

Paripluta Yoni: A Classical Ayurvedic Review with Contemporary Gynaecological Correlation

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Abstract—Paripluta Yoni is an important type of Yoni Vyapad described in Ayurvedic classics, predominantly caused by the vitiation of Vata and Pitta Doshas [1-3]. The condition is characterised by pain, burning sensation, inflammation, and abnormal vaginal discharge [2]. Classical texts such as Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, and Ashtanga Sangraha provide a detailed account of its aetiology, clinical features, and management [1-4]. Clinically, Paripluta Yoni shows close resemblance to inflammatory gynaecological conditions like vaginitis, cervicitis, and pelvic inflammatory disease described in modern medicine [9-12]. This review critically analyses Paripluta Yoni based on Ayurvedic principles and correlates it with contemporary gynaecological concepts, highlighting the relevance of integrative management in women's health.

Keywords—Paripluta Yoni, Yoni Vyapad, Vaginitis, Cervicitis, Pelvic Inflammatory Disease, Ayurveda

I. INTRODUCTION

Ayurveda provides an extensive description of gynaecological disorders under the heading of Stri Roga, among which Yoni Vyapad constitutes a major group of diseases affecting the female reproductive tract [1,2]. Acharya Charaka enumerates twenty types of Yoni Vyapad, while Acharya Sushruta and Vagbhata further elaborate their clinical features and therapeutic principles [1-4].

Paripluta Yoni is described as a Vata-Pitta Pradhana disorder presenting with inflammatory changes of the vaginal tract [2,3]. In present-day gynaecological practice, inflammatory vaginal conditions are commonly encountered due to infections, altered vaginal flora, poor hygiene, and lifestyle factors [9,10]. Revisiting the classical concept of Paripluta Yoni and

correlating it with modern gynaecological disorders can help in understanding disease pathology from an integrative perspective.

II. AIMS AND OBJECTIVES

- To review Paripluta Yoni as described in Ayurvedic classical texts [1-4]
- To analyse its Nidana, Samprapti, and Lakshana [1-3]
- To correlate Paripluta Yoni with modern inflammatory gynaecological disorders [9-14]
- To evaluate Ayurvedic and integrative management approaches [3,4,16]

III. MATERIALS AND METHODS

This study is a conceptual and literary review. Classical Ayurvedic texts, including Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, Ashtanga Sangraha, Kashyapa Samhita, Madhava Nidana, and Bhavaprakasha, were reviewed [1-8]. Modern textbooks of gynaecology and research articles indexed in PubMed, WHO publications, and CDC guidelines were analysed to establish contemporary correlation [9-18].

IV. NIDANA (ETIOLOGICAL FACTORS)

Improper dietary habits, excessive sexual indulgence, suppression of natural urges, and faulty lifestyle practices are identified as major etiological factors for Yoni Vyapad [1,2]. These factors primarily lead to vitiation of Vata and Pitta Dosh.

Charaka Samhita, Chikitsa Sthana 30/8-9 states [1]:

अतिमैथुनात् रूक्षोष्णाहारसेवनात् ।
वातपित्तप्रकोपेन जायते योनिव्यपदः ॥

This verse explains that excessive coitus and intake of dry and hot food substances cause aggravation of Vata and Pitta Dosha, resulting in Yoni Vyapad.

V. SAMPRAPTI (PATHOGENESIS)

In Paripluta Yoni, aggravated Vata Dosha produces pain (Shoola) and dryness, while aggravated Pitta Dosha leads to burning sensation (Daha), inflammation (Paka), and abnormal vaginal discharge (Srava) [2-4]. The vitiated Doshas affect Rasa, Rakta, and Mamsa Dhatu and localise in the Yoni, producing inflammatory pathology.

Samprapti Ghataka

Dosha – Vata, Pitta

Dushya – Rasa, Rakta, Mamsa

Srotas – Artavavaha Srotas

Adhithana – Yoni

VI. LAKSHANA (CLINICAL FEATURES)

Acharya Sushruta describes Paripluta Yoni in Uttara Tantra 38/13 [2]:

प्रतिप्लुते तु योन्यां स्यात् दाहशूलसमुद्भवः ।
पीतनीलस्रावयुक्ता वातपित्तप्रकोपतः ॥

The condition presents with pain, burning sensation, and yellowish or bluish vaginal discharge due to the vitiation of Vata and Pitta Dosha.

VII. MODERN GYNECOLOGICAL CORRELATION

The clinical presentation of Paripluta Yoni closely resembles inflammatory gynaecological conditions such as vaginitis, cervicitis, and early pelvic inflammatory disease [9-13]. These conditions are commonly caused by bacterial, fungal, or protozoal infections, including *Gardnerella vaginalis*, *Candida albicans*, *Neisseria gonorrhoeae*, and *Chlamydia trachomatis* [12-16].

VIII. CHIKITSA (MANAGEMENT)

Ayurvedic Management

Treatment focuses on pacification of Vata and Pitta Dosha and local therapeutic measures [3,4].

Ashtanga Hridaya, Uttara Sthana 34/5 states [3]:

पित्तानिलहरैर्द्रव्यैः योनिप्रक्षालनं हितम् ।

Local therapies such as Yoni Prakshalana with Triphala or Panchavalkala Kwatha and Yoni Pichu with medicated Ghrita are advocated [3,4]. Systemic therapies like Virechana and Basti are advised based on Dosha predominance [1,3].

Modern Management

Modern treatment includes antimicrobial therapy, anti-inflammatory drugs, and hygienic measures [12-18]. However, recurrence and antimicrobial resistance remain significant challenges [15-18].

IX. DISCUSSION

The classical description of Paripluta Yoni demonstrates a clear understanding of inflammatory gynaecological pathology [1-3]. Ayurveda emphasises treatment of the root cause through Dosha Shamana, strengthening of local tissues, and prevention of recurrence [3,4]. Modern medicine provides rapid symptomatic relief, whereas Ayurvedic management offers a holistic and sustainable approach. Integrative management may therefore improve long-term outcomes [16-20].

X. CONCLUSION

Paripluta Yoni is a well-defined inflammatory gynaecological disorder, comprehensively described in Ayurvedic classics [1-4]. Its close resemblance to modern inflammatory vaginal disorders highlights the relevance of Ayurvedic concepts in contemporary gynaecology [9-14]. An integrative approach combining Ayurvedic principles with modern diagnostics may provide safe, effective, and sustainable management for women's health.

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