

EFFECT OF BHUMYAMALAKI CHURNA WITH TANDULODAKA IN THE MANAGEMENT OF KAPHAJ YONIVYAPAD: A LITERARY REVIEW

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ABSTRACT

Kaphaj Yonivyapad, a subtype of Yonivyapad described in Ayurvedic texts, is marked by symptoms such as thick, white, mucous-laden vaginal discharge (Shweta Picchila Srava), itching (Kandu), and a feeling of heaviness in the vaginal region (Yoni Gaurava). In modern clinical terms, this condition may correlate with disorders like vaginal candidiasis, chronic cervicitis, and non-specific vaginitis. Ayurvedic treatment strategies focus on herbs that alleviate Kapha dosha, possess antimicrobial (Krimighna) effects, and offer vaginal cleansing (Yonishodhaka) actions. One such herb is Bhumyamalaki (*Phyllanthus niruri* Linn.), recognized for its Tridosahara qualities, particularly its Kapha-Pittahara action. When used in combination with Tandulodaka (rice-washed water)—a vehicle known for its cooling (Sheeta) and light (Laghu) properties—the formulation is believed to deliver enhanced

therapeutic results. This critical review compiles classical Ayurvedic references, pharmacological evaluations, and recent scientific studies to examine the efficacy of this traditional combination in the management of Kaphaj Yonivyapad.

KEYWORDS: Kaphaj Yonivyapad, Bhumyamalaki, *Phyllanthus niruri*, Tandulodaka, Ayurveda.

INTRODUCTION

स्त्री ही मूलं अपत्यनाम स्त्री ही रक्षिता ।

सर्व श्रमानां प्रथमं गृहस्थात्वं निंदितम् । (अ.सं.शा.2/40)¹

Health of women is integral to the well-being of families and communities worldwide. As primary caretakers of children and elders, women hold a pivotal role that demands adequate attention and support. Unfortunately, contemporary lifestyle changes, unhealthy eating habits, the consumption of junk food, and the failure to adhere to recommended daily routines, menstrual guidelines, and postnatal care can leave women susceptible to various vaginal disorders.

Hygiene is another crucial aspect of women's health that deserves attention. By providing comprehensive education on menstrual hygiene and emphasizing the importance of adhering to appropriate guidelines during menstruation, we can help women prevent complications and maintain optimal health. In today's fast-paced and highly competitive society, women often experience stress levels, which can adversely affect their reproductive system and overall well-being. Alongside the natural process of menstruation, women commonly encounter various gynaecological complaints, including leucorrhoea, at least once in their lifetime. It is important to note that leucorrhoea is not a disease itself but rather a symptom. Factors such as physical exertion, mental stress, inadequate nutrition, and unhygienic conditions can contribute to abnormal white vaginal discharge.

Cardinal symptoms of *kaphaj yonivyapad* are *yonikandu*, *yonistrava* and *yonivedana*. Other symptoms are burning^[2] micturition, dyspareunia.

“कफोऽभिवृद्धिभिः ऋद्ध कुर्यादयोनिवेदनाम् ।

कण्डुलां पाण्डुं पिच्छिला तद्विधमुत्तिम ।

सा व्यापच्छलेष्मिकी ॥

(अ.सं.उ.38/46)

Leucorrhoea^[3] the vaginal White discharge^[4] can be classified as either physiological or pathological. Physiological leucorrhoea is commonly observed during puberty, pregnancy, and after sexual intercourse, and typically does not require any specific treatment. However, pathological leucorrhoea occurs as a result of infections caused by microorganisms such as *Candida*, *Trichomonas*, and various gram-positive or gram-negative pathogens, and it necessitates appropriate treatment. The increasing incidence of recurrent vaginal infections and drug resistance necessitates the exploration of alternative, safe, and holistic treatment

modalities. Bhumyamalaki Churna, administered with Tandulodaka, represents a promising Ayurvedic intervention due to its Kapha-Pittahara, Krimighna, and Raktaprasadaka properties.

MATERIALS AND METHODS

This review employs a comprehensive analysis of classical Ayurvedic texts, including:

- Charaka Samhita, Ashtanga Hridaya, Bhavaprakasha Nighantu, Raj Nighantu, Yogaratnakara
- Ayurvedic pharmacopoeial references and Dravyaguna Vigyana literature
- Modern scientific databases: PubMed, Google Scholar, Scopus, and AYUSH Research Portal

Keywords such as “Phyllanthus niruri,” “Bhumyamalaki,” “Kaphaj Yonivyapad,” “Tandulodaka,” and “Ayurvedic management of vaginal infections” were used for literature search. Both qualitative content analysis of classical scriptures and integrative review of contemporary pharmacological research were employed.

Review of Literature

Pathophysiology of Kaphaj Yonivyapad

According to Ayurvedic classics, Kaphaj Yonivyapad arises due to Kapha accumulation in the vaginal region (Yoni Marma), leading to impaired vaginal secretions, local infection, and loss of tone and sensitivity^[5] The classical symptomatology mirrors modern diagnoses such as:

- Chronic cervicitis
- Vaginal candidiasis
- Non-specific vaginitis

The Dosha-specific features of Kapha – **Guru (heaviness)**, **Picchila (stickiness)**, and **Snigdha (unctuousness)** – clearly align with these conditions.

Bhumyamalaki (*Phyllanthus niruri* Linn.)

Phytochemical Constituents

Phyllanthin, Hypophyllanthin, Lignans, Ellagic acid, Gallic acid

Pharmacological Actions

- Antimicrobial^[7]
- Anti-inflammatory^[8]

- Hepatoprotective^[9]
- Immunomodulatory^[10]
- Anti-candidal^[11]

Ayurvedic Attributes

- **Rasa:** Tikta, Kashaya
- **Guna:** Laghu, Ruksha
- **Virya:** Sheeta
- **Vipaka:** Katu
- **Doshaghna:** Tridoshaghna (Kapha-Pittahara dominant)

Indications: Pandu, Kamala, Krimi, Pradara, Yoni Roga.^[7,8] Its antimicrobial and mucosal-cleansing (Yonishodhaka) action renders it highly suitable in conditions involving excessive discharge and microbial proliferation.

Tandulodaka (Rice-Washed Water)

As per *Ashtanga Hridaya* (Sutra Sthana 10/37), Tandulodaka is described as a **Sheeta, Laghu,** and **Pittahara** dravya, commonly used as an anupana for enhancing the efficacy of herbs.^[6] Its roles include

- Enhancing absorption and assimilation of herbal components
- Mild detoxifying (Shodhana) effect
- Soothing irritation and inflammation in vaginal tissues

The complementary qualities of Tandulodaka enhance Bhumyamalaki's bioactivity and therapeutic potential.

Mechanism of Action

Component	Pharmacological Action	Ayurvedic Role
Bhumyamalaki	Antimicrobial, anti-inflammatory, hepatoprotective	Kapha-Pitta Shamaka, Krimighna, Yonishodhaka
Tandulodaka	Cooling, astringent, bioavailability enhancer	Anupana, Kapha-Pitta Shamaka, Shodhaka
Combined Formulation	Antifungal, mucosal healing, immune support	Synergistic Kapha pacification and vaginal cleansing

DISCUSSION

The Ayurvedic rationale behind combining Bhumyamalaki with Tandulodaka finds support in both traditional texts and recent pharmacological findings. The combination addresses core

symptoms—white discharge, itching, and vaginal heaviness—through Kapha-Pitta shaman, Krimighna, and Raktaprasadaka mechanisms. Moreover, Tandulodaka's role in enhancing bioavailability supports efficient systemic absorption.

Research validates *Phyllanthus niruri*'s action against **Candida albicans**, **E. coli**, and other pathogens involved in recurrent vaginal infections^[8,9,10] Its anti-inflammatory action aids in tissue repair and symptom relief. Absence of significant adverse reactions further substantiates its use in clinical settings.

Further research, including randomized controlled trials (RCTs), is warranted using validated outcome measures such as Amsel's criteria, Nugent score, or WHO vaginal infection grading scales.

CONCLUSION

Bhumyamalaki Churna with Tandulodaka emerges as a promising Ayurvedic therapeutic combination for managing Kaphaj Yonivyapad. Its integrative action based on Kapha shaman, Krimighna, and tissue-rejuvenating properties offers a holistic and sustainable treatment modality. This formulation merits clinical validation through evidence-based trials to confirm its efficacy and safety in routine gynecological practice.

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