

**REVIEW ARTICLE ON CLINICAL STUDY OF SARIVADI
KWATHPAN IN YONIKANDU****Dr. Vaidehi Vasant Ayalwar***

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Ayurveda has elaborated Gynecological disorders under the entity of yoni vyapadas. Kaphaj yoni vyapada is one among the twenty yoni vapadas, which shows the symptoms of picchila yonisrava along with yoni kandu. In Ayurveda classics Acharyas have explained yoni kandu in detail & has mentioned it as a symptom & complication in many yonivyapada. Yoni kandu is caused due to aggravation of vata kapha doshas which further creates environment for krimiutpatti in some cases as per severity. Drugs with vata kapha nashak & kriminashanaka property will give relief in yonikandu. Ayurveda is science which deals with natural good health, disease free life of person, also "स्वस्थस्य स्वास्थ्य रक्षणं, आतुरस्य विकार प्रशमनं च" 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 i.e yonikandu.

KEYWORDS: Yonikandu, Kwathpan, Yoniroga.**INTRODUCTION**

Ayurveda is one of the special human science on earth for benefits of all persons. Maharshi Charak said woman are root cause of human reproduction systems. Women go through different anatomical, physiological and psychological changes. Woman who are busy in household as well as career issues many gynecological problem like Yonikandu.

Woman surpassing through different stages and phases of life in such a competing and

mechanical world prospers the household and society and as a professional & responsible citizen, she has to fulfil the dual responsibility for which she needs perfect physical and psychological health, which in real disturbs her quality of life & causes discomfort, and also affects the general condition of health leading to stress & malnutrition. Safe, healthy and confident life is very much necessary, for that every woman needs a healthy yoni & in a virgin nature, by itself, it preserves the healthy status of yoni. Yoni is the factor of paramount importance in life of woman as it being the copulatory organ & delivery channel, if gets vitiated, there is a fear of vitiation of entire kshetra, which is the need of growing embryo and to produce a healthy progeny. Female genital system starting from introitus to Uterus is described in Ayurveda as Trayavarta yoni. Rajovaha strotas which is the Bahirmukha strotas and due to this, it is more prone to the exogenous condition like Yonikandu.

Vulval pruritus, traditionally referred to as YoniKandu in Ayurvedic texts, is a distressing symptom characterized by intense itching in the vulvar region. It may be caused by a wide range of etiologies including infections (e.g., candidiasis, bacterial vaginosis), dermatologic conditions (e.g., lichen sclerosus, eczema), allergic reactions, or systemic diseases such as diabetes. In the context of Ayurveda, Yoni Kandu is often associated with vitiation of doshas, especially Kapha and Pitta, leading to local irritation and discomfort. Accurate diagnosis requires a comprehensive clinical examination, supported by laboratory investigations. Management typically involves treating the underlying cause, maintaining local hygiene, and may include the use of topical agents, antifungals, or antihistamines. Ayurvedic approaches incorporate herbal remedies.

MATERIAL

Samprapti ghatak

Dosha-Vata +Kapha, Dushya- Rasa, Strotsa- Rasavaha, Strotodushtilakshan- Atipravriti Adhistan- yoni, Rogamarga-Abhyantara.

Sthanasamsraya- yonimarga & Garbhashaya

शारिवेद्वेत्त्रिवृल्लोध तथा गजत्रिप्पलीम्।

त्रिकात्य पाययेन्नी ि योत्रिकं डू रुजादीत ॥

भैषज्य ित्नावली १०४/६

SHWETA SARIVA

Latin name: Hemidesmus Indicus

Family: Asclepiadeaceae

Sanskrit name: Ananta, Saugandhimula

Ras: Madhur, Tiktha

Virya: sheeta

Vipak: Madhur

Gun: Guru, Snigdha

Doshgnta: Vatagna, Pittagna

KRISHNA SARIVA

Latin name: Cryptolepis buchani

Family: Asclepiadeaceae

Ras: Madhur, Tiktha

Virya: sheeta Vipak: Madhur

Gun: Guru, Snigdha

Doshgnta: Vatagna, Pittagna Role of Sariva in Yoni Kandu

- **Dosha Shamana (Pacifying Doshas)**

Sariva is Pitta-shamaka due to its cooling (Shita virya) and sweet (Madhura rasa) properties. It also helps control Kapha, reducing mucus-like secretions and itching.

- **Rakta Shodhana (Blood Purification)**

Sariva is known as an excellent Rakta shodhaka, which helps eliminate toxins and impurities from the blood, crucial in managing inflammatory and allergic responses in Yoni Kandu.

- **Krimighna (Antimicrobial)**

Traditionally indicated in Krimi roga (parasitic and microbial infections), Sariva helps eliminate the underlying microbial causes of vulval itching.

- **Dahaprashamana (Relieves Burning)**

Due to its Shita virya, it relieves burning sensation, a common symptom in Pitta- dominant Yoni Kandu.

Sariva (*Hemidesmus indicus*) is a powerful herb in the Ayurvedic treatment of Yoni Kandu,

offering both symptomatic relief and systemic purification. Its Pitta-Kapha pacifying, blood-purifying, and cooling actions make it highly effective in managing itching, burning, and inflammation of the vulval region. It serves as a cornerstone herb in both internal and external therapies for vulval pruritus from a holistic Ayurvedic perspective.

TRIVRITTA

Latin name: *Operculina turpenthum*

Family: Convolvulaceae

Sanskrit Name: Tribhandi, Triputa

Ras: Tikta, Katu

Virya: Ushna

Vipak: Katu

Gun: Ruksha, Tikshna

Doshgnta : Kaphgna, Pittagna Role of trivritta In yonikandu

- Shodhana (Purifying)-Removes toxins (Ama) via strong virechana (purgation) Detoxifies systemically, reducing internal cause of itching.
- Bhedana (Purgative)-Strong laxative action clears bowel and removes pitta-kapha excess Reduces accumulation in pelvic area that can aggravate vaginal symptoms
- Krimighna (Antimicrobial)-Destroys parasites, worms, microbes Useful when Yoni Kandu is due to fungal/bacterial infection
- Kapha-Pittahara (Pacifies Kapha and Pitta)-Bitter, hot, and dry qualities Reduces discharge, itching, burning sensations associated with Pitta and Kapha vitiation
- Lekhana (Scraping)-Removes slimy accumulations in the system.Helps clear excess mucous and reduces discharge (Yoni Srava)
- Srotoshodhana (Channel-cleansing)-Clears blocked channels (especially apana vaha srotas)Enhances reproductive tract health and reduces symptoms like itching and swelling.

LODRA

Latin name: *Symplocos racemosa*

Family : Symplocaceae

Sanskrit name: Akshibhaisajya, Rodra

Ras: Kashaya

Virya: Sheeta

Vipak: Katu

Gun: Laghu, Ruksha

Doshgnta: Kaphagna, Pittagna

- Kashaya Rasa-Causes vasoconstriction at local tissue level, Reduces itching, discharge, and swelling by tightening vaginal mucosa
- Anti-inflammatory (Shothahara) Inhibits local inflammatory mediators Reduces redness, swelling, burning, and irritation
- Antimicrobial (Krimighna)-Inhibits growth of bacteria and fungi, Controls infection-induced vaginal itching (e.g., Candida, bacterial vaginosis)
- Wound Healing (Ropana)-Promotes fibroblast activity and collagen synthesis. Heals mucosal erosions and ulcers inside the vaginal wall
- Pitta-Kapha Shamana-Dry, cold, and light properties pacify vitiated pitta and kapha Controls mucous discharge, burning, and itching sensation
- Yoni Vishodhana-Local cleansing action due to kashaya and laghu guna, Helps maintain vaginal hygiene and restores normal flora.

GAJPIPPALI

Latin name: Scindapsus Officinalis

Family: Araceae

Sanskrit name: Hastipippali

Ras: Katu

Virya: Anusha

Vipak: Madhur

Gun: Laghu, Snigdha, Tikshana

Doshgnta: Kaphvatgna

- Role of Gajapippali in Yoni Kandu

• Kapha-Vata Shamana

Gajapippali pacifies Kapha, which is the key dosha responsible for itching and mucosal secretions in Yoni Kandu. Also acts on Vata, reducing dryness or pain that may accompany chronic cases.

• Krimighna (Anti-parasitic / Antimicrobial)

Gajapippali has potent Krimighna properties, making it effective against infections that often

underlie vulval itching.

- **Deepana and Pachana (Digestive Enhancer)**

It improves Agni (digestive fire), which indirectly helps clear Ama (toxins), a hidden cause of chronic Yoni Kandu.

- **Shothahara (Anti-inflammatory)**

Reduces local swelling and discomfort when taken internally or used in specific topical formulations.

- **Rasayana (Rejuvenative)**

Supports tissue repair and healing, especially in chronic cases with recurrent symptoms.

Gajapippali (*Scindapsus officinalis*) is a powerful herb in the Ayurvedic treatment of Yoni Kandu, particularly effective in cases with Kapha predominance, microbial infection, or presence of toxins (Ama). Its antimicrobial, anti-inflammatory, and detoxifying properties make it suitable for internal use, especially as part of a multi-herb approach. When used with balancing agents like Sariva or Lodhra, it enhances healing while preventing recurrence.

METHOD OF SELECTION OF SUBJECT

A. Inclusion criteria

1. Patient having sign & symptoms of yonikandu(vulval itching).
2. Age between 20-40 year of female patient
3. Controlled Blood Sugar Level

B. Exclusion criteria

1. K/C/O HIV, HBSAg, VDRL Serologically positive patient
2. Pregnant patient.
3. Patient suffering from auto immune disorder like SLE

C. Withdrawal criteria

1. If any adverse effect of trial drug arises in patient
2. Patient unwilling to take the treatment during study.

D. Final assessment

Final assessment will be done based on statistical analysis.

INTERVENTION

The selected patient will be administered Sarivadi kwath

- DOSE: 40 ml BD

DOSAGE FORM: kwath

ROUTE OF ADMINISTRATION: Oral

TIME OF ADMINISTRATION: Apankale(Before meal)

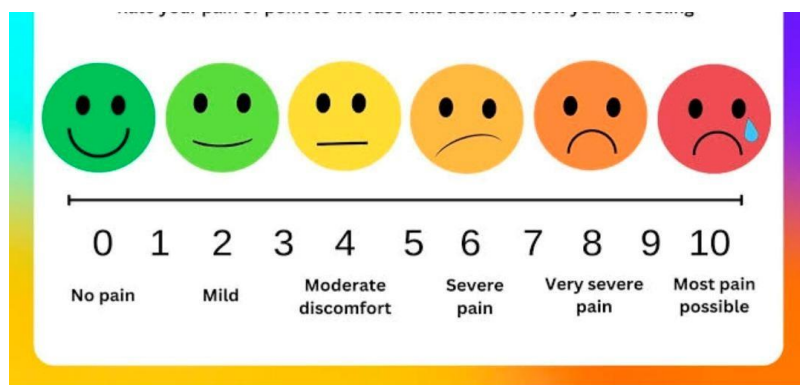
DURATION OF THERAPY: 7 days regularly

ASSESSMENT PARAMETERS

1. YoniKandu (Vulval Itching)

- 0-No itching
- 1-occasional(mild feeling of irritability)
- 2-moderate(Disturb daily routine)
- 3-constant(severe,routine work avoided due to itching)

2. Yonishool



3. Sraava (Vaginal White Discharge)

- 0 No vaginal discharge
- 1 -Mild Occasionally wetting undergarments /slight discharge, vulval moistness
- 2- Moderate discharge, wetting of undergarments
- 3-Severe - Heavy discharge which needs Vulval pads (per day)

4. Vulval redness

- 1 -Present
- 0-absent

5. Yoni Durgandhya

- 0-No smelling
- 1-mild smell felt
- 2-moderate smell slight out side
- 3-severe occasionally foul smelling
- 4-extreme persist foul smelling

6. Yonivrana(ulceration)

- 0-No ulceration
- 1-mild-petechial ulceration
- 2-Moderate-Indurate ulcer

RESULT

After the present study, it can be concluded that sarivadi Kwathpan is effective in Yonikandu. Signs & symptoms as well as pathological conditions improves with a dose & duration mentioned in the study.

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