

ROLE OF TRIPHALA KWATHA FOR YONI DHAVANA IN STRIROGA A REVIEW***¹Dr. Arun Abasaheb Shinde, ²Dr. Vidya Udhavrao Pashte**¹Assistant Professor, Department of Prastuti and Streerog, Sai Ayurved Medical College, Khandala, Tal. Vaijapur Dist. Chh. Sambhajinagar Maharashtra.²Assistant Professor, Department of Kaumarbhritya, Sai Ayurved Medical College, Khandala, Tal. Vaijapur Dist. Chh. Sambhajinagar Maharashtra.***Corresponding Author: Dr. Arun Abasaheb Shinde**Assistant Professor, Department of Prastuti and Streerog, Sai Ayurved Medical College, Khandala, Tal. Vaijapur Dist. Chh. Sambhajinagar Maharashtra. DOI: <https://doi.org/10.5281/zenodo.17810016>**How to cite this Article:** *¹Dr. Arun Abasaheb Shinde, ²Dr. Vidya Udhavrao Pashte. (2025). Role Of Triphala Kwatha For Yoni Dhavana In Striroga A Review. World Journal of Pharmaceutical and Medical Research, 11(12), 315–316. This work is licensed under Creative Commons Attribution 4.0 International license.

Article Received on 06/11/2025

Article Revised on 27/11/2025

Article Published on 01/12/2025

ABSTRACT

Triphala Kwatha, a classical Ayurvedic formulation prepared from Haritaki, Bibhitaki and Amalaki, possesses Tridoshaghna, Shothahara, Vrana-shodhak and Ropana properties. Yoni dhavana (vaginal douche) is indicated in various Yoni-vikaras including Yoni-kandu, Yoni-dourgandhya, Shwetapradara and inflammatory conditions. This review article evaluates classical references, pharmacological actions, and available research data to understand the efficacy of Triphala Kwatha as a safe, effective and natural vaginal douche.

KEYWORDS: Triphala Kwatha, Yoni Dhavana, Shweta-pradara, Ayurveda, Vrana-shodhana, Striroga.**INTRODUCTION**

Yoni-rogas are the most common gynecological disorders present in clinical practice. Among them, Yoni-srava (leucorrhoea), Yoni-kandu (itching), and Yoni-dourgandhya (foul smell) significantly affect women's health. Acharya Sushruta and Kashyapa have emphasized the importance of yoni-shodhana in these conditions.

Triphala is one of the most versatile formulations in Ayurveda with proven antimicrobial, antifungal, anti-inflammatory and wound-healing actions. Triphala Kwatha Yoni Dhavana is indicated in Kapha-dominant Yoni vikara and Vrana-avastha of Yoni.

AIM

To evaluate the role of Triphala Kwatha used as Yoni Dhavana in the management of Yoni-rogas.

OBJECTIVES

1. To review classical references describing Triphala and Yoni-dhavana.
2. To evaluate its pharmacological properties beneficial in gynecological disorders.
3. To analyse existing scientific/clinical research on Triphala Kwatha in vaginal infections.

Properties of Triphala

- Tridoshaghna
- Shothahara (anti-inflammatory)
- Krimighna (antimicrobial)
- Vrana-shodhak, Vrana-ropak
- Rakta-prasadak
- Lekhana, Stambhana

These properties make it ideal for Shweta-pradara, Yoni-kandu, and Yoni-srava.

Shloka

“Haritaki Bibhitaki Chaiva Aamalakya Trikam Yutam
Triphalaam Naam Tatproktam Dosha-traya-
prasamanam.”

Method of Preparation (Kwatha)

1. Take coarse powder of Triphala – 1 part
2. Add water 16 parts
3. Boil until reduced to 1/4th
4. Cool and filter
5. Use lukewarm for Yoni-dhavana

Probable Mode of Action

1. Vrana-shodhana
Removes vaginal discharge, biofilm and debris by its lekhauna guna.
2. Antimicrobial

Modern studies show Triphala is effective against.

- *Candida albicans*
- *E. coli*
- *Gardnerella vaginalis*

Yoni shodhana and prakshalana is mentioned in:

Sushruta Samhita – Chikitsa Sthana (38/33)

Ashtanga Hridaya – Chikitsa Sthana

Kashyapa Samhita – Kalpa Sthana

3. Anti-fungal effect

Prevents recurrence of fungal vaginitis.

4. Restores pH

Maintains natural acidic vaginal pH (3.5–4.5).

5. Stambhana + Ropana

Reduces excessive discharge and promotes healing.

Review of Modern Scientific Studies

Study 1: Triphala showed strong antifungal action against *Candida albicans*, effective in vaginal candidiasis.

Study 2: Triphala wash reduced inflammation and restored healthy vaginal flora in clinical trials.

Study 3: Its antioxidant action helps in mucosal healing.

Clinical Indications

1. Shweta-pradara (Leucorrhoea)
2. Yoni-kandu (itching)
3. Yoni-dourgandhya (bad smell)
4. Vaginal fungal infections
5. Post-delivery Yoni-shodhana
6. Minor vaginal erosions / cervical erosion

Benefits

- Completely natural & safe
- Cost-effective
- No systemic side effects
- Suitable for long-term use
- Helps maintain hygiene and pH balance

DISCUSSION

Triphala Kwatha, when used as Yoni Dhavana, works locally by cleansing, reducing infection, healing mucosa and controlling excessive discharge. Its Lekhana + Shothahara + Krimighna properties make it a superior choice in Kapha-dominant Yoni-vikaras like Shwetapradara. Available research strongly supports its antifungal and antibacterial properties, validating classical wisdom.

CONCLUSION

Triphala Kwatha Yoni Dhavana is a highly effective Ayurvedic treatment for Yoni-vikaras, especially Shwetapradara and *Candida*-related infections. It cleanses the vagina, restores normal flora, reduces discharge and itching, and promotes healing. Further controlled clinical trials are recommended.

REFERENCES

1. Triphala – definition
Triphala = Haritaki + Bibhitaki + Amalaki (in equal proportion).
2. Yoni Dhavana