

## A COMPREHENSIVE REVIEW OF *UPAPLUTA YONIVYAPADA* W.S.R. TO LEUCORRHOEA AND IT'S AYURVEDIC MANAGEMENT

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### ABSTRACT

*Upapluta Yonivyapad* is one of the twenty major Gynaecological disorders (*Yonivyapad*) described in classical Ayurvedic texts, primarily by *Acharya Sushruta* and *Charaka*, Its clinical presentation bears a striking resemblance to the modern condition of leucorrhoea, characterized by excessive, abnormal vaginal discharge often associated with local inflammation and infection. Despite its high prevalence, a comprehensive review correlating the ancient wisdom of *Upapluta* with contemporary understanding of leucorrhoea is lacking. Objective: This article aims to provide a detailed review of *Upapluta Yonivyapad* by critically analyzing its etiology, pathogenesis, clinical features, and management principles from Ayurvedic classics and correlating them with the modern pathology of Leucorrhoea. Materials and Methods: A systematic literature review was conducted by

scrutinizing classical Ayurvedic texts including *Sushruta Samhita*, *Charaka Samhita*, *Ashtanga Hridaya* and their commentaries. Relevant research articles, modern medical texts, and databases like PubMed, Google Scholar, and AYUSH Research Portal. Results: *Upapluta* is primarily caused by the vitiation of *Kapha* and *Vata doshas*, often in conjunction with *Pitta*, leading to a state of inflammation and infection (*upapluta*) of the vaginal tract. Ayurvedic management emphasizes *Shodhana Chikitsa* (bio-purification) like *Vamana* (therapeutic emesis) and *Virechana* (therapeutic purgation), followed by a plethora of local

and oral *Shamana* (palliative) therapies using herbs with antimicrobial, anti-inflammatory, and rejuvenative properties. Conclusion: *Upapluta Yonivyapad* is the Ayurvedic equivalent of pathological leucorrhoea. The holistic Ayurvedic approach, which focuses on correcting the systemic imbalance (*doshic* vitiation) alongside providing local symptomatic relief, offers a effective and comprehensive treatment strategy. Further clinical research is warranted to validate the efficacy of these classical interventions for modern practice.

**KEYWORDS:** *Upapluta*, *Yonivyapad*, Leucorrhoea, Ayurvedic Gynaecology, Vaginal Discharge.

## INTRODUCTION

*Upapluta* is one among the twenty *Yonivyapada* (gynecological disorders) mentioned in the classics that is seen in women of reproductive age group. The condition is characterized by symptomatic manifestations such as *Yoni Shrava* (vaginal discharge), *Yoni Kandu* (vaginal itching), *Yoni Vedana* (vaginal pain), and *Yoni Daurgandhya* (foul vaginal odour). In contemporary medical practice, this condition bears striking resemblance to leucorrhoea and vulvovaginitis, which represent common gynecological complaints affecting women across different age groups, particularly during reproductive years and pregnancy. According to modern science Leucorrhoea, literally means, a white discharge which should be restricted to excessive amount of normal vaginal discharge. Abnormal vaginal discharge is a frequent complaint of women seen in the gynecologic clinic. The discharge may range from what is called excess of normal to one which is a part of wide spectrum of ailments. It may be blood-stained or contaminated with urine or stool, all of which are however excluded from the discussion made below.

Characteristics of normal vaginal fluid: It is watery, white in color, nonodorous with pH around 4.0. Microscopically, it contains squamous epithelial cells and a few bacteria.<sup>[1]</sup>

## AIMS AND OBJECTIVES

Review on *Upapluta Yonivyapda* (leucorrhoea) and its *Ayurvedic* management.

## MATERIALS AND METHODS

Review of literature from *Ayurvedic* literature, and modern science, research articles are compiled.

## CONCEPTUAL STUDY

The term "*Upapluta*" literally means "afflicted" or "overflowed" while "*Yonivyapada*" translates to "disorders of the vagina," collectively indicating a condition causing significant discomfort in the vaginal region. According to *Ayurvedic* pathophysiology, *Upapluta Yonivyapada* primarily involves vitiation of *Kapha dosha* with involvement of *Vata dosha*, often resulting from improper dietary habits, suppression of natural urges, and compromised immune status. This *doshic* imbalance leads to the manifestation of characteristic symptoms that significantly impact women's quality of life and reproductive health. According to *Acharya Charaka* when a woman consumes diet or indulges in mode of life capable of vitiating *kapha* and also suppresses desire of vomiting and inspiration, then vitiated *vayu* with holding *kapha* reaches *yonis* (vagina) to produce abnormalities which causes white vaginal discharge associated with pricking pain and if not treated can lead to *bandhyatva*.<sup>[2]</sup>

In *ayurvedic* classics majority of the gynecological disorders have been described under the heading of *yonivyapad*, though some of the menstrual abnormalities i.e. *asrgdara/rakta pradara* etc. have been described separately, yet to get complete picture of menstrual disorders also, the knowledge of *yonivyapada*.<sup>[3]</sup>

विंशतिर्व्यापदो योनेर्निर्दिष्टा रोगसंग्रहे।। (च. चि.30/7)

*Acharya Charaka* and all the *Acharya's* have given 20 number of *Yonivyapada*.

## CLASSIFICATION OF YONIVYAPADA

According to *Acharya's*

Causative Dosha	Charaka	Shushruta	Ashtang Snaghraya
<b>Vata</b>	<i>Vatiki, acarana, aticaraṇa, prakcaraṇa, udavartini, putraghni, antarmukhi, sucimukhi, shuṣka, sandhayoni and mahayoni.</i>	<i>Udavarta, vandhya, vatala, vipluta, paripluta, and vatala.</i>	<i>Vatiki, aticaraṇa, prakcarana, udavrtta, jataghni, antarmukhi, sucimukhi, suska, vamini, sandi, and mahayoni.</i>
<b>Pitta</b>	<i>Paittiki, raktayoni and arajaska.</i>	<i>Rudhirakṣara, vamini, sramsini, putraghni and pittala.</i>	<i>Paittiki, raktayoni and arajaska.</i>
<b>Kapha</b>	<i>Shlaimiki.</i>	<i>Atyananda, karnini, acarana, aticarana, slesmala.</i>	<i>Shlaimiki.</i>
<b>Tridosha</b>	<i>Sannipatiki.</i>	<i>Sanda, phalini mahati,</i>	<i>Sannipatiki.</i>

		<i>sucivaktra and sarvaja.</i>	
<b>Vata+Pitta</b>	<i>Paripluta and vamini.</i>	-	<i>Lohitaksaya and paripluta.</i>
<b>Vata+Kapha</b>	<i>Upapluta and karini</i>	-	<i>Upapluta and karini.</i>
<b>Krimi</b>	-	-	<i>Vipluta.</i>

### GENERAL ETIOLOGY OF YONIVYAPADA ACCORDING TO ACHARYA'S

According to *Acharya Charaka* - Abnormal dietetics and mode of life, abnormalities of *artava* and *bija* (either ovum or sperms) and *deva* (in absence of apparent cause, the diseases are said to develop due to curses of god) are the causative factors of all these twenty disorders of yoni occurs.<sup>[4]</sup>

According to *Acharya Sushruta* corroborating above views has added that when a woman having *ruksha* (dry) body or else a weak or very young woman does excessive coitus with a man having big size penis, then her *vayu* gets aggravated. This *vayu* withholding *shleshma* already vitiated due to their specific causes, reaches the region of *yon*i and produces various disorders.<sup>[5]</sup>

Both *Vagbhatta's* accepting abnormalities of *artava* and *bija* (abnormality of a portion of *bija* responsible for development of *yon*i during embryonic life) as well as curses of god as causative factors have added that, abnormal diet, having coitus in abnormal postures of the body, excessive coitus and use of objects made of iron etc. for sexual pleasure are also causes of gynecological disorders.<sup>[6]</sup>

*Acharya Kashyapa* says that if *nasya* (sternutatory drugs) is given to a woman just after her menstrual period is over, she suffers from *yonishosha*.<sup>[7]</sup>

### COMPLICATIONS OF YONIVYAPADA

न शुक्रं धारयत्येभिर्दोषैर्योनिरुपद्रुता ।

तस्माद्गर्भं न गृह्णाति स्त्री गच्छत्यामयान् बहून् ॥

गुलमार्शः प्रदरादींश्च वाताद्यैश्चातिपीडनम् ॥ (च० सं० चि० 30/38,39)

*Acharya Charaka* says that *yon*i (reproductive system) of woman afflicted with *doshas* or diseases, does not retain *shukra* (sperms) or the female becomes infertile, besides, she also suffers from *gulma*, *arsha* (piles) and *pradara* (menometrorrhagia) and other disorders of *vata*.

### UPAPLUTA YONIVYAPADA

According to *Ayurveda Upapluta Yonivyapada* is described by *Acharya Charaka* and both the *Vagbhata's* have almost given the same description.

वाताश्लेष्मामयव्यासा श्वेतपिच्छिलवाहिनी ॥

उपप्लुता स्मृता योनिः... ॥ (अ० सं० उ० 38/49 ,अ० ह० उ० 33/48,49)

The vagina which is affected by *Vata* and *Kapha* and have whitish sticky discharge is known as *Upapluta yonivyapada*. Both *Acharya Vagbhata* have given almost similar description, but not restricted it to the pregnant women only.

गर्भिण्याःश्लेष्मलाभ्यासाच्छर्दिनिःश्वासनिग्रहात् ।

वायुः कुद्धः कफं योनिमुपनीय प्रदूषयेत् ॥

पाण्डु सतोदमास्त्रावं श्वेतं स्रवति वा कफम् ।

कफवातामयव्यासा सा स्याद्योनिरुपप्लुता ॥ (च० सं० चि० 30/21,22)

According to *Acharya Charaka* - When a pregnant woman consumes diet or indulges in mode of life capable of vitiating *kapha* and suppresses desire of vomiting and inspiration, then her vitiated *vayu* with holding *kapha* reaches *yoni* and produces abnormalities. Due to this, there are either yellowish vaginal discharges associated with pricking pain or else white mucoid discharges. Afflicted with features of *kapha* and *vata*, this condition is known as *Upapluta*.

### SAMPRAPTI

*Kaphaj hetu* -When a woman consumes *kapha prakopaka ahara* and on the other side *Vatadi hetu*- suppress natural urge like *chardi* and *shwasa nigraha* brings *Kapha* along with it and gets vitiated into *yoni* causes *yoni shrava* i.e *Upapluta yonivyapada*.

### MODERN REVIEW

According to modern science Leucorrhoea, literally means, a white discharge which should be restricted to excessive amount of normal vaginal discharge. The quality and quantity of white vaginal discharge may alter in the same woman in cycles and overtime. Physiological vaginal discharge is white or clear, non- offensive mucous like discharge that varies with the menstrual cycle.<sup>[8]</sup> Now a days Leucorrhoea, has emerged as one of the most common problems.

Leucorrhoea is strictly defined as an excessive normal vaginal discharge. The symptom of excessive discharge is a subjective one with individual variation, while to declare it to be normal and not an Infective one, requires clinical and laboratory investigations.

The term leucorrhoea should fulfil the following –

#### Criteria

1. The excess secretion is evident from persistent vulval moistness or staining of the undergarments (brownish yellow on drying) or need to wear a vulval pad.
2. It is non purulent and non-offensive.
3. It is nonirritant and never causes pruritus.

The normal secretion is expected to increase in conditions when the estrogen level becomes high and the excessive secretion is due to

- Physiological excess: during puberty, menstruation, pregnancy
- Cervical cause (cervical leucorrhoea)
- Vaginal cause (vaginal leucorrhoea)

Abnormal vaginal discharge is also seen in following diseases like- Trichomoniasis, Candidiasis, Bacterial vaginosis, Chlamydia.

#### Treatment

1. Improvement of general health.
2. Cervical factors require surgical treatment.
3. Pelvic lesions producing vaginal leucorrhoea require appropriate therapy for the pathology.
4. Above all local hygiene must be maintained meticulously.<sup>[1]</sup>

#### GENERAL TREATMENT OF YONIVYAPADA<sup>[9]</sup>

- The purifying measures should be used in proper sequence i.e. first *Snehana* (oleation) then *Swedana* (sudation) etc. The drugs used in these procedures should be according to vitiation of *dosa*. This should follow use of *uttarbasti* (vaginal irrigation or uterine instillation), to be given on the basis of vitiated *dosa*.
- After proper oleation and cleansing, other measures i.e. *uttarabasti*, massage, irrigation, anointments and *pichu*(tampons) etc. should be used.
- The treatment prescribed for disorders of *vata* should be used for all these disorders, specially for *vataja* disorders.

- These disorders do not occur without vitiation of *vata*, thus first of all *vata* should be normalized, only then treatment for other *doshas* should be done.

### INTERNAL MEDICINES FOR GENERAL MANAGEMENT OF YONIVYAPADA

- **CHURNA-** *Pushyanug churna*.
- **GHRITA-** *Bhruta Shatavari Ghrita, Phalasarpi, Laghu phala ghrita/ Triphaladi ghrita*.
- **KWATHA-** *Nyagrodhadhi kwatha , Maharasnadi kwatha*.
- **MODAKA-** *Jeerakadi modaka*.

### EXTERNAL USE MEDICINES

- **PICHU**
- **BASTI-** *Palasha Niruha basti, Shatawaryadi anuwasana / Guduchyadi rasayana basti, Baladi yamaka anuwasana basti, Shatawaryadi rasayana basti*.

### TREATMENT OF UPAPLUTA YONIVYAPADA

धातक्यामलकीपत्रस्रोतोजमधुकोत्पलैः ॥

जम्बूवाभ्रमध्यकासीसलोध्रकट्फलतिन्दुकैः ।

सौराष्ट्रिकादाडिमत्वग्दुम्बरशलाटुभिः ॥

अक्षमात्रैरजामूत्रे क्षीरे च द्विगुणे पचेत्।

तैलप्रस्थं पिचुं दद्याद् योनौ च प्रणयेत्ततः ॥

कटीपृष्ठत्रिकाभ्यङ्ग स्नेहवस्तिं च दापयेत्।

पिच्छिला स्त्राविणी योनिर्विप्लुतोपप्लुता तथा ॥

उत्ताना चोन्नता शूना सिध्येत् सस्फोटशूलिनी । (च० सं० चि० 30/78,-81)

*Dhatakyadi Tail* should be used in the form of *pichu* (tampon ), massage over back, hips and also sacrum.

And also use of *Anuwasana basti* with *Dhatakyadi tail*.

सल्लकीजिङ्गिणीजम्बूधवत्वक्पञ्चवल्कलैः ।

कषायैः साधितात् स्नेहात् पर्युपप्लुतयोः पिचुम् ॥ (अ. स.उ. 39/56)

Dipping a cotton swab (*pichu*) in the oil prepared with *kwath* of *Shallaki, jingini*, stem bark of *jambu*, and *dhava*, and *panchavalkala* and keeping it in the vagina cures vaginal disease.



*Acharya Vagbhata* also mentioned that *Vata* suppressing diet should be used.

### Probable Mode of Action

#### *Panchavalkaladi* and *Dhatakyadi*<sup>[10]</sup>

- 1) *Vrana Shodhana* property  $\Rightarrow$  Cleans Vagina (*Yoni Sodhana*).
- 2) *Kledahara* & Astringent Properties  $\Rightarrow$  Reduces *Srava*.
- 3) *Krimighna*, Antimicrobial, Antifungal Antibacterial Properties  $\Rightarrow$  Inhibits growth of Microorganism.
- 4) *Kanduhara-Dahaprashman* Properties  $\Rightarrow$  Relief in itching & Burning
- 5) Antioxidant, *Rasayana, Ropana, Sandhankara, Brimhana* properties  $\Rightarrow$  Heals & Rejuvenates Vaginal epithelium.



**TREATS UPAPLUTA YONIVYAPADA**

### DIETARY AND LIFESTYLE RECOMMENDATIONS

Dietary modifications focus on reducing *Kapha*-aggravating foods while incorporating items that help balance both *Vata* and *Kapha doshas*:

- Avoid heavy, cold, sweet, and dairy-rich foods that increase *Kapha*.
- Incorporate light, warm, and astringent foods that help reduce excess moisture.
- Use spices with digestive and antimicrobial properties like ginger, turmeric.
- Stay adequately hydrated with warm fluids and herbal teas.

#### Lifestyle recommendations include

- Maintaining proper genital hygiene with natural, non-irritating cleansers.
- Wearing breathable cotton underwear to reduce moisture accumulation.
- Practicing stress-reduction techniques like meditation and gentle yoga.
- Ensuring adequate rest and sleep to support immune function.
- Following a regular daily routine (*Dinacharya*) to stabilize biological rhythms.

### RESULT

The clinical significance of *Upapluta Yonivyapad*/leucorrhoea extends beyond mere physical discomfort. If left untreated, it can lead to serious complications including ascending infections, preterm labor, and increased susceptibility to sexually transmitted infections. Moreover, the condition can cause significant psychological distress and affect women's sexual health and self-esteem. Despite the availability of numerous antimicrobial and



antifungal agents in contemporary medicine, recurrent infections and drug-resistant cases present substantial therapeutic challenges, necessitating alternative approaches from traditional medicine systems like Ayurveda.

## DISCUSSION

*Upapluta Yonivyapad* described in *Ayurveda* shares a close resemblance with leucorrhoea. While modern medicine addresses the symptom primarily through antifungal or antibiotic therapy, *Ayurveda* emphasizes root-cause management through *dosha* pacification, rejuvenation, and lifestyle corrections. Thus, Ayurvedic management of *Upapluta Yonivyapad* offers a comprehensive and sustainable approach to treating leucorrhoea, enhancing not only physical health but also overall well-being.

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