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Literature review of contents of *Yonikanduhara Lepa* (Rasatarngini)

Vd. Shreya A. Patil[1], Vd. Sheela Pargunde[2]

[1]Post Graduate Scholar, [2]HOD & Professor, Department of Rasashatra & Bhaishajya Kalpana, Y.M.T. Ayurvedic Medical College & Hospital, Khraghar, Navi Mumbai, Maharashatra, INDIA.

ABSTRACT

Vaginal Itching / vaginal pruritus / *Yonikandu* is the most primary symptom observed in any medical condition of female genitals and the most frequent reason for patients to visit gynecologists. Although the treatment includes use of anti-microbials majorly, it may show unsatisfactory results due to resistance of these drugs and its side effects. Use of topical anti-microbial drug therapy is recommended by many; at times patients likely develop some common side effects like abnormal peeling of skin, inflammation, rashes or some rare side effects like bluish discoloration of the skin. To avoid these experiences one of the traditional approaches of treatment i.e. *Lepa Kalpana* is recommended for topical drug therapy in *Yonikandu.* The Ayurvedic drugs mentioned in this formulation and most commonly found around us. The raw materials of *Yonikanduhara Lepa*[1] mentioned in this herbo-mineral formulation included - *Haridra, Vidanga, Aamrabeeja, Khadira, Daruharidra, Godugdha, Goghrita, Gairika* and water. The current study focuses to gather review of contents of *Yonikanduhara Lepa* mentioned in classical texts of Ayurveda.

Key words: *Yonikanduhara Lepa, Lepa, Vaginal Itching, Yonikandu, Vaginal Pruritis.*

INTRODUCTION

The health of female is of particular concern as it directly reflects the health of our society and overall healthcare system. Vaginal itching is a very common and usually harmless occurrence with majority of females affected by it at some point of time in their lives. The causes of these symptoms vary from various infections, hormonal changes during lifetime, STDs, use of long-term medications or OC pills to unhygienic conditions of vagina. It may also occur due to certain skin disorders like psoriasis, eczema, vaginal yeast infection etc. or it may be symptom of some underlying medical issue like vulvar cancer in some rare cases. If this symptom is left untreated it may lead to further complications or prove fatal.

As important it is to treat these conditions with oral medication, it is also important to treat it with topical drug therapies. Skin provides an ideal site for the delivery of drug substances for both local and systemic effects. Compared with systemic treatment the topical drug therapies provide two notable benefits in management of skin diseases. First, the medication can be directly deposited to the site of manifestation. Second, it results to very little or no plasma concentration of active drugs. In topical applications, the bioavailability of drug increases and effect is seen directly on site of disease.

The treatment incurred for the diseases of genitals in female includes use of anti-biotic, anti-fungal, anti-protozoal etc. orally as well as topically. Despite of incurring these positive treatments most of the times it may produce extremely negative side effects which

Address for correspondence:
Vd. Shreya A. Patil
Post Graduate Scholar, Department of Rasashatra & Bhaishajya Kalpana, Y.M.T. Ayurvedic Medical College & Hospital, Khraghar, Navi Mumbai, Maharashatra, INDIA.
E-mail: shreyapatil001@rediffmail.com

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can be worse than the actual ailment. One may draw a conclusion from this, that the traditional approach to the treatment may in fact aid the body in preventing and defending the illness by supporting its normal biological functions.[2]

The healing wisdom of Ayurveda offers extensive knowledge for medical conditions in female (*Stree Roga*). This includes *Abhyantara* and *Bahya (Sthanik) Chikitsa* mentioned in Ayurvedic texts. The *Sthanik Chikitsa* mentioned by *Acharyas* provides outstanding and satisfactory outcome in management of *Stree Rogas*. These local therapies play an important role in disorders of *Tryavarta Yoni*. It includes *Yonidhawana* (vaginal douche), *Yoni Pichudharana* (Tampon soaked in medicated oil or liquid is placed into vagina), *Yoni Dhupana* (fumigation of vagina with medicated smoke), *Yoni Varti* (insertion of medicated wick into vagina), *Yoni Purana* (vaginal packing), *Yoni Lepana* (vaginal painting), *Yoni Parisheka*, *Yoni Pinda* etc.[3]

In Ayurvedic texts *Lepa Kalpana* includes the drugs that are applied externally on skin or on wounds, in the form of a layer or paste. In this review study we aim to study in depth about the probable mode of action of these drugs on *Yonikandu* / vaginal pruritis / vaginal itching.

Aim

1. To do the literature review of *Yonikanduhara Lepa* (herbo - mineral formulation) and its individual contents.

Objectives

1. To do literature review of individual contents of *Yonikanduhara Lepa* from classical texts of Ayurveda.
2. To do literature review of individual contents of *Yonikanduhara Lepa* from previous research articles.

Haridra (Curcuma longa)

हरिद्राकाञ्चनीपीतानिशाख्यावरवर्णिनी|

कृमिघ्नाहलदीयोषित्प्रियाहट्टविलसिनी||

हरिद्राकटुकातिक्तारुक्षोष्णाकफपित्तनुत्|

वर्ण्यात्वकदोषमेहास्त्रशोथपाण्डुव्रणापहा||

(भावप्रकाशनिघण्टु - हरितक्यादिवर्ग१७१-१७२)[4]

Properties and Action[5]

- *Rasa : Katu, Tikta*
- *Guna : Ruksha*
- *Virya : Ushna*
- *Vipaka : Katu*
- *Karma : Krimighna, Kushaghna, Varnya, Vishaghna, Kaphapittanut, Pramehanasaka*

According to various previous researchit is proved that Haridra - *Curcuma longa* has anti-microbial activity and antifungal activity. The in vitro antimicrobial activity of different fractions obtained from rhizome of *Curcuma longa* was investigated against standard strain and clinical isolates of *Staphylococcus aureus* and proved that it had anti-microbial activity. *Staphylococcus aureus* is one of the most common microbe causing vaginal pruritis.[6]

Aamrabeeja (Seed) *(Mangifera indica)*

आम्रबीजंकषायंस्याच्छर्द्यतीसारनाशनम् |

ईषदम्लञ्चमधुरंतथाहृदयदाहनुत् ||

(भावप्रकाश-पूर्वखण्ड-मिश्रप्रकरण - आम्रादिफलवर्ग - १७)[4]

Properties and Action[7]

- *Rasa : Madhura, Kashaya*
- *Guna : Ruksha*
- *Virya : Shita*
- *Vipaka : Katu*
- *Karma : Vatakara, Sangrahi, Krimighna*

Antibacterial activity of methanol extract of Mangifera indica L.seeds was done against 41 clinically isolated and 20 standard bacterial strains. The extract showed potent antibacterial activity against all the clinically isolated bacterial strains and most of the standard bacteria strains which was comparable with that of standard antibiotics studied. Thus the study shows an effective potential candidate for the development of new strategies to treat bacterial infections.[8]

Vidanga (Embelia ribes Burm. f.*)*

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पुंसिक्लीबेविडङ्गंस्यात्कृमिघ्नोजन्तुनाशनः|

तण्डुलश्चतथावेल्लममोघाचित्रतण्डुलः||

विडङ्गंकटुतीक्ष्णोष्णंरूक्षंवह्निकरंलघु |

शूलाध्मानोदरश्लेष्मकृमिवातविबन्धनुत् ||

(भावप्रकाश-पूर्वखण्ड-मिश्रप्रकरण-हरीतक्यादिवर्ग - १००-१०१)[4]

Properties and Action[7]

- *Rasa : Katu, Tikta*
- *Guna : Laghu, Ruksha, Tikshna*
- *Virya : Ushna*
- *Vipaka : Katu*
- *Karma : Anulomana, Deepana, Krimighna, Vatakaphapaha*

Antifungal activity of *Embelia ribes* was evaluated on eight different fungal species by employing various concentrations of seed extract (0.5-2.0 mg). All the concentrations of seed extract inhibited the fungal growth, whereas maximum activity was observed at 2.0 mg concentration of seed extract. Among different doses, the diameter of inhibition zones ranged from 9 to 18 mm in various fungal species and increased with the increase in the concentration of test solution. The present study clearly demonstrated the antifungal properties of *Embelia ribes*.[9]

Khadira (Acacia catechu Linn. f.*)*

खदिरोरक्तसारश्चगायत्रीदन्तधावनः|

कण्टकीबालपत्रश्चबहुशल्यश्चयज्ञियः |

खदिरःशीतलोदन्त्यःकण्डूकासारुचिप्रणुत् |

तिक्तःकषायोमेदोघ्नःकृमिमेहज्वरव्रणान् |

श्वित्रशोथामपित्तास्रपाण्डुकुष्ठकफान्हरेत् ||

(भावप्रकाश-पूर्वखण्ड-मिश्रप्रकरण- वटादिवर्ग- २७)[4]

Properties and action[7]

- *Rasa : Tikta, Kashaya*
- *Guna : Laghu, Ruksha*
- *Virya : Sheeta*
- *Vipaka : Katu*
- *Karma : Krimighna, Kushtaghna, Medohara, Raktasodhaka, Kaphapittahara, Dantya.*

The methanolic extract of this plant was found to have antimicrobial activities against six species of pathogenic and non-pathogenic microorganisms: *Bacillus subtilis*, *Staphylococcus aureus*, *Salmonella typhi*, *Escherichia coli*, *Pseudomonas aeruginosa* and *Candida albicans*. The composition of *A. catechu* extract had shown major components of terpene i.e. camphor (76.40%) and phytol (27.56%) along with other terpenes in minor amounts which are related with their high antibacterial and antifungal properties.[10]

Rasanjana

दार्वीक्वाथसमंक्षीरंपादंपक्त्वायथाघनम् |

तदारसाञ्जनाख्यंतन्नेत्रयोःपरमंहितम् ||

रसाञ्जनंताक्ष्र्यशैलंरसगर्भञ्चताक्ष्र्यजम् |

रसाञ्जनंकटुश्लेष्मविषनेत्रविकारनुत् |

उष्णंरसायनंतिक्तंछेदनंव्रणदोषहृत् ||

(भावप्रकाश-पूर्वखण्ड-मिश्रप्रकरण-हरीतक्यादिवर्ग - १७८-१७९) [4]

Daruharidra (Berberis aristata DC.*)*

दार्वीदारुहरिद्राचपर्जन्यापर्जनीतिच |

कटङ्कटेरीपीताचभवेत्सैवपचम्पचा ||

सैवकालीयकःप्रोक्तस्तथाकालेयकोऽपिच |

पीतद्रुश्चहरिद्रुश्चपीतदारुचपीतकम् ||

दार्वीनिशागुणाकिन्तुनेत्रकर्णास्यरोगनुत् ||

(भावप्रकाश-पूर्वखण्ड-प्रथमभाग-मिश्रप्रकरण-हरीतक्यादिवर्ग-१७५-१७७) [4]

Properties and action[7]

- *Rasa : Tikta*
- *Guna : Ruksha*
- *Virya : Ushna*
- *Vipaka : --*
- *Karma : Stanya, Shodhana, Stanya Doshahara, Dosha Pachana*

The antimicrobial activities of the various extracts of *Berberis aristata* were tested against *Staphylococcus*

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aureus (CoNS) and *Streptococcus sp.* using agar well diffusion method. Though all the solvents showed antimicrobial activity against the tested organisms, highest inhibition was observed in the methanolic extaction against the tested organisms.[11]

Gairik (Red Ochre)

पाषाणगैरिकंचैकंद्वितीयंस्वर्णगैरिकम् ।

पाषाणगैरिकंप्रोक्तंकठिनंताम्रवर्णकम् ।।

अत्यन्तशोणितंस्निग्धंमसृणंस्वर्णगैरिकम् ।

स्वादुस्निग्धंहिमंनेत्र्यंकषायंरक्तपित्तनुत् ।।

हिध्मावमिविषघ्नंचरक्तघ्नंस्वर्णगैरिकम् ।

पाषाणगैरिकंचान्यन्पूर्वस्मादल्पकंगुणै ।।

गैरिकंतुगवांदुग्धैर्भावितंशुद्धिमृच्छति ।।

(रसरत्नसमुच्चय - साधारणरसवर्ग - ४९ - ५१)[12]

Properties and Action[7]

- *Rasa : Kasaya, Madhura*
- *Guna : Snigdha, Vishada.*
- *Virya: Sheeta*
- *Vipaka : Madhura*
- *Karma : Pitta-Nashak, Balya, Vran-ropaka, Netrya, Kapha-hara*

It is sweet, astringent, anti-phlegmatic, anti-bilious and cooling. It is only purified and not required to undergo incineration process. It is used in skin diseases, piles, bleeding disorders, ulcers, boils, urticaria, vomiting, hiccups etc.

Discussion

The words *Lipta, Lepana* have been used as synonyms to *Lepa*. From pharmaceutical point of view, *Lepa Kalpana* is a form of *Kalka Kalpana. Kalka* and *Lepa* both are same. The purpose for which it is used decides its nomenclature. *Lepa* may be equated with paste or plaster, though these words are not competent to explain *Lepa* in all its aspects highly.[13]

Purpose of *Lepa Kalpana – Lepa Kalpana* was formulated with intension of localized action of herb. The thickness and ingredients of various types of *Lepa* are formulated such as the active principles present in the particular *Lepa* are to be absorbed into the skin and do the desired action when the *Lepa* is in wet condition and before it dries. In some of the diseases, along with *Lepa* internal medications are also required. *Acharya Sushruta* has cited the following version while explaining the efficiency of *Lepas* as the fire gets extinguished immediately with the action of water; in similar manner, *Lepa* pacifies the provoked local *Doshas by Prahladana, Shodhana, Sophaharana.*

One such formulation of *Lepa Kalpana is Yonikanduhara Lepa* mentioned *in Rasatarangini* used for treating *Yonikandu*. It is a herbo-mineral formulation which contains – *Haridra, Aamrabeeja, Vidanga, Khadira, Rasanjana, Gairik* mixed along with adequate amount of water to form paste like consistency for application.[1] The herbs mentioned in above formulation are easily available in our country. As discussed in review of literature every herb mentioned in this *Lepa* has been proved to have anti-microbial property.

In Ayurvedic *Nidana, Yonikandu* is said to be caused by aggravation of *Sthanik Dosha* (specifically *Kapha* associated with others). The *Kapha* and *Pitta* takes *Ashraya* in *Yoni* and causes *Avartana* of *Vata*, which in turn leads to *Yonikandu*. All the herbal contents in *Yonikanduhara Lepa* are *Katu, Tikta, Kashaya* in *Rasa,* most of them have *Krimighna* properties as mentioned in various *Nighantus.* Thus, all the *Dravya* possess the *Kandughna, Krimighna* and *Vranaropana* properties necessary for *Yonikadnduharana.*

Conclusion

This, it can be concluded that the contents in the *Yonikanduhara Lepa*, according to classical texts shows *Yonikanduhara* properties. According to previous research work done it can be concluded that the contents of *Yonikanduhara Lepa* shows significant anti-microbial / anti-fungal properties on the microbes causing vaginal pruritis.

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