

## REVIEW ON YONIDHAWANA IN YONIKANDU

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## ABSTRACT

Ayurveda is science which deals with natural good health, disease free life of person, also "Swasthasya Swasthya Rakshanam, Aturasya Vikara Prashamanam" i.e Maintaining the normal health status of body and curing the diseased. Now a days, most of women go through physical and psychological stress she does not have enough time for her personal hygiene so women prone to the disease like *Yoniroga*. Number of patients having symptomslike *Yonigatstrava*, *Yonikandu* and *Yonivedana* are seen in practise. For the treatment of these symptom *Stanik Chikitasa* like *Yoni Dhawan*, *Yoni Prakshalan*, *Yoni Dhupan*, *Vartidharan*, *Yoni Puran*, describe in *Ayurvedic Samhita*. Out ofthis *Yoni Dhawan* found effective in *Yoniroga*. *Yonidhawan* means cleaning or purificationof yoni. Dravya used for dhawana procedure acts by its *Rasa*, *Virya*, *Vipaka Guna* and reduces *Sthandushti* by *dosha prakopa*. Here effort has been put forth to make conceptual study of *Yonidhawan* in *Yonikandu*. *Samanya hetu* by *Acharya*, *Yoni kandu*, *Symptom Yonikandu* in *Yonivyapad* and *Yonidhawan karma* are describe below.

**KEYWORDS:** *Yonikandu*, *Yonidhawan*, *Yonivyapad*.

## INTRODUCTION

*Ayurveda* is one of the special human sciences on the earth for benefits of allpersons. *Maharshi Charak* said that women are the root cause of human reproduction.<sup>[1]</sup>

Being powerful is being a lady, because she is built with power of procreation. Women has to go through different anatomical, physiological and psychological changes. Women who are busy in their household as well as career issues many gynaecological problems like *Yonikandu* (vaginal abnormal itching), foul smelling, *Yonidah* (burning micturition), *Yonistrav* (vaginal discharge) etc, are faced by women.

In *Ayurveda*, *Stanik Chikitsa* (local treatments) used in various forms of local gynaecological and obstetrics disorders like *Yoni Kandu*, *Yoni Strava* etc. *Yonidhawan* is oneof the *Stanik Chiktista*. *Yonidhawan* is procedure of cleaning of *Yoni and Bhag Pradesh* (Vagina and Valva).

## MATERIAL AND METHODS

This is a conceptual type of study. References are obtained from *Ayurveda* literature, journals for the study.

## YONIDHAWAN

Procedure *Yonidhawan* is one of most useful *Sthanik Chikitsa*(local treatment) in *Streeroga* and *Prasutitantra*. It is procedure in which the vaginal passage is washed with medicated decoction or with other fluids. *Dhawan* means cleaning or purification of wound with water and other medicated material.<sup>[3,4]</sup>

*Sthana* (site)- *Prathamavarta* (vagina).<sup>[4]</sup>Duration – 8 days.<sup>[4]</sup>Timing – *Rutukala* (After 5<sup>th</sup> day of menses for 8 days)Drugs Used – *Kwatha* (decoction), *Kshirpaka* (medicated milk), *Siddha jala*(medicated water), *Siddha tail* (medicated oil).

## INDICATION

*Yoni srava* (vaginal discharge), *Yoni kleda*, *Yoni arsha*, *Artavdushti*, *Yoni kandu* (vaginal itching), *Yoni paicchilya*.

## DRUGS USED FOR YONIDHAWAN

*Triphala kwatha*, *Guduchyadi kwatha*, *Nimba kwatha*, *Panchawalkal kwatha* and also the drugs leading to *Sampraptibhang* are used.

**YONIKANDU(VAGINAL ITCHING)**

*Yoni* is referred as *Bhagpradesh* and *Trivarta Yoni*. *Yoni Kandu* is itching at *bhagapradesh* (valva) and *Pratham Avarta*, In *Ayurveda*, streerogas (diseases related to females) are described under 'Yonivyapad'. *Yoni Vyapad* like *Kaphaj*, *Acharna*, *Upapluta*, *Aticharna*, etc having symptom *Yoni Kandu*.

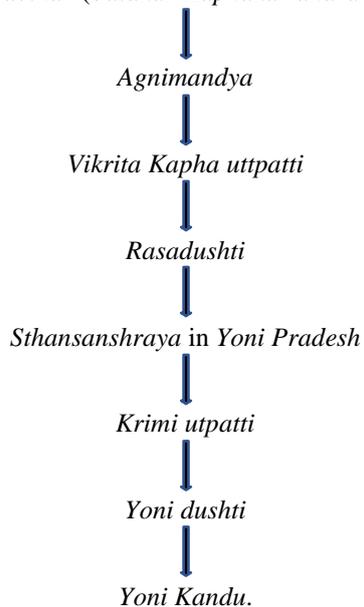
**YONIKANDU HETU**

*Yoni Kandu* is mainly caused due to *Kapha* and *Vata dosha dusti*. Following factor are responsible for the *kandu* in any vaginal disease.

- Predominance of *khapha dosha*
- *Rakt dhatu dusti*
- *Agnimandya*
- Increased *Sharir kled*
- Presence of *krimi*

**YONI KANDU SAMPRAPTI**

*Mithyahaaravihar (Vatakar Kaphakar ahara and vihar)*

**CAUSES OF YONIKANDU ARE SAME AS CAUSES OF YONIVYAPAD**

i.e.

- *Mityaahar*
- *Artavdusti*
- *Bijadosha*
- *Daivaj*.

**ACCORDING TO DIFFERENT ACHARYA<sup>[5]</sup>**

*Samanya hetu* of *Yoni Vyapad* can be applied to *Yoni kandu*, so described as follow.

**CHARAK**

*Acharya Charak* has mentioned causes of twenty *Yoni Roga* as

1. *Mithya Ahar Vihar* (Abnormal Dietetics and mode of life),
2. *Dustaartav* (Abnormalities of *Artava*),

3. *Bija* (ovum or sperms or both) and
4. *Daivj* i.e curses or anger of God (in absence of apparent cause, the diseases are saidto develop due to curses of God).

**SHUSHRUTA**

*Acharya Shushrut* added that when woman having *Ruksa* (dry) body, *Durbal* (weak) or veryyoung woman does excessive coitus with a man having big size penis, then her *Vata dosha* gets aggravated. This aggravated *Vata dosha* with holding *Pita dosha* and *Kapha dosha* already vitiated due to specific cause, reaches to *Yoni* and produces various *Yoni roga*.

**VAGBHATA**

*Vagbhata* mentioned causes of *Yoni vyapad* are *dusta bhojan* (abnormal diet) coitus in abnormal position, excessive coitus, *dushta artav* (abnormalities of *artava*) and *bija* (abnormality of a portion of *bija* responsible for development of *Yoni* during embryonic life) *daivaj* (as curses of God).

**KASHYAP**

If *Nasya* (sternutatory drugs) is given to a female just after bleeding phase of menstrual cycle is over, such female suffers from *Yonishosha*; mentioned in *Kashyap Samhita*.

*Madhava Nidana*, *Bhawaprakasa* and *Yogaratanakara* etc. books have followed *Charaka*. *Bhela* mentioned disorders of sacral region, *Yoni* and *Garbhashaya* (uterus) due to increased *Vata dosha*.

**YONI VYAPAD CHARACTERISED WITH YONI KANDU**

1. *Kaphaj yonivyapad*
2. *Acharna Yonivyapad*
3. *Vipluta Yonivyapad*
4. *Aticharna Yonivyapad*
5. *Upapluta Yonivyapad*

**CONCLUSION**

1. *Yonikandu* is commonest problem in females in reproductive age.
2. *Yonikandu* is manage by proper hygiene and proper dietary habit and also *Sathanik Chikitsa* like *Yonidhawan* is used, which helps in reducing local infection and maintain healthy localised environment and preventing growth of bacterial infection.

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