

A CRITICAL REVIEW OF *STHANIK CHIKITSA* IN *YONIKANDU* WITH SPECIAL REFERENCE TO VAGINAL CANDIDIASISDr. Borste Suvarna R.*¹, Mogal Bhushan B.², Dr. Sagare Chaitanya³ and Dr. Sawant Dinar S.⁴¹Assistant Professor, Dept. of Streeroga & Prasutitantra, S.S.A.M.&H., Nashik (MS) – 422003.²PhD (Scholar) & Assistant Professor, Dept. of Agadtantra, A.S.S. Ayurved College, Nashik (MS) – 422003.³Assistant Professor, Dept. of Rachana Sharir, S.S.A.M.&H., Nashik. (MS) – 422003.⁴Assistant Professor, Dept. of Prasutitantra & Streeroga, S.S.A.M.&H., Nashik. (MS) – 422003.***Corresponding Author: Dr. Borste Suvarna R.**

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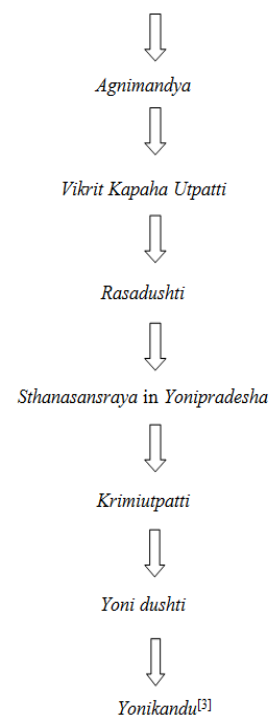
ABSTRACT

Ayurveda classics are the great source of solution to the present day problems and diseases related to female. Women who are busy in their household as well as career issues faces many gynecological problems like *Yonikandu* (Vaginal itching), *Yonidaha*, *Yonistrava* etc. *Yonikandu* is caused 'Tridosha' mainly *Kapha*, *Vatadushta Rakta* and *Kleda*. *Sthanik Chikitsa* is one of them which offers therapeutic relives in various Streeroga. *Yonipichu*, *Yonidhupan*, *Yonivarti*, *Yonidhavana*, *Yonilepana* are useful & effective in *Yonikandu*. The symptoms of *Yonikandu* which elaborated in Ayurveda possess a close resemblance to vaginal candidiasis. Vaginal candidiasis is an infection caused by yeast like microorganism called *Candida albicans*. In vulvo-vaginal candidiasis patient complain of vaginal discharge with intense vulvo- vaginal pruritis. In *sthanik chikitsa*, we used *dravyas* whose having have properties like *Tikta-Kashaya rasa*, *Laghu-Uksha guna*, *Krimighna* and *Kandughna* actions.

KEYWORDS: *Yonikandu*, *Yonidhavana*, vulvo-vaginal candidiasis, *Yonipichu*, *Yonivarti*, *Yonistrava*.**INTRODUCTION**

Yonikandu is one such problem being faced by female in our society and not getting satisfactory treatment. *Yonikandu* is a cardinal symptom in case of vitiated *Kapha dosha*, so wherever *Kapha dosha* is present *Yonikandu* indirectly can be present as symptoms in *Acharana*, *Vipluta*, *Upapluta*, *Atyananda*, *Kaphaja Yonivyapada*.^[1]

The main cause of *Kaphaja Yonivyapada* is *Abhishyandi*, *Atisnigdha Ahara* which leads to the *dushana* to *Yoni pradasha* causing excessive *Shweta strava* which is *Picchila*, *sheeta*, *Pandu varna* associated with symptoms like *Yonikandu* and *Yonivedana*.^[2] For the treatment of the symptoms *Sthanik chikitsa* like *Yonidhavan*, *Yonivarti*, *Yonidhupana* found effective in *Yoniroga*.

MATERIAL AND METHODSEtiopathogenesis of *Yonikandu* -*Mithya Ahara-Vihara (Vata and Kapha kar Ahara - Vihara)*

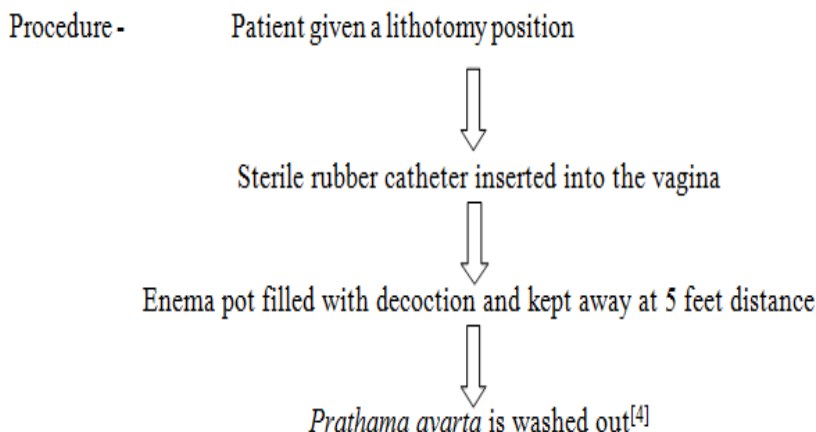
What is Vaginal Candidiasis?

Vulvo-vaginitis or Inflammation of vulva and vagina most commonly occurs in reproductive age women. Candida species superficially penetrate the mucosal lining of vagina and caused an inflammatory response. Acute candidal vulvo-vaginitis is treated mostly with anti fungal agent like Fluconazole.

Specific treatment for *Yonikandu*

1. Yoni dhavana

It is the procedure in which vaginal canal, cervical lip are wash with medicated *kwatha dravya* used for the *dhavana* dose their work through *Rasa, Virya* and *Vipaka*.



Sthana – *Pratham avarta* of *Yoni*

Duration – 8 days

Timing – after fifth day of menses

Time – 1 to 1.5 min

गुडूची त्रिफला दन्ती क्वथितोदकधारया I

योनिप्रक्षालयेत ततः कंडू प्रशाम्यति II^[5]

(यो.र. योनिव्यापद चिकित्सा)

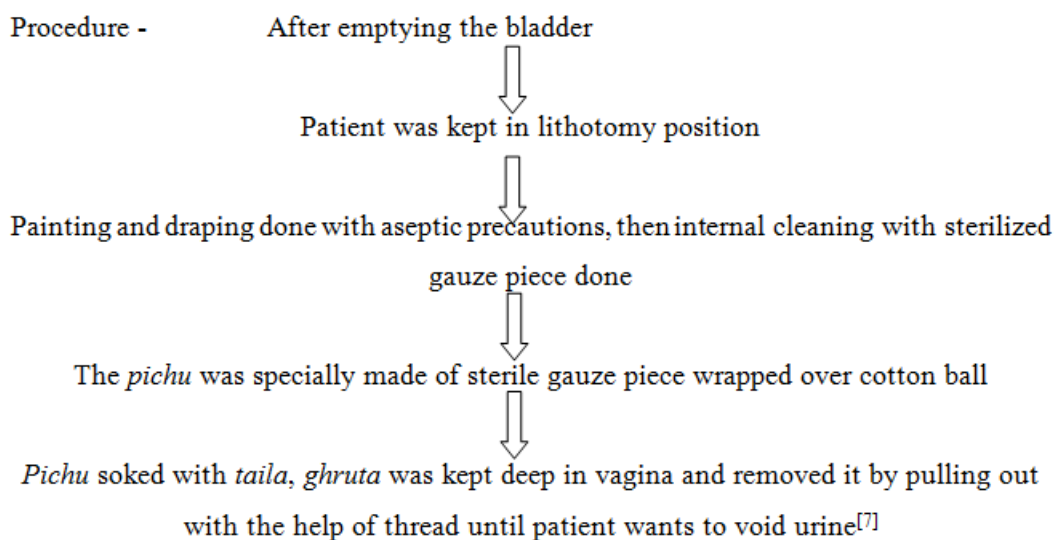
Dravya used in *Yonidavana* for *Yonikandu*

Table Drugs used for *Yoni Prakshalana* with their properties.^[6]

Sr. No.	Dravya	Properties
1	<i>Guduchi</i>	<i>Rasa</i> - <i>Tikta, Katu, Kashaya</i> <i>Vipaka</i> - <i>Madhura</i> <i>Virya</i> - <i>Ushna</i> <i>Guna</i> - <i>Sukshma, Laghu</i>
2	<i>Haritaki</i>	<i>Rasa</i> - <i>Tikta, Katu, Kashaya, Madhura, Amla</i> <i>Vipaka</i> - <i>Madhura</i> <i>Virya</i> - <i>Ushna</i> <i>Guna</i> - <i>Laghu, Ruksha, Tridoshara</i>
3	<i>Bibhitaki</i>	<i>Rasa</i> - <i>Kashaya Rasa</i> <i>Vipaka</i> - <i>Madhura Vipak</i> <i>Virya</i> - <i>Ushna Virya</i> <i>Guna</i> - <i>Kapha-pittaghna, Guru, Ruksha Guna</i>
4	<i>Aamalaki</i>	<i>Rasa</i> - <i>Amla, Katu, Kashaya, Tikta, Madhura</i> <i>Vipaka</i> - <i>Madhura</i> <i>Virya</i> - <i>Sheeta</i> <i>Guna</i> - <i>Laghu, Ruksha</i>
5	<i>Danti</i>	<i>Rasa</i> - <i>Katu</i> <i>Vipaka</i> - <i>Katu</i> <i>Virya</i> - <i>Ushna</i> <i>Guna</i> - <i>Guru, Tikshna</i>

Yonidhavana is general purifying measure of genital organs to maintain distance from bacterial infection.

2. Yoni pichu: A sterile medicated cotton swab deeped in medicated Ayurvedic oil or ghee is placed at posterior fornix of vagina.

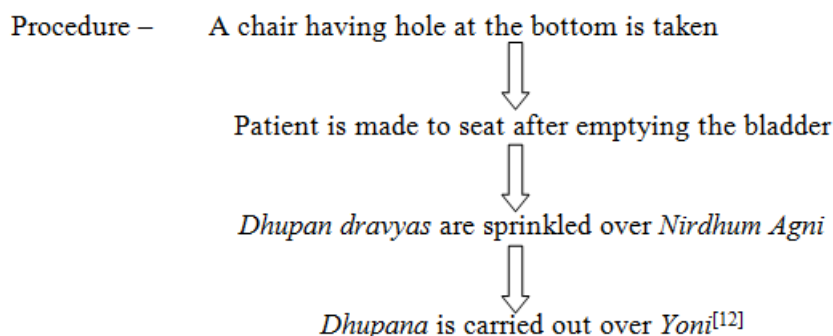


Dravya used for *Yonipichu* in *Yonikandu*

- *Dhatakyadi taila*^[8]
- *Udumbaradi taila*^[9]
- *Dasanghari* and *Shrimada kwatha*^[10]
- *Sneha pichu* oil treated with *kwatha* of *Shallaki*, *Panchavalkala*, bark of *Jamuna*.^[11]

- The mode of action of *Yonipichu* is depends upon medicine used. *Pichu* stays longer period in vagina for better action.

3. **Yoni Dhupana:** Fumigation of Yoni with *Aushadhiyukta dhoom* is called *Yoni Dhupana*.
Site - *Bahya Yoni*



Dravya used for *Yoni Dhupana* in *Yonikandu*

1. *Sarala*, *Guggula* and *Yava*^[13]
2. *Yoni dhupana* with *Katu taila*, *Aplut mastya*^[14]
3. *Bruhati phala*, *Haridra* & *Daruharidra*^[15]

Yoni Dhupana is used for local disinfection of genital organs which reduces *srava* and ultimate results is decreasing *kandu*.

4. **Yonivarti:** The use of *varti* like a topical medicine which have property of *Vranashodhaka* & *Vranaropana*.^[16]

In *Yonivarti*, *dravyas* used which have *Kaphaghna*, *Raktadoshahara*, *Lekhana* and *Krimighna* properties so they reduce *Yonikandu*. *Yonivarti* clears and resolve the vaginal flora by improving the sterilizing ability of vagina. Mainly *varti* is of *Kashaya rasa* which absorbs the excess secretions from vagina.^[17]

DISCUSSION

The vagina is a potential space that connects the lower portion of uterus (cervix) to the outside environment. Drug transport across the vaginal membrane may occur by number of different mechanism.^[18] The drug used in *Sthanik chikitsa* acts by exerting its antiseptic, antimicrobial, antifungal, anti-inflammatory and analgesic action. *Yonivarti* is one among the *Sthanik chikitsa*, where the medicine are prepared in *varti* form and applied transvaginally. *Yonidhupa* is a *Stroto-shodhaka*, *Kaphaghna*, *Kledaghna* and *Sravastambhaka*. *Yonipichu* helps the medicine to remain at the site for longer period for better action. *Yonidhavana* reduces local infection and maintain healthy localized environment by preventing bacterial growth.

CONCLUSION

Vaginal itching / vaginal pruritus / *Yonikandu* is the most primary symptom observed in any medical condition of female genitals. *Yonivarti* not only treat the *Yonikandu*

but also normalized the vaginal flora. Drug used for *Yonidhavana* have bactericidal action as well as pain relieving action. *Yonidhavana* helps to maintain pH of vagina. *Yonidhupana* mainly used for *Shweta Pradara* and *Yonikandu*. It fumigates vaginal region with medicated smoke. *Yonipichu* play crucial role in the management of *Yonirava*, *Yonikandu* and *Yonipaichilya*. *Stanik chikitsa* has its own principle and effects. Different procedure needs different drug forms like *Kwatha*, *Taila*, *Ghruta* and *Dhuma*.

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