventions. The integrative approach combining hormonal therapy with herbal formulations such as Shatavari or Ashoka shows promise for enhancing outcomes, particularly in chronic disorders like PCOS and menorrhagia. [18-19]

Gaps include a lack of large-scale randomized clinical trials validating Ayurvedic therapies. Modern evidence is largely limited to small-scale observational studies. Another limitation is the challenge of standardizing *doshic* diagnosis and correlating it with biomedical parameters. Future prospects lie in integrative research using biomarkers, imaging, and clinical trials to evaluate Ayurvedic therapies for *Yonivyapad*. [20]

## CONCLUSION

*Yonivyapad*, the Ayurvedic term for gynecological disorders, encompasses twenty distinct conditions

caused by *doshic* imbalance, trauma, or improper conduct. Its classification demonstrates Ayurveda's detailed understanding of female reproductive health. When correlated with modern gynecology, these conditions map onto menstrual disorders, infertility, infections, structural abnormalities, and malignancies.

The relevance of *Yonivyapad* today lies in its preventive and holistic outlook. Ayurveda not only identifies disease states but also emphasizes dietary regimens, conduct during menstruation, and lifestyle modification. This complements modern gynecology, which focuses on endocrinology, infection control, and surgical interventions.

This review highlights that an integrative approach, combining Ayurveda's holistic preventive strategies with modern diagnostic and therapeutic tools, can enhance women's reproductive health care. Future research should focus on clinical validation of Ayurvedic therapies and on bridging *doshic* theories with biomedical mechanisms.

Thus, *Yonivyapad* offers timeless insights with direct applicability in modern gynecology, providing opportunities for integrative healthcare models.

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