



ROLE OF SHODHANA AND STHANIKA CHIKITSA IN KAPHAJA YONIVYAPADA: A CASE REPORT WITH CLINICAL CORRELATION TO VULVOVAGINAL CANDIDIASIS

Arundhati Khade^{*1}, Amrutha B. S.²

¹PG Scholar, Department of Prasuti Tantra Evam Striroga, Sri Jayendra Saraswathi Ayurveda College and Hospital, Chennai, Sri Chandrashekharendra Saraswathi Viswa Mahavidyalaya (Department of Ayurveda), Enathur, Kanchipuram, Tamil Nadu, India.

²Assistant Professor, Department of Prasuti Tantra Evam Striroga, Sri Jayendra Saraswathi Ayurveda College and Hospital, Chennai, Sri Chandrashekharendra Saraswathi Viswa Mahavidyalaya (Department of Ayurveda), Enathur, Kanchipuram, Tamil Nadu, India.



*Corresponding Author: Arundhati Khade

PG Scholar, Department of Prasuti Tantra Evam Striroga, Sri Jayendra Saraswathi Ayurveda College and Hospital, Chennai, Sri Chandrashekharendra Saraswathi Viswa Mahavidyalaya (Department of Ayurveda), Enathur, Kanchipuram, Tamil Nadu, India.

DOI: <https://doi.org/10.5281/zenodo.21703109>

How to cite this Article: Arundhati Khade^{*1}, Amrutha B. S.². (2026). Role of Shodhana and Sthanika Chikitsa In Kaphaja Yonivyapada: A Case Report With Clinical Correlation To Vulvovaginal Candidiasis. European Journal of Biomedical and Pharmaceutical Sciences, 13(8), 199-203.

This work is licensed under Creative Commons Attribution 4.0 International license.



Article Received on 29/06/2026

Article Revised on 20/07/2026

Article Published on 01/08/2026

ABSTRACT

Kaphaja Yonivyapada, described in the *Charaka Samhita*, is characterised by symptoms such as *Kandu* (itching), *Picchila*, *Pandu/Shweta Srava* (mucoid or white vaginal discharge) resulting from the vitiation of *Kapha dosha*¹. Clinically, it can be correlated with Vulvovaginal Candidiasis. This case report presents the Ayurvedic management of a reproductive-aged female who presented with recurrent vulvovaginal and perianal itching and vaginal dryness associated with curdy white vaginal discharge. Her sleep was also disturbed due to stress and vaginal symptoms. Based on the clinical features, the condition was diagnosed as *Kaphaja Yonivyapada*. The patient underwent a comprehensive Ayurvedic treatment protocol including *Sarvanga Utsadana*, *Bashpa Sweda*, *Sthanika chikitsa* - *Yoni Prakshalana* with *Triphala* and *Nimba Kashaya*, *Snehapana* with *Kalyanaka Ghrita*, followed by *Virechana Karma* using *Trivrut Lehya*, followed by *Samsarjana Karma* and oral *Shamana* therapy. Marked improvement was observed in vulvovaginal itching and curdy white discharge, with sustained symptomatic relief during follow-up and no reported adverse events. This report highlights the potential role of classical Ayurvedic interventions, particularly *Shodhana* therapy and *Sthanika Chikitsa* in the effective management of *Kaphaja Yonivyapada*.

KEYWORDS: *Kaphaja Yonivyapada*, Vulvovaginal candidiasis, *Virechana*, *Yoni Prakshalana*.

INTRODUCTION

According to *Charaka Samhita*, *Yonivyapada* comprises twenty types of gynaecological disorders, among which *Kaphaja Yonivyapada* is characterised by the predominance of vitiated *Kapha dosha*, manifesting as *Kandu* (itching), *Picchila*, *Pandu/Shweta Srava* (thick white vaginal discharge)^[1,2] *Acharya Charaka* describes the condition as one associated with *Kapha prakopa* resulting from excess use of *Abhishyandi Dravya*, resulting in abnormal vaginal secretions and pruritus.^[1,2]

Modern clinical correlation of *Kaphaja Yonivyapada* is Vulvovaginal Candidiasis, which is a common

gynaecological condition affecting women of the reproductive age group. Recurrent vulvovaginal candidiasis is characterised by episodes of vulvovaginal itching, burning sensation and curdy white vaginal discharge, often leading to significant physical discomfort and impaired quality of life.^[3]

Ayurvedic management aims to eliminate vitiated *Kapha* and restore the normal physiological state of the reproductive system through *Shodhana* and *Shamana Chikitsa*. Classical interventions such as *Yoni Prakshalana* (vaginal cleansing), *Snehapana*, *Swedana* and *Virechana Karma* are employed to cleanse the body,

reduce local inflammation and restore dosha balance. *Sthanika Chikitsa*, along with internal medications possessing *Kaphahara*, *Kandughna* and *Krimighna* properties, plays a significant role in relieving symptoms and preventing recurrence.

AIM AND OBJECTIVES

- To evaluate the effectiveness of Ayurvedic interventions—*Yoni Prakshalana*, *Snehapana*, and *Virechana Karma*, along with *Shamana Chikitsa*—in the management of *Kaphaja Yonivyapada*.
- To document the clinical improvement in symptoms associated with *Kaphaja Yonivyapada*, namely vulvovaginal itching (*Kandu*), curdy white vaginal discharge (*Shweta Srava*) and perianal itching.
- To assess the role of *Virechana Karma* as a classical *Shodhana* therapy in reducing recurrence of symptoms and improving the quality of life in patients presenting with recurrent Vulvovaginal Candidiasis.

CASE REPORT

Case Presentation

A 30-year-old married (staying away from husband) female patient, an IT employee residing in Chennai, came to the OPD of department of PTSR, SJSACH on 12/02/26 with complaints of vulvovaginal itching and dryness for the past six months, associated with profuse curdy white vaginal discharge with malodour and anal itching of similar duration. She was apparently alright six months ago when she gradually started experiencing mild intermittent vulval itching, vaginal dryness and occasional anal itching which was acute in onset. The itching presented predominantly at night, and was temporarily relieved by scratching. There was no history suggestive of bleeding per vaginum, fever or any significant systemic illness and her menstrual cycle was also regular (6days/25days). Owing to the persistence and recurrent nature of her symptoms later on, she approached SJSACH for further treatment where *Virechana* was planned after *Koshtha* assessment.

Past History

Internal Haemorrhoids – grade 3
No H/o HTN/DM/Asthma/Thyroid dysfunction

Past Treatment History

Tab. Wysolone 10mg for 2 weeks

Previous Surgical History

Laser Hemorrhoidopexy in December 2025

Family History

Paternal – Cardiac disease, Thyroid disease
Maternal – Skin sensitivity

Menstrual History

Menarche – 14 yrs of age
LMP- 03/02/2026
PLMP- 08/01/2026

Nature- Regular 6days/25days

Obstetric History

Nulligravida

Gynaecological Examination

Examination of Vulva

Inspection: Pubic Hair – Normal; Clitoris – Normal; Labia – Normal; Discharge – Curdy white + + ; Redness – Absent; Swelling – Absent. Palpation: No palpable mass observed

Per Speculum (P/S) Examination

Inspection of Vagina: Redness – Absent; Local lesion – Absent; Colour of discharge – curdy white; Consistency of discharge – thick, adherent white discharge on the sidewalls of the vagina and cervix; Amount of discharge – profuse; Malodour – Present; Cervix – pinhole

Per Vaginal (P/V) Examination

Cervix: Texture – Hard; Mobility – Mobile; Cervical Motion Tenderness – Absent; Bleed on touch – Absent; Fornices : Lateral – Free, tender; Anterior- Free, tender; Posterior – Free, tender Uterus (Bimanual Examination): Position – Anteverted; Direction – Anteflexed; Size – Normal; Consistency – Firm; Mobility – Mobile; Tenderness – Absent

Nidana Panchaka

Hetu

Kapha prakopaka ahara - excess intake of non-veg, fast food, sweets, curd.

Kapha prakopaka vihara like sitting for long hours, lack of exercise and sleeping during the day.

Purva rupa

Mild intermittent vulval itching.
Vaginal dryness.
Occasional anal itching, especially during the night.

Roopa

Kandu (intense vulvovaginal itching).
Nocturnal aggravation of vaginal itching.
Temporary relief after scratching.
Excess Vaginal dryness.
Anal itching.
Shweta/Picchila Srava (curdy white vaginal discharge).
Disturbed sleep

Upashaya Anupshaya

Upashaya (Relieving Factors)

- Temporary relief after scratching.

- Symptomatic improvement following Ayurvedic interventions including Yoni Prakshalana, Shodhana and Shamana Chikitsa.

Rasa Rakta dhathu dushti → Vitiating of Artavavaha Srotas → *Sthanasamshraya* in Yoni → Yoni Kandu (itching), *Shweta/Picchila Srava* (curdy white vaginal discharge) → *Kaphaja Yonivyapada*.

Anupashaya (Aggravating Factors)

- Night-time aggravation of itching.
- Worsening of symptoms after intake of non veg / outside food.

Final Diagnosis

Kaphaja Yonivyapada
(Vulvovaginal candidiasis)

Samprapti

Nidana Sevana (Kapha-prakopaka ahara and vihara) → *Agnimandya* → *Kapha Pradhana Tridosha Dushti* →

Treatment Protocol

Day-wise Treatment Chart

Procedure Details

Date	Treatment given	Duration
12/02/26 To 13/02/26	Sarvanga Utsadana with Kolakulathadi churna + Triphala churna + Murchita Tila taila F/B Bashpa Swedana	2 days
14/02/26 To 17/02/26	Snehapana with Kalyanaka ghrita	4 days
18/02/26 To 19/02/26	Sarvanga Abhyanga with Nalpamaradi taila F/B Bashpa Swedana	2 days
20/02/26	Virechana with Trivruta lehya	1 day
12/02/26 To 18/02/26	Yoni Prakshalana with Triphala churna + Nimba leaves kashaya	7 days

Internal Medicine

Sr.No.	Medicine	Dose	Time	Anupana	Duration
1.	T. Chitrakadi Vati	2-2-2	After food	Warm water	15 days
2.	T. Bilwadi Gulika	0-0-1	After food	Warm water	2 days

Virechana yoga + anupana	Time of intake	Total number of Vega
Trivrit lehyam (45 gm) + 120 ml of Drakshadi phanta	20/02/26 10 am	13

Advice on Discharge

Samsarjana krama was advised for 5 days

Sr.No.	Medicine	Dose	Time	Anupana	Duration
1.	Sitz bath with Triphaladi Kashaya + Nimbadi Kashaya	Once daily	-	-	15 days
2.	Aragwadadi Kashaya + T. Triphala guggulu	15ml-0-15ml 1-0-1	After food	Warm water	15 days
3.	Chyawanaprasha Rasayana	0-0-1tsp	After food	Warm milk	15 days

RESULT

Symptoms	Before Treatment	After Treatment (after 10 days)	After follow up (after 1 month)
Vulvovaginal and anal itching	Severe	Reduced	Absent
Thick, curdy white discharge	Profuse	Reduced	Absent

DISCUSSION

1. Sarvanga Utsadana with Kolakulaththadi churna + Triphala churna + Murchita Tila taila

F/B Bashpa Swedana

Purpose: It is administered as a *Purva Karma* as it is *Kaphahara* and *Meda pravilayana*, facilitates *srotoshodhana* and prepares the body for effective *Shodhana* through *Virechana*.^[4]

Rationale: *Kolakulaththadi Churna* possesses *Kaphahara*, *Vatahara*, *Lekhana* and *Srotoshodhana* properties due to ingredients like *Kulattha* (*Macrotyloma uniflorum*), *Kola* (*Ziziphus jujuba*) and *Devadaru* (*Cedrus deodara*), making it suitable for *Udvartana* as a *Purva Karma* before *Shodhana*.^[5]

Triphala Churna (*Amalaki*, *Bibhitaki*, *Haritaki*) introduces powerful cooling, antimicrobial, tissue-scraping (*Lekhana*), and wound-healing properties.^[6]

Murchita Tila Taila serves as the base medium. Standard sesame oil undergoes a special detoxification process (*Murchana*) with herbs making it light, deeply penetrating, highly absorbent and intensely skin-protective.^[7]

2. Snehapana with Kalyanaka gritham

Purpose: It is administered before *Virechana* to achieve *dosha utkleshana* by mobilizing vitiated doshas from the peripheral tissues (*Shakha*) to the gastrointestinal tract (*Koshtha*), facilitating their effective elimination through *Virechana*.^[8]

Rationale: *Kalyanaka Ghrita* has *Tridosahara* and *Rasayana* properties.^[9] Ingredients such as *Haritaki*, *Amalaki*, *Haridra*, *Daruharidra*, *Manjishta* and *Vidanga* contribute antimicrobial, anti-inflammatory and tissue-rejuvenating effects, supporting the management of *Kaphaja Yonivyapada*.^[6]

3. Sarvanga Abhyanga with Nalpamaradi taila F/B Bashpa swedana

Purpose: It is performed as *Purvakarma* before *Virechana* to liquefy and mobilize the vitiated doshas from the peripheral tissues (*Shakha*) to the gastrointestinal tract (*Koshtha*), facilitating their effective elimination through *Virechana*.^[10]

Rationale: *Nalpamaradi Taila* has *Kandughna* and *Kushtaghna* properties; its ingredients like *Haridra*, *Nimba* and *Amalaki* help reduce itching and improve skin and tissue health before *Virechana*.^[6,11]

4. Virechana with Trivrit lehyam

Purpose: *Virechana* was administered to expel vitiated *Kapha pradhana Tridosha* and achieve systemic purification by acting as *Srotoshodhaka*, thereby reducing vulvovaginal itching and abnormal discharge.^[12]

Rationale: *Trivrit Lehya*, containing *Trivrit* (*Operculina turpethum*) as the principal ingredient, was selected for its classical *Virechana*, *Pitta-Kaphahara* and *Shodhana* properties, making it suitable for *Kapha*-predominant gynaecological disorders.^[13] The formulation also contains ingredients such as *Shunthi* (*Zingiber officinale*), *Maricha* (*Piper nigrum*), *Pippali* (*Piper longum*), *Twak* (*Cinnamomum zeylanicum*), *Ela* (*Elettaria cardamomum*) and *Sharkara* (sugar), which aid digestion, enhance bioavailability and support the effective elimination of vitiated doshas.^[14]

5. Yoni Prakshalana (Vaginal Cleansing) with Triphala Nimba Kashayam

Purpose: *Yoni Prakshalana* acts as a *Sthanika Chikitsa* that provides *Shodhana* (local purification), *Kandughna* (anti-pruritic) and *Krimighna* (antimicrobial) effects, making it beneficial in *Kaphaja Yonivyapada* reducing itching, white discharge and maintains vaginal hygiene.

Rationale: *Triphala-Nimba Kashaya* provides *Kandughna*, *Krimighna*, *Shothahara* and *Vrana Ropana* properties. Ingredients such as *Haritaki*, *Vibhitaki*, *Amalaki* and *Nimba* aid local cleansing, reduce itching, and help control abnormal vaginal discharge.^[14,15]

CONCLUSION

This case report suggests that a comprehensive Ayurvedic treatment approach comprising *Shodhana-Virechana Karma*, *Sthanika Chikitsa - Yoni Prakshalana* and oral *Shamana* therapy can play a beneficial role in the management of *Kaphaja Yonivyapada*, clinically correlated with recurrent vulvovaginal candidiasis. The sequential administration of *Sarvanga Utsadana*, *Snehapana*, *Abhyanga*, *Bashpa Swedana*, *Virechana*, followed by *Samsarjana Krama* and oral medications, resulted in marked improvement in vulvovaginal itching, curdy white vaginal discharge, anal itching and associated symptoms, with no reported adverse events. By addressing the underlying *Kapha*-dominant pathogenesis through systemic purification and local therapy, this integrative approach not only provided symptomatic relief but also helped prevent recurrence and improve the patient's overall well-being. The findings of this case highlight the potential of classical Ayurvedic interventions as a safe, holistic, and clinically meaningful conservative treatment strategy for recurrent vulvovaginal candidiasis. However, further well-designed clinical studies with larger sample sizes and longer follow-up are warranted to validate these observations and establish their therapeutic efficacy.

REFERENCES

- Sharma RK. Charaka Samhita of Agnivesa. Vol. V. Varanasi: Chowkhamba Sanskrit Series Office; 2015. Chikitsa Sthana 30, Yonivyapad Chikitsa Adhyaya.
- Sharma PV. Charaka Samhita. Chikitsa Sthana, Yonivyapad Chikitsa Adhyaya. Varanasi: Chaukhambha Orientalia; 2014.

3. Centers for Disease Control and Prevention. Vulvovaginal Candidiasis. In: Sexually transmitted infections treatment guidelines, 2021. MMWR Recomm Rep. 2021; 70(4): 1-187. Sobel JD. Vulvovaginal candidiasis. *Lancet*. 2007; 369(9577): 1961–71.
4. Sharma PV. Charaka Samhita of Agnivesha, revised by Charaka and Dridhabala. Vol. 1. Revised and enlarged ed. Varanasi: Chaukhambha Orientalia; 2014.
5. Sahasrayogam. Sujanapriya Commentary. 34th ed. Alappuzha: Vidyarambham Publishers; 2015. Udwarthana Prakarana.
6. Sharma PV. Dravyaguna Vijnana. Vol. II. Varanasi: Chaukhambha Bharati Academy; 2013.
7. Vagbhata. Ashtanga Hridaya. Arunadatta, Hemadri commentators. Edited by Harisastri Paradakara. Varanasi: Chaukhambha Orientalia; 2019. Sutrasthana, Sneha Vidhi Adhyaya.
8. Agnivesha. Charaka Samhita. Revised by Charaka and Dridhabala. Edited by Vaidya Jadavaji Trikamji Acharya. Varanasi: Chaukhambha Surbharati Prakashan; 2020. Sutra Sthana, Chapter 13 (Sneha Adhyaya).
9. Vagbhata. Ashtanga Hridaya. Edited by Harisastri Paradakara. Varanasi: Chaukhambha Orientalia; 2019. Uttara Tantra (Kalyanaka Ghrita Yoga).
10. Vagbhata. Ashtanga Hridaya. Edited by Paradakara HS. Varanasi: Chaukhambha Orientalia; 2019. Sutra Sthana. Chapters 16–17 (Sneha Vidhi and Sweda Vidhi).
11. Sahasrayogam. Sujanapriya Commentary. Alappuzha: Vidyarambham Publishers; Latest edition. Nalpamaradi Taila Prakarana.
12. Vagbhata. Ashtanga Hridayam. Murthy KRS, translator. Vol. 2. Varanasi: Chaukhambha Krishnadas Academy; 2016. Sutra Sthana, Chapter 18 (Virechana Vidhi).
13. Government of India. The Ayurvedic Formulary of India. Part I. 2nd rev. ed. New Delhi: Ministry of AYUSH, Department of Indian Systems of Medicine and Homoeopathy; 2003. Trivrit Lehya.
14. Bhavamishra. Bhavaprakasha Nighantu. Mishra BS, editor. Varanasi: Chaukhambha Sanskrit Bhavan; 2018. Haritakyadi Varga
15. Bhavamishra. Bhavaprakasha Nighantu. Mishra BS, editor. Varanasi: Chaukhambha Sanskrit Bhavan; 2018. Guduchyadi Varga.