



Review Article

ROLE OF YONIDHUPAN IN WOMEN'S REPRODUCTIVE HEALTH - A SYSTEMATIC REVIEW

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ABSTRACT

Women's reproductive health disorders such as *Yonisrava*, *Yonikandu*, abnormal vaginal discharge, genital infections, pelvic inflammatory conditions, and postpartum morbidities are highly prevalent and often recurrent, leading to significant physical and psychological distress. Ayurveda describes various *Sthanika Chikitsa* for the management of *Yonivyapada* among which *Yoni Dhupana* (vaginal fumigation) is a unique external therapeutic procedure indicated for *Śodhana*, *Krimighna*, *Śothahara*, *Vedanasthapana* and *Vrana-ropana* actions. The present review aims to critically evaluate classical Ayurvedic references and available scientific literature on the role of *Yoni Dhupana* in women's reproductive health, with emphasis on therapeutic indications, commonly used drugs, clinical outcomes, and research gaps. A comprehensive literature search was conducted using classical Ayurvedic texts and electronic databases such as Google Scholar and PubMed. Published clinical trials, case studies, narrative reviews, and conceptual articles related to *Yoni Dhupana* were included. A total of ten relevant studies were analyzed qualitatively. The findings indicate that *Yoni Dhupana* is beneficial in conditions like *Yonisrava*, *Yonikandu*, vaginitis, cervicitis, pelvic inflammatory disorders, and postpartum wound care, showing reduction in discharge, itching, pain, odor, inflammation, and enhanced wound healing with minimal adverse effects. However, further well-designed randomized controlled trials are required to standardize treatment protocols and strengthen scientific evidence.

INTRODUCTION

Women's reproductive health is an essential determinant of physical, mental, and social well-being. Disorders related to the female reproductive system such as *Yonisrava*, *Yonikandu*, genital infections, pelvic inflammatory conditions, and postpartum morbidities are highly prevalent and often recurrent, leading to significant impairment in quality of life.^[1] These conditions are described in Ayurveda under the broad spectrum of *Yonivyapada*, which arise due to vitiation of *Doṣa*, *Dhatu*, and *Mala*, influenced by improper diet, lifestyle, and hygiene practices.

Ayurveda provides a comprehensive approach to women's health through the specialized disciplines

of *Strī Roga* and *Prasuti Tantra*. Classical texts describe various *Sthanika Chikitsa* for the management of *Yonivyapada* and maintenance of *Yoni Śuddhi*. Among these, *Yoni Dhupana* is a unique *Bahya Upakrama* wherein medicated herbal fumes are administered locally to the vaginal region for therapeutic purposes.^[2,3]

Classical Ayurvedic treatises recommend *Yoni Dhupana* using drugs predominantly possessing *Kaṣaya*, *Tikta*, and *Katu Rasa* along with *Laghu* and *Rukṣa Guna*. These drugs are attributed with *Krimighna*, *Śothahara*, *Kledaśoṣana*, *Śodhana*, and *Vrana-ropana* properties. The procedure is traditionally indicated in conditions such as *Yonisrava*, *Yonikandu*, *Yonipaka*, *Kaphaja Yonivyapada*, and as part of *Sutika Paricarya*. The therapeutic rationale lies in local elimination of vitiated *Doṣa*, reduction of *Kleda* and *Krimi*, and promotion of healthy tissue regeneration.

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In recent times, there has been increasing scientific interest in evaluating classical Ayurvedic procedures through clinical and experimental studies. Preliminary evidence suggests beneficial antimicrobial, anti-inflammatory, and symptomatic effects of *Yoni Dhupana* in various gynecological disorders. However, the available literature is scattered and limited in methodological strength. Hence, the present review aims to critically analyze classical references and published scientific studies to elucidate the therapeutic role, mechanisms of action, clinical outcomes, and research gaps related to *Yoni Dhupana* in women's reproductive health.

AIMS

To systematically evaluate and synthesize published scientific evidence on the role of *Yonidhupan* in women's reproductive health, focusing on its therapeutic indications, clinical outcomes, safety, and mode of action, by reviewing eligible studies published.

OBJECTIVES

- To systematically identify and review published classical and scientific studies up to 2025 evaluating the use of *Yonidhupan* in women's reproductive health.

- To assess the clinical effectiveness of *Yonidhupan* in specific gynecological conditions by analyzing reported symptomatic and microbiological outcomes.
- To evaluate the commonly used *Yonidhupan* formulations and drugs with respect to their indications and therapeutic actions documented in the literature.
- To analyze the safety and tolerability of *Yonidhupan* therapy based on adverse effects reported in included studies.
- To identify methodological gaps and research limitations in existing studies to guide future evidence-based clinical research.

METHODS

The search was done on *Yonidhuapan Karma* w.s.r. to women's reproductive health and relevant data is collected, extracted, and analyzed.

Search Methodology

The articles are searched in Google scholar and PUBMED using a strategy designed to optimize the retrieval of CT's and case reports. The Search terms used were follows *Yonidhupan*, women's reproductive health, *Sutika Paricharya*.

General details of study

S.No	Authors	Title	Research design	Sample size	Result
1.	Karkare M et al. (2021) ^[4]	Efficacy of Ayurvedic modalities in chronic pelvic inflammation	Case study	38-year-old female with chronic pelvic inflammatory symptoms.	Significant reduction in pelvic pain, complete cessation of discharge, reduced cervical oedema.
2.	Krishna TVS (2024) ^[5]	The Role of <i>Yoni Dhupana</i> (vaginal fumigation) in Indian females - The Therapeutic Practice in Modern Era	Narrative review		Classical texts strongly recommend <i>Yoni Dhupana</i> for vaginal infections, menstrual disorders, infertility and postpartum care; modern evidence suggests antimicrobial and anti-inflammatory benefits but lacks RCTs.
3.	Metri L, 2023 ^[6]	A review on <i>Yonidhupan</i>	Conceptual review		<i>Yoni Dhupana</i> is an effective local Ayurvedic therapy for <i>Yoni Vyapad</i> when performed with proper precautions.
4.	Patil AV et al. (2024) ^[7]	Analysis of <i>Yoni Dhoopan</i> in <i>Sutika</i> from Ayurvedic and modern perspectives.	Narrative review		<i>Yoni Dhoopan</i> is a key <i>Rakshoghna Upakrama</i> in puerperium. Reduces pain, infection, vaginal discharge; promotes wound healing and uterine involution.
5.	Mohite SS, Nikam MS (2024) ^[8]	Comparative Study of <i>Kushthadi</i> and <i>Nimbadi</i>	Randomized comparative clinical Trial	80 postpartum women (40/group),	Both groups showed significant pain reduction and wound healing; <i>Nimbadi Choorna</i> showed earlier

		<i>Yonidhupan</i> in the management of episiotomy pain		age 18–40 yrs, episiotomy cases	recovery and better analgesic, anti-inflammatory and antimicrobial effects.
6	Pandya N. (2019) ^[9]	Ayurvedic management of <i>Swetapradar</i> by <i>Yonidhupan</i> – A review study	Narrative review		<i>Yonidhupan</i> is effective in <i>Swetapradara</i> and infective <i>Yoni Vikara</i> . <i>Yonidhupan</i> shows antimicrobial, anti-inflammatory and disinfectant action; useful in syndromic management of vaginal infections.
7	Mishra A. et al. (2020) ^[10]	<i>Sthanik Chikitsa</i> in <i>Yoni Vyapad</i> – A conceptual review	Narrative / conceptual review		<i>Yonidhupana</i> showed beneficial effects in reducing vaginal discharge, itching, pain, and infection, with improved local hygiene and wound healing. The therapy possesses antimicrobial and anti-inflammatory properties and is a safe, effective local treatment for <i>Yoni Vyapad</i> .
8.	Asha KP et al. (2025) ^[11]	Comparative clinical evaluation of traditional and electronic <i>Yoni Dhupana</i> using <i>Saraladi Yoga</i> in the management of <i>Yonigata Lakshanas</i> : A dual case study	Dual case study	2 patients	Complete symptom relief with electronic method; partial relief with traditional method
9.	Kiran A, Madhu M (2019) ^[12]	A conceptual study on <i>Dhoopana Karma</i> in <i>Kaphaja Yoni Vyapad</i> with special reference to vulvo-vaginal candidiasis	Conceptual review		<i>Yoni Dhoopana</i> is an effective local therapy in <i>Kaphaja Yoni Vyapad</i> . <i>Dhoopana</i> drugs possess <i>Krimighna</i> , <i>Rooksha</i> , <i>Ushna</i> and <i>Sravaghna</i> properties.
10.	Agarwal A., Verma A., Sharma K.K. (2024) ^[13]	Antimicrobial properties of <i>Shrevestakadi Yoni Dhoopan</i> for management of abnormal vaginal discharge	Narrative/ Systematic Review		<i>Shrevestakadi Yoni Dhoopan</i> is an effective, economical, and safe local Ayurvedic therapy for managing abnormal vaginal discharge with proven antimicrobial, anti-inflammatory, and analgesic effects. The formulation showed significant antimicrobial action against common vaginal pathogens (<i>E. coli</i> , <i>Staphylococcus aureus</i> , <i>Candida albicans</i> , etc.), reduction in abnormal discharge, itching, odor, and improvement in vaginal pH and wound healing.

DISCUSSION AND RESULTS

The present review critically evaluates the role of *Yoni Dhupana* as a *Sthanika Chikitsa* in the management of various women's reproductive health disorders described under *Yonivyapada*. Analysis of the reviewed studies reveals consistent therapeutic benefits of *Yoni Dhupana* in conditions characterized by *Yonistrava*, *Yonikandu*, inflammation, infection, pain, and postpartum genital morbidity, indicating its wide applicability in gynecological care.^[4-13]

From an Ayurvedic perspective, the efficacy of *Yoni Dhupana* can be attributed to its *Śodhana*, *Krimighna*, *Śothahara*, *Kledaśoṣana*, *Vedanasthapana*, and *Vrana-ropana* properties, as described in classical texts and supported by contemporary reviews.^[2,3,5,6] Drugs possessing *Kaṣaya*, *Tikta*, and *Katu Rasa* with *Laghu*, *Rukṣa*, and *Uṣṇa Guna* help in drying excessive secretions and reducing microbial load, which is particularly beneficial in *Kaphaja* and *Samsargaja Yonivyapada*.^[6,7,12]

Clinical and comparative studies demonstrated significant symptomatic relief, including reduction in abnormal vaginal discharge, itching, burning sensation, foul odor, pain, and inflammation.^[4,7,8] In postpartum conditions, especially episiotomy wounds and puerperal infections, *Yoni Dhupana* facilitated faster wound healing and improved patient comfort, validating its role as a *Rakṣoghna Upakrama* in *Sutika Paricarya*.^[7,8]

Comparative clinical trials further emphasized that drug selection influences outcomes, with formulations such as *Nimbadi* and *Kuṣṭhadi Yonidhupan* showing notable analgesic, anti-inflammatory, and antimicrobial effects.^[8] Similarly, microbiological and clinical studies on *Shrevestakadi Yoni Dhoopan* demonstrated significant antimicrobial activity against common vaginal pathogens, correlating with improvement in discharge, odor, itching, and vaginal pH.^[13]

From a modern scientific viewpoint, the antimicrobial, antifungal, anti-inflammatory, and wound-healing actions of *Dhupana* drugs provide a plausible explanation for the observed clinical benefits.^[5,9,13] The fumigation process allows uniform dispersion and enhanced local penetration of medicated fumes, improving therapeutic efficacy while minimizing systemic exposure.^[11]

Safety analysis across studies revealed minimal to no adverse effects, establishing *Yoni Dhupana* as a safe, economical, and patient-acceptable therapy when performed with appropriate indications and precautions.^[6,10,13] However, limitations such as small sample sizes, heterogeneous methodologies, and lack of standardized protocols were evident, highlighting

the need for well-designed randomized controlled trials.^[5,6,11]

CONCLUSION

The present systematic review concludes that *Yoni Dhupana (Yonidhupan)* is a safe, economical, and effective *Sthanika Chikitsa* in the management of various women's reproductive health disorders, particularly those of infective and inflammatory origin. The reviewed literature demonstrates consistent improvement in clinical features such as *Yonistrava*, *Yonikandu*, pain, burning sensation, foul odor, inflammation, and wound healing, with minimal or no adverse effects.

The therapeutic efficacy of *Yonidhupan* can be attributed to the *Krimighna*, *Śothahara*, *Kledaśoṣana*, *Śodhana*, and *Rakṣoghna* properties of the drugs commonly employed, which act locally on the vaginal tissues and support both classical Ayurvedic principles and contemporary scientific observations. The localized mode of administration enhances therapeutic outcomes while minimizing systemic exposure and associated side effects.

However, despite encouraging clinical results, the available evidence is limited by methodological constraints, including small sample sizes, heterogeneity in formulations and procedures, lack of standardization, and scarcity of large-scale randomized controlled trials. Therefore, further well-designed clinical studies with standardized protocols and objective outcome measures are essential to validate the efficacy of *Yoni Dhupana* and facilitate its wider acceptance.

Overall, *Yoni Dhupana* holds significant potential as an adjunct or alternative modality in Ayurvedic and integrative gynecological practice and may contribute meaningfully to women's reproductive healthcare when supported by robust scientific evidence.

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