



**ROLE OF YONIDHAWANA IN GENERAL GYNECOLOGICAL DISORDERS  
(YONIVYAPADA).**

**Dr. Rohit Shelke<sup>1\*</sup>, Dr. Veena Patil<sup>2</sup> and Dr. Bhagyashri Khot<sup>3</sup>**

<sup>1</sup>PG Scholar in Prasuti Streerog Tantra Dept., GAC Osmanabad.

<sup>2</sup>HOD & Professor in Prasuti Streerog Tantra Dept., GAC Osmanabad.

<sup>3</sup>Associate Professor in Prasuti Streerog Tantra Dept., GAC Osmanabad.

**\*Corresponding Author: Dr. Rohit Shelke**

PG Scholar in Prasuti Streerog Tantra Dept., GAC Osmanabad.

Article Received on 22/05/2019

Article Revised on 12/06/2019

Article Accepted on 01/07/2019

**ABSTRACT**

Healthy state of women is very much needed for society, its growth and prosperity. Ayurveda as one of the world's oldest system of health, gives a detail description of *stree roga vyadhies*. Women always face very common gynecological problems like white discharge, itching at vulva, foul smelling vaginal discharge, burning micturition etc. In such problems *sthanic chikitsa* like *yonidhawana* have given excellent results and should be practiced for admirable results in above mentioned gynecological problems. Here an attempt is made for the conceptual study and analyzing the role of *yonidhawana* in different diseases of *stree roga* with the help of classical references.

**KEYWORDS:** *Yonidhawana, Sthanic Chikitsa, Stree Roga, Yonivyapada, Gynecological Disorders.*

**INTRODUCTION**

Gynecological disorders have been described in different classical *ayurvedic* texts. A women undergoes various anatomical, physiological and emotional changes during her reproductive life.

According to *acharya charaka stree*(women) is responsible for giving birth to life.<sup>[1]</sup> The women is responsible for complete health and wellbeing of her family and is always found to be careless about her own health. These women faces many gynecological problems in their routine life. In Ayurveda gynecological disorders are described under the common title of "*Yonivyapada*".<sup>[2]</sup> Here '*Yoni*' means vaginal passage, cervix and uterus.<sup>[3]</sup> '*Vyapada*' stands for ill health or injury. The detail description of *Nidana, Lakshana, Samprapti, and Chikitsa* of these *Yonivyada* is explained in *Yonivyapad Chikitsa Adhyaya* of *Charaka Samhita*.<sup>[4]</sup> In *Sushruta Samhita* and *Astanga Hridaya* description is found in *Yonivyapad Pratishedha Adhyaya* of *Uttaratantra*<sup>[5]</sup> and *Ghuhyaroga Vignaneeya Adhyaya* of *Uttaratantra*<sup>[6]</sup> respectively. The commonly faced gynecological problems are foul smelling vaginal discharge, burning micturition, itching at vulva, white discharge and many others. In management of these *yonivyapada* Ancient *Acharyas* have described "*Sthanik Chikitsa*" (Local therapies) which possess outstanding and satisfactory results. "*Yodhidhawana*" is one of the important *Sthanik Chikitsa* used to treatment of *Yonivyapada*.

**AIMS AND OBJECTIVES**

- 1) To study the *Yonidhawana* from various Ayurvedic texts.
- 2) To study the operating procedure of *Yonidhawana*.
- 3) To study the use of *Yonidhawana* in various gynecological disorders (*Yonivyapada*).

**MATERIAL AND METHODS**

This is conceptual type study. Various textbooks and Classical Ayurvedic texts with their commentaries have been used for this.

*Dhawana* means deep cleaning. *Yonidhawana* literally means vaginal cleaning. It is a procedure in which the vagina, vaginal passage and mouth of the uterus i.e. cervix is washed with medicated decoction or other liquids.<sup>[7]</sup>

- *Sthana* (Application site) of *Yonidhawana* – *Prathamavarta* (Vaginal passage).<sup>[8]</sup>
- *Kala* (Timing for *Yonidhawana*) – *Rutukala* (From 6<sup>th</sup> day of menstrual cycle till next 8 days).<sup>[8]</sup>
- Duration of *Yonidhawana* – 8 days.<sup>[8]</sup>
- Medicines used for *Yonidhawana* – *Kashaya* (Decoction), *Siddha Jala* (Purified Medicated Water), *Kshirpaka* (Medicated Milk)<sup>[8]</sup>
- Amount of Medicine used for *Yonidhawana* – 500 ml to 1 liter of *Kashaya*
- Time limit of *Yonidhawana* – 1 to 1.5 Min<sup>[8]</sup>
- Instruments required for *Yonidhawana*<sup>[8]</sup>
  - 1) Enema Pot
  - 2) Sterile Rubber Catheter

- 3) Hand Gloves
  - 4) Examination Table
  - 5) Mackintosh Sheet
- Procedure<sup>[8]</sup>
- 1) The patient is advised to lie down on examination table in lithotomy position.
  - 2) The luke warm decoction is filled into enema pot to which rubber catheter is connected.
  - 3) The mackintosh sheet is placed underneath patient's waist, one end of which lies in the bucket.
  - 4) Sterile rubber catheter is inserted into vagina.
  - 5) Enema pot filled with luke warm decoction is kept at 5 fit distance and vagina is washed out.
  - 6) After the procedure of *yonidhawana*, vulva is dried with cotton.
  - 7) The same procedure is repeated on subsequent days.

➤ Indications for the use of Yonidhawana

Sr No	Disease	Drugs For Yonidhawana
1	<i>Vatala Yonivyapada</i>	With decoction of <i>Guduchi + Tiphala + Danti</i> <sup>[9]</sup>
2	<i>Aticharana Yonivyapada</i>	With decoction of <i>Guduchi + Tiphala + Danti</i> <sup>[10]</sup>
3	<i>Yonikandu</i> (Itching at vulva)	With decoction of <i>Guduchi + Tiphala + Danti</i> <sup>[11]</sup>
4	<i>Picchil Stravayukta Yonivyapada</i>	With decoction of <i>Aaragvadhadi Gana</i> <sup>[12]</sup>
5	<i>Puyastraviyoni</i>	With decoction of <i>Shodhan Dravya Kashaya + Gomutra + Lavana</i> <sup>[13]</sup>
6	<i>Shwetpradara</i> (White discharge)	With decoction of <i>Vata + Lodhra</i> <sup>[14]</sup>
7	<i>Durgandhiyoni</i> (Foul smelling at vulva)	With decoction of <i>Sugandhi Dravya</i> <sup>[15]</sup>
8	<i>Vataja Rajodushti</i>	With decoction of <i>Sarala + Mudgaparni</i> <sup>[16]</sup>
9	<i>Pittaja Rajodushti</i>	With decoction of <i>Gairik + Arishtaka</i> <sup>[17]</sup>
10	<i>Kaphaja Rajodushti</i>	With decoction of <i>Lodhra + Tinduka</i> <sup>[18]</sup>
11	<i>Kunapagandhi Rajodushti</i>	With decoction of <i>Triphala</i> <sup>[19]</sup>
12	<i>Yoni Sankirnata</i>	With decoction of <i>Kapikachhu Mula</i> <sup>[20]</sup>
13	<i>Yonikanda</i>	With decoction of <i>Triphala Kashaya + Kshaudra</i> <sup>[21]</sup>

## DISCUSSION

*Yonidhawana* is exceptionally unique procedure and it is a solution for many gynecological disorders. It is a procedure of cleaning of vaginal passage and medicated decoctions, oils, milks etc. are used for it. It gives quality to vaginal muscles. This is a general purifying measure of genital organs to maintain a strategic distance from fungal, parasitic or yeast infections. Genital organs of women get spotless and crisp after *yonidhawana*.

## CONCLUSION

Thus we conclude that the holistic approach ( *sthanic chikitsa* ) of ayurvedic system of medicine gives complete relief to the patients from *yni rogas*. *Sthanic chikitsa* like *yonidhawana* in *stree rogas* (gynecological disorders) is very encouraging. Medicines used above are cheap, effective and easily available. *Yonidhawana* holds its own importance while treating gynecological disorders and shows marvelous results when applied with proper indications, aseptic precautions and extreme carefulness.

## REFERENCES

1. Charaka Samhita, Charaka Samhita of Agnivesha, Pro. Ravi Dutt Tripathi, Chaukhambha Sanskrit Pratishtan Varanasi, reprinted edition, 2010; 2: Chikitsa Sthan, Chapter 30, Verse no.- 5, 754.
2. Charaka Samhita, Charaka Samhita of Agnivesha, Pro. Ravi Dutt Tripathi, Chaukhambha Sanskrit Pratishtan Varanasi, reprinted edition, 2010; 2: Chikitsa Sthan, Chapter 30, Verse no.- 7, 754.
3. Sushruta Samhita, Sushruta Samhita of Sushruta, Dr. Anant Ram Sharma, Chaukhambha Surbharati Prakashan Varanasi, reprinted edition, 2013; 2: Sharir Sthan, Chapter 5, Verse no- 44, 83.
4. Charaka Samhita, Charaka Samhita of Agnivesha, Pro. Ravi Dutt Tripathi, Chaukhambha Sanskrit Pratishtan Varanasi, reprinted edition, 2010; 2: Chikitsa Sthan, Chapter 30, Verse no.- 1, 754.
5. Sushruta Samhita, Sushruta Samhita of Sushruta, Dr. Anant Ram Sharma, Chaukhambha Surbharati Prakashan Varanasi, reprinted edition, 2013; 3: Uttaratantra, Chapter 38, Verse no- 1, 228.
6. Sartha Vagbhata, Ashtang Hridaya of Vagbhata, Dr Ganesh Krushna Garde, Chaukhambha Surbharati Prakashan Varanasi, reprinted edition, 2015; Uttar Sthan, Chapter 34, Verse no-1, 454.
7. Ayurvediy Streerog Vigyana, Dr. Jaymala Shirke, Dr. Vijay Jadhav Publication Pune, 3<sup>rd</sup> Edition, 2011; 2: Chapter- 15, 158.
8. Ayurvediy Streerog Vigyana, Dr. Jaymala Shirke, Dr. Vijay Jadhav Publication Pune, 3<sup>rd</sup> Edition, 2011; 2: Chapter- 15, 159-160.
9. Charaka Samhita, Charaka Samhita of Agnivesha, Pro. Ravi Dutt Tripathi, Chaukhambha Sanskrit Pratishtan Varanasi, reprinted edition, 2010; 2: Chikitsa Sthan, Chapter 30, Verse no.- 57, 763.
10. Ashtang Sangraha, Ashtang Sangraha of Vagbhata, Kaviraj Atrideva Gupta, Chaukhamba Krishnadas Academy Varanasi, reprinted edition, 2005; 2: Uttar Sthan, Chapter 39, Verse no-34, 336.
11. Yogratnakara, Vaidya Laksmipati Sastri, Chaukhamba Prakashan Varanasi, reprinted edition, 2015; Uttarardha, Yonivyapadarogana Chikitsa Chapter, Verse no.- 6, 411.
12. Sushruta Samhita, Sushruta Samhita of Sushruta, Dr. Anant Ram Sharma, Chaukhambha Surbharati

- Prakashan Varanasi, reprinted edition, 2013; 3: Uttarantra, Chapter 38, Verse no- 25, 237.
13. Sushruta Samhita, Sushruta Samhita of Sushruta, Dr. Anant Ram Sharma, Chaukhamba Surbharati Prakashan Varanasi, reprinted edition, 2013; 3: Uttarantra, Chapter 38, Verse no- 26, 237.
  14. Ashtang Sangraha, Ashtang Sangraha of Vagbhata, Kaviraj Atrideva Gupta, Chaukhamba Krishnadas Academy Varanasi, reprinted edition, 2005; 2: Uttar Sthan, Chapter 39, Verse no-73, 339.
  15. Ashtang Sangraha, Ashtang Sangraha of Vagbhata, Kaviraj Atrideva Gupta, Chaukhamba Krishnadas Academy Varanasi, reprinted edition, 2005; 2: Uttar Sthan, Chapter 39, Verse no- 77, 339.
  16. Ashtang Sangraha, Ashtang Sangraha of Vagbhata, Kaviraj Atrideva Gupta, Chaukhamba Krishnadas Academy Varanasi, reprinted edition, 2002; 1: Sharir Sthan, Chapter 1, Verse no-30, 265.
  17. Ashtang Sangraha, Ashtang Sangraha of Vagbhata, Kaviraj Atrideva Gupta, Chaukhamba Krishnadas Academy Varanasi, reprinted edition, 2002; 1: Sharir Sthan, Chapter 1, Verse no-31, 265.
  18. Ashtang Sangraha, Ashtang Sangraha of Vagbhata, Kaviraj Atrideva Gupta, Chaukhamba Krishnadas Academy Varanasi, reprinted edition, 2002; 1: Sharir Sthan, Chapter 1, Verse no-32, 265.
  19. Ashtang Sangraha, Ashtang Sangraha of Vagbhata, Kaviraj Atrideva Gupta, Chaukhamba Krishnadas Academy Varanasi, reprinted edition, 2002; 1: Sharir Sthan, Chapter 1, Verse no-38, 265.
  20. Yogratnakara, Vaidya Laksmipati Sastri, Chaukhamba Prakashan Varanasi, reprinted edition, 2015; Uttarardha, Yonivyapadarogana Chikitsa Chapter, Verse no.- 8, 411.
  21. Yogratnakara, Vaidya Laksmipati Sastri, Chaukhamba Prakashan Varanasi, reprinted edition, 2015; Uttarardha, Yonikanda Chikitsa Chapter, Verse no.- 2 , 412.