

**AYURVEDIC MANAGEMENT OF SWETAPRADAR BY YONIDHUPAN – A REVIEW STUDY****Pandya Neha\***

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**ABSTRACT**

*Yonidhupan* is very useful Ayurvedic procedure used to treat various disorders related to infective condition of vulva, vagina, cervix etc. The prevalence of vaginal discharge in India is estimated to be 30%. This review study is an attempt to evaluate the practical applicability of *Yonidhupan* in the management of *Swetapradara* as an Ayurvedic *Yoni Vikara*. As a female is a central part of society, female health in keeping check is too essential now a day. Thus, *Yonidhupan* is significant in aiding a better life by curing the female genital disorders. There are very few references are available of *Yonidhupan* in Ayurvedic classics.

**KEY WORDS:** Ayurvedic procedure, *Swetapradara*, *Yonidhupan*.**INTRODUCTION**

In management of *Shwetapradara* many *Kalpana* like *Yoni Prakshalana*, *Yoni Avachurnana*, *Yoni Pichu*, *Yoni Varti*, *Yonidhupan* etc. are mentioned. *Shwetapradara* (Abnormal Vaginal discharge) in the reproductive age group is the most common complaint encountered everyday both by gynaecologists and general practitioners. It occurs in 1-14% of all women in the reproductive age group<sup>[1]</sup> and is responsible for 5-10 million OPD visits per year throughout the world. The prevalence of vaginal discharge in India is estimated to be 30%. Abnormal vaginal discharge also predisposes to significant morbidity in the form of pelvic inflammatory diseases, infertility, endometriosis, cuff cellulitis, urethral syndrome, pregnancy loss, preterm labour etc. Multiple infections can also coexist.

Due to today's food habits, changing life style and especially due to continuously nagged and accepted as an essential feature of womanhood vaginal discharge has emerged out as one of the commonest reproductive health problem of women. Apart from this, it also causes mental stress, local inconvenience to the patient which deteriorates the day to day work and the quality of life. Thus it does not cut the years of life but the life of the years.<sup>[2]</sup> Hence, This review study is an attempt to evaluate the practical applicability of *Yonidhupan* in the management of *Swetapradara* as an Ayurvedic *Yoni Vikara*.

**AIMS AND OBJECTIVES**

To evaluate the practical applicability of *Yonidhupan* in the management of *Swetapradara* as an Ayurvedic *Yoni Vikara*.

**MATERIALS AND METHODS**

1. Literary information about the study will be compiled from *Ayurveda* texts- *Charaka Samhita*, *Sushruta Samhita* etc.
2. Various publications, clinical studies, research papers, proceedings of seminars will also be considered to collect the literary material.
3. All the compiled literary materials will be critically analyzed and rearranged of present study.

**PROCEDURE**Timing of *Yonidhupan* : at Morning or EveningArea of procedure: *Bhaga* (vulva) and *Prathamavarta* (Vagina)Indications of *Yonidhupan*: *Yoni Srava* (Vaginal Discharge), *Yoni Kleda*, *Yoni Paicchilya*, *Yoni Kandu* (Vaginal Itching), During *Sutika Awastha*.Contraindications of *Yonidhupan*: During pregnancyDrugs which can be used in the procedure of *Yonidhupan*: *Guggulu*, *Sarshap*, *Kustha*, *Agaru*, *Shuska Gobar Ghrita*, *Nimba*, *Trifala* etc.

Quantity of drugs: As per requirement.

Duration of procedure: 10 to 15 Min., 8 to 10 days after menstruation.

**Method****• Purva Karma (Pre-operative)**

Required investigations must be done.

Instruments: Separate procedure room, clean table, *Dhupan Yantra*, and rubber tube.

Collections of drugs according to diseased conditions burn them and create fume.

Patient should wear the clean cloth.

- **Pradhan Karma (Operative)**

Proper aseptic measures should be ensured before starting the procedure.

Patient is given lithotomy position.

Fumigate the vulva and Vagina with the help of speculum.

- **Pashchat Karma (Post-Operative)**

Patient allow to supine position.

Minimum 15 to 20 mint. rest is required.

**Precautions:** Avoid spicy foods, coitus & constipation.

## DISCUSSION

*Yonidhupan* is a practical procedure in which fumigation of vagina is performed by giving the disinfectant and medicated smoke. *Dhupan*<sup>[3]</sup> is one of the *Upakarma* of *Shtanik Chikitsa* in Ayurved. The drugs which can be used in *Yonidhupan* are reduce pain in the vagina and prevent the infection by killing organisms. For example, *Nimba* has anti-inflammatory, antimicrobial<sup>[4],[5],[6],[7]</sup> anti-bacterial<sup>[8]</sup> and immuno-modulatory<sup>[9]</sup> pharmacological properties by which it kills the causative microorganism, reduces inflammation and also supports the vaginal defence mechanism. *Triphala* destroys micro-organisms, repairs damaged tissue and also increases immunity by its rejuvenative nature and exhibits antiviral, antibacterial, anti fungal, immuno-modulatory and antioxidant properties.<sup>[10]</sup>

## CONCLUSION

The study is overall concluded that the *Yonidhupan* is highly effective in reducing *Yonivikara* i.e. *Shwetapradar* will also help in all infected disorders of vulva and vagina and proverbs in the syndromic (Candiasis, Bacterial vaginosis, Chlamydia, etc.) management of abnormal vaginal discharge.

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