

## APPLICATION OF UDUMBARADI TAIL YONI PICHU IN SHLESHMALA YONIVYAPAD: MOST PREVAILING WOMEN HEALTH ISSUE

**Dr. Komal Agarwal<sup>1\*</sup>, Prof. Shashi Sharma<sup>2</sup>, Dr. Reshma<sup>3</sup> and Dr. Jaya Srivastava<sup>4</sup>**

<sup>1</sup>PG Scholar, <sup>2</sup>Professor and HOD, <sup>3</sup>Lecturer, <sup>4</sup>Lecturer

P. G. Department of Prasuti Tantra & Stri Roga, State Ayurvedic College, Lucknow, Uttar Pradesh, India.

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**\*Corresponding Author**

**Dr. Komal Agarwal**

PG Scholar, P. G.

Department of Prasuti  
Tantra & Stri Roga, State  
Ayurvedic College,  
Lucknow, Uttar Pradesh,  
India.

### ABSTRACT

All the gynaecological conditions in Ayurvedic texts are described under the one heading 'Yonivyapad'. The word Yoni refers to the female reproductive organs and Vyapad means disorders or ailments. The disease and causes which interfere with the development of female reproductive system like vulvovaginitis, congenital anomalies, displacement etc. are covered in Yonivyapad. There are twenty yonivyapads described in all classics and Shleshmala yonivyapad is one among them. It is one of the most prevailing and burning problem faced by women all around the globe. The disease can be identified on the basis of symptoms like picchla yoni srava, kandu, sheetalta, alpavedana and pandu varna and pandu artava srava. Acharyas have mentioned the use of various local therapies like yonivarti, yoni pichu, yoni dhupan etc. for the effective treatment of yonivyapads. Acharya Charak in Charak samhita chikitsasthan adhyaya 30 have quoted the use of udumbaradi tail yoni pichu in kaphaj yonivyapad. The main

content of this oil are udumbar fruit, panchvalkal, malti, nimbapatra, laksha, shalmali and tila tail. Many of these ingredients are kashaya rasa pradhan having stambhak, vranaropak and shothahar properties. Hence showing anti-inflammatory, antiseptic and antimicrobial activity thus helping to reduce the symptoms of disease. This preparation of oil is so effective that Acharya Charak mentions that it can cure darun yoni in only seven days when used as yoni pichu.

**KEYWORDS:** yonivyapada, shleshmala, udumbaradi tail, yoni pichu.

## INTRODUCTION

Women are the pioneers of any Nation they comprise half of the world population, they are the key to sustainable development and quality of life in the family. God has gifted women with unique phenomenon of giving birth to a child. Any disorders that hamper the general, mental as well as reproductive health of a woman should be considered and require medical attention. Ayurvedic texts discuss the subject of stri roga in various sections under the category of yonivyapads (the gynecological disorders). Word yoni denotes female genital tract as whole i.e. including external and internal female genital organs whereas the word vyapad means disorder or ailments. Hence the word yonivyapad refers to diseases of yoni (female reproductive organs). All the ayurvedic text describe twenty types of yonivyapad with some differences. Shleshmala yonivyapad is one of the 20 yonivyapad described in ayurvedic texts.

## SHLESHMALA YONIVYAPAD

कफो अभिष्यन्दिभिर्वृद्धो योनिं चेद् दूषयेत स्त्रीयाः।

स कुर्यात् पिच्छलां शीतां कण्डुग्रस्तोत्पेदनाम् ॥

पाण्डुवर्णा तथा पाण्डु पिच्छिलार्तववाहिनीम्।

च. चि. 30/13-14<sup>[1]</sup>

श्लेष्मला पिच्छला योनिः कण्डुयुक्ता अतिशीतला ॥

सु.उ. 38/17<sup>[2]</sup>

Shleshmala yonivyapada is described as a condition where symptoms of picchila and sheetala discharge from female genital tract (Yoni) occurs with kandu and manda ruja along with artavdushti and pandu.

The main characters of this condition are presence of itching in vulvar and vaginal area and unctuous discharges with or without the presence of dull pain.

## Characters of shleshmala yonivyapad by different acharyas

Symptoms	Charak	Sushruta	Vagbhata	Madav nidan	Bhav prakash
Yoni picchilta	✓	✓	✓	✓	✓
Sheetalta	✓	✓	✓	✓	✓
Kandu	✓	✓	✓	✓	✓

Alpavedana	✓	×	×	×	×
Avedana	×	×	✓	×	×
Panduta	✓	×	✓	✓	✓

### Management<sup>[3]</sup>

श्लेष्मजासु च रुक्षोष्णं कर्म कुर्याद्विचक्षणः॥

च. वि. 30/42

- Kapha dosha has snigdha and shita properties, according to samanya vishesh siddhant (i.e. dravyas having similar properties will cause increase in dosh or dhatu and dravyas of opposite nature reduces them) all Acharyas have mentioned the use of ruksha and ushna dravyas.
- Uttar basti given in kaphaj yonivyapad have katu rasa drugs and should be mixed with cow's urine.
- Local application of paste of trivrut (*Operculina turpenthum*).
- Use of vartis (pessaries) made of tikshna and katu drugs like arkadi varti and pippalyadi varti.
- Use of pichu (oil soaked tampons) soaked in udumbaradi tail is also beneficial in shleshmala yonivyapad.
- Following of pathya and apathya.

### UDUMBARADI TAIL<sup>[4]</sup>

Udumbaradi tail having panchvalkal, jati, patol, nimba, laksha, shalmali, palash, and dhataki as its contents. It is mentioned by Acharya Charak in Charak samhita chikitsa sthan adhyay 30 in the management of picchila yoni, vivrita yoni, and daruna yoni whereby the abnormal vaginal discharge is the complain. Here it is used in the form of yoni pichu.

### Contents of Udumbaradi Tail with their Ayurvedic Pharmacological Properties<sup>[5]</sup>

DRUG NAME	LATIN NAME & FAMILY	PART USED	RASA	GUNA	VEERYA	VIPAKA	DOSH KARMA	ACTIVE CONSTITUENTS
UDUMBAR	Ficus glomerata MORACEAE	Fruit & stem bark	Kashay	Guru ruksha	Sheeta	Katu	Kaph pitta shamak	Tannin Phytosterols
PLAKSHA	Ficus lacar MORACEAE	Stem bark	Kashay	Guru ruksha	Sheeta	Katu	Kapha pitta shamak	Tannin
VATA	Ficus bengalensis MORACEAE	Stem bark	Kashay	Guru ruksha	Sheeta	Katu	Kaph pitta shamak	Tannin
ASHWATHA	Ficus religiosa MORACEAE	Stem bark	Kashay Madhur	Guru ruksha	Sheeta	Katu	Kaph pitta shamak	Tannin
PARISH	Thespesia populnea	Stem bark	Kashay	Guru	Sheeta	Katu	Kaph pitta	Tannin

	MALVACEAE			ruksha			shamak	
<b>JATI</b>	Jasminum officinale OLEACEAE	Stem bark	Tikta kashay	Laghu snigdha mrdu	Ushna	Katu	Tridoshar	Salicylic acid Jasminine
<b>PATOL</b>	Tricosanthees dioica CUCURBITACEAE	Phal	Tikta	Laghu ruksha	Ushna	Katu	Tridoshar	Carbohydrate protein
<b>NIMBA</b>	Azadiracta indica MELIACEAE	Panchang	Tikta kashay	Laghu	Sheeta	Katu	Kaph pitta shamak	Nimbin Nimbirin nimbosterol
<b>LAKSHA</b>	Laccife lacca LACCIFERIDAE	Panchang	Kashay	-	Sheeta	Katu	-	-
<b>SHALMALI</b>	Salmaalial malbarica BOMBACACEAE	Ras niryas	Madhur	Laghu snigdha picchila	Sheeta	Madhur	Kaph pitta shamak	Tanic acid gallic acid
<b>PALASHA</b>	Butea monosperma FABACEAE	Ras niryas	Tikta katu kashya	Laghu ruksha	Ushna	Katu	Kaph vatta shamak	Leguminose Kino tanic acid Palasonin
<b>DHATKI</b>	Woodfordia fruticosa LYTHRACEAE	Pushpa	Kashay	Laghu ruksha	Sheeta	Katu	Kaph shamak	Lawsone Tannin

### Pharmacological Activity of Drugs

- PANCHVALKAL<sup>[6]</sup>- All the contents of panchvalkal group have antiinflammatory, analgesic, antimicrobial, and wound healing properties.
- JATI<sup>[7]</sup>- It has antimicrobial and antiseptic properties.
- PATOL<sup>[8]</sup>- It has antihyperlipidemic, antihyperglycemic, laxative, nematocidal, antihelminthic and anti-inflammatory effect.
- NIMBA<sup>[9]</sup> - It has immunomodulatory, anti-inflammatory, antiulcer, antimalarial, antifungal, antibacterial, anti viral, and antioxidant properties.
- SHALMALI<sup>[10]</sup>- It has antimicrobial, antioxidant, antiobesity, analgesic, antiacne effect .
- PALASHA<sup>[11]</sup> - It has antidiabetic, hypolipidemic, antioxidant, wound healing, antiobese and antimicrobial activity.
- DHATAKI<sup>[12]</sup>- It has antimicrobial, immunomodulatory, hepatoprotective, antioxidant, anti ulcer, analgesic activity.

### Tila tail

#### Ayurveda Aspect

Tila taila is said to be best among the Taila varga. According to Yoga Ratnakara<sup>[13]</sup>, tila taila is best Vatahar (pacifies Vata) among all taila and is capable of eradicating all disorders when processed with appropriate medicaments. It is having Madhura (sweet), Tikta (bitter), Kashaya (astringent), Ushna (hot) and Teekshna qualities. Beneficial in providing strength (Balya) and complexion (Kantidayee) & for pacifying Kandu (itching), Vrana (wound) etc.

### Modern Aspect

It is a powerful antioxidant which penetrates the skin easily. It is rich in minerals (copper, calcium, zinc, iron). Tannin present in the oil make it antibacterial, antiviral & astringent & it is an excellent source of vitamin-E.

### Steps of Preparation of Udumbaradi Tail<sup>[14]</sup>

1.Preparation of Kalka (paste): The coarse powder of the all the drugs was taken in equal quantities and mixed with sufficient quantity of water to prepare the Kalka.

2.Preparation of kwath (decoction): Kwatha was prepared by following the general rule of text. One part of coarse powder was added with 4 parts of potable water and subjected to heat on medium temperature, until the volume was reduced to 1/4th of its initial quantity. The contents were filtered, and the filtrate was used as liquid media in the preparation of Taila.

3.Preparation of oil (tail paka): As per Samhita, Kalka (Paste): Sneha (Tila Taila): Kwatha (Decoction) were taken in proportion of 1:4:16 respectively. Tila Taila was made warm in vessel and then vessel was taken out from flame and increments of Kalka was added to Tila Taila and heated for some time. Kwatha was added to these contents and heating was continued on medium flame till the Samyak Snehapaka Siddhi lakshanas of Mridupaka were obtained. Udumbaradi Taila thus obtained was filtered while hot and preserved in an airtight container.



**Kalka**

**Kwatha**

**Taila paka**

### YONI PICHU

Pichu means karpas tula (Su. Utt. 38/23).

Yoni pichu (medicated vaginal tamponing) is a local procedure / sthanik chikitsa where a sterile cotton swab dipped in medicated oil or ghee is placed at posterior fornix of the vagina. The medicine soaked swab is retained for a specific period of time so that it exhibits action locally.<sup>[15]</sup>

Pichu or tampon is made up of cotton swab of size 2×3 cm (1 inch), wrapped with gauze piece and tied with long thread. In Yonipichu mostly medicated Kwatha, Ghrita and Taila are used. These preparations have two main functions Shodhana(purification) and Ropana (healing).<sup>[16]</sup>

**Site** – Prathamaavarta of yoni<sup>[17]</sup>

**Duration of retention of Pichu**- 5-6 hours or up to retention of urine.<sup>[18]</sup>



### Procedure

- Pichu used for procedure should be autoclaved.
- Ask the patient to pass urine before procedure.
- Ask the patient to lie in supine position with knees flexed.
- Douche the vulval and vaginal area with lukewarm water or triphala kwatha.
- Pichu soaked in medicated oil or liquid should be inserted into vagina with index finger of gloved hands.
- Thread of Pichu should remain outside the vagina so that Pichu can be removed easily.
- Patient is asked to hold the pichu till there is urge for Micturition.

### Probable mode of action

Pichu helps in Lekhana karma and thus removes slough.<sup>[19]</sup> Oil used for Pichu strengthens the musculature of vaginal canal along with healing of wound. In Yonipichu, mostly medicated Kashaya, Sarpi and Taila are used. These preparations have two main functions i.e. Shodhana (purification) and Ropana (healing). Pichu helps the medicine to remain at that particular site for a longer period for better action.

**Complication of Yoni Pichu<sup>[20]</sup>**

If large and thick size of yonipichu is used and if their time of retention will be more, then Mutrakricha (Burning and painful micturition), Yonishotha (Inflammation in vagina), Yonishula (Pain in vagina) etc. will be develop as a complication.

**DISCUSSION AND CONCLUSION**

Early diagnosis, differentiation between normal and abnormal vaginal discharge, proper counseling of females, especially the young and sexually active group is the major aspect of the condition.

Ayurvedic classics have an exceptional approach to clarifying the method of medication i.e., the mode of action of drugs. The action of every drug is determined by the dominant pharmacodynamic factors in that particular drug and that may be Rasa, Guna, Veerya, Vipaka, and Prabhava. The dominant rasa in Uduambaradi taila is Kashaya rasa, Tikta, Madhura, and Katu respectively.

Kashaya Rasa is having pharmacological properties like Samshmana, Soshana, sangrahi, Stambhana, Kaphanashak, and Kledahar. Tikta Rasa is having Kandughna, Krimighna property kleda, Puya and Kaphashoshna pharmacological properties. The drugs are both Ushna and Sheeta virya thus they pacify Tridosha.

Most of ingredients of Udambaradi Taila had kaphapitta shamak and also some contents are vatakapha shamak and tridoshanashaka. As a formulation it act by the combined effect of all its ingredients.

Hence we can conclude that sthanik chikitsa in the form of Udumbaradi tail Yoni pichu is effective in disintegration of pathogenesis of shleshmala yonivyapad as all the drugs have some or the other properties that act against the pathogenesis of the disease.

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