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REVIEW ON GENITAL PROLAPSES AS PER AYURVEDA AND MODERN SCIENCES W.S.R. TO VAGINAL AND UTERINE PROLAPSES

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ABSTRACT

Genital Prolapses means condition of fall down, expansion or displacement of female genital organs. The female genital organs such as rectum, vagina and uterus mainly prolapsed and in this regards ayurveda mentioned several pathological states such as; *Andini Yoni Vyapad*, *Mahayoni*, *Prasramsini Yoni Vyapad* and *Phalini Yoni Vyapad*. Similarly uterine prolepses are also very common which may occur due to the *Pradustaartava*, *Dukha Prasava*, *Mithya Ahara-Vihara* and *Abhighata*, etc. Ayurveda described various approaches like enhancing genital parts laxity, strengthening of muscles, relieving pain, pacifying vitiated *Vata*, relaxing pelvic tissues and avoiding suppression of natural urges, etc. For the management of Genital Prolapses. Present article described ayurveda perspectives on Genital Prolapses and its management.

KEYWORDS

Ayurveda, Genital Prolapses, Phalini Yoni and Uterine Prolepses.

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INTRODUCTION

Genital Prolapses is condition in which uterus and vagina get displaces or expanded or move out from their original position. Vitiation of *Vayu* and *Vata* along with other factors mainly causes. Genital Prolapses. *Phalavath Yoni*, *Vivruthatva* of *Yoni*, *Andavallabha Mana Yoni*, *Mamsostsanna* in *Yoni*, *Shula* in *Parva* and heaviness or pulling in pelvic region, etc. are some common symptoms of Genital Prolapses. Pelvic examination, X-ray and Radio-Techniques, etc. can be used for diagnostic purposes. Ayurveda as well as modern science elaborated

concepts of Genital Prolapses, there are some similarities in the presentation of Ayurveda and modern science as mentioned in Table No.1.

Causes of Genital Prolapse

- Ageing, hormonal imbalances and menopause
- Anatomical defects/hereditary
- Immature pregnancy, trauma and surgical injury
- Drug abuse
- Abortion or miscarriages
- Lifting of heavy object
- Coughing for prolong period
- Excessive physical stress or exercise
- Unethical or painful or stressful sexual conduct.

Pathogenesis of Genital Prolapses

Phalini Yonivyapad mainly occurs due to the laxity of vaginal wall associated with vitiation of *Pitta*. The general pathological progression of such conditions depicted in Figure No.1.

Vaginal Prolapses

Cystocele

The condition associated with laxity of upper anterior wall of vagina.

Urethrocele

The condition involves vaginal wall laxity especially lower anterior part.

Rectocele

Laxity of posterior vaginal wall especially in middle region.

Relaxed perineum

Torn perineal body due to the gap in posterior vaginal wall.

Cystourethrocele

Laxity in whole anterior vaginal wall.

Uterine Prolapse

First degree prolapse

Descent of uterus from normal position.

Second degree prolapse

Displacement of uterus which resulted cervical opening outside the vaginal introitus.

Third degree prolapse

Everson of uterine part.

TREATMENT

The treatment which pacifies vitiated *Vata* and *Vayu* mainly provides relief in such conditions. The therapy relieving chronic constipation and coughing helps to prevent consequences of prolapses. Strengthening pelvic muscles, *Snehana*, *Swedana* and *Abhynga*, etc. Offers beneficial health effects in prolapses.

Surgical procedures such as; anterior colporrhaphy and vaginal hysterectomy also recommended for managing such conditions. Cystocele and uterovaginal prolapses can be treated using surgical procedures.

Herbal Remedies

Ashoka helps in prolapsed bladder since it cure pelvic pain, inflammation and cramps. It provides strength to uterine muscle since acts as tonic.

Bala reduces pelvic pain, control discomfort of uterine prolapses, relieve inflammation and imparts analgesic properties.

Amala strengthen connective tissues and pelvic floor muscles. It helps in chronic cough, reduces constipation and improves *Agni* thus relieve consequences of prolapses.

Ashwagandha always prefer for gynecological disorders including genital prolapses, boost immunity and reduces infections and inflammations of genital tract.

Vihara

- Massage or relaxation of muscles with *Yoga*
- One should avoid heavy lifting
- Unethical, stressful and painful sexual conduct must be avoided
- Sedentary life style need to be avoided
- One should avoid excessive physical stress
- Avoid suppressing natural urges of urination and defecation

Ahara

- Diet which enhances appetite and relive constipation
- *Ahara* which pacify cough and *Pitta* helps to prevent prolapses
- Heavy, spicy, oily and indigestible food stuff must be avoided
- Diet which vitiate *Vata* and *Vayu* should not be consumed

Modern Management

- Estrogen and hormonal therapy
- Hysterectomy
- Surgical interventions
- Analgesic and anti-inflammatory drugs.

Table No.1: Genital Prolapses as per ayurveda and modern science

S.No	Ayurveda	Modern Science
1	<i>Phalini Yoni vyapad</i>	Cystocele
2	<i>Andini Yoni vyapad</i>	Rectocele
3	<i>Antharmukhi</i>	Retroflexed Uterus
4	<i>Maha yoni</i>	Procedentia
5	<i>Prasramsini Yoni vyapad</i>	Uterine prolapse

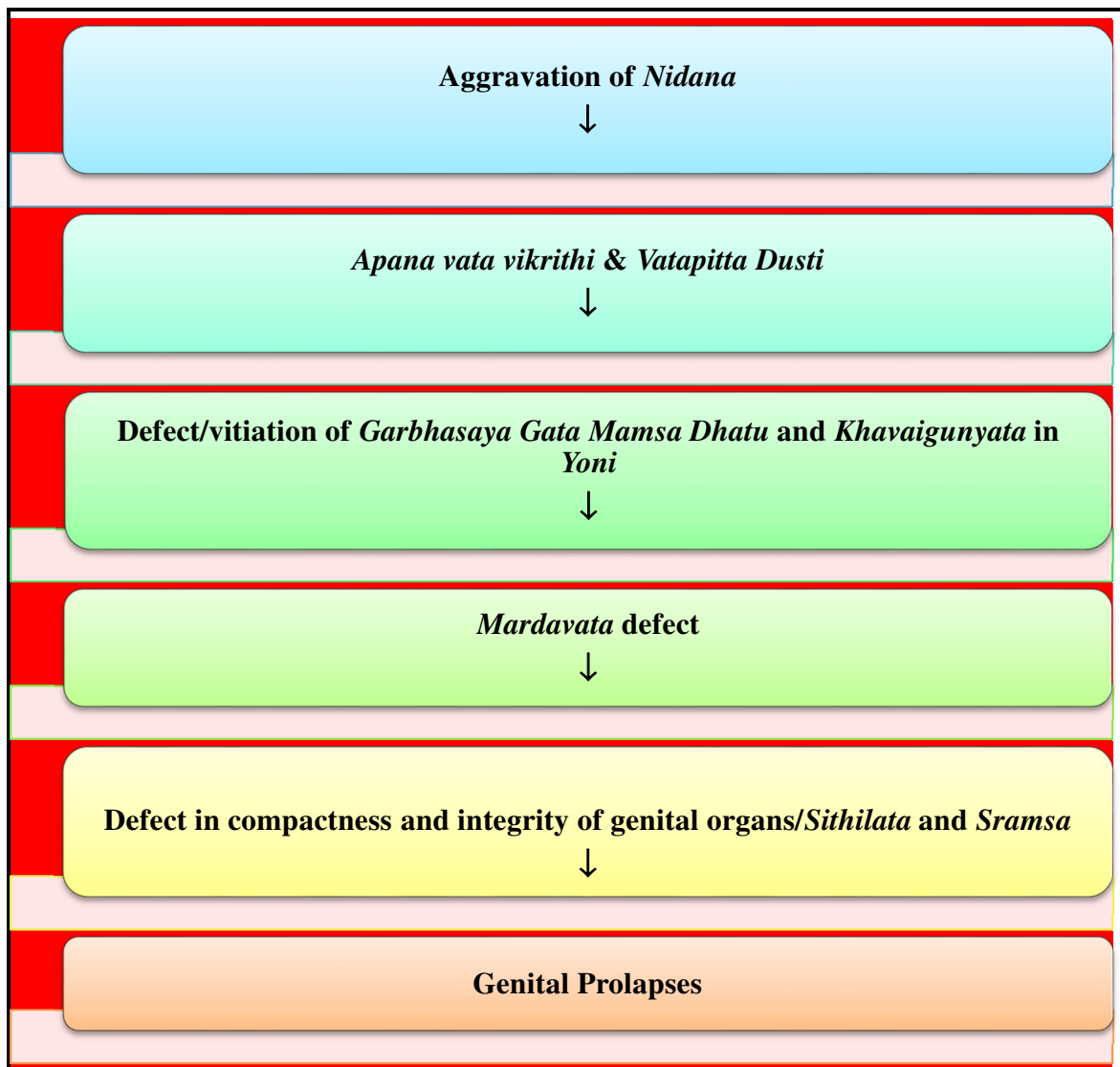


Figure No.1: Pathogenesis of Genital Prolapses

CONCLUSION

The *Yoni abhyanaga* and *Sweda* helps in *Phaliniyonivyapad*, the massage therapy relieves anterior vaginal wall prolapses. Ayurveda therapies such as; *Panchakarma* and *Yogasana* strengthens pelvic muscle, boost muscular tone, cure pelvic organ prolapses and relieve spasm. Improvement in genital laxity, pacification of vitiated *Vata*, avoiding suppression of natural urge of urination and use of Ayurveda drugs, etc. offers beneficial effects in Genital Prolapses.

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CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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