



### A literature review of *Yonidhavan* in gynecological disorders.

Kavita Mule<sup>1</sup>, Kiran Bhatia<sup>\*2</sup>

<sup>1</sup>Associate professor(Guide),(Email- kvt126@gmail.com)

<sup>2</sup>PG student,

Dept.of Prasuti Tantra & Stree Rog,  
Yashwant Ayurveda college, Kodoli,  
Kolhapur, Maharashtra

\*Corresponding author: Email:  
[kbhatia1215@gmail.com](mailto:kbhatia1215@gmail.com)

#### Abstract

There are so many sthanikchikitsa (local therapies) explain in Ayurvedic StreeRogas. These procedures basically deal with the disorders of Tryavartayoni. All local therapies are reviewed through ancient texts and discussed with respect to their definitions, site of application, duration of time, indications, procedure. Woman's always face very common gynaecological problems like white discharge, itching at vulva, foul smell vaginal discharge, burning micturition etc. In such problems Sthanik Chikitsa have given excellent results. Yonidhavan is one of them, which is more useful as Sthanik Chikitsa in StreeRog Prasuti Tantra. Mostly kwath of drugs used for Yonidhavan.

**Keywords-** StreeRog, Sthanik Chikitsa, Yonidhavan.

#### Introduction

The divine are extremely delighted where women are respected & where they are not respected all actions are futile. Owing to the very fact that a woman alone has the power to give birth to life, it can be assumed the Shristi is a result of Shakti. We observe in the nature that even a bud

has to go into different phases to turn into a beautiful Flower, similarly a young girl has to go through different stages to turn into a mature women & even thereafter. The anatomical, physiological, emotional changes occur in the body of women at different stages.

The women who takes the extreme care of her family members is always found to be careless about her own health. Lack of proper nutrition, lack of proper rest & Dharan of Adharniyavegas due to busyschedule of these women in their household as well as career issues face many gynecological problems.<sup>1</sup>

20 Yonirogas (Vinshati Yonivyapad) described in Ayurveda Samhitas by different Acharyas. Yoni dourgandhya, yonikandu, yoni paicchilya, yonistrav, yonishool, yoni sheetalta, aartavdushti, yonikledais found as symptoms in so many yonivyapad.<sup>2</sup> If neglected, it may lead to ascending infections harming the general health and disturbing to women psychologically.

Reproductive tract infection is a major among women of public health problem Reproductive age in developing countries. There are so many sthanikchikitsa (local therapies) explain in Ayurvedic streerogas. These procedures basically deal with the disorders of Tryavarta yoni.<sup>3</sup>

#### Aims and objectives:

1. To study the literary view of Yonidhavan from various Ayurvedic texts by different Acharyas.
2. To study the probable mode of action of Yonidhavan.

## Material and methods:

All Information in this article is collected from Ayurvedic texts, Modern texts and journals

### Yonidhavan(vaginal Douching)<sup>4</sup>

**Mode of procedure-**Douching (dhavan) with decoction to vagina. Yonidhavan is a cleansing procedure used for elimination of doshas(mainly kapha) accumulated in the genital tract.

### Indications-

Yoni shool<sup>5,6,7,8</sup>

Yonidourgandhya<sup>8,9,10,11,12</sup>

Yoni sheetalta<sup>13</sup>

Yonikandu<sup>8</sup>

Yonipaicchilya<sup>8,14,15,16,17</sup>

Yonistrav/shwetastrav<sup>18,19</sup>

Aartavdushti(vataj,pittaj,kaphaj,kunapgandhi)<sup>20</sup>

Picchila,vivruta,kaldushta,darun yoni<sup>21</sup>

Puyastaviyoni<sup>22</sup>

Yonisankirna<sup>8</sup>

Updansh(vataj,pittaj,kaphaj,pittarakta)<sup>23,24,25,26,27</sup>

Updansh shanti<sup>28</sup>

Updanshvrnashoth nashtarth<sup>29</sup>

Updanshvrana(after shastraprayog and sphotbhedan)<sup>30</sup>

Shwetapradar<sup>31</sup>

Somrog<sup>32</sup>

### Contraindications-

1)Invasive carcinoma

2)Pregnancy

3)Unmarried patients

4)Acute cervicitis

5)Past H/O radio or chemotherapy

6)Post natal cases (upto 6weeks)

### Procedure of administration of drug-

A)Informed and written consent of patient.

B)Materials/Instruments-

1)Examination table with leg rests

2)Light source

3)Drapes

4)Pair of gloves

5)Cotton,swab,gauze

6)Betadine liquid

7)Sponge holding forcep

8)Douch apparatus

9)Rubber catheter

C)Duration of procedure-7 to 8 days(After menses/after complete cessation of menses or P/V bleeding)

D)Duration of Dhavan (douching)-10 to 15 min

E)Application site of douching-Starting from introitus to fornices.

F) Selection of drug-

1) Single drug(Ekeri drug)

2) Mixed drug(Mishra drug)-Mixing the different drugs and name it according to its contents.

G) Preparation of decoction (kwath)-

Taking drug (single) 250gm with addition of 4 lit water. This material will subjected to agni till it get reduced to 1/4<sup>th</sup> of it. i.e. 1lit formation of decoction.

H) Pre-requisites of procedure protocol-

- Patient is asked to void urine.
- Patient is made to lie on the table in lithotomy position.
- Painting and drapping done under AAP.
- The douch apparatus is filled with 1lit of luke warm decoction to which catheter is connected and kept at 5feet distance above the patients.
- Per speculum and per vaginal examination for clinical assessment.
- Patient is advised for abstinence during procedure.

I)Mid procedure protocol-

- Sterile rubber catheter is inserted into vagina and with luke warm decoction douching is done.
- After the procedure the vulva is dried with cotton.

J)Post procedure care protocol-

- Patient advised to lie down on the table for 5 to 10 min.
- Patient is advised for abstinence during and after procedure.

**Investigations-**CBC, HIV, HbsAg,  
BSL(R), Vaginal pH, Urine R and M

**Complication-**

If aseptic precautions are not maintained-

- Increased vaginal discharges
- Itching
- Fever

**Expectant management-**

Procedure is stopped and  
tab.Chandraprabhavati 1BID with water  
after food for 5days is given.

**Drugs used in Yonidhavan by Different Acharyas in different Gynaecological conditions-**

<b>Gynaecological conditions</b>	<b>Charak</b>	<b>Sushruta</b>	<b>Ashtang Sangraha</b>	<b>Ashtang Hridaya</b>	<b>Yogratnakar</b>	<b>Bhavprakash</b>
<b>Yonishool</b>	Guduchi, Triphala, Danti <sup>5</sup>	-	Guduchi, Triphala, Danti <sup>6</sup>	Guduchi, Triphala, Danti <sup>7</sup>	Guduchi, Triphala, Danti <sup>8</sup>	-
<b>Yonidaurndhya</b>	Tuvarak, Sugandhi dravya <sup>9</sup>	Rajvrukshadi Gan <sup>10</sup>	Palash, Dhataki, Jambu, Samanga, Mochras, Sarjaj, Aaragvadhadi Gan <sup>11</sup>	Palash, Sarjaj <sup>12</sup>	Sugandhi dravya <sup>8</sup>	-
<b>Yonisheetata</b>	-	Vataghnaaushadhi kwath <sup>13</sup>	-	-	-	-
<b>Yonikandu</b>	-	-	-	-	Guduchi, Triphala, Danti <sup>8</sup>	-
<b>Yonipaichhilya</b>	-	Rajvrikshadi Gan <sup>14</sup>	Rajvrikshadi Gan <sup>15</sup>	Rajvrikshadi Gan <sup>16</sup>	Sugandhi dravya <sup>8</sup>	Rajvrikshadi Gan <sup>17</sup>
<b>Yonistrav, Shwetastrav</b>	Karir, Dhav, Nimba, Arka, Venu, Koshamra, Jambu, Jingini, Vrushmul, Mardwik, Sidhu, Sashukta, Stakra, Gomutra, Shukta, Triphalaras <sup>18</sup>	-	Arka, Nimba, Aamra, Koshamra, Bilva, Buk, Dhav, Karir, Jingini, Jambu, Karanja, Arjun, Shigru, Palash, Shukta and Sidhu With madhu, Stakra, Gomutra, Tr	-	-	-

			iphala ras <sup>19</sup>			
<b>Vatajaarta vdushti</b>	-	-	Saral,Mudgaparni <sup>20</sup>	-	-	-
<b>Pittajaarta vdushti</b>	-	-	Gairik,Nimba <sup>20</sup>	-	-	-
<b>Kaphajaarta avdushti</b>	-	-	Rodhra,Tinduk or Bakra/Meshmutra <sup>20</sup>	-	-	-
<b>Kunapgand iaartavdush ti</b>	-	-	Triphala <sup>20</sup>	-	-	-
<b>Picchilayon i,Vivritayo ni,Kaldusht ayoni,Daru n yoni</b>	Udumber siddha tailadravya kwath(udumber,shalatu,panchv alkal,kulak,malati,nimbapallav) +sharkara <sup>21</sup>	-	-	-	-	-
<b>Puyastavi yoni</b>	-	Shodhandravaya kwath+gomutra+saind hav <sup>22</sup>	-	-	-	-
<b>Yonisankir na</b>	-	-	-	-	Kapikacchum ul <sup>8</sup>	-

<b>Vatajupda nsh</b>	-	-	-	-	-	Prapoundrik,yas htyavah,kushta, daru,saral,agaru ,rasna kwath <sup>23</sup>
<b>Pittajupdan sh</b>	-	Vatadigan kashay <sup>24</sup>	-	-	-	Nyagrodhadi gan <sup>23</sup>
<b>Kaphajupd ansh</b>	-	Surasadi/aaragvadhadi gan kwath <sup>25</sup>	-	-	-	Aargvadhadigan kwath <sup>26</sup>
<b>Pittarakta jupdansh</b>	-	-	-	-	-	Nimba,arjun,ash vattha,kadamba, shal,jambu,vat,u dumber,vetas <sup>27</sup>
<b>Updansh shanti</b>	-	-	-	-	-	Triphalalkwath,b hringrajswaras <sup>28</sup>
<b>Updanshvr anashothna shtarth</b>	-	-	-	-	Ashvattha,pla ksha,udumber ,vat,twaka kwath <sup>29</sup>	-
<b>Updanshvr ana(after shastrapray og/sphotbh</b>	-	Karvir,jati,aargwadh,v aijanti,arkapatrakwath or jambu,aamra,sumana,	-	-	-	-

edan)		nimba,kambojpatra,sh allaki,badari,bilva,pala sh,tinish,kshirivriksha twaka or triphala dhavan <sup>30</sup>				
Shwetapra dar	-	-	Vat,lodhra kashay <sup>31</sup>	-	-	-
Somrog	-	-	-	-	Panchvalkal,n imbapatra,lod hra,turati,ash oka,mochras <sup>3</sup> <sub>2</sub>	-

### Mode of action-

The Yonidhavan is exceptionally unique and it's a solution for Gynaecological grumblings. Its procedure of cleaning to vaginal zone are utilizing for such a movement. This method is recommended for Gynaecological disarranges, aggravation, disintegrations, barrenness. It gives quality to vaginal muscles. This is general purifying measure of genital organ to maintain a strategic distance from parasitic or yeast diseases. Its a sanitization procedure which has many advantages to women. Genital organs of women get spotless and crisp after Yonidhavan and it forestalls parasitic and yeast diseases.<sup>33</sup>

### Discussion-

The vagina is a potential space that connects the lower portion of the uterus(cervix)to the outside environment. It has been explained under bahirkarmendriya and is one of the bahyastrotas in women. Drug transport across the vaginal membrane may occur by a number of different mechanism-

- 1) Diffusion through the cell due to a concentration gradient(transcellular route)
- 2) Vesicular or receptor-mediated transport mechanism
- 3) Diffusion between cell through the right junctions(intercellular route)

In some cases,drug given by the intra vaginal route have a higher bioavailability compared to the oral route as it bypasses the liver.The vaginal wall is very well suited for the absorption of drugs for systemic use,since it contains a vast network of blood vessels.

Moreover the anatomically backward position of vagina may help in self containing of the drug thereby holding it in situ for a longer duration.

### Conclusion

Thus we conclude that Yonidhavanreliefs to the patient from different Gynaecologicalconditions(Yoni

rogas).Medicines used in Yonidhavan are cheap, effective and easily available.

Yonidhavan shows its own importance and shows marvelous results when applied with proper indications,strict aseptic precautions and extreme carefulness.

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