

CASE STUDY

A Case Study on the Effect of Kasisadi Taila Yonipichu and Triphala Nimba Kashaya Yoniprakhshalan in Kaphaja yoni Vyapada (vaginitis)

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ABSTRACT

In Ayurveda, disorders related to the female genitalia are primarily categorized under the term "yoni vyapad." (Vaginal Diseases) These conditions are classified based on the involvement of doshas, including Vataja, Pittaja, Kaphaja, Paripluta, Upapluta, and others. Among these, Kaphaja yoni vyapad (vaginitis) is characterized by symptoms such as thick, foul-smelling vaginal discharge and itching of the vulva. Common forms of vaginal infections include vaginal candidiasis, trichomoniasis, and bacterial vaginosis. This case study focuses on a 31-year-old female patient who presented with chief complaints of foul-smelling with curdy white vaginal discharge, vulvar itching, and lower abdominal pain. In response, Triphala nimba Kashaya yoni prakshalan followed by Kasisadi Taila Pichu Dhara and was administered for a duration of 7 days. Yoni prakshalan and Yonipichu was performed with Triphala nimba Kashaya and Kasisadi Taila respectively once daily for 7 days. The patient showed gradual improvement with the symptoms gradually subsiding, the patient showed significant improvement in the severity of symptoms following Triphala Nimba Kashaya Yoniprakhshalan followed by Kasisadi Taila Pichu Dharan.

Keywords: Yoni Vyapada, Triphala Nimba Kashaya, Kasisadi Taila Yonipichu

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INTRODUCTION

"Yoni vyapada", in Ayurvedic medicine, classifies vaginal disorders into subtypes based on the predominance of one of the three doshas—Vata, Pitta, or Kapha. Kapha-type Yoni vyapada is typically associated with an excess of thick, foul-smelling vaginal discharge, itching, and inflammation. This case study investigates the therapeutic effect of Kasisadi Taila Yonipichu and Triphala Nimba Kashaya Yoniprakhshalan in managing symptoms of Kapha.

Certain health conditions, while not necessarily life-threatening, can be bothersome and significantly impact an individual's daily routine. One such condition is Kaphaja yoni Vyapad (vaginitis) a, which is primarily characterized by white vaginal discharge (shwet strav) and vulvar itching (yonikandu)[1]. If left untreated, this condition can lead to ascending infections affecting the genital organs, ultimately compromising a female's physical health even leading to psychological distress.

In today's world, female juggle a variety of roles, from managing household duties to excelling in their professional careers. They also participate in religious practices, fast, and occasionally indulge in junk food [2]. In addition to these challenges, modern women are increasingly independent and take on demanding work environments, striving to succeed in both their professional and family roles. The pressure to manage both a career and a household leaves them with little time or energy to focus on their own health. This overwhelming schedule, coupled with societal expectations, makes it difficult for women to prioritize self-care, further complicating their overall well-being. This making them more susceptible to genital health issues (Yonirogas). [3]

According to Charaka Samhita and Sushruta Samhita, twenty different types of Yoni vyapada are detailed in the Yoni Vyapad Adhyaya of the Chikitsa Sthana and Pratisheha Adhyaya of the Uttartantra.[4] respectively. in the Ashtanga Hridaya [5] and Ashtanga Sangraha [6] both describe in the Guhyaroga Vignaneeya Adhyaya of the Uttartantra.

Kaphaj Yoni Vyapad is one of the Yoni Vyapada, characterized by Pichhila Strav (thick, sticky vaginal discharge) along with symptoms like Kandu (itching), Sheetalata (cold sensation), and Alpavedana (mild pain). [7]

MATERIAL AND METHODS

CASE STUDY:

A 31-year-old female patient, presented with complaints of foul-smelling, curdy white vaginal discharge, vulvar itching, and mild lower abdominal pain in the last 4 months. diagnosed with Kaphaj Yoni Vyapada. She sought allopathic treatment which only provided temporary relief and the symptoms aggravated after cessation of medicines. the clinical study for this research work was conducted in the IPD of Parul Ayurved Hospital, Limda, Vadodara.

The patient also has a history of psoriasis for the past 5 to 6 years.

The patient's menstrual history includes a cycle duration of 4-5 days with a regular cycle of 28-30 days. There are no complaints of clots and mild foul-smelling discharge. On the 1st and 2nd days of menstruation, the patient uses 3 to 4 pads per day. The menstrual flow is consistent and within normal limits.

On examination

Table no. 1: General Examination of the patient

General Examination	
G.C	Conscious & Stable
Urine	Increased in frequency
bowl habbit	bowl habit is normal
Sleep	Disturbed due to irritation
Pulse Rate - Rhythm - Volume	68/ min - Regular - Adequate
B.P.	110/80mmHg
R.R.	15/Min
Pallor	Present
Tongue	Coated (Lipta)

Table no. 2: Systemic Examination

Systemic Examination	
B/L chest-	equal A/E
CNS-	NAD
Respiratory system -	AEBE clear
Cardio vascular system -	S1S2 Heard

Table no. 3: Local Examination

Local Examination	
P/A	Soft, mild tenderness in lower abdomen
P/S	Cervix inflammation Curdy white discharge++ Nabothian cyst at 9'o clock position

Table no. 4: NIDAN PANCHAKA (Five steps of disease manifestation) [8]

Dosha	Kapha Vata Dosha
Dushya	Rasa
Srotas	Rasa vaha
Adhistan	Yoni Pradesh
Srotodushti	Atipravrutti
Rogamarga	Abhyantara Rogamarga
Udbhav sthan	Amashay
Sanchari sthan	Yoni

Table no. 5: ASHTAVIDHA PARIKSHA (Eight-Fold Examination)

Nadi	Vata Kaphaj prakriti
Mala	Nirama (without ama)
Mutra	Prabhoota (sufficient)
Jivha	lipta (coated)
Shabda	Madhyam
Sparsha	Anushna sheeta
Drik	Madhyam
Akriti	Madhyam

TREATMENT

Triphala Nimba Kashaya Yoniprakshalan:

The patient was instructed to use a decoction of Triphala Nimba Kashaya to wash the vaginal area once daily for 10 consecutive days. The decoction was prepared by boiling 10 grams of Triphala along with 5-10 grams of Nimba in 200-300 ml of water, which was allowed to cool to a comfortable temperature before use.

This wash aimed to cleanse the vaginal region, remove excess discharge, and alleviate infection and itching.

Kasisadi Taila Yonipichu:

Following the Triphala Nimba Kashaya Yoniprakshalan, the patient underwent Yonipichu with Kasisadi Taila once daily for 7 days. A cotton cloth was soaked in the oil and applied to the vaginal region for 20-30 minutes. This procedure helped reduce inflammation, soothe the area.

The treatment lasted for a total of 7 days, with the patient advised to follow up after one week for evaluation and further recommendations. Additionally, the patient was instructed to maintain proper local hygiene during and after the treatment period.

ORAL TREATMENT given to the patient -

Chandraprabha vati 2 BD before food with Luke warm water

Arogyavradhini vati 2 BD after food with luke warm water

Panchakol Kashaya + Guduchyadi Kashaya BD before food

PANCHAKRAMA TREATMENT -

Sarvanga Udvartan with Yavachurna + Triphala churna + Yashtimadhu churna

Sadyo Virechana with Eranda taila (20 ml) for one time

DIAGNOSIS AND ASSESSMENT CRITERIA [9]: On the basis of clinical symptoms diagnosed is made as Kaphaja yoni vyapad (vaginitis), and then assessment was done.

Table no. 6: Prognosis

COMPLAINTS	BEFORE TRETMENT	AFTER TREATMENT
Yoni srav (Vaginal discharge)	Thick foul vaginal discharge +++	Mild +
Yoni durgandh (Foul smell per vagina)	foul smell ++	Absent
Yoni Kandu (Itching in vulval area)	Continuous intense itching +++	Absent
Sheetalata (Cold Sensation)	coldness in the pelvic region ++	Absent
Katishoola(Backache)	Moderate ++	Absent
Udarshoola (Lower abdominal pain)	Moderate ++	Absent
Swelling and Inflammation	Moderate +	Absent

RESULTS

At the end of the 7-day treatment period, the patient reported significant improvement in her symptoms. The foul-smelling, curdy white discharge decreased in quantity, and the consistency of the discharge returned to normal. The itching around the vulva significantly decreased, and the lower abdominal pain slightly subsided. Upon follow-up one week after the treatment, the patient was symptom-free, with no recurrence of the discharge or other associated symptoms. The patient was also advised to continue maintaining local hygiene to support the healing process and prevent future infections.

DISCUSSION

The combination of Triphala Nimba Kashaya Yoniprakshalan and Kasisadi Taila Yonipichu has shown great results in treating Kaphaj Yoni Vyapada (vaginal issues related to Kapha imbalance) [1].

Mechanism of Action of Triphala–Nimba Kashaya Yoniprakshalan:

Yoniprakshalan acts as a local Shodhana therapy, removing excessive secretions, microbial load, and Kapha-induced *kleda* from the vaginal region. Triphala, composed of Amalaki (*Embllica officinalis*), Bibhitaki (*Terminalia bellirica*), and Haritaki (*Terminalia chebula*), possesses Tridosha-shamaka, *Krimighna*, *Shothahara*, and *Rasayana* properties. Its astringent (*Kashaya rasa*) and light (*Laghu guna*) qualities help reduce excessive vaginal discharge and restore tissue tone [7].

Nimba (*Azadirachta indica*) is well known for its *Kandughna*, *Krimighna*, and *Shothahara* properties. Classical Ayurvedic texts describe Nimba as effective in *Yoniroga* due to its *Tikta* and *Kashaya rasa*,^[12] which counteract Kapha and inhibit microbial growth. Modern pharmacological studies also confirm Neem's antimicrobial, antifungal, anti-inflammatory, and immunomodulatory effects, making it especially useful in conditions presenting with itching, infection, and inflammation [10].

Thus, Triphala–Nimba Kashaya Yoniprakshalan not only cleanses the vaginal canal but also helps normalize vaginal pH, reduce discharge, relieve itching, and prevent recurrent infections by enhancing local immunity.

Mechanism of Action of Kasisadi Taila Yonipichu:

Yonipichu provides prolonged local drug contact, allowing deeper penetration and sustained therapeutic action. Kasisadi Taila, containing Kasisa (Ferrous sulfate), Manahshila (Arsenic disulfide), Saindhava Lavana (Rock salt), and Til Taila (Sesame oil), exhibits *Shothahara*, *Kandughna*, *Ropana*, and *Lekhana* properties [11].

Kasisa is described in Ayurveda as *Kapha-Vata shamaka* and is widely used in disorders involving excessive discharge and tissue laxity. It aids in reducing inflammation, promoting granulation, and restoring epithelial integrity. Manahshila possesses potent *Krimighna* and *Shothahara* actions and helps relieve burning sensation (*Daha*) and itching (*Kandu*). Saindhava Lavana, due to its *Sukshma* and *Snigdha* properties, enhances drug penetration and alleviates irritation while maintaining tissue moisture balance. Til Taila acts as an excellent *Yogavahi*, facilitating deep tissue absorption. It is rich in antioxidants, essential fatty acids, and anti-inflammatory compounds, which promote tissue healing and strengthen the vaginal mucosa [12, 13]. The presence of Shunthi (*Zingiber officinale*) in the formulation further enhances circulation, reduces inflammation, and aids in detoxification through its *Deepana* and *Shothahara* actions

CONCLUSION

This case study highlights the effectiveness of Triphala Nimba Kashaya Yoniprakshalan and Kasisadi Taila Yonipichu in managing Kaphaj Yoni Vyapada. The combination of these two Ayurvedic treatments successfully alleviated the symptoms of foul-smelling discharge, vulvar itching, and abdominal discomfort, leading to a full recovery. These treatments also helped restore the balance of the vaginal ecosystem, promote healing, and enhance local immunity to prevent future infections. Further research involving larger sample sizes and comparative studies with conventional treatments would be beneficial in confirming the efficacy and long-term benefits of these Ayurvedic therapies for the management of vaginal infections.

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