



Review Article

www.ijrap.net

(ISSN Online:2229-3566, ISSN Print:2277-4343)



A REVIEW ON YONIPICHU

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Received on: 24/1/26 Accepted on: 19/3/26

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DOI: 10.7897/2277-4343.17282

ABSTRACT

Ayurveda is the science which deals with various treatment as well disease prevention. The concept of healthy yoni has been asserted in various phase of woman's life form puberty, marriage to child birth. There are various treatment modalities explained in Ayurveda for Yonigata Rogas. In which Yonipichu is one of them. This reduces dosha dushti at sthanika place and helps to cure disease. Yonipichu can be done with Siddha Taila or Ghrita or kwatha. For this review, Data were collected from Ayurvedic Samhitas and their commentaries, including Charaka Samhita, Sushruta Samhita, Ashtanga Sangraha, Yogaratnakara, and Bhaishajya Ratnavali, along with relevant modern gynaecological literature. Yonipichu is indicated in several Yonivyapadas such as Yonibhramsha, Karnini Yonivyapada. its use is also described during late pregnancy for facilitating Sukhaprasava. Yonipichu in pregnancy softens the vaginal canal, supporting delivery. The therapeutic action of Yonipichu can be attributed to sustained Snehana, Vata-shamana. Vaginal drug administration enhances local absorption due to rich vascularity and lipophilic mucosa. Thus, Yonipichu emerges as a safe, economical, and clinically effective Ayurvedic local therapy with significant relevance in gynaecological practice.

Keywords: Yonipichu. Sukhaprasava, Yonivyapada, Shwetpradara

INTRODUCTION

Ayurveda the oldest and most accurate science of life and it is divided into eight branches. Out of which Prasutitantra and Streeroga comes under the branch Kaumarbhritya. Streeroga deals with identification, diagnosis, pathology and treatment of various diseases related to women.¹

In gynecology, many diseases affecting women have been described by the ancient Acharyas. For these conditions they have suggested both internal and local treatments, among which in local treatment (stanik chikitsa) the procedure of Yonipichu is also described. this comes under local treatment modalities specific to gynecological diseases in females and is also done in antenatal care. It provides sustained snehana, balya, and vata-shamaka effects, thereby strengthening pelvic tissues and preventing further progression of Yonibhramsha².

In Yonipichu, a sterile medicated swab is kept inside the vagina for a specific period. It used in Garbhini for Sukhaprasava³. Yonipichu in pregnancy softens the vaginal canal, supporting delivery.

Yonipichu: Placing a Tampon soaked in medicinal oil or ghee.

Indications

Gynecology

1. Yonibhramsha (Cysto-rectocele)²
2. Yonishoph (Vaginal inflammation)
3. Yonistrava (Abnormal Vaginal Discharge)
4. Yonishool⁶ (Vaginal Pain)
5. Yonidurgandhi (Foul smell from Vagina)

6. Yonipicchilata⁷ (Sticky discharge from Vagina)
7. Vataj⁸, Pittaj⁹, kaphaj¹⁰ Yonivyapada
8. Paripluta¹¹ Yonivyapada (Vaginitis)
9. Vipluta¹² Yoni (Vaginitis)
10. Suchimukhi Yoni¹³
11. Karnini Yonivyapada¹⁴ (Cervical Erosion)
12. Post menopausal vaginal dryness (Senile Vaginitis)

Obstetrical

1. In 9th month of Pregnancy (Sukhaprasava)³
2. Aparasang¹⁵ (Retained Placenta)

Contraindications

1. Ca Cervix
2. Unmarried
3. Presence of heavy vagina bleeding
4. Vesico-vaginal fistula
5. All genital infections

Time of Administration: After total cessation of menstrual bleeding, from 5-10 days.

ADMINISTRATION PROTOCOL

The treatment procedure is divided into three parts

1. Pre-Procedure Protocol
2. Main Procedure Protocol
3. Post Procedure Protocol

Pre-procedure Protocol

Selection of patients

1. Informed written consent should be obtained.

2. Routine examinations should be Performed.

Selection of the medicine

Depending on the condition of the patient, medicated decoctions, oil or ghee are selected

Instruments

1. Examination table with leg rests.
2. Good light source
3. Pair of gloves
4. Cotton swab, Gauze
5. Sponge holding forceps

Main Procedure Protocol

Preparation of the patient

1. The patient was instructed to empty her urinary bladder prior to the procedure and positioned in the lithotomy position on the examination table.
2. The external genitalia and perineal region were cleaned thoroughly with an appropriate antiseptic solution under aseptic precautions.
3. A sterile Cusco's self-retaining vaginal speculum was gently introduced to visualize the cervix and assess the vaginal canal.
4. Under strict aseptic conditions, a sterile cotton ball was wrapped securely with a sterile gauze piece to prepare the Pichu. A sufficient length of gauze was kept as a tail to facilitate easy self-removal by the patient after completion of the specified duration.
5. The prepared sterile cotton ball was soaked in the prescribed medicated oil (Taila) / ghee (Ghrita) / specified medicated preparation, warmed to a lukewarm temperature, and then inserted gently into the vaginal canal under aseptic precautions.
6. The patient was advised regarding the duration of retention and instructed on self-removal of the Pichu.

Post Procedure Protocol

1. The Pichu is retained for 1 hour or till patient has a sensation of micturition
2. Watch for Pulse, B.P. , per vaginal bleeding, abdominal pain for 1 hour.
3. Patient is advised for abstinence after procedure

Complication : Bleeding at the site of application

Expected management - Compression with cotton

PROBABLE MODE OF ACTION

1] Drug Absorption

- Vagina being highly vascular, enhances the rate of drug absorption , vaginal mucosa absorbs lipophilic drugs.
- The drugs diffuse into tissues via osmosis driven by a concentration gradient.

2] Action on vaginal pH

The drugs maintain the physiological environment of the vagina (acidic pH), which will be altered during local inflammation and infectious condition

3] Action on infective Organisms

Probiotic supplements can help in restoring a normal balance of vaginal organisms reducing the chances of developing vaginal infection.

4] Role of Pichu

- Pichu helps the medicine to remain at the site for a longer period for better action.
- Pichu with taila may destroy pathogenic bacteria of the vaginal canal and prevent complications in pregnancy.
- Reference of Pichudharana in the month of 9th month². It relieves obstruction of apana vayu from uterine distension

Yonipichu and its drugs mentioned by Various Acharyas in different Gynaecological disorders

Table 1

Gynecological disorder	Charaka Samhita	Sushruta Samhita	Bhaishajya Ratnawali	Yogaratanakara
Vataja Yonivyapada	Guduchyadi Taila ⁸ , Saindhavadi Tail Vatagna Dravyasiddha ¹⁶	Yonipichu Sthanika Chikitsa according to Dosha pradhanya ¹⁷	Hingvadi Kalka ¹⁸	Snehasiddha, Tiltaila, Nata+varataka+Kini+ Kushtha+Saindhav+ Devdarusiddha tail ¹⁹
Pittaja Yonivyapada	Pittaghna Dravya siddha Taila or Ghrita ⁹		Pittaghna Dravyasiddha tail ¹⁸	Pittagna dravya Siddha Tail, Chandan ghrit ²⁰
Kaphaja Yonivyapada	Udumbaradi Taila ¹⁰		Shyamadi Kalka ¹⁸	Sura+mandasiddh, Mushaktail ²¹
Paripluta Yonivyapada	Jatyadi Taila, Yashtimadhu siddha taila ¹¹		-	--
Vipluta Yonivyapada	Dhatakyadi, Shallaki+ Jinghini+Jambu+dhav Panchvalkala Sneha ¹²		Shallaki Jingini jambu dhav twak panchpallav siddha kwatha or kalka siddha taila pichu ²²	Nata+varataka+Kini +kushtha+Saindhav+ Devdaru siddha tai ²³
Vamini Yonivyapada	Snehapichu, Shatavhadi ²⁴		Snehapichu ²²	-
Acharana Yonivyapada	-		Gopitta,matsyapitta Kshuama Trisapta Bhavitam Madhuna Kinvachurna yukt ²²	-
Karnini Yoni	-		Kushtha Pippali Arka patrasaindhav bastamutrasiddha ¹⁴	-

Suchimukhi Yoni	Dhatyadyadi Taila ¹³		-	-
Mahayoni	Mushaka Taila ²		-	-
Putragni Yoni	Udumbarasiddha taila ¹⁰		-	-
Raktpradar	Kashayarasa Siddha ²⁴		-	-
Garbhstrava	Yashtimadhu Taila ²⁴		-	-
Picchila, Vivrutta, kaldushta Yoni	Udumbaradi Taila ¹⁰		-	-
Rajakrrucchu, Yonishoola	-		Hingvadi Taila ²⁷	-

Table 2

Gynecological disorder	Vangasena Samhita	Kashyapa Samhita	Ashtanga Sangraha
Yonimardavata	Mudgaparni tail ²⁸		
Yonishotha, Yonistrava	Taila Pichu ⁶		
Yonishula	Guduchyadi Taila, Natadya Tail ²⁹	-	-
Yonidurgandhi Yonipicchilata		Kapittha Taila ⁷	
Stanadrudhikaran	Almpushadya Ghrita ²⁹		
Sukhprasava			Madhur siddhaTail ¹³
Aparasanga			Kushtha-madana-hingsiddha tail ¹⁵
Garbhavyapada			Madhukasiddha Ghrita ³⁰
Vyapagata garbhashalya	-	-	Snehapichu, Shirisha, kakubha Kwatha yonipichu ³⁰

DISCUSSION

Yonipichu (medicated vaginal tampon) is an important local therapeutic procedure described in Ayurvedic classics for the management of various gynecological disorders. The term "Yoni" refers to the female reproductive organ, while "Pichu" denotes a sterile cotton swab soaked in medicated oil or ghee that is inserted into the vaginal canal for therapeutic purposes. Classical Ayurvedic texts mention the use of Yonipichu in several conditions included under Yoni Vyapad (gynecological disorders).¹⁷

According to Ayurvedic principles, the female reproductive system is predominantly influenced by Vata dosha, and its aggravation may lead to symptoms such as dryness, pain, discomfort and abnormal vaginal discharge. The application of medicated oil through Yonipichu helps pacify aggravated Vata due to the Snigdha (unctuous) and Mridu (softening) properties of Sneha (medicated oils or ghee). These properties help restore normal lubrication and reduce irritation of the vaginal mucosa.²⁵

Classical texts such as Charaka Samhita and Bhaishajya Ratnavali describe the therapeutic role of medicated oils used for Yonipichu in different gynecological conditions. These formulations possess properties like Vatahara (Vata pacifying), Shothahara (anti-inflammatory) and Krimighna (antimicrobial) which help relieve symptoms such as itching, burning sensation and abnormal vaginal discharge.¹⁴

The action of Yonipichu can also be explained through its local therapeutic effect. The vaginal mucosa is highly vascular and permeable, which facilitates the absorption of active constituents present in medicated oils. Due to this property, the drugs act directly at the affected site and produce anti-inflammatory, antimicrobial and healing effects, thereby improving the condition of vaginal tissues.²⁶

Continuous contact of medicated oil with the vaginal mucosa provides nourishment and promotes tissue repair. This concept corresponds with the Ayurvedic principle of Snehana (oleation therapy) which enhances lubrication, flexibility and strength of tissues. The nourishing action of medicated oils helps maintain the normal physiological environment of the reproductive tract.¹⁵

From a modern perspective, Yonipichu may be correlated with intravaginal drug delivery systems, where medication is administered locally to achieve therapeutic action directly at the target site. Local drug delivery systems provide a higher concentration of medication at the site of action with minimal systemic side effects. Therefore, Yonipichu may be considered an effective traditional approach for local treatment in gynecological disorders.³¹

Ayurvedic literature also describes the role of Yonipichu in promoting Sukhaprasava (easy and smooth childbirth) when used appropriately. The unctuous and softening properties of medicated oils help maintain elasticity and lubrication of vaginal tissues, which may facilitate the normal process of labour.³²

Thus, Yonipichu represents a simple, economical and effective therapeutic modality in Ayurveda for maintaining vaginal health and managing various gynecological disorders. Its actions such as lubrication, antimicrobial activity, anti-inflammatory effect and tissue nourishment contribute to the management of Yoni Vyapad and improvement of reproductive health.

CONCLUSION

Thus, Yonipichu proves to be a simple, practical, and valuable therapeutic method, beneficial in managing common gynecological conditions. It was specially used in vaginal discharges, Shwetapradara, Candidiasis, etc. Also, it was used in Garbhini in mostly 8th or 9th month for Sukhaprasava (easy and smooth childbirth). It aids placental expulsion. It relieves obstruction of apana vayu from uterine distension. It promotes cervical ripening through prostaglandin release. It is one of the important and easy way for treatment.

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Cite this article as:

Kavita Mule and Prajakta Nikrad. A review on Yonipichu. Int. J. Res. Ayurveda Pharm. 2026;17(2):216-219
DOI: <http://dx.doi.org/10.7897/2277-4343.17282>

Source of support: Nil, Conflict of interest: None Declared

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