

**ROLE OF YONIDHAWAN IN DIFFERENT GYNECOLOGICAL DISORDERS: A
CLASSICAL AYURVEDIC REVIEW*****¹Dr. Vishakha Masram, ²Prof. Shashi Sharma, ³Dr. Jaya Srivastava**¹PG Scholar, Dept. of Prasuti Tantra and Stree Roga, State Ayurvedic College and Hospital, Lucknow.²HOD Prasuti Tantra and Stree Roga, State Ayurvedic College and Hospital, Lucknow.³Lecturer, Prasuti Tantra and Stree Roga, State Ayurvedic College and Hospital, Lucknow.***Corresponding Author: Dr. Vishakha Masram**

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INTRODUCTION

Female reproductive tract disorders remain among the most common health problems affecting women worldwide. Conditions such as abnormal vaginal discharge, Vulvovaginitis, Cervicitis, Pelvic Inflammatory disease, Cervical erosion and Postoperative infections significantly impair women's quality of life and reproductive health.

Chikitsa is classified into different types according to its purpose and method of administration. Broadly, it includes Systemic (Internal) therapy and Local (External) therapy. In the Management of gynecological disorders, local therapy, when used along with internal medication, provides faster symptomatic relief, improves the effectiveness of treatment, and facilitates better clinical outcomes.^[1]

Among the various local therapeutic procedures, Yonidhawan is widely practiced for the management of Yoni vyapadas and other gynecological disorders. The procedure involves cleansing the vaginal canal with medicated decoction or suitable formulations to achieve local therapeutic effects.

MATERIAL AND METHODS

This is a Conceptual type of study. References are obtained from ayurvedic literature and journals for the study.

Yonidhawan: The term Dhawan means washing or cleansing the vagina with medicated decoctions or other suitable liquids. The drugs may help restoring acidic pH which is a protective shield against infection. The drugs may restore or enhance the growth of natural vaginal flora preventing the growth of pathogens.^[2] Besides its therapeutic role, it also serves as an adjunct before procedures such as yonipichu, yonivarti and postoperative wound care.

Synonyms: Yoni Prakshalana, Yoni Parishechana, Yoni Achamana, Yoni Sechana.^[3]

Sthana (Site): Prathamavarta (Vagina).^[4]

Duration of Therapy: During the Ritukala (Post menstrual / after cessation of menses) For 8 consecutive days.^[5]

Drugs used: Medicated decoction (kwatha) or other medicated liquids as indicated.

Quantity: 500-1000ml (approx.).^[6]

Position of patient: Lithotomy.^[7]

Procedure**Purvakarma**

- Ask patient to empty her bladder.
- Place her in Lithotomy Position.

Pradhankarma

- The plastic nozzle is gently introduced into the vagina using gloved hands.
- A Douche pot containing Lukewarm Medicated liquid is suspended approx. 5 feet above the patient.
- The Medicated solution is then allowed to flow slowly by gravity for a period of 5 min approx.
- while the nozzle should be rotated in vagina so the medication reaches around the cervix up to the fornices.

Paschatkarma: Vulva and Perineum dried with the help of sterile gauze.

Precautions: The medicated decoction should be lukewarm.^[8]

Complications

- Use of excessively hot medicated fluid may cause a burning sensation in the vagina (Yonidaha).
- Use of excessively cold medicated fluid may reduce the therapeutic effectiveness of the procedure.

Advice to the Patient: Patient is advised to avoid intercourse during trial period.^[9]

Drugs used for Yonidhawan: Yoni Dhawan is generally used in various conditions where the discharge is slimy, thick, fibrous, sticky, purulent offensive etc. The Kashaya drugs can also be chosen according to characteristics of discharge.

Thin, slimy discharge	Triphala kwath
Fibrous, Sticky white discharge	Dashmoola or Triphala kwath
Offensive mucopurulent discharge	Chandana or Lodhradi kwath

Following are few Examples of Yoni Dhawan^[10]

Yoni Dargandhya	Aragwadhadi kwath, Sarvagandha dravyas
Yoni Paichchhilya	Aragwadhadi kwath
Yonikandu	Guduchi, Triphala, Danti
Yonipaka	Panchavalkala kwath
Yonidaha	Chandanadi kwath
Yonisrava	Nimba twak, Karira, Jambu, Dhava
Yoni Sheetalata	Vatahara dravyas
Yoni Shodhan	Tuvarak kwath
Kunapgandhi Artavadushti	Triphala kwath
Vataj Artavadushti	Sarala, Mudgaparni
Pittaj Artavadushti	Gairika and Nimba Kwath
Kaphaj Artavadushti	Lodhra and Trikatu kwath

Mechanism of action: The medicated decoction cleanses the vaginal canal by removing excessive discharge, debris, microorganisms and inflammatory secretions. The drugs used for yonidhawan possess Shodhana, Krimighna, Kandughna, Shothahara, Vedanasthapana and Ropana properties. These action helps reduce inflammation. Relieve itching, burning sensation, pain and foul smelling vaginal discharge. Some Phytoconstituents may be absorbed through the vaginal mucosa, enhancing tissue repair and reducing local inflammation. The antimicrobial activity of the drugs inhibit the growth of pathogenic micro organisms while their Kashaya (Astringent) property helps reduce excessive secretions, promotes healing of the vaginal mucosa and assists in maintaining the normal vaginal flora and pH of vagina.

CONCLUSION

Yonidhawan is a simple, safe, and effective local therapy for the management of various gynaecological disorders, particularly those associated with vaginal discharge, itching, inflammation, burning sensation, and infection. It provides local cleansing, promotes wound healing and restores the normal vaginal flora.

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