

## AYURVEDIC TREATMENT MODALITIES IN YONIKANDU: A REVIEW ARTICLE

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### ABSTRACT

**Introduction:** *Yonikandu* means sensation of itching in and around vulva & vagina. It is not an independent *yonivyapada* but experienced as a symptom in different *yonivyapadas* like in *kaphaja*, *acharana*, *vipluta*, *atyananda* or wherever there is vitiation of *kapha* and *vata dosha*. Abnormal dietetics, mode of life, lack of knowledge of hygiene of genital parts or any external factor are the leading cause of *yonikandu*. Vitiated *kapha dosha* causes *kedadushti* and *krimipradurbhava* in *yonis* causes *yonikandu* and manifested along with vaginal discharge, pain, redness, smell etc. Different treatment modalities in the form of *abhyanter chikitsa*, *sthanika chikitsa* (local treatment) along with *nidanaparivarjana* are described to relieve

*yonikandu* according to cause of *yonivyapada*. **Materials & Methods:** *Ayurvedic Samhita*, modern gynaecological texts and *ayurvedic* literatures related to *striroga & prasuti tantra* were studied out thoroughly. Original clinical research works and review articles related to *yonikandu*, *yonivyapadas* were searched through online database search engine like Pubmed online, Researchgate, Google scholar etc. Six articles were selected and concluded related to *yonikandu*. **Discussion & Results:** *Yonikandu* is a *kapha* dominant symptom caused due to *agnimandya* and *rasadushti* along with *vata* or sometimes *pitta dosha* also. Various *ayurvedic* treatment modalities are found to be very effective in form of internal use of herbal medicine and local gynaecological procedures like *yonidhawana*, *pichu*, *yonidhoopana*,

*yonivarti* etc. Drugs having *laghu*, *ruksha*, *ushna* properties, *katu-tikta-kashya rasa* and *katu vipaka* pacify *kapha dosha* and offers instant local relief by antiseptic-antibacterial-antifungal effect, maintains local hygiene and normalize vaginal PH. Significant results were seen in treatment of *yonikandu* in different clinical trials. **Conclusion:** *Yonikandu* is an irritable entity for which a female has to seek healthcare. Drugs pacify *kapha* and *vata dosha* due to their *krimighna*, *kandughna*, *vranaropana*, *kledasoshana*, *shothahara* effect and treat *yonikandu*. Thus *nidanaparivarjana*, *sthanika chikitsa* and *abhyanter chikitsa* are significantly effective in treating the root cause of *yonikandu*.

**KEYWORDS:** *Yonikandu*, *sthanika chikitsa*, *Yonivyapada*, Pruritus vulvae.

## INTRODUCTION

*Yonikandu* literally means the sensation of itching in or around vulva and vagina.<sup>[1,2]</sup> *Yonikandu* derived from two words, *Yoni* refers to entire female genital tract including vulva, vagina, cervix and uterus while *kandu* refers to itching or pruritus. In *Ayurvedic* classics, *Yonikandu* is not an independent *yonivyapada*, it is experienced as a symptom in various *yonivyapadas*. *Kandu* is a cardinal symptom of vitiated *kapha dosha*. It is associated as a symptom in different *yonivyapadas* like *kaphaja*, *acharana*, *vipluta*, *atyananda*, *upapluta yonivyapad* and wherever vitiation of *kapha dosha*. Abnormal dietetics, mode of life, abnormalities of *artava* and *beejdushti* are considered as main causes of all *yonivyapadas*.<sup>[3]</sup> *Mithyaahara* and *mithyavihara* having dominance of *kapha* vitiation and lack of knowledge of hygiene of genital parts or any *agantuka hetu* (external factor) may be the leading cause of *yonikandu* in females. Vitiated *shleshma* leads to *kledadushti* and *krimipradurbhava* that cause *yonikandu* experienced by 10% of females as a common gynaecological problem.<sup>[4]</sup>

*Yonikandu* can cause immense embarrassment for those affected and negatively influencing quality of life. Moreover, the sufferer from intractable pruritus is in a worst plight than one who experiences pain as itching is not relieved by the simple expedient of giving analgesics. It requires internal as well as local treatment to relieve the symptom. Pruritus may be associated with many skin diseases, mucous membrane diseases, inflammatory conditions of urogenital and anorectal reason, drug or food allergy or with any systemic illness. In females, vulvovaginitis (infection of vulva and vagina) manifests pruritus as a common symptom with or without vaginal discharge due to disturbance in normal vaginal flora dominated by *Lactobacilli* bacteria.

Pruritus vulva is a major irritating complaint for which woman has to seek healthcare if it remains neglected it may be associated with many ascending infections causing harmful effect on general, systemic and psychological health of a woman.<sup>[5]</sup> Therefore, it is important to study different *yonivyapadas* associated with *yonikandu* along with their different treatment modalities in Ayurveda classics.

### AIMS AND OBJECTIVE

- 1) To review the literature of *Yonikandu* and its treatment modalities in relation to different *yonivyapadas* in Ayurvedic texts.
- 2) To study the efficacy of different treatment modalities in relieving *yonikandu* in previous research works.

### MATERIALS AND METHODS

Different original research articles and clinical trial studies that published in peer-reviewed journals related to *yonikandu* in relation to different *yonivyapadas*, were searched out and studied thoroughly. Literature related to *yonikandu* in Ayurveda classics & *stiroga & prasuti tantra* books were studied well. Treatment modalities mentioned into different clinical trials and *ayurvedic* literature were reviewed and results were concluded.

**Nirukti of *Kandu*:** कण्डूय + सम्पदादित्वात् क्विप् अलोपयलोपौ। रोगविशेषः। चुल्कानि खोस् इत्यादि भाषा/ (शब्दकल्पद्रुम्). Synonyms: खज्जुः, कण्डूया.

### *Yonikandu*

*Yonikandu* means “sensation of Itching” in and around vulva & vagina characterized as irritable symptom in reproductive aged females for which they have to seek healthcare specifically. It is not described as a separate entity but is presented as prodromal symptom, rupa (symptom) or complication in various *yoniroga* enlisted here.

**Direct references:** *Kaphaja Yonivyapad, Acharana, Anandcharana, Vipluta, Upapluta Yonivyapad, Sannipataja Yonivyapad.*

**Indirect references:** *Kandu* is the cardinal symptom of *kapha dosha* so according to *Acharya Sushruta*, commentator *Acharya Dalhana*, *yonikandu* may be present as a symptom in all five types of *kaphaja yonivyapada* and *sannipataja yonivyapada* like in *karnini, atyananda, aticharna, acharana, phalini, mahati yonivyapada & krimija – Vipluta yonivyapad.*

### Etiological factors of *Yonikandu*

Factors that causes vitiation of *kapha dosha* and *rasa & rakta dhatu dushti*, are the etiological factors of *Yonikandu*. But *vata*, *pitta* or *kapha* may be the responsible for inducing *kandu* in different manner. There *guna* and further *samprapti* is responsible for *kandu*. Etiological factors includes *mithyachara*<sup>[6]</sup> i.e. *mithyahara & mithyavihara, kalaj hetu, agantuja hetu*.

**Kapha aggravating ahar:** Excessive intake of *madhura*(sweet), *amla*(sour), *lavana*(salt), *guru*(heavy), *shita*(cold), *snigdha, gramya, audaka, medhya mamsa* (meat of swampy and aquatic animals) etc.<sup>[7]</sup>

**Mithyavihara:** *Divaswapna* (day sleep), *avyayama* (lack of physical exercise), *avyavaya* (lack of sexual intercourse), *alasya* (lassitude). The sedentary mode of life, unhygienic condition of private parts, Excessive coitus, abnormal body postures during intercourse, multiple sex partners, coitus of a young woman with a man possessing *pravridhalinga*, introduction of *apdravya* into yoni.<sup>[8]</sup>

**Agantuka Hetu:** Genital infections, contraceptive devices, foreign body in vagina like pessary, left over tampon, secondary to genital abrasions. **Kala Hetu** – Prakrit *chaya* (*hemanta ritu*), prakop (*vasanta ritu*), prashaman kala (*greeshma ritu*) of *kapha dosha*.<sup>[9]</sup> Other factors may be *pradushtartava, beejadushti* or any idiopathic factor.

**Pathogenesis (samprapti) of Yonikandu**<sup>[10]</sup>: *Aharaja, Viharaja, Kalaj hetu* causes *agnimandya* → *Aamrasa* formation → *Dhatwagnimandya* → *Rasadushti* → *Maladushti* → Increased *Vikrita Kapha* formation → *Sthansamshraya in yonipradesha*.

*Manshika hetu* causes *Vata prakopa* and *Agantuka hetu* causes *sthanika* manifestation → *Sthansamshraya in yonipradesha*. Thus, after *sthansamshraya in yonipradesha*, all factors causes *Yonidushti* that leads to ***Yonikandu*** along with other clinical features.

- Vitiation of *vata* cause extreme dryness and roughness in body and loss of moisture of skin then leads to irritation of skin and cause *kandu*. *Vataj* type of *kandu* is associated with neurology and degenerative changes.
- Aggravation of *pitta dosha* due to *katu, ushna, vidahi, shukta, tikshna* may be a cause of *kandu*. When *drava pitta* is high it work same as vitiated *kapha*. Increasing *dravatva* leads to *agnimandya* and increase fluidity leads to *kandu*. *Adrava pitta* where *ushna guna*

is increased cause shrinkage of cell that leads to decreased metabolism and cell damage. This cell death and debris cause excessive dryness and cause *kandu*.<sup>[11]</sup>

### Yonivyapada characterised by Yonikandu

S.No.	Yonivyapada	Etiological factor	Dosha	Rupa (Symptoms)
1.	<i>Kaphaja yonivyapada</i>	Excessive use of <i>abhisyandi substances</i>	<i>Kapha</i>	<i>Yonikandu</i> , <i>yonipavedana</i> , <i>pandu-picchila srava</i> , <i>atisheetala yoni</i> , <i>pandu vrana</i> (anaemic). <sup>[12]</sup>
2.	<i>Acharana yonivyapada</i> <sup>[13]</sup>	<i>Yonyam-adhawanat</i> i.e. non-cleanliness of vagina, <i>krimi</i> (parasites/microbes).	<i>Vataja</i> ( <i>Charaka</i> ) <i>Kaphaja</i> ( <i>Sushruta</i> )	<i>Yonikandu</i> , <i>Ati-nara-kanshini</i> .
3.	<i>Vipluta yonivyapada</i> <sup>[14]</sup>	<i>Yoni-adhawana</i> , <i>krimiudbhava</i>	<i>Krimija</i> <i>Vataja</i>	<i>Yonikandu</i> , <i>ati-ratipriya</i> , <i>nityavedana</i> .
4.	<i>Aticharana yonivyapada</i> <sup>[15]</sup>	Ati-vyavaya	<i>Vataja</i> ( <i>Charaka</i> ), <i>Kaphaja</i> ( <i>Sushruta</i> )	<i>Sopha</i> , <i>Supti</i> , <i>Ruja</i> in yoni <i>Yonikandu</i> , <i>pichila yoni</i> .
5.	<i>Atyananda</i>	Excessive coitus	<i>Kaphaja</i>	<i>Yonikandu</i> , <i>kaphaja symptoms</i> .
6.	<i>Upapluta Yonivyapada</i> <sup>[16]</sup>	<i>Kaphaj ahar-vihar</i> and suppression of natural urges of <i>chardi</i> and <i>nishwas</i> by <i>Garbhini</i> (pregnant woman).	<i>Vata-Kaphaj</i>	<i>Pandu-shweta srava</i> , <i>satodam asravam</i> , <i>Yonikandu</i> , <i>Yoni Pichilata</i> .
7.	<i>Karnini Yonivyapada</i> <sup>[17]</sup>	Excessive straining during labour	<i>Vata-Kaphaja</i> ( <i>Charaka</i> ) <i>Kaphaja</i> ( <i>Sushruta</i> )	<i>Yonikandu</i> , <i>pichila yoni</i> , <i>karnika</i> in <i>garbhashya dwara</i> .
8.	<i>Sannipataja Yonivyapada</i> <sup>[18,19]</sup>	<i>Sarva dosha vridhikara nidana</i>	<i>Tridoshaja</i>	<i>Shoola</i> , <i>Toda</i> , <i>Ruka</i> ( <i>Vataja</i> ), <i>Daha</i> , <i>Paka</i> ( <i>Pittaja</i> ), <i>Yonikandu</i> , <i>Shaitya</i> , <i>shweta-picchila srava</i> ( <i>Kaphaja Lakshan</i> ).

### Chikitsa (Treatment)

- *Nidana parivarjana*<sup>[20]</sup> – It is the foremost treatment principle means eradication of the cause.
- *Yonikandu* is a *kapha* dominant symptom so *kaphashamak chikitsa* is described mainly along with common and specific treatment with *pathya-apathya* regimen.
- *Samanya* (common) treatment includes *nidanaparivarjana*, *snehan*, *swedana* and *mridu panchkarma*<sup>[21]</sup> procedures along with *Vatashamak chikitsa*<sup>[22]</sup> as *vata* is considered as main causative factor of all *Yonivyapada*.
- In all *kaphaja yonirogas*, *ruksha* and *ushnakriya* is the principal of treatment.<sup>[23]</sup>

## Specific treatment according to different yonivyapada for Yonikandu

S.No.	Sthanika chikitsa	Drugs	Yonivyapada
1.	Yonidhawan	Decoction of <i>Rajavriksadi</i> group <sup>[24]</sup> <i>Triphala</i> decoction or <i>Kariradi</i> decoction <sup>[25]</sup> <i>Guduchi</i> , <i>Triphala</i> and <i>Danti</i> <sup>[26]</sup>	<i>Kaphja yonivyapad</i> <i>Yonikandu in Acharna yonivyapada</i>
2.	Yonipichu	- <i>Udumbaradi taila</i> <sup>[27]</sup> - <i>Dhatkyadi tail</i> <sup>[28]</sup> - <i>Suramanda</i> - <i>Snehapichu</i> medicated by decoction of <i>shallaki</i> , <i>jingini</i> , stem bark of <i>jambu</i> , <i>dhava</i> alongwith <i>panchavalka</i> <sup>[29]</sup> - <i>Vatashamaka sneh pichu</i> <sup>[30]</sup> - <i>Dasanghri</i> and <i>srimada kwath</i> <sup>[31]</sup> - <i>Tila</i> oil medicated with paste of <i>Nata</i> , <i>Vartakini</i> , <i>Kustha</i> , <i>Saindhav lavana</i> and <i>Amaradaru</i>	- <i>Pichila yoni (kaphaja)</i> - <i>Kaphaja, Vipluta, Acharna yonivyapad</i> - <i>Kaphaja yoni</i> - <i>Acharna, Vipluta, Upapluta yonivyapada</i> - <i>Acharna, Vipluta, Upapluta yonivyapada</i>  - <i>Sannipataja yoni</i> - <i>Yonishool in Vipluta yonivyapad</i>
3.	Yonivarti	- Pessary of <i>yava, masa, saindhava and arka</i> <sup>[32]</sup> - <i>Pipplayadi varti (Pippali, Maricha, Masa, Shatahwa, Kustha and rock salt.</i> <sup>[33]</sup> - <i>Kasisadi varti</i> <sup>[34]</sup> ( <i>Kasisa, Triphala, Kankshi, Samanga, Aamrasthi, Dhataki</i> - Pessary made by paste of <i>Palashtwak, Sarja, JamunTwak, Lajjalu, Mocharasa, Dhatakipushpa</i> <sup>[35]</sup> - Use of linen cloth (21times) or varti dipped in <i>Gopitta or matsyapitta</i> or else with <i>kinva</i> mixed with honey <sup>[36]</sup> - Pessary prepared with <i>Kushtha, pippli, arka</i> and rock salt in <i>gomutra</i> or by <i>shodhana</i> drugs.	- <i>Kaphaja yoni</i> - <i>Kaphaja yoni</i> - <i>Kaphaja yoni</i> - <i>Kaphaja yoni</i>  - <i>Acharna, Vipluta yoni</i>  - <i>Karnini yonivyapada</i>
4.	Yonilep/ Yonipurana	- Local application of paste of <i>shyama</i> is used <sup>[37]</sup> - <i>Yonipurana</i> with <i>Bruhatiphala, Haridra and Daruharidra kalka</i> <sup>[38]</sup> - <i>Yonidharana</i> of <i>madhu mishrita kinva</i> - <i>Utkarika dharana in Yoni-</i> <i>Yava, godhuma, kinva, kushtha, shatpushpa, priyangu, bala, akhuparni kalka</i> <sup>[39]</sup>	- <i>Kaphaja yoni</i> - <i>Kaphaja yoni</i> - <i>Vipluta yoni</i> - <i>Aticharana yoni</i>
5.	Yonidhoopan	- <i>Yonidhoopan</i> with <i>Bruhatiphala, Haridra and Daruharidra.</i> <sup>[40]</sup> - <i>Yonidhoopan with Sarla, Guggulu Or with tail apluta katumatsya.</i> <sup>[41]</sup>	- <i>Kaphaja yoni</i>
**	Basti	- Basti of cow urine mixed drugs of <i>katu</i> properties ( <i>katu rasa and vipaka</i> ). <sup>[42]</sup> - Basti with <i>Dhatakyadi tail.</i> <sup>[43]</sup> - <i>Uttarabasti</i> of oil treated with <i>jivaniya</i> group. <sup>[44]</sup> - <i>Anuvasan vasti and astephana vasti</i> with <i>vataghna taila or shatpaka taila.</i> <sup>[45]</sup>	- <i>Kaphaja yoni</i>  - <i>Kaphaja yoni</i> - <i>Acharna, Vipluta, Karnini</i> - <i>Aticharana</i>



## DISCUSSION

Various treatment modalities are described for internal and external use to treat *yonikandu* related to different *yonivyapadas*. Along with oral and local treatment, *nidanaparivarjana* is the foremost principle of treatment.<sup>[46]</sup> Internal use of drug, treat root cause *agnimandya* and *rasadushti* leads to *samprativighatana* while *sthanika chikitsa* cure the local cause and provide instant relief directly in *yonikandu*, *yonidaha*, *yonisrava* and *yonivrana*. Drugs used for treatment of *yonikandu* are *kaphashamaka*, *vatashamaka* or *tridosahara* that have *laghu*, *ruksha*, *ushna properties*; *katu*, *tikta*, *kashaya rasa*; *katu vipaka* and *ushna virya*. All these properties of drugs pacify *kapha* and *vata dosha* and relieve symptoms.

*Sthanika chikitsa* plays an important role in local vaginal pathologies in females. Vagina is preferred as a route of drug delivery due to its large surface area, high vascularity and permeability to absorb the medicated fumes or formulation kept in vagina.<sup>[47]</sup> *Yonidhawana*, *yonipichu*, *yonivarti*, *yonilepa-purna* and *yoniparisheka*; all these procedures offers local effect as antiseptic, antibacterial, antifungal and maintains local hygiene and normal vaginal PH. *Yonidhoopana* means fumigation of vagina with medicated fumes create antiseptic, disinfectant environment and helps in prevention of vaginal infections specially indicated in *kaphaja yonivyapada*. *Dhoopana* is *srotoshodhaka*, *kaphaghna*, *kledaghna* and *sravastambhaka*. Vaginal *uttarbasti* (*yonibasti*) possess local effect in disinfection of vagina mainly in *yonikandu* and *yonishoola*. Thus drugs used for *sthanika chikitsa* and *abhyanter chikitsa* possesses *kandughna*, *krimighna*, *vranaropana*, *kledshoshana*, *yonidoshahara*, *shothahara* and *kaphavatashamak* properties and treat the local and systemic cause of *yonikandu*.

### Different Research studies related to *Yonikandu*

S.No.	Author/ Institute of research study	Research Study/ YOP	Drug	Results & Conclusion
1.	Dr. Mamata K. Swain. Gopabandhu Ayurved Mahavidyalaya, Puri, Odisha.	Clinical study of <i>Acharana Yonivyapat (Yonikandu)</i> and its management published in <b>2018</b> .	<i>Gandhaka rasayan &amp; Vanga bhasma</i> in Group-1. <i>Nimbadi churna</i> in Group-2. <i>Yoniprakshalana</i> with <i>Khadira kawath</i> followed by dusting on vulvar region in both groups.	Group-1 showed highly significant results in patients with cured rate 100%. Group-B showed cured rate 70%, markedly improved 20% and 10% remained unchanged.
2.	Dr. Pushpa Rai, Sushila Sharma, B. Pushpalatha.	Clinical evaluation of <i>Yonikanduhar Malhar</i> in the management of	<i>Yonikanduhar malhar</i> contains <i>guduchi</i> , <i>haritaki</i> , <i>vibhitaki</i> , <i>amalaki</i> , <i>danti</i> , <i>haridra</i> , <i>chakramard</i> , <i>karanj</i> ,	% relief in <i>Yonikandu</i> , <i>Yonidaurgandhya</i> , <i>Yonivedana</i> & white discharge are 57.17%,

	NIA Hospital, Jaipur, Rajasthan	<i>Acharana Yonivyapad</i> W.S.R. To Pruritis Vulvae. <b>2016</b>	<i>mulethi.</i>	86.96%, 84.2% and 66.44% respectively. 55% relief was seen in decreasing number of vaginal pus cells.
3.	Dr. K. Rudrama Devi, B.Sitaram, P. Suneela, Pallavi S.V. Ayurvedic Hospital Tirupathi, Andhra Pradesh.	A Study of the <i>Kandughna</i> property of the stem bark of <i>Kutaja-Holarrhena antidysenterica</i> (Linn.) wall.ex G. Don w.s.r. to <i>Yonikandu</i> . <b>2016.</b>	<i>Kutajaghna Vati</i> and <i>Yoniprakshalana</i> by <i>Kutaja</i> bark <i>kwath</i> .	<i>Kutajaghna vati</i> & <i>Yoniprakshalana</i> by <i>Kutaja</i> bark <i>kwatha</i> provided statistically significant relief $P<0.01$ & <b>94.25%</b> relief in <i>Yonikandu</i> . 90.15% relief in vaginal discharge. 83.33% of patients were cured & 16.67% were moderately cured.
4.	Dr. Sireesha K.L., Ashokan V., Gayathri Bhat N.V. & Prathima. SDM Ayurveda College & Hospital Hassan, Krnataka, India.	Clinical study of Efficacy of <i>Triphaladi Yonivarti</i> in <i>Slaishmiki yonivyapad</i> (Vulvo-vaginal Candidiasis). <b>August 2016.</b>	<i>Triphaladi Yonivarti</i> contains <i>triphala, haridra, nimba, tankana.</i>	After treatment 78.8% ( $P<0.001$ ) had got relief in picchila srava, 84.4% ( $P=0.002$ ) in <i>yonikandu</i> and <i>yonivedana</i> . Microscopic study revealed negative smear for pseudohyphae among 84.8% subjects.
5.	Nilofer Mohamad Shaifi Shaikh, Laxmipriya Dei, Shilpa Donga. IPGT & Research in Ayurveda, Gujarat Ayurved University, Jamnagar.	<i>Dhatakyadi varti</i> - An effective local treatment for <i>Upapluta yonivyapad</i> (Vulvovaginitis during pregnancy): A standard controlled Randomised clinical trial. <b>2017.</b>	<i>Dhatakyadi varti</i> contains <i>dhataki, amalaki, srotanjana, madhuka, utpala, jambu, amra, kasisa, lodhra, kataphala, dadima, tinduka, saurashtri &amp; udambara.</i>	<i>Dhatakyadi varti</i> showed complete remission in 34.88%, marked improvement in 34.88% and only 2.32% patients remained unchanged. 97.07% relief in <i>Yonikandu</i> ( $P<0.001$ ); 87.5% relief in <i>yonisrava</i> & 87.88% relief in <i>yonivedana</i> . 100% relief in vulvitis & 96% relief in vaginitis. Fungal infection relieved in 78.12% subjects.
6.	Madhuri S. Bhalgat, Mokshda Kulthe S.V.N.H.T. Ayurved Mahavidyalaya, Rachuri factory, Maharashtra.	Study the efficacy of <i>Rohitakmula churna</i> in the management of <i>shwetapradar</i> w.s.r to leucorrhoea.	<i>Rohitakmul churna</i> with honey. <i>Nimbkwath yonidhawana.</i>	Maximum relief was seen in <i>Yonikandu</i> i.e. 81% with $P<0.001$ ; 73% relief in <i>yonisrava</i> and 72% relief in <i>yonidaha</i> .

- Internal use of *gandhaka rasayan* and *vanga bhasma* along with *yoniprakshalana* by *khadira kwatha* and its powder used for dusting, maintain the hygienic condition and inhibits the bacterial growth due to *krimighna-kusthghna* property.



- *Yonikanduhara malhar* is applied locally contain ingredients that are either *vata-kaphashamaka* or *tridoshahara* proved to be effective in relieving *yonikandu* due to *krimighna*, *kandughna*, *putihara* and *vranaropana* properties. Thus, it normalize the vaginal physiology by maintaining its acidic PH and flora.
- *Kutaja* is included in *kanduharadasemani* mentioned by *Acharya Charaka*. It possess *kandughna* property along with *kaphahara*, *krimighna* and *vranaropana* properties hence effective in *Yonikandu*.
- *Triphaladi varti* is one of the *anubhuta yoga* in which individual drugs possess *kaphahara* (*triphala*), *lekhana* (*triphala*), *krimighna* (*nimba*), *kandughna* (*haridra*), *sravahara* (*tankan*) *tridoshghna* (*triphala*) action. *Yoniprakshala* with *ushna jala* drains the white discharge and *varti* imparts dryness in addition, denature bacterial colonies of *Candida* and helps in maintenance of vaginal PH.
- *Acharya Charaka* has mentioned *dhatakyadi taila* for *yonipichu* but in the study drugs are used as *varti* form. Most of the drugs has *stambhaka*, *grabhashayashothahara*, antibacterial and antifungal activity. It is highly effective in reducing subjective and objective variables of *upapluta yonivyapada* and safe to use as herbal therapy in vaginal itching and discharge during pregnancy.
- *Rohitak* is well known drug for treatment of *shwetapradara*<sup>[48]</sup> with *katu*, *tikta*, *kashaya rasa* helps in reduction of *yonisrava* and *yonikandu*. *Nimba* seeds and leaf extracts have spermicidal<sup>[49]</sup>, antimicrobial, antifungal, antiviral properties along with immunomodulatory activity that possess inhibitory action against *Candida albicans*, *N.gonorrhoeae*, *T.tropicalis*, *Staphylococcus aureus*, *E.coli* and *Herpes simplex-2* etc.

## CONCLUSION

*Yonikandu* is not an independent *yonivyapada*, it is associated as a symptom in many *yonirogas* directly or indirectly. Excessive intake of *abhyshyandi ahar*, *mithyavihar*, *manasika* and *agantuka* factors or poor hygiene of genital parts cause vitiation *kapha* and *vata dosha* in *yonipradesha* leads to *yonikandu*. Drugs that have *katu-tikta-kashaya rasa*, *ushna virya* and *laghu-ruksha* properties helps in pacifying *kapha* and *vata dosha* due to their *krimighna*, *kandughna*, *kledashoshana*, *vranaropana* and *kapha-vatashamaka* effect. *Nidanaparivarjan*, *sthanika chikitsa* and internal use of various herbal formulations are very effective in treating the root cause of *yonikandu*.

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