

EFFECT OF YONIDHOOPANA AND ITS ANTIMICROBIAL ACTIVITY IN STRI ROGA & PRASUTI TANTRA: A REVIEW ARTICLE

Anita¹, Sujata Kadam², Meenakshi Pandey³

¹PG Scholar Final Year, Department of Stri Roga & Prasuti Tantra, All India Institute of Ayurveda, New Delhi, India

²Dean & H.O.D., Department of Stri Roga & Prasuti Tantra, All India Institute of Ayurveda, New Delhi, India

³Assistant Professor, Department of Stri Roga & Prasuti Tantra, All India Institute of Ayurveda, New Delhi, India

Corresponding Author: verma.anita678@gmail.com

<https://doi.org/10.46607/iamj4708102020>

(Published online: October 2020)

Open Access

© International Ayurvedic Medical Journal, India 2020

Article Received: 30/09/2020 - Peer Reviewed: 02/10/2020 - Accepted for Publication: 04/10/2020



ABSTRACT

Background: *Yonidhoopana* means the fumigation of vulva and vagina is the special local therapy mentioned in *Ayurveda* classics in different *yonivyapada*, *sukhprasava* and *sutika*. It is an inseparable part of therapeutics in gynaecological disorders maintain sterilized external and internal environment of genitals. Various *dhoopana* drugs has been described in *Bruhatrayi* and *Kashyapa Samhita* that have *Katu*, *Tikta*, *Laghu*, *Ruksha* and *Ushna* properties on heating, get converted into volatile fumes cause dilatation and oxidation of blood vessels and increase tissue perfusion. This antiseptic and sterilised environment of vagina is depicted by analgesic, anti-inflammatory and antimicrobial effect of *Dhoopana*. Various clinical research work related to *yonidhoopana* and antimicrobial effect of *dhoopana* has been conducted. **Materials & Methods:** *Ayurvedic Samhita (Bruhatrayi)*, *Kashyapa Samhita* and literatures of *striroga & prasuti tantra* were studied out thoroughly. Original clinical research works, and review articles related to *dhoopana* were searched through online database search engine like Pubmed online, Researchgate, and Google scholar. Eight articles were selected and concluded. **Discussion & Results:** *Yonidhoopana* is very effective *Sthanika chikitsa* in *yoniroga chikitsa*, *sukhprasava* and *sutikaparicharya* due to its *krimighna*, *kandughna*, *shothahara*, *vranaropaka*, *kledashoshaka* effect in vulva and vagina. Hence, it is significantly proved in clinical research work of *YONIDHOOPANA* and antimicrobial *dhoopana karma*. **Conclusion:** *Yonidhoopana*

has bacteriostatic action, economical, easy to perform and effective antimicrobial and anti-inflammatory procedure without any harmful effects.

Keywords: *Yonidhoopana, Sthanika chikitsa, Yoniroga, Sutika.*

INTRODUCTION

Sthanik Chikitsa is the special local therapy mentioned in *Ayurveda* classics in different *yonivyapada*¹ (genital disorders), *yoniroga*, *santatinirodha*² *sukhaprasava* and for the maintenance of genital health. Different types of *Sthanika chikitsa*³ are described *yonidhawan*, *yoniparisheka*, *yonipichu*, *yonikalka*, *yonilepa*, *yonipinda*, *yonivarti*, *yonidhoopan*, *ksharakarma*, *uttarabasti*. *Dahan-karma* is also included as a local procedure by some *Acharya*. Local treatments possess *shamana* and *shodhana* properties according to their *prayojana*⁴. *Dhoopana karma* (herbal fumigation) is an important *sthanika chikitsa* described in *Bruhatrayi* and *Kashyapa Samhita*. Since *vedic* period *homa-havana*, *yagna*, sterilisation of air by *agnihotra*⁵, sterilisation of house and places around it by *dhoopan*⁶ is going on traditionally. In *Ayurveda* classics *dhooma* and *dhoopan* these terminologies are used. *Dhooma* means ‘*dhoom-pana*’ and *dhoopana* means subjecting any body part to the medicated fumes. *Dhoopana* is an inseparable part of therapeutics, which maintains internal and external environment. It is an important local therapy mentioned both for *Swasthya rakshan (Rakshoghna)* and *Vyadhi chikitsa*.

Dhoopana is the method of fumigation using herbal, herbomineral or animal origin drugs to heal *vrana*, *yonivyapada*, *karnarogas*, *nasarogas*, *gudrogas* etc. It is also used to disinfect *bhesajagara*, *vranagara*, *sutikagara*, *shastrakarmaghruha*, *kumaragara* and to sterilise the *asava* and *arishata*. A variety of fumigation drugs are mentioned in *Kashyap Samhita Khilsthana* and in *Bruhatrayi* for prevention, combating diseases and purifying environment. *Yonidhoopana* is also an important kind of *dhoopana* mentioned in different *striroga*, *prasava* and *sutika-avastha*. Many research studies have been conducted to prove its role in *sutikaparicharya*, *yoniroga*, disinfection of wound & its healing, its antimicrobial effect in sterilization of operation theaters, hospital wards etc. *Aparajitha*

Dhooma Choornam a time tested *Ayurvedic* fumigation powder has played a role in preventing COVID epidemics in cramped migrant labour camps during lockdown, used for sanitization and shown significant results of air disinfection.⁷

Aim and Objectives:

1. To study the role of *yonidhoopana* in different *yoniroga*, *sutika*, *prasuta*.
2. To assess the antimicrobial effect of *dhoopana karma* proved in different previous clinical research studies.

Materials & Methods

Different original research articles and clinical trials studies that are published in peer-reviewed journals related to *dhoopana* (fumigation) in *striroga* & *prasuta*, *vranadushti*, *kranaroga* and fumigation of operation theatres, wards; were searched out and studied thoroughly. *Dhoopana karma* mentioned in different *samhitas (Bruhatriya)*, *Kashyapa Samhita* and *ayurvedic* literature of *striroga* & *prasuti tantra* regarding indication of *yonidhoopana* were studied. *Yonidhoopana* and antimicrobial effect of herbal fumigation mentioned into different clinical trials and *ayurvedic* literature were reviewed and results were concluded.

Dhoopan: Different types of *Dhoopana* drugs

1. On the basis of origin⁸:

“*Avum Dhoopa Samutpanna Prajanam Hitkamya / Nirdishtascha Agnidaitya Jangam Sthavaraashrya //*” (K.S.Dh.kalp)

1. **Jangama:** Animal origin (Hairs, nails, horns, *sarpanirmoka* etc.) Animal product contains a keratin like structural part that contains sulphur play a key role in disinfection.
2. **Sthavara:** Plant origin (*Agaru*, *vacha*, *haridra*, *kustha*, *guggulu nimba* etc.)
3. **Minerals⁹:** *Harital* & *Manahshila*. These are the Sulphur containing compounds.

2. According to Acharya Kashyapa¹⁰: Dhoopa, Anudhoopa, Pratidhoopa.

All these drugs are collected and stored in air-tight containers like earthen pots and glass jars to maintain its original colour and volatile oil contents.

Properties of Dhoopan drugs¹¹: **Guna:** Laghu, Ruksha, Tikshna, Vikasi, Uragandhi, Volatile; **Rasa:** Katu, Tikta; **Virya:** Ushna **Vipaka:** Katu; **Karma:** Shothahara, Krimighana, Kandughana, Vranashodhana, Vranaropan, Vedanashamaka; **Mahabhoota pradhanya:** Akasha, Vayu

Purpose of Dhoopana:

1. **Rakshoghana karama¹²:** Dhoopan of bhesajagar, kumaragara, sutikagara, Shastra-karam-gruha.
2. **Vyadhinashana¹³:** For vranashodhana, vranaropan, kledashoshana, krimihara, vedanashamak, durgandhahara etc.
3. **Sterilization** of asava and arishata.

Kaala: “*Dwiraha karyed dhoopam dashratram atandrita¹⁴”* (Su.S.) Dhoopan is advised in morning and evening for 10days for 3-5minutes. **Amount for Dhoopan drug¹⁵** is taken 3-5 grams; resins like guggulu & raal are taken in an amount of 3gms while powdered form is taken as 5gms.

Yonidhoopana: Yoni + Dhoopana means fumigation of vulva and vagina. *Yonidhoopana¹⁶* is a practical procedure in which fumigation of vulva & vagina is performed by medicated and disinfected smoke over the surface of yoni. It is indicated as *Rakshoghana* and *Vyadhi chikitsa* in *striroga* and *prasuta*. Vagina is preferred as a route of drug delivery due to its large surface area, high vascularity and permeability to absorb the medicated fumes or any medicated drug kept in vagina. **Mode of action of Yonidhoopana:** Dhoopan drugs with *katu-tikta*, *ushan* and aromatic properties when put on fire get converted into volatile medicated fumes. These fumes enter into smallest units of tissues of genital tract (due to *sooksham-srotogami*), dilates blood vessels and helps in oxidation of blood that leads to adequate tissue perfusion¹⁷. This antiseptic & sterilized environment helps in disinfection of uterine cavity, vagina & vulva; reduces PH & laxity of pubic muscles¹⁸. Thus helps in reducing pain, decreasing vaginal discharge, healing of wound & prevent growth of microorganisms.

Table 1: Indications of Yonidhoopana in Stri Roga, Prasuta and Sutika

S.No.	Vyadhi	Dhoopan dravya	Karma	Reference
1.	Yonirava ¹⁹	Sarla, yava, guggulu, katuk-matsyaghritasaha.	Sravahara	Ch.Chi 30/120
2.	Yonikandu ²⁰ Shleshmaja yonivyapada Alpasparsha yoni	Bruhatiphala, haridra, daru haridra	Kandughna	Su.U.38/27
3.	Vranaropaka ²¹	Sarshapa, nimbapatra with ghrita & lavana	Vranaropaka	Su.Su.19/28
4.	Garbhanirodhak ²²	Katu-Nimbakashtha	Shukraghna	Y.R.Stri-rogadhikara
5.	Garbhasanga ²³	-Krishnsarpanirmoka, Pinditaka -Bhurjapatra, kalihari, katutumbi, kushtha, sarshapa & snakemolt	Aavipradurbhava	Su.Sh.10/13 A.S.Sh.2 A.H.Sha.1/86
6.	Vilambita prasava ²⁴ Anagata Prasava ²⁵	Krishnsarpanirmoka, Tagar -Bhurjapatradhoom, Shinshpasardhoom	Aavipradurbhava	Y.R.Sutikarogadhikara Ch.Sh.8/38
7.	Aprasanga ²⁶ ,	Katukalabu, sarshapa, kritvedhana, sarpanirmoka with katutail. - Langalimoolkalka -Bhoorjapatra, kanchmani, sarpanirmoka	Gabhashaya sankochaka	Su.Sh.30/23 Ch.Sh.8/41

8.	Nagodara	Dhoopana drugs used in Aprapatana.	Aavipradurbhava	A.S.Sh.4/21
9.	Sutika ²⁷	Kushtha, guggulu, agru mixed with ghrita	Rakshoghna	K.Khi.11/106
10.	Sutika Vataj jwara (Vepathu) ²⁸	Devdaru or Kushtha, guggulu, agru	Rakshoghana	K.Khi.11/106
11.	Kumaragara ²⁹ (for fumigation of cloths, bed sheets)	Yava, sarshapa, atasi, hingu, guggulu, vacha, choraka, vyastha, golomi, jata-manshi, planksha, rohini, sarpanirmoka with ghrita.	Rakshoghna	Ch.Sh.8/61

Dhoopan is also indicated in many yonivyapadas like in Shleshmala, Acharna, Vipluta and Uppluta yonivyapad.

RESULTS & DISCUSSION

Yonidhoopana is indicated in many yonirogas. It plays an important role in sutikaparicharya due to its anti-inflammatory, antimicrobial effect both on local site of

vulva-vagina and maintains the normal vaginal flora. Different research studies are conducted in various institutes to prove the effect of yonidhoopana drugs.

Table 2: Research Studies regarding Yonidhoopana karma in different Stri Roga & Prasuti tantra.

S.N.	Institute	Author/Year	Title	Dhoopana drugs	Conclusion
1.	Bharati Vidya-peeth Deemed University, College of Ayurveda, Pune	Dr. Swati Surendra Mohite; 2013	Determining the efficacy of three Ayurvedic formulations & Dhoopana (Medicinal Fumigation) in preventing of infections post vaginal delivery with Episiotomy.	Vidanga, Shatapushpa, Jata-mansi (2gm each) Guggulu (5gms). For 5days daily on episiotomy wound).	91% of cases did not experience any pain during 5days of dhoopana assessed by VAS scale. Episiotomy wound of 99.7% of cases healed without any infections or complications.
2.	Bharati Vidya-peeth Deemed University, College of Ayurveda, Pune	Dr. Vidya Maruti Magar Dr.S.R. Gholap; January 2017	Evaluation of Dhupan Karma in Sutika Paricharya.	Kustha, Agru, Guggulu. For 7days on episiotomy wound.	100% effect on udarshool P<0.05, 80.4% effect in kukshihras P<0.05, 97% effect in yonivranashoola reduction P<0.05. Yonivranashotha grade 0 in 100% patients. Yonivrana approximation in 94% patient was grade 0 (complete). Yonigata raktasrava P<0.05 within range. Vaginal PH reduce from 7.4 to 6.6 with P<0.05. Vaginal temperature raised after dhoopan from 99.3 to 99.6. Average grabhashayahras of 1.25cm/day.
3.	Bharati Vidya-peeth Deemed University, College of Ayurveda, Pune	Seema R.Gholap, N.V.Khainar; September 2017	Validation of effect of an Ayurvedic therapeutic procedure, Dhashmoolkwath & Dhoopana Fumigation with medicinal herbs	Agaru, Kushtha Guggulu	Patients of puerperal period 2 nd -8 th day postpartum and subjected to dhoopana karma. Vaginal PH decreased 7.2 to 6.5. Dhoopana maintained normal involution of

			during first week of puerperium: An open clinical trial.		uterus and episiotomy wound healing due to antimicrobial, anti-inflammatory and analgesic action.
4.	S.D.M. Ayurvedic Hospital Udupi	Reeti Yadav, Sucheta Kumari, Suprabha Kunjibettu; Jan 2019	A Clinical study of <i>Amalaki choorna</i> (orally) & <i>Saraladi Yonidhoopana</i> in <i>Sweta pradara</i> w.s.r. to vaginitis.	<i>Sarala, Yava, Guggulu</i>	Patients of <i>sweta pradara</i> got considerable relief in <i>yonisrava, kandu, maithun asahishnuta, durgandh</i> , excoriation with $P<0.001$; reduction in <i>mutradaha</i> $P=0.042$ and reduction in microorganism with $P<0.001$ in <i>Candida albicans</i> & gram +ve bacilli $P=0.014$.
5.	Shri J.G.C.H.S Ayurvedic Medical College and Hospital, Ghataprabha, Karnataka.	Shreyes S. Vandana S. Kulkarni, Jyothi S. Kanagali Yogitha Bali M.R. 2020	Role of <i>Krishna Sarpanirmoka dhoopana</i> in <i>prasava</i> (2nd stage of labour): A Comparative study	<i>Krishna Sarpanirmoka Yonidhoopana</i> in <i>Dwitiya avastha</i> of <i>prasava</i> (Second stage of labour)	<i>Krishna sarpanirmoka dhoopana</i> was given in 2 nd stage of labour showed significantly better results compared to control group in the duration of uterine contractions & interval between uterine contractions with statistical significance P value < 0.05 . (70%) patients delivered uneventfully without episiotomy.

Main changes occur during *sutika avastha* are wounds at placental and genital tract sites along with *vata prakop, dhatukshaya, kled-rakta nisruti* and *agnimandaya*³⁰. To avoid severe complications & to regain health after *prasava* dietary regimen and lifestyle modifications in *sutika (sutika swasthvrita)*³¹ are advised. *Yonidhoopana* is mentioned as *rakshoghana upkarma* done for 7-10days in *sutika paricharya*. Effect of *dhoopana* are observed in different research studies in *sutika paricharya* that are reduction in *udarshool*, involution of uterus, makes *yonigata raktastrava* sterile, reduction in PH of vagina, episiotomy wound approximation, slightly raised vaginal temperature that helps in reducing pain and promotes healing³². *Dhoopana* drugs used in fumigation of episiotomy are *kustha, agaru, guggulu, vidanga, jatamansi, shatpushpa*; have proved their *krimighna, vranaropana, shothghna, shooldghna* and *vimlapana karma*. In another study, effect of *Saraladi yonidhoopana* in *sweta pradara* was significant, showing reduction in symptoms itching vulva, white discharge, dyspareunia and foul smell. *Dhoopana* drugs *sarala, yava* and *guggulu* due to their *ruksha, laghu, tikshna, ushna,*

shothhara, krimihara, shooldghna, sravahara properties have shown significant results both in subjective symptoms and maintained vaginal flora. *Yonidhoopana* by *krishana sarpa nirmoka* helps in *sukhprasava* by enhancing smooth and powerful uterine contraction. Biochemical analysis of *nirmoka* showed presence of nitrates in the form of nitrous oxide when given as *dhoopana* in second stage of labor; it induced relaxation of cervix as well as enhanced reflex uterine contractions, dilated the vagina and relaxed perineum. *Dhoopana* possibly softened the tissues by making them more susceptible to dilate without tear and helped in *sukhprasava*. *Sarpa nirmoka* of 50cm put over heated charcoal in *sarava* and *dhoopana* was given to well expose vaginal walls and cervix for 2-3minutes between the uterine contractions. It was given maximum in three sessions depending on progress of labour. *Dhoopana* drugs with *laghu, ruksha, ushna* & volatile properties, *katu vipaka* and *ushna veerya* produces *krimighna, kandughna, kledshoshak, jantughana, vranashodhak & vedanashamak, shothhara* effect. So, it is recommended for maintaining genital health and preventing genital tract infections or puerperal sepsis.

Thus, *dhoopana* shows significant analgesic, anti-inflammatory and anti-microbial action locally at vagina without need of antibiotics & analgesic drugs.³³

Table 3: Some research studies showing Antimicrobial effect of *Dhoopana* drugs

S.N.	Institute	Author/ Year	Title	Dhoopana Drugs	Conclusion
1.	KLE's Shri B.M.K. Ayurveda Mahavidyalaya, Shahpur Belgau.	Dr. Sumitha L. Dr B.S.Prasad; Dec 2014	Study of <i>Krimighna</i> effect of "Dhup" An Ayurvedic <i>dhoopana</i> Product as a <i>Rakshoghna Dhoopana</i> of Sensitivity method.	<i>Guggulu, Ushira, Vacha, Rala, Nimba, Arka, Devadaru, Loban.</i>	<i>Dhupa Dhoopana</i> showed remarkable sensitivity against <i>Staphylococcus aureus</i> , <i>S. abony</i> and <i>E.coli</i> by displaying maximum zone of clearance of 3mm, 2.6mm and 2mm diameter respectively.
2.	Sumatibhai Shah Ayurveda Mahavidyalaya Malvadi.	Shravani M. Gund, Ramchandra P. Babar, Sunanda V. Vanarase, Rashmi A. Kale. 2017	A Comparative study of <i>Arishta Dhoopana Yoga</i> & Formalin for their Antimicrobial Effect as a Fumigating agent on <i>E.coli</i> .	<i>Neem Pan-chang</i> powder	<i>Arishta Dhoopana Yoga</i> and Formalin were compared on <i>E. coli</i> sprayed glass experimental chambers of 1M3. The colony forming units of <i>E.coli</i> by taking swabs for culture before and after fumigation (at 30 min, 3 Hours) were noted. Significant result with P value <0.05 was seen in both the groups showing reduction of <i>E.coli</i> .
3.	Dr. Harisingh Gour Central University, Sagar, Madhya Pradesh, India.	Sushma Bagde Bhatywalkar, Prashant Shukla, Rupesh K. Srivastava. May 2019	Validation of environmental disinfection efficiency of traditional <i>Ayurvedic</i> fumigation practices.	Garlic peel, Turmeric powder, Carom seeds, Loban	The airborne bacterial count without fumigation (control) was 75.66 ± 4.93 cfu/m ³ that got reduced to 21.55 ± 3.34 , 30.55 ± 8.07 , 30.33 ± 1.2 and 30.66 ± 6.33 cfu/m ³ upon fumigation with garlic peel, turmeric, <i>ajwain</i> and <i>loban</i> powder respectively. In addition, garlic peel is effective in disinfecting surfaces of the drug resistant MPSA bacteria.

In above mentioned antimicrobial studies *guggulu, agaru, sarshapa, nimbapatra* have shown significant results in disinfection of wound. Garlic peel, turmeric, carom seeds and *loban dhoopana* have proved their effect in reduction of airborne bacterial count tested independently whereas garlic peel alone is also effective in disinfecting surfaces of drug resistant MPSA bacteria responsible for nosocomial infections. *Nimda pan-chang* powder herbal fumigation have shown antimicrobial effect through microbial cell wall breakdown. 10% chloroform extract of *neem* has antibacterial effect against *Staphylococcus aureus* and *E.coli*. Therefore, it can be used in operation theatres, hospital wards and in

infected wounds for fumigation. *Dhupa dhoopana* drugs showed remarkable sensitivity against *Staphylococcus aureus*, *S.abony* & *E.coli*. *Aparajita dhooma choorna dhoopana* has been proved highly effective against bacteria and fungi just in a day upto 95% and 96% respectively in the area of sterilisation of migrant labour camps in COVID epidemic.

CONCLUSION

Dhoopana drugs having *katu-tikta, laghu-ruksha, tikshna-ushna* properties and volatile contents proved to be *kandughna, kledashoshaka, vranaropaka, shothahara, jantughna, vedanashamaka. Yonidhoopana*

means fumigation of vulva-vagina has shown significant effect in different genital disorders, *sutika*, *sukha-prasava* and improves defence mechanism of female genital tract by maintaining healthy vaginal flora. Various drugs has shown antimicrobial action against *E.coli*, *Staphylococcus aureus*, *S.bony*, *Candida albicans*. Therefore, *yonidhoopana* has bacteriostatic action, economical, effective procedure and easy to perform without any harmful effects.

REFERENCES

1. Agnivesha, Charaka Samhita, Vidyotini Hindi Commentary by Kashinath Sastri Dr. Gorakhnatha, Charaka chikitsa Yonivyapadchikitsa 30, Chaukhamba Bharati Academy: Publisher, Part-2, 2007. Pg.840-889.
2. Shastri L. Yogratnakar, Vidyotini Teeka Uttardh; Yonivyapadachikitsa 5, Varanasi Chaukhamba Prakashan, Reprint Edition 2013:409.
3. Prof. V.N.K. Usha, A textbook of Gynaecology Streeroga –Vijan, Sthanika Chikitsa (Local treatment):13, Chaukhambha Sanskrita Pratisthan, 2016. Pg.595.
4. Prof. Sujata Patil Kadam, Striroga Prasutitantrateel Sthanika Chikitsa and Aushadhi, Sthanik Chikitsa, Pg.2.
5. Anantkumar V, Shekokar, Kanchan M Borkar. To study the efficacy of *Ayurvedic Dhoopan* for operation theater sterilization; International Journal of Advanced Ayurveda, Yoga, Unani, Siddha & Homeopathy; 2013, 2(1):143-147.
6. Maharishi Kashyap, Kashyap Samhita, Pt. Hemaraja sarma, Vidyotini Hindi Commentary by Sri Satyapala Bhisagacharya, Kalpasthan: Dhoopkalpaadhayay-1, 2018. Pg.255-261.
7. The Hindu (Newspaper), Ayurvedic fumigant found effective for disinfection, published on 20 June 2020.
8. Maharishi Kashyap, Kashyap Samhita, Pt. Hemaraja sarma, Vidyotini Hindi Commentary by Sri Satyapala Bhisagacharya, Kalpasthan: Dhoopkalpaadhayay-1, 2018. Pg.260.
9. Shrestha S. et al; *Dhoopan Karma: A Review through Brihtrayi*, International *Ayurvedic Medical Journal*; March 2017, 1(3):2320-5091.
10. Maharishi Kashyap, Kashyap Samhita, Pt. Hemaraja sarma, Vidyotini Hindi Commentary by Sri Satyapala Bhisagacharya, Kalpasthan: Dhoopkalpaadhayay-1, 2018. Pg.260.
11. Shrestha S. et al; *Dhoopan Karma: A Review through Brihtrayi*, International *Ayurvedic Medical Journal*; March 2017, 1(3):2320-5091.
12. Maharishi Kashyap, Kashyap Samhita, Pt. Hemaraja sarma, Vidyotini Hindi Commentary by Sri Satyapala Bhisagacharya, Kalpasthan: Dhoopkalpaadhayay-1, 2018. Pg.260.
13. Nikita Kamble, Rohit Gadkari. Application of Dhoopan Karma in present scenario – A Review, International Journal of Research in Indian Medicine, June 2018, 2(5):2546-4435.
14. Maharshi Sushruta, Sushruta Samhita, Sutra sthana 19/28, In Ayurveda-tatva-Sandipika by Kaviraj Ambika Dutta Shastri, Chaukhambha Sanskrita Sansthan, Part 1,2007, Pg.81.
15. Gholap S.R. et.al; Validation of the effect of an *Ayurvedic* therapeutic procedure, *Dashmoolkwath & Dhoopan* – Fumigation with medicinal herbs during first week of puerperium: An open clinical trial; IAMJ; 2017, 5(9):2320-5091.
16. Gholap S.R. et.al; Validation of the effect of an *Ayurvedic* therapeutic procedure, *Dashmoolkwath & Dhoopan* – Fumigation with medicinal herbs during first week of puerperium: An open clinical trial; IAMJ; 2017, 5(9):2320-5091.
17. Gholap S.R. et.al; Validation of the effect of an *Ayurvedic* therapeutic procedure, *Dashmoolkwath & Dhoopan* – Fumigation with medicinal herbs during first week of puerperium: An open clinical trial; IAMJ, 2017, 5(9):2320-5091.
18. Magar V.M., Gholap S.R. Evaluation of *Dhupan Karma* in *Sutika Paricharya*, World Journal of Pharmacy and Pharmaceutical Sciences, 2017, Vol 6(3):607-621.
19. Agnivesha, Charaka Samhita, Vidyotini Hindi Commentary by Kashinath Sastri, Dr. Gorakhnatha, Charaka Chikitsa sthana 30/120, Chaukhamba Bharati Academy: Publisher, Part-2, 2007. Pg.858.
20. Maharshi Sushruta, Sushruta Samhita, Uttartantra 38/27, In Ayurveda-tatva-Sandipika by Kaviraj Ambika Dutta Shastri, Chaukhambha Sanskrita Sansthan, Part 2, Reprint 2006, Pg.163.
21. Maharshi Sushruta, Sushruta Samhita, Sutrasthan 5/18, In Ayurveda-tatva-Sandipika by Kaviraj Ambika Dutta Shastri, Chaukhambha Sanskrita Sansthan, Part 1, Reprint 2007, Pg.18.
22. Shastri L. Yogratnakar, Vidyotini Tika Uttardh; Yonivyapada Chikitsa 5, Varanasi Chaukhamba Prakashan, Reprint Edition 2013:409.

23. Maharshi Sushruta, Sushruta Samhita, Sharira sthana 10/13, In Ayurveda-tatva-Sandipika by Kaviraj Ambika Dutta Shastri, Chaukhambha Sanskrita Sansthan, Part 1, 2007, Pg.75.
24. Shastri L. Yograthnagar, Vidyotini Tika, Sutikarogadhikar, Varanasi Chaukhamba Prakashan, Reprint Edition 2013.
25. Agnivesha, Charaka Samhita, Vidyotini Hindi Commentary by Kashinath Sastri, Dr. Gorakhnatha, Shareersthana: Jatisutreeya 8/38, Chaukhamba Bharati Academy: Publisher, Part-1, 2005. Pg.942.
26. Agnivesha, Charaka Samhita, Vidyotini Hindi Commentary by Kashinath Shastri, Dr. Gorakhnatha, Shareersthana: Jatisutreeya 8/41, Chaukhamba Bharati Academy: Publisher, Part-1, 2005. Pg.945.
27. Maharishi Kashyap, Kashyap Samhita, Pt. Hemaraja sarma, Vidyotini Hindi Commentary by Sri Satyapala Bhisagacharya, Khilsthana: Sutika Ukramaniyadhayay-11/22, 2018. Pg.467.
28. Maharishi Kashyap, Kashyap Samhita, Pt. Hemaraja sarma, Vidyotini Hindi Commentary by Sri Satyapala Bhisagacharya, Khilsthana: Sutika Ukramaniyadhayay-11/22, 2018. Pg.467.
29. Agnivesha, Charaka Samhita, Vidyotini Hindi Commentary by Kashinath Sastri, Dr. Gorakhnatha, Shareersthana: Jatisutreeya 8/61, Chaukhamba Bharati Academy: Publisher, Part-1, 2005. Pg.960.
30. Agnivesha, Charaka Samhita, Vidyotini Hindi Commentary by Kashinath Sastri, Dr. Gorakhnatha, Shareersthana: Jatisutreeya 8/49, Chaukhamba Bharati Academy: Publisher, Part-1, 2005. Pg.952.
31. Agnivesha, Charaka Samhita, Vidyotini Hindi Commentary by Kashinath Sastri, Dr. Gorakhnatha, Shareersthana: Jatisutreeya 8/48, Chaukhamba Bharati Academy: Publisher, Part-1, 2005. Pg.951.
32. Magar V.M., Gholap S.R.; Evaluation of *Dhupan Karma* in *Sutika Paricharya*, World Journal of Pharmacy and Pharmaceutical Sciences; 2017, Vol 6(3):607-621.
33. Gholap S.R. et.al; Validation of the effect of an *Ayurvedic* therapeutic procedure, *Dashmoolkwath & Dhoopan* – Fumigation with medicinal herbs during first week of puerperium: An open clinical trial. IAMJ, 2017; 5(9): 2320-5091.
34. Magar VM, Gholap S.R. Evaluation of Dhupan Karma in Sutika Paricharya, World Journal of Pharmacy and Pharmaceutical Sciences, 2017; 6(3):607-621.

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Anita & Sujata Kadam: Effect Of Yonidhoopana And Its Antimicrobial Activity In Stri Roga & Prasuti Tantra: A Review Article. International Ayurvedic Medical Journal {online} 2020 {cited October, 2020} Available from:
http://www.iamj.in/posts/images/upload/4858_4865.pdf