

CASE STUDY

Clinical Outcomes of *Sthānika Chikitsā* in *Kaphaja Yonivyapad* (Candidiasis): A Case Series

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ABSTRACT

Kaphaja Yonivyapad is a gynecological disorder described in *Ayurvedic* texts, characterized by symptoms such as *Picchila*, *Sheeta* and *Pandu Varna Yoni Srava*, accompanied by *Kandu* and *Alpavedana* in the vaginal region. It closely resembles **vulvo-vainal candidiasis**, a condition commonly seen in clinical practice, with a significant incidence among women of reproductive age. Studies reporting that approximately 75% of women experience at least one episode during their lifetime, and up to 40–50% may have recurrent episodes. While conventional treatments may offer symptomatic relief, issues such as recurrence and adverse effects are common concerns. *Dhatakyadi Varti*, an *Ayurvedic* formulation possessing *Kapha-Shamaka*, *Stambhana*, and *Krimighna* properties, is traditionally indicated in *Kaphaja Yonivyapad* and may offer an effective, safer alternative. This case series evaluates the clinical efficacy of *Dhatakyadi Varti* in the management of *Kaphaja Yonivyapad*.

MATERIALS & METHODS:

This case series includes three female patients aged 25–40 years, clinically diagnosed with *Kaphaja Yonivyapad* based on classical symptoms and diagnostic criteria. All patients were administered *Dhatakyadi Varti* intravaginally once a day for 7 days. The assessment was based on subjective parameters like *Yoni Srava*, *Yoni Kandu*, *Yoni Vedana*. Objective criteria such as Quantity of white discharge and vaginal pH were also considered.

RESULT:

Local therapies such as *Sthanika Chikitsa* hold significant potential in management of *Yoni Vyapad*, offering targeted action at the site of pathology with minimal systemic involvement. All patients showed significant relief in symptoms by the end of the treatment. Notable improvements were seen in reducing *Yoni Srava*, *Yoni Kandu*. No adverse effects were reported during the follow-up period of 14th day. Vaginal pH normalized in all patients.

DISCUSSION

The therapeutic effect of *Dhatakyadi Varti* may be attributed to its *Kapha-hara*, *Stambhana*, and *Shodhana* properties. Ingredients like *Dhataki*, *Lodhra*, and *Mustha* exhibit anti-inflammatory, antimicrobial, and astringent actions, directly acting on the local pathology. This case series supports the role of *Dhatakyadi Varti* as a safe and effective intervention in managing *Kaphaja Yonivyapad*.

Key Words *Kaphaja Yonivyapad*, *Dhatakyadi Yoni Varti*, *Vulvo-vaginal candidiasis*

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INTRODUCTION

As woman is considered the **foundation of reproduction**, her health is of utmost importance and is essential for maintaining the sanctity and harmony of *Gruhashthrama* (household life). However, due to changes in lifestyle, the influence of modern food habits, and the increasing consumption of junk food, women today often find it difficult to adhere to the traditional guidelines of *Dinacharya*, *Rutucharya*, *Rajaswala*, *Rutumati Paricharya*, *Sutika Paricharya*, and *Garbhini Paricharya*, as described by the **Acharyas** in classical Ayurvedic texts¹. This deviation from prescribed regimens leads to an imbalance in *Doshas*, making women more susceptible to various *Yonirogas*, among which *Kaphaja Yonivyapad* is a significant and commonly observed condition.

Kaphaja Yonivyapad is one among the *Vimshati Yonivyapad* described in *Ayurvedic* classics. It is said to be caused primarily by the consumption of *Abhishyandi Ahara* and improper *Vihara* that aggravate *Kapha Dosha*. The vitiated *Kapha* localizes in the *Garbhashaya* and *Yoni*, leading to characteristic symptoms such as *Picchila*, *Sheeta*, *Pandu Varna Yoni Srava*, along with *Kandu* and *Alpavedana* in the pelvic region². These clinical features can be correlated with the modern presentation of **Vulvo-Vaginal candidiasis**, which commonly manifests with similar symptoms such as abnormal vaginal discharge, itching, and mild discomfort in the genital region.

Vulvovaginal candidiasis (VVC) is one of the most common mucosal infections of the female genital tract, predominantly caused by the overgrowth of *Candida* species³. *Candida albicans* accounts for nearly 80–90% of cases, while non-albicans species such as *C. glabrata* contribute to the remainder. It is estimated that approximately 70–75% of women will experience at least one episode of VVC during their lifetime, and nearly 40–50% will have a recurrence. Moreover, 5–8% of women develop recurrent vulvovaginal candidiasis (RVVC), defined as four or more episodes within a single year. Several host-related factors predispose women to VVC, including diabetes mellitus, immunosuppression (e.g., HIV infection, corticosteroid therapy, chemotherapy), and pregnancy, particularly due to the high-estrogen state.

Clinical symptoms typically include **abnormal vaginal discharge, unpleasant odour, itching, abdominal pain, dysuria, and dyspareunia**⁴.

The **prevalence of reproductive tract infections** was found to be **37.0% based on self-reported symptoms** and **36.7% as confirmed by laboratory investigations**. Among the confirmed cases, **bacterial vaginosis** accounted for **45%**, **vulvovaginal candidiasis** for **31%**, **trichomoniasis** for **2%**, **gonorrhoea** for **3%**, **non-specific urogenital causes** for **5%**, and **14%** were attributed to **other causes**⁵.

The **normal vaginal flora** is composed of beneficial physiological bacteria, primarily

Lactobacilli, which play a crucial role in

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maintaining vaginal health by preventing infections and sustaining the **acidic pH** of the vagina⁶. This acidic environment acts as a natural defence mechanism against external pathogens. However, any disruption or alteration in the vaginal pH can lead to an imbalance in the flora⁷, increasing the risk of infections and contributing to the development of vulvo-vaginitis.

In *Ayurveda*, local therapeutic interventions (*yoni-pichu*, *yoni-dhavana*, and *varti*) have been emphasized for treating *yonivyapad*. **Dhatakyadi Varti**⁸, an herbal formulation containing ingredients with *kapha-shamaka*, *krimighna*, *rakta-shodhaka*, and *stambhaka* properties⁹, offers a promising alternative for the management of *Kaphaja Yonivyapad*. The formulation acts locally to restore vaginal health by alleviating *kapha* dominance, reducing discharge, and controlling infection and inflammation.

AIMS AND OBJECTIVES

To evaluate the effect of *Dhatakyadi yoni Varti* in the management of *Kaphaja yonivyapad* (Candidiasis).

MATERIALS AND METHODS

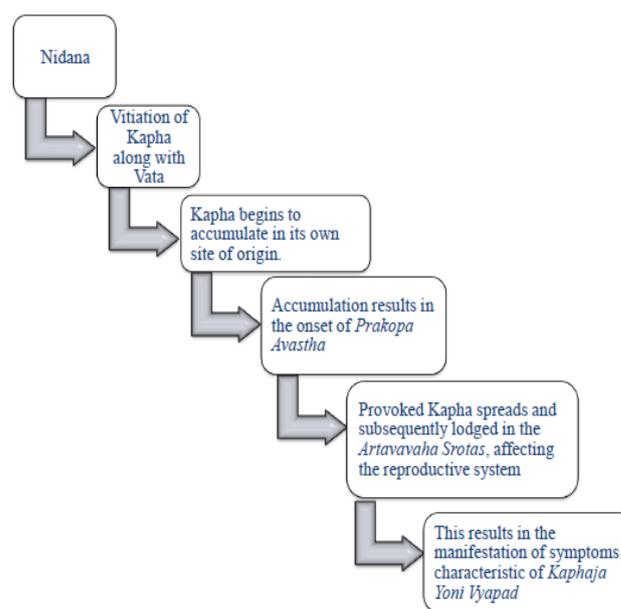
CASE PROFILE

Case 1: A 25-year-old female, a housewife, presented to the outpatient department (OPD) with complaints of white vaginal discharge for the past 3 months. The discharge was associated with vulval itching and lower abdominal pain.

She has been married for 3 years and has one child. The patient previously received allopathic treatment for similar complaints, which initially improved; however, symptoms recurred. A vaginal smear was performed, which revealed the presence of *Candida albicans*.

Case 2 A 34-year-old female, a housewife, presented to the outpatient department (OPD) with complaints of white vaginal discharge for the past 15 days. She has been married since the age of 21 and has been anxious to conceive for the past 12 years. A vaginal smear was performed, which showed the presence of *Candida albicans*.

Case 3 A 39-year-old female presented to the OPD with complaints of white vaginal discharge for the past 2 months, associated with itching in the vulvar region. She has been married for 17 years and has a history of three abortions. Vaginal smear examination was suggestive of *Candida albicans* infection.



SAMPRAPTI

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Table 1 Samprapti Ghataka

Samprapti ghataka	
○ <i>Dosha</i>	<i>Vata + Kapha</i>
○ <i>Dushya</i>	<i>Rasa, Rakta</i>
○ <i>Strotasa</i>	<i>Rasavaha, Artavaha, Raktavaha</i>
○ <i>Strotodushtilakshan</i>	<i>Atipravriti</i>
○ <i>Adhistan</i>	<i>Yoni</i>
○ <i>Rogamarga</i>	<i>Abhyantara</i>
○ <i>Sthanasamsraya</i>	<i>Yonimarga & Garbhashaya</i>

DISCUSSION

Kaphaja Yonivyapad, as described in classical Ayurvedic texts, presents with features such as *picchila, sheeta, kandu and alpavedana* along with *pandu varna srava*. These symptoms correlate closely with modern descriptions of vulvo-vaginal candidiasis with Kapha-dominant pathology, particularly chronic or recurrent cases associated with fungal or mixed infections.

Conventional management of vulvo-vaginal candidiasis often includes antifungal or corticosteroid agents, which, although effective in the short term, frequently result in recurrence, resistance, and mucosal sensitivity. In contrast, Ayurvedic management focuses on *samprapti vighatana*, aiming not just for symptomatic relief but for restoration of vaginal health and balances *dosha*.

Dhatakyadi Varti is a classical Ayurvedic formulation indicated in various types of *Yonivyapad*, especially those with **Kapha-dominant symptoms** such as *picchila, sheeta srava, kandu, and alpavedana*. The formulation works primarily through *Sthanika Chikitsa*, offering targeted therapeutic action directly on the vaginal mucosa.

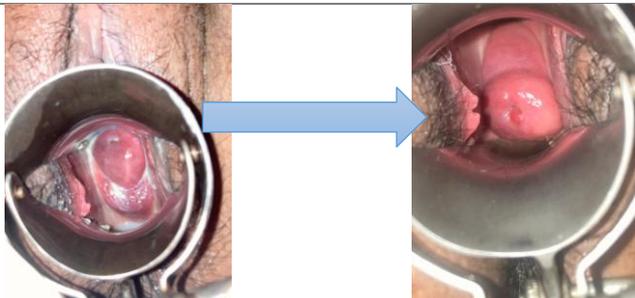
The *Varti* contains drugs like:

- **Dhataki** (*Woodfordia fruticosa*) – *Kashaya rasa, Stambhana, Raktashodhana, and Krimighna* properties.
- **Lodhra** (*Symplocos racemosa*) – *Kashaya rasa, Raktapittahara, Shothahara, Stambhana*, useful in abnormal discharges.

Table 2 Treatment Protocol

S.No.	Procedure	Medicine	Number of Time	Number of Days
1.	Yoni Prakshalana	Sukhoshna Jala (500 ml)	Once	7 Days
2.	Yoni Varti	Dhatakyadi Yoni Varti	Once	7 Days

Before Treatment After Treatment
CASE 1



CASE 2



CASE 3



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- **Mustaka** (*Cyperus rotundus*) – *Deepana*, *Krimighna*, *Tridoshaghna*, especially effective in *Kapha*-vitiating conditions.

Upon intravaginal application, the **Varti melts at body temperature**, facilitating **mucosal absorption of active phytochemicals**, which remain in contact with the tissue for 1–2 hours. This enhances **local circulation**, supports **granulation and healing of the vaginal epithelium**, and helps in **modulating the vaginal pH**, thus restoring normal *yoni pravritti* (vaginal function). The combined **Kapha-Shamaka**, **Stambhana**, **Krimighna**, and **Shodhana** actions help: Arrest excessive discharge (*Srava Nirrodhana*), Reduce itching and discomfort (*Kandu Harana*), Cleanse the vaginal canal (*Shodhana*). The formulation's astringent and antimicrobial effects help in arresting abnormal secretions and controlling local infection, while its cooling and soothing properties reduce inflammation and discomfort. The absence of side effects and non-recurrence during follow-up further support its potential as a safe and effective alternative to conventional treatments.

CONCLUSION

The management of *Kaphaja Yonivyapad* involves the use of *Ruksha*, *Katu*, and *Ushna dravyas* to pacify the vitiating *Kapha dosha*. Among the various *Sthanika Chikitsa* mentioned in *Ayurveda*, procedures such as *Yoni Prakshalana*, *Yoni Pichu*, *Yoni Varti*, and *Yoni Dhoopana* have shown effective results.

In this context, the formulation of *Dhatakyadi Yoni Varti* emerges as a significant therapeutic approach. Comprising ingredients with *Kapha*-alleviating, antimicrobial, and astringent properties, this Varti aids in reducing symptoms such as excessive vaginal discharge, itching, and discomfort associated with *Kaphaja Yonivyapad*. The preparation is not only based on classical *Ayurvedic* references but also designed with modern considerations of hygiene and ease of use. Thus, *Dhatakyadi Yoni Varti* provides an effective, locally applicable treatment modality for managing *Kaphaja Yonivyapad*, aligning classical knowledge with practical clinical application.

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