



Review Article

ANTIMICROBIAL PROPERTIES OF SHREVESTAKADI YONI DHOOPAN FOR MANAGEMENT OF ABNORMAL VAGINAL DISCHARGE

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ABSTRACT

Ayurveda, an ancient system of medicine adopts a holistic approach, focusing on both curing diseases and enhancing the overall well-being of individuals. It emphasizes the importance of maintaining a balance between the individual (body, mind, soul, spirit) and the environment. It includes a range of pharmaceutical preparations and therapeutic techniques. However, in the contemporary era, only a limited number of these procedures are actively employed, leading to the loss of significance and recognition for numerous valuable formulations and techniques, *Dhoopan karma* being one of them. "*Dhoopana*" is a procedure involving the use of herbal, herbo-mineral, or animal-origin substances for fumigation. *Dhoopan* has been actively used as a preventive measure during pre and post-operative care and as a therapeutic procedure due to its antimicrobial, analgesic, anti-inflammatory properties. *Yoni Dhoopan* is effectively utilized in addressing diverse *Yonivyapad* conditions. Medicinal properties of *Dhoopan* drugs includes *Kashaya* and *Tikta* in *Rasa*, *Katu* in *Vipaka*, and *Laghu* and *Ruksha* in *Guna*, rendering them to be a potent *Kledashoshaka*, *Shodhaka* (detoxifier), and *Ropaka* (wound-healer). Furthermore, it exhibits *Yoni doshhara*, *Kledashoshaka*, and *Jantughana* (anti-microbial) properties.

INTRODUCTION

Inspite of significant advancements in previous decades, our society still falls short in providing women with the necessary healthcare during crucial moments in their lives, especially during their reproductive years resulting in increasing gynaecological disorders among females. As a result, abnormal vaginal discharge is becoming increasingly prevalent and a frequently overlooked gynaecological issue among females. These disorders have been described under a collective heading of *Yonivyapada* in Ayurvedic classics.

In Ayurveda treatment involves three approaches: *Shaman*, *Shodhan*, *Sthanik chikitsa*. Notably, *Sthanik chikitsa* or the local therapies hold a curcial role in addressing *Yonivyapad* as they possess

Shamana and *Shodhana* properties according to their *Prayojana*. It includes a variety of therapeutic procedures namely *Yoni dhoopan*, *Yoni dhavan*, *Yoni pichu*, *Yoni lepan*, *Yoni varti*, *Yoni pooran*, *Yoni parisheka*, *Agnikarma*, *Uttarbasti* etc.

Yoni dhoopana entails the fumigation of the vulva and vagina. This practical procedure involves exposing the vulva and vagina to medicated and disinfected smoke, ensuring the application of therapeutic elements over the yoni's surface. The choice of the vagina as a route for drug delivery is favored because of its extensive surface area, significant vascularity, and high permeability, enabling effective absorption of medicated fumes or any medicinal substance applied within the vaginal cavity. This significant local therapy is highlighted for its relevance in *Swasthya rakshan* (preventive care) as well as *Vyadhi chikitsa* (disease treatment) due to its *Krimighna*, *Kandughna*, *Shothahara*, *Vranaropaka*, *Kledashoshaka* effect.

A diverse range of fumigation drugs are described in the *Bruhatrayi* by *Acharya Charaka*, *Sushruta*, *Vagbhata* and *Kashyap Samhita Khilsthana* in

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serving purposes such as prevention, disease combat, and environmental purification. Numerous research studies have been undertaken to substantiate its role in *Sutikaparicharya*, *Yoniroga* as well as the disinfection and healing of wounds.

AIM AND OBJECTIVES

To analyse available literature for antimicrobial properties of *Shrevestakadi Yoni Dhoopan* for management of abnormal vaginal discharge.

MATERIAL AND METHODS

In the current review study, a comprehensive literary examination is conducted. Detailed content and references are analyzed from existing texts, with a primary focus on *Charak*, *Sushruta*, and *Vagbhata*. Additionally, pertinent references are extracted from books and research articles to enhance the scope of the study.

Methodology

Firstly, the practice of *Yoni Dhoopan* is outlined, along with its classical indications as mentioned in Ayurvedic texts. Following this, abnormal vaginal discharge is detailed, including the microorganisms implicated, with references from both Ayurvedic and modern scientific sources. Next, the properties of the selected drug, *Srevestakadi Yoni Dhoopan* are elucidated, highlighting its antimicrobial

actions supported by recent research. Additionally, evidence of *Yoni Dhoopan's* efficacy in *Prasuti Tantra evum Stree Roga* is discussed underscoring the desired antimicrobial effects of the drug according to recent studies. Finally, a comprehensive discussion is conducted, leading to a conclusion drawn from the collective findings.

RESULT

Yoni Dhoopan

Yoni Dhoopana involves fumigating the affected area (vulva, vagina) with essential substances tailored to specific needs. This choice is influenced by factors such as the condition, in which they are applied, as well as the rapid volatility and spreadability of the drug's properties. From a therapeutic perspective, *Dhoopana* plays a crucial role in addressing conditions characterized by *Vedana*, presence of *Krumi*, *Atisrava*, *Kandu*, *Vrana*. The general properties of *Dhoopa* are *Rooksha*, *Laghu*, *Ushna*, and *Vishada*, making it suitable for use in conditions that exhibit opposing qualities.^[1]

Dhoopan is indicated in many *Yoni rogas*, *Prasava*, *Sutika*, *Garbhnirodhak* etc. Various *Dhoom* like *Grahaghna Dhoop*, *Kumar Dhoop*, *Sri Dhoopa*, *Maheshwar Dhoop* etc are mentioned by *Acharya kashyap*^[2].

Table 1 presents collective references from Ayurvedic texts indicating the use of "*Dhoopan Karma*."

Table 1: Classical indications of *Yoni Dhoopan* in Ayurvedic classics

| S.No. | Indication | Drugs |
|-------|---|---|
| 1. | <i>Yoni kandu</i> ^[3] | <i>Haridra</i> and <i>Daruharidra</i> and <i>Brihati phala</i> |
| 2. | <i>Yonirava</i> ^[4] | <i>Sarla</i> , <i>Yava</i> , <i>Guggulu</i> , <i>Ghrita</i> , <i>Katuk-matsyaghritasaha</i> |
| 3. | <i>Vranaropaka</i> ^[5] | <i>Sarshapa</i> , <i>Nimbapatra</i> with <i>Ghrita</i> & <i>Lavana</i> |
| 4. | <i>Apra sang</i> ^[6] | <i>Bhojpatra</i> , <i>Kakmachi</i> , <i>Guggulu</i> <i>Katukalabu</i> , <i>Sarshapa</i> , <i>Kritvedhana</i> , <i>Sarpanirmoka</i> with <i>Katutail-Langalimoolkalka</i> |
| 5. | <i>Garbha sanga</i> ^[7] | <i>Krishna sarpa</i> – <i>Nirmoka</i> or <i>Pinditaka</i> <i>Bhurjapatra</i> , <i>Kalihari</i> , <i>Katutumbi</i> , <i>Kushtha</i> , <i>Sarshapa</i> and <i>Snakemolt</i> |
| 6. | <i>Vilambita prasava</i> ^[8] <i>Anagata Prasava</i> ^[9] | <i>Krishansarpanirmoka</i> , <i>Tagar -Bhurjapatradhoom</i> , <i>Shinshpasardhoom</i> |
| 7. | <i>Nagodara</i> ^[10] | <i>Dhoopana</i> drugs used in <i>Aprapatana</i> |
| 8. | <i>Sutika</i> ^[11] | <i>Kushtha</i> , <i>Guggulu</i> , <i>Agaru</i> , <i>Ghrita</i> |
| 9. | <i>Sutika Vataj jwara</i> ^[12] | <i>Devdaru</i> or <i>Kushtha</i> , <i>Guggulu</i> , <i>Agru</i> |
| 10. | <i>Kumaragara</i> ^[13] (for fumigation of cloths, bed sheets) | <i>Yava</i> , <i>Sarshapa</i> , <i>Atasi</i> , <i>Hingu</i> , <i>Guggulu</i> , <i>Vacha</i> , <i>Choraka</i> , <i>Vyastha</i> , <i>Golomi</i> , <i>Jatamanshi</i> , <i>Kplanksha</i> , <i>Rohini</i> , <i>Sarpanirmoka</i> with <i>Ghrita</i> |
| 11. | <i>Garbhanirodak</i> ^[14] | <i>Katu-Nimbakashtha</i> |

Abnormal Vaginal Discharge

Normal vaginal discharge typically appears clear or cloudy white and is usually odorless. Any alterations in color, texture, volume, or odor of the discharge can indicate a potential vaginal infection. Several factors increase

the likelihood of infection, including reduced vaginal acidity (resulting in increased pH levels), poor hygiene, tissue damage, hormonal imbalances, intra-vaginal preparations, stress, inadequate diet, and fatigue.

Infections may be attributed to various microorganisms, including bacteria, yeast, and other pathogens.

Table 2 delineates the macroscopic features of abnormal vaginal discharge attributed to different microorganisms as per the modern texts.

Table 2: Macroscopic features of Abnormal Vaginal Discharge due to various microorganisms^[15]

| Type of Infection | Color | Consistency | Odour |
|---------------------|----------------------------------|------------------------|------------|
| Trichomoniasis | Greenish yellow | Thin, frothy, adherent | Unpleasant |
| Candidiasis | Curdy white | Thick | Odorless |
| Bacterial Vaginosis | Grey white to green yellow white | Thin, adherent | Fishy odor |
| Chlamydia | Mucopurulent | Thick | - |

Abnormal vaginal discharge is often accompanied by symptoms such as pain, itching, and odor, which can manifest as symptom of various *Yonivyapad* (*Kaphaja*, *Acharna*, *Uppluta*, *Sannipataja* etc) *Jatharini* and complications of gynecological disorders. The etiology being vitiation of *Kapha pradhan Tridosha* in association with the presence of microorganisms referred to as "*Jantu*" "*Krimi*" etc.

Shrevestakadi Yoni Dhoopan^[16]

Contents: *Srivestaka*, *Sarjarasa*, *Sala*, *Devadaru*, *Simsipa*, *Khadira*, *Asana*, *Kaidarya*, *Yava*, *Bhurjapatra*, *Madhucchista*, *Ksauma*, ghee.

Indications: The above formulation is recommended for *Dhoopan* in pathologies occurring due to vitiation of *Vatadi dosha* and having symptom of excessive discharge along with pain.

Table 3 summarizes the *Raspanchak* (composition) of *Shrevestakadi Dhoopan*, while table 4 outlines the properties and *Dosha karma* associated with *Shrevestakadi Dhoopan* as per Ayurvedic texts and recent researches.

Table 3: Raspanchaka of Shrevestakadi Dhoopan^[17]

| S.No | Drug | Latin Name | Ras | Guna | Virya | Vipaka |
|------|--|---|--|----------------------------------|---------------|---------------|
| 1. | <i>Srivestaka</i> | <i>Pinus longifolia</i> , <i>Pinaceae</i> | <i>Madhur</i> , <i>Kshaya</i> , <i>Tikta</i> | <i>Snigdha</i> | <i>Ushna</i> | <i>Katu</i> |
| 2. | <i>Sarjarasa</i> (<i>Niryas</i> of <i>sala</i>) | <i>Shorea robusta</i> , <i>Dipterocarpeae</i> | <i>Madhur</i> | <i>Rooksha</i> | <i>Sheeta</i> | <i>Katu</i> |
| 3. | <i>Sala</i> | <i>Shorea robusta</i> , <i>Dipterocarpeae</i> | <i>Kshaya</i> | <i>Rooksha</i> | <i>Sheeta</i> | <i>Katu</i> |
| 4. | <i>Devadaru</i> | <i>Cedrus deodara</i> , <i>Pinaceae</i> | <i>Tikta</i> | <i>Laghu</i> , <i>Snigdha</i> | <i>Ushna</i> | <i>Katu</i> |
| 5. | <i>Simsipa</i> | <i>Dalbergia sissoo</i> , <i>Leguminaceae</i> | <i>Kshaya</i> , <i>Katu</i> , <i>Tikta</i> | <i>Laghu</i> , <i>Rooksha</i> | <i>Ushna</i> | <i>Katu</i> |
| 6. | <i>Khadira</i> | <i>Acacia catechu</i> , <i>Leguminaceae</i> | <i>Kshaya</i> , <i>Tikta</i> | <i>Laghu</i> , <i>Rooksha</i> | <i>Sheeta</i> | <i>Katu</i> |
| 7. | <i>Asana</i> | <i>Pterocarpus marsupium</i> , <i>Leguminaceae</i> | <i>Kshaya</i> , <i>Tikta</i> | <i>Laghu</i> , <i>Rooksha</i> | <i>Sheeta</i> | <i>Katu</i> |
| 8. | <i>Kaidarya</i> | <i>Murraya koenigii</i> , <i>Rutaceae</i> | <i>Madhur</i> , <i>Kshaya</i> , <i>Tikta</i> | <i>Laghu</i> , <i>Rooksha</i> | <i>Sheeta</i> | <i>Katu</i> |
| 9. | <i>Yava</i> | <i>Hordeum vulgare</i> , <i>Poaceae</i> | <i>Kashaya</i> , <i>Madhur</i> | <i>Rooksha</i> | <i>Sheeta</i> | <i>Katu</i> |
| 10. | <i>Madhucchista</i> | - | - | <i>Snigdha</i> | - | - |
| 11. | <i>Bhurjapatra</i> | <i>Betula utilis</i> , <i>Betulaceae</i> | <i>Kshaya</i> | <i>Laghu</i> | <i>Ushna</i> | <i>Katu</i> |
| 12. | <i>Ghrit</i> | - | <i>Madhur</i> | <i>Snigdha</i> | <i>Sheeta</i> | <i>Madhur</i> |

Table 4: Properties and Dosh Karma of Shrestakadi Dhoopan^[17]

| S.No | Drug | Dosha Karma | Pharmacological Action | Properties |
|------|------------------------------------|---------------------------|--|--|
| 1. | <i>Srivestaka</i> | <i>Kapha Vata Shamak</i> | Analgesic, anti-inflammatory | <i>Rakshoghana, Swedhar, Durgandhyahar, Yukakanduvaranapruta</i> |
| 2. | <i>Sarjarasa (Niryas of sala)</i> | <i>Kapha pitta shamak</i> | Antibacterial, analgesic, wound healing | <i>Swedhara, Vranropak, Shoolhar</i> |
| 3. | <i>Sala</i> | <i>Kapha pitta shamak</i> | Analgesic, antipyretic, anti-inflammatory, anti-bacterial, antimicrobial | <i>swedhar, Vranropak, Krimighna, Yoniroghar</i> |
| 4. | <i>Devadaru</i> | <i>Kapha vata shamak</i> | Anti-inflammatory, analgesic, immuno-modulatory, anti-bacterial | <i>Kandughana, Sothhar, Dushtavranashodhaka, Krimighna</i> |
| 5. | <i>Simsipa</i> | <i>Tridosh shamak</i> | Antimicrobial, antioxidant, anti-inflammatory, analgesic | <i>Krimighna, Garbhapatini, Dushtavranashodhaka</i> |
| 6. | <i>Khadira</i> | <i>Kapha pitta shamak</i> | Anti-inflammatory, antimicrobial, antioxidant | <i>Kandughna, Krimighna, Vranapha, Sothghna</i> |
| 7. | <i>Asana</i> | <i>Kapha pitta shamak</i> | Antioxidant, anti-bacterial, antifungal | <i>Vrna krimighna</i> |
| 8. | <i>Kaidarya</i> | <i>Kapha pitta shamak</i> | Antioxidant, anti-inflammatory | <i>Krimi-bhoot-vishapha</i> |
| 9. | <i>Yava</i> | <i>Kapha pitta shamak</i> | Antioxidant, anti-ulcerative, antifungal | <i>Ruksha, Lekhana, Anabhishyandi</i> |
| 10. | <i>Madhucchista</i> | - | Anti-inflammatory, antimicrobial | <i>Bhootghna, Vranropaka, Sandhankrit</i> |
| 11. | <i>Bhurjapatra</i> | <i>Tridosh shamak</i> | Antioxidant, anti-inflammatory, antimicrobial | <i>Rakshoghna, Vishhar</i> |
| 12. | <i>Ghrit</i> | <i>Tridosh Shamak</i> | Immuno-modulatory, anti-inflammatory, anti-bacterial | <i>Rakshoghna, rasayana</i> |

Summary of observed outcomes from various research studies conducted by Ayurvedic scholars to evaluate the efficacy of *Yoni Dhoopan Karma*, an integral aspect of treatment in *Prasuti tantra Evum Stree Roga* are tabulated in table no 5.

Table 5: Research Studies regarding Yoni dhoopana karma in different Stri Roga & Prasuti tantra^[18]

| S.N | Pathological Condition | Drugs For Dhoopan | Evidence Research Work | Observed Outcome |
|-----|--|---|--|--|
| 1. | Infections post vaginal delivery with Episiotomy | <i>Vidanga, Shatapushpa, Jatamansi, Guggulu</i> | Determining the efficacy of three Ayurvedic formulations and <i>Dhoopana</i> (medicinal fumigation) in preventing of infections post vaginal delivery with Episiotomy. ^[19] | <ul style="list-style-type: none"> • Effective in alleviating pain. • Effective in wound healing without infection and complication. |
| 2. | Role in peripureal period | <i>Kustha, Agru, Guggulu</i> | Evaluation of <i>Dhupan Karma</i> in <i>Sutika Paricharya</i> . ^[20] | Effectiveness observed in- <ul style="list-style-type: none"> • <i>Udara Shoola</i> (abdominal pain). • <i>Kukshihras</i> (intestinal colic). • <i>Yonivranashoola</i> (pain in gynaecological conditions) • <i>Yonivranashotha</i> (swelling in |

| | | | | |
|----|---|-------------------------------|--|---|
| | | | | <p>gynaecological conditions)</p> <ul style="list-style-type: none"> • <i>Yonivrana</i> (wound in the genital area) approximation. • <i>Yonigata Raktasrava</i> (vaginal bleeding) • Vaginal pH decreased from 7.4 to 6.6. • Vaginal temperature increased from 99.3 to 99.6. • Average <i>Garbhashaya hras</i> (reduction in postpartum uterine size) was observed at 1.25cm/day. |
| 3. | Role in first week of puerperium (2 nd -8 th day) | <i>Agaru, Kushtha Guggulu</i> | Validation of effect of an Ayurvedic therapeutic procedure, <i>Dhashmool kwath</i> and <i>Dhoopan</i> Fumigation with medicinal herbs during first week of puerperium: An open clinical trial. ^[21] | <ul style="list-style-type: none"> • Vaginal pH decreased 7.2 to 6.5. • Maintenance of normal involution of uterus Episiotomy wound healing • Antimicrobial, anti-inflammatory and analgesic action. |
| 4. | <i>Sweta pradara</i> | <i>Sarala, Yava, Guggulu</i> | A clinical study of <i>Amalaki choorna</i> (orally) and <i>Saraladi Yonidhoopana</i> in <i>Sweta pradara</i> w.s.r. to vaginitis. ^[22] | <p>Significant Relief In -</p> <ul style="list-style-type: none"> • <i>Yonisrava</i> (vaginal discharge) • <i>Kandu</i> (itching) • <i>Maithun Asahishnuta</i> (discomfort during sexual intercourse) • <i>Durgandha</i> (odor) • Excoriation • <i>Mutradaha</i> (burning sensation during urination) • Noteworthy decrease in microorganisms, particularly <i>Candida Albicans</i>, and Gram-Positive Bacilli |
| 5. | Role in <i>Prasava</i> | <i>Sarpanirmoka</i> | Role of <i>Krishna Sarpanirmoka dhoopana</i> in <i>prasava</i> (2 nd stage of labour): A Comparative study. ^[23] | <ul style="list-style-type: none"> • Significantly better result in duration of uterine contractions and interval between uterine contractions. • Patients delivered uneventfully without episiotomy. |

Table 6 summarizes recent research evidence on the antimicrobial actions of *Shrevestaki Dhoopana* drugs.

Table 6: Antimicrobial action of *Shrevestakadi Dhoopana* drugs

| Microorganism | <i>Srivestaka</i> ^[24] | <i>Sarjarasa</i> ^[25] | <i>Sala</i> ^[26] | <i>Devadaru</i> ^[27] | <i>Simshipa</i> ^[28] | <i>Khadira</i> ^[29] | <i>Asana</i> ^[30] | <i>Kaidarya</i> ^[31] | <i>Yava</i> ^[32] | <i>Bhurjapatra</i> ^[33] |
|-------------------------------|-----------------------------------|----------------------------------|-----------------------------|---------------------------------|---------------------------------|--------------------------------|------------------------------|---------------------------------|-----------------------------|------------------------------------|
| <i>Escherichia coli</i> | + | + | + | + | + | - | + | + | + | + |
| <i>Staphylococcus aureus</i> | + | + | + | + | + | + | + | + | + | + |
| <i>Klebsiella pneumoniae</i> | - | - | + | - | + | + | + | - | + | + |
| <i>Pseudomonas Aeruginosa</i> | + | + | + | + | + | + | + | - | - | + |
| <i>Proteus mirabilis</i> | - | - | + | - | - | - | + | - | + | + |

| | | | | | | | | | | |
|--------------------------|---|---|---|---|---|---|---|---|---|---|
| <i>Bacillus subtilis</i> | + | + | + | - | - | + | + | + | - | - |
| <i>Bacillus cereus</i> | - | - | + | + | + | - | - | - | - | - |
| <i>Candida albicans</i> | + | - | + | + | - | + | - | + | - | - |
| <i>Aspergillus niger</i> | - | - | - | + | - | - | - | + | - | + |
| <i>Proteus vulgaris</i> | - | - | + | - | - | - | - | - | - | - |
| <i>Vibrio cholerae</i> | - | - | + | - | - | - | - | - | - | - |
| <i>Enterobacter</i> | - | - | + | - | - | + | - | - | - | - |

DISCUSSION

Fumigation of the vulva-vagina has demonstrated notable effectiveness in addressing various genital disorders, postpartum (*Sutika*) and comfortable childbirth (*Sukhaprasava*). It enhances the defence mechanisms of the female genital tract by promoting a healthy vaginal flora, maintenance of vaginal pH and temperature.

Dhoopana drugs, characterized by *Laghu*, *Ruksha*, *Tikshna*, *Katupaki Vikasi*, *Uragandhi* and volatile properties rendering them antimicrobial, analgesic, anti-inflammatory in their effects. These drugs on heating get converted into volatile fumes facilitating its rapid distribution throughout the utero-vaginal tract and enhances its therapeutic effect. These fumes enter into smallest units of tissues of genital tract due to *Sooksham-srotogami* nature and cause dilatation and oxidation of blood vessels and increase tissue perfusion and oxygenation. Thus, reduces inflammation, itching and eliminates infection. The antiseptic and sterilised environment of vagina is depicted by analgesic, anti-inflammatory and antimicrobial effect of *Dhoopana*.

Different research studies have been conducted in various institutes to prove the effect of *Yonidhoopana* in addressing conditions such as itching (*Kandughna*), *Durgandha* (odor), moisture imbalance (*Kledashoshaka*), wound healing (*Vranaropaka*), inflammation reduction (*Shothahara*), *Mutradaha* (burning sensation during urination), anti-parasitic effects (*Jantughna*) and pain alleviation (*Vedanashamaka*). The effects on *Sutika Paricharya*, including reduction in *Udara Shoola* (abdominal pain), *Kukshihras* (reduction in size of abdomen), *Yonivranashoola* (pain in gynaecological conditions), *Yonivranashotha* (swelling in gynaecological conditions), *Yonigata Raktasrava* (vaginal bleeding), vaginal pH, *Yonivrana* (wound in the genital area)

approximation. These effects collectively contribute to pain reduction and promote healing.

The drugs used in *Shrevestakadi Dhoopan* demonstrate antimicrobial properties against pathogens such as *Escherichia coli*, *Staphylococcus aureus*, *Klebsiella pneumoniae*, *Pseudomonas aeruginosa*, *Proteus mirabilis*, *Bacillus subtilis*, *Bacillus cereus*, *Candida albicans*, *Aspergillus niger* and *Proteus vulgaris*. This evidence is derived from recent research works, highlighting the effectiveness of these drugs against microorganisms associated with various gynaecological pathologies.

So *Yonidhoopana* exhibit significant analgesic, anti-inflammatory and anti-microbial action locally at vagina without need of antibiotics and analgesic drugs proving to be an economical and efficient procedure that is easy to administer without any harmful effects.

CONCLUSION

The analysis of existing research indicates that *Shrevestakadi Yoni Dhoopan* drugs exhibit robust antimicrobial properties. Certainly, further studies can be conducted to investigate the effects of *Shrevestakadi Yoni Dhoopan* in addressing abnormal vaginal discharge. These studies could provide valuable insights into the potential therapeutic benefits and efficacy of this practice in managing and alleviating conditions related to abnormal vaginal discharge.

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