

REVIEW ARTICLE ON YONIDHAVAN***¹Dr. Rohini Jaiswal, ²Dr. Milind Bagde, ³Dr. Sneha Tiwari**^{*1}Assistant Professor, Prasutitantra Department, S.K.R.P.A.C., Nagpur.²Professor (H.O.D) Kayachikitsa Department, S.K.R.P.A.C., Nagpur.³Associate Professor, Kayachikitsa Department, S.K.R.P.A.C., Nagpur.***Corresponding Author: Dr. Rohini Jaiswal**

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DOI: <https://doi.org/10.5281/zenodo.20444214>**How to cite this Article:** ^{*1}Dr. Rohini Jaiswal, ²Dr. Milind Bagde, ³Dr. Sneha Tiwari (2026). Review Article On Yonidhavan. World Journal of Pharmaceutical and Medical Research, 12(6), 10–12.

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Article Received on 15/04/2026

Article Revised on 07/05/2026

Article Published on 01/06/2026

ABSTRACT

There are so many sthanikchikitsa (local therapies) explained in Ayurvedic StreeRogas. These procedures basically deal with the disorders of Tryavartayoni. All local therapies are reviewed in ancient texts and discussed with respect to their definitions, sites of application, durations, indications, and procedures. Women always face very common gynaecological problems like white discharge, itching at the vulva, foul-smelling vaginal discharge, burning micturition, etc. In such problems, Sthanik Chikitsa has given excellent results. Yonidhavan is one of them, and it is more useful for Sthanik Chikitsa in StreeRog Prasuti Tantra. Mostly kwath of drugs used for Yonidhavan.

KEYWORDS: Yonidhavan is one of them, and it is more useful for Sthanik Chikitsa in StreeRog Prasuti Tantra.**INTRODUCTION**

The divine are extremely delighted where women are respected & where they are not respected, all actions are futile. Owing to the very fact that a woman alone has the power to give birth to life, it can be assumed that Shristi is a result of Shakti. We observe in nature that even a bud. The woman who takes extreme care of her family members is always found to be careless about her own health. Lack of proper nutrition, lack of proper rest & Dharan of Adharniyavegas due to the busy schedule of these women in their household, as well as career issues, lead to many gynecological problems. 20 Yonirogas (Vinshati Yonivyapad) are described in Ayurveda Samhitas by different Acharyas. Yoni dourgandhya, yonikandu, yoni paicchilya, yonistrav, yonishool, yoni sheetalta, aartavdushti, yonikledais found as symptoms in so manyonivyapad. If neglected, it may lead to ascending infections harming the general health and causing psychological distress to women. Reproductive tract infection is a major public health problem among women of reproductive age in developing countries. There are so many sthanikchikitsa (local therapies) explained in Ayurvedic texts. These procedures basically deal with the disorders of the Tryavarta yoni.

AIMS AND OBJECTIVES

1. To study the literary view of Yonidhavan from Ayurvedic texts, as varied by different Acharyas.
2. To study the probable mode of action of Yonidhavan.

MATERIAL AND METHODS

All Information in this article is collected from Ayurvedic texts, Modern texts, and journals, Yonidhavan (vaginal Douching)

Mode of procedure: Douching (dhavan) with decoction to the vagina. Yonidhavan is a cleansing procedure used for the elimination of doshas (mainly kapha) accumulated in the genital tract.

Indications

Yoni shool 5, 6, 7, 8
Yonidourgandhya 8, 9, 10, 11, 12
Yoni sheetalt
Yonikandu
Yonipaicchilya
Yonistrav/shwetastrav
Aartavdushti (vataj, pittaj, kaphaj, kunapgang hi)
Picchila, vivruta, kaldushta, darun yoni
Puyastaviyoni
Yonisankirna

Updandsh (vataj, pittaj, kaphaj, pittaraktaaj)
 Updandsh shanti
 Updandshvranshoth nashtarh
 Updandshvrana (after shastraprayog and sphotbhedan)
 Shwetapradar
 Somrog.

Contraindications

- 1) Invasive carcinoma
- 2) Pregnancy
- 3) Unmarried patients
- 4) Acute cervicitis
- 5) Past H/O radio or chemotherapy
- 6) Postnatal cases (up to 6 weeks) Procedure of administration of drug- A) Informed and written consent of the patient.

B) Materials/Instruments

- 1) Examination table with leg rests
- 2) Light source
- 3) Drapes
- 4) Pair of gloves
- 5) Cotton, swab, gauze
- 6) Betadine liquid
- 7) Sponge holding forcep
- 8) Douch apparatus
- 9) Rubber catheter

C) Duration of procedure-7 to 8 days (After menses/after complete cessation of menses or P/V bleeding)

D) Duration of Dhavan (douching)-10 to 15 min

E) Application site of douching- Starting from the introitus to the fornicates.

F) Selection of drug

- 1) Single drug (Ekeri drug)
- 2) Mixed drug (Mishra drug)-Mixing the different drugs and naming it according to its contents.

G) Preparation of decoction (kwath)- Taking the drug (single) 250 g with the addition of 4 liters of water. This material will be subjected to agni till it gets reduced to 1/4th of its original size. i.e., 1 litre of formation of decoction.

H) Pre-requisites of procedure protocol

The patient is asked to void urine.

- Patient is made to lie on the table in the lithotomy position.
- Painting and draping done under AAP.
- The douch apparatus is filled with 1 liter of lukewarm decoction to which the catheter is connected and kept at a 5-foot distance above the patients.
- Per speculum and per vaginal examination for clinical assessment.
- Patient is advised to abstain during the procedure.

I) Mid procedure protocol

- A sterile rubber catheter is inserted into the vagina, and with lukewarm decoction, douching is done.
- After the procedure, the vulva is dried with cotton.

J) Post-procedure care protocol

- Patient advised to lie down on the table for 5 to 10 min.
- Patient is advised to abstain during and after the procedure.

Investigations- CBC, HIV, HbsAg, BSL(R), Vaginal pH, Urine R and M

Complication- If aseptic precautions are not maintained-

- Increased vaginal discharges
- Itching
- Fever: Expectant management- Procedure is stopped and tab. Chandraprabhavati 1BID with water after food for 5days is given.

Drugs used in Yonidhavan by Different Acharyas in different Gynaecological conditions

Guduchi, Triphala, Danti, Tuvarak, Sugandhi Dravya, Karir, Dhav, Nimba, Arka, Venu, Koshamra, Jambu, Jingini, Vrushmul, Mardwik, Sidhu, Sashukta, S takra, Gomutra, Shukta, Triphala rasa, Udumber siddha tailadraya kwath (udumber, shalatu, panchv alkal, kulak, malati, nimbapallav) + sharkara.

Mode of action

The Yonidhavan is exceptionally unique, and it's a solution for Gynaecological grumblings. The procedure of cleaning the vaginal zone is utilized for such a purpose. This method is recommended for Gynaecological disorders, aggravation, disintegration, and barrenness. It gives quality to vaginal muscles. This is a general purifying measure of the genital organ to maintain a distance from parasitic or yeast diseases. It's a sanitization procedure that has many advantages for women. Genital organs of women get spotless and crisp after Yonidhavan, and it forestalls parasitic and yeast diseases.

DISCUSSION

The vagina is a potential space that connects the lower portion of the uterus (cervix) to the outside environment. It has been explained under bahirkarmendriya and is one of the bahyastrotas in women. Drug transport across the vaginal membrane may occur by several different mechanisms-

- 1) Diffusion through the cell due to a concentration gradient (transcellular route)
- 2) Vesicular or receptor-mediated transport mechanism
- 3) Diffusion between cells through the right junctions (intercellular route).

In some cases, drugs given by the intravaginal route have a higher bioavailability compared to the oral route, as they bypass the liver. The vaginal wall is very well suited for the absorption of drugs for systemic use, since it

contains a vast network of blood vessels. Moreover, the anatomically backward position of the vagina may help in the self-containment of the drug, thereby holding it in situ for a longer duration.

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