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Yonivyapad and Vaginal Infections Classical Concepts and Contemporary Clinical Correlation

Prof. Sourav Mukherjee[1], Rimpa Das[2], Ananya Sen[3]

ABSTRACT

Vaginal infections, including bacterial vaginosis, vulvovaginal candidiasis, and trichomoniasis, represent a highly prevalent global burden affecting reproductive-aged women, frequently leading to recurrent distress, psychological strain, and adverse obstetric outcomes. While contemporary medicine offers specific antimicrobial protocols, issues such as drug resistance, high recurrence rates, and secondary disruptions of the protective vaginal microbiome persist.

Ayurveda addresses these gynecological manifestations under the comprehensive umbrella of Yonivyapad (gynecological disorders), which enumerates twenty distinct pathological conditions of the female reproductive tract. This review-based analytical paper presents a rigorous clinical correlation between classical Yonivyapad profiles—specifically Kaphaja Yonivyapad, Paittiki Yonivyapad, Vatiki Yonivyapad, Upapluta, and Paripluta—and contemporary infectious vaginitis entities. By mapping classical symptoms like Kandu (pruritus), Picchila Srava (mucoid discharge), and Daha (burning sensation) to modern clinical parameters, including Amsel's criteria, nugent scoring, and wet mount observations, this paper establishes an integrated diagnostic matrix.

Furthermore, the therapeutic mechanisms of classical interventions, including Yoni Prakshaliana (vaginal douching/lavage) and Yoni Pichu (medicated tampons) utilizing polyherbal formulations like Triphala, Nimba, and Panchavalkala, are explored. These interventions demonstrate profound multi-target efficacy, combining antimicrobial, anti-inflammatory, and mucosal

healing properties without disrupting the native Lactobacillus ecosystem. This comparative synthesis highlights how integrating Ayurvedic pathophysiology with contemporary microbiology can optimize long-term therapeutic outcomes and curb recurrence.

KEYWORDS: *Yonivyapad, Vaginal Infections, Kaphaja Yonivyapad, Vulvovaginal Candidiasis, Bacterial Vaginosis, Yoni Prakshaliana, Yoni Pichu, Holistic Gynecology.*

INTRODUCTION

Gynecological health is foundational to the physical, psychological, and reproductive well-being of women worldwide. In contemporary clinical practice, lower reproductive tract infections present an escalating public health concern, accounting for up to 70% of gynecological consultations globally. Vaginitis—primarily driven by Bacterial Vaginosis (BV), Vulvovaginal Candidiasis (VVC), and *Trichomonas vaginalis* (TV)—is characterized by distressing symptoms such as pathological vaginal discharge (*yoni srava*), severe vulvar pruritus (*yoni kandu*), dyspareunia (*gramyadharmeruja*), and local inflammation. Despite the targeted efficacy of contemporary antimicrobials like metronidazole, clindamycin, and azole antifungals, these treatments frequently fall short due to alarming recurrence rates that exceed 30% within six months, the rapid emergence of biofilm-mediated drug resistance, and the destruction of the indigenous protective vaginal microbiome (principally *Lactobacillus* species).

Ayurveda provides a sophisticated, highly structured framework for understanding female reproductive pathobiology under the classification of *Yonivyapad*. Codified extensively across classical treatises such as the *Charaka Samhita, Sushruta Samhita,* and *Ashtanga Hrudaya*, the text describes twenty distinct varieties of *Yonivyapad*, each emerging from specific combinations of systemic and localized *Doshic* vitiations (*Vata, Pitta*, and *Kapha*) combined with dietary infractions (*Ahara*), unhygienic regimens (*Vihara*), and host vulnerability.

The classical paradigm emphasizes that no *Yonivyapad* can manifest without the primary destabilization of *Vata Dosha*, which acts as the kinetic engine carrying other morbid *Doshas* into the reproductive channels (*Artavavaha Srotas*). By aligning classical concepts like *Kaphaja Yonivyapad* with Vulvovaginal Candidiasis, *Paittiki* with acute Trichomoniasis, and

complex states like *Upapluta* or *Paripluta* with mixed infections or Pelvic Inflammatory Disease (PID), modern clinicians can access a broader therapeutic repertoire. This research paper delineates a detailed clinical correlation, bridges ancient pathophysiology with contemporary microbiology, and explores the biomedical validity of localized Ayurvedic therapies like *Yoni Prakshaliana* and *Yoni Pichu* in restoring mucosal equilibrium.

LITERATURE REVIEW

The classical discourse on gynecological disorders is anchored firmly in ancient Sanskrit medical texts. Acharya Charaka, in the *Chikitsa Sthana* (Chapter 30), attributes the genesis of *Yonivyapad* to four foundational etiological factors: *Mithya Achara* (unhygienic or improper lifestyle and sexual practices), *Pradushta Artava* (menstrual or genetic abnormalities), *Bija Dosha* (congenital defects), and *Daiva* (idiopathic or providential factors). The structural anatomy of the female reproductive tract is described as *Tryavarta Yoni*—a three-tiered valvular structure consisting of the external vulva and lower vagina (first layer), the cervix and upper vaginal vault (second layer), and the uterus and adnexa (third layer).

Acharya Sushruta (*Uttaratantra*, Chapter 38) and Acharya Vagbhata (*Uttaratantra*, Chapter 33) expanded on this by detailing individual symptom complexes. *Kaphaja Yonivyapad* (alternatively termed *Slaiṣmiki*) is consistently described as a state dominated by *Abhishyandi*

(congestive/obstructive) factors. The clinical hallmark includes *Pandu Srava* (pale, thick, white vaginal discharge), *Yonikandu* (intense pruritus), *Alpavedana* (mild or dull-grade aching discomfort), and *Sheetalata* (local coldness).

Contemporary researchers have drawn parallels between these descriptions and Vulvovaginal Candidiasis, noting that *Candida albicans* produces a thick, curd-like, white, non-offensive discharge that matches the physical features of *Picchila* and *Pandu Srava*.

Conversely, *Paittiki Yonivyapad* is characterized by *Nila-Pita Srava* (bluish-yellowish, purulent discharge), *Daha* (severe local burning sensation), *Paka* (ulceration or tissue suppuration), and *Daurgandhya* (foul, putrid odor), which closely aligns with the clinical presentation of acute *Trichomonas vaginalis* vaginitis or acute aerobic vaginitis.

For complex states, *Upapluta Yonivyapad*—which Charaka restricts primarily to pregnant women (*Garbhini*)—features a combination of *Vataja* and *Kaphaja* features, presenting as white-yellowish mucoid discharge paired with *Toda* (pricking pain). This description closely resembles the heightened vulnerability to vulvovaginal candidiasis and bacterial vaginosis observed during pregnancy due to elevated estrogen levels and altered vaginal glycogen loads. *Paripluta Yonivyapad*, defined as a dual *Vata-Pitta* injury, presents with *Saarti Nila-Pita Asraksrava* (painful yellowish-bloody discharge), *Gramyadharmeruja* (severe dyspareunia), and systemic distress such as *Shroni-Vankshana Vedana* (referred pelvic, groin, and low back pain). Modern clinical literature correlates *Paripluta* directly with pelvic inflammatory disease, endometritis, and cervicitis.

RESEARCH GAP

While contemporary clinical trials have separately explored the efficacy of specific Ayurvedic herbs or isolated modern antimicrobials, a critical knowledge gap remains. There is a lack of an integrated diagnostic framework that maps *Doshic* symptom configurations (*Laksana*) directly to objective microbiological parameters like vaginal pH, clue cells, and microbial culture isolates.

Furthermore, standard modern therapies rely heavily on single-target systemic or topical agents that often induce localized tissue dryness, chemical irritation, and standard recurrence loops by indiscriminately wiping out both pathogens and commensal *Lactobacilli*.

The exact biomolecular mechanisms through which classical procedures like *Yoni Prakshaliana* and *Yoni Pichu* exert multi-target anti-biofilm properties while preserving the mucosal integrity and normal pH profile have not been adequately synthesized in a comparative academic format. This paper addresses this gap by offering a rigorous cross-disciplinary correlation and functional analysis.

Objectives

- To systematically analyze the classical descriptions of primary *Yonivyapad* variants (*Kaphaja*, *Paittiki*, *Vatiki*, *Upapluta*, and *Paripluta*) and map them to their modern clinical equivalents (VVC, BV, TV, and PID).
- To construct an integrated diagnostic matrix using classical *Laksana* alongside objective contemporary diagnostic parameters like Amsel's criteria and Nugent scoring.
- To evaluate the pharmacological mode of action of classical therapies, specifically *Yoni Prakshaliana* and *Yoni Pichu*, examining how their secondary metabolites support the vaginal microbiome and mucosal healing.

METHODOLOGY

This study utilizes a qualitative, review-based analytical research design focusing on comparative pathodynamics and clinical pharmacology. The research methodology followed a structured multi-tier framework:

Data Source and Classical Literature Retrieval

Primary classical data was compiled from authoritative Sanskrit texts, including the *Charaka Samhita (Chikitsa Sthana)*, *Sushruta Samhita (Uttaratantra)*, *Ashtanga Hrudaya (Uttaratantra)*, and *Madhavanidana*, alongside their traditional commentaries by Chakrapanidatta, Dalhana, and Arundatta.

Contemporary Medical Literature Scoping

A systematic electronic literature search was conducted across international biomedical databases, including PubMed, ScienceDirect, Cochrane Systematic Reviews, and Google Scholar. Search strings combined MeSH terms and keywords: ("Yonivyapad" OR "Kaphaja Yonivyapad" OR "Upapluta") AND ("Vaginitis" OR "Bacterial Vaginosis" OR "Candidiasis" OR "Vaginal Discharge"). Publication parameters focused on recent clinical trials, microbiological profiling, and pharmacological evaluations up to 2026.

Integrative Analysis and Mapping Matrix

Data from both systems were reviewed and synthesized into a comparative matrix. The specific physical characteristics of *Yoni Srava* (color, viscosity, odor, pH) and sensory perceptions (*Kandu, Daha, Toda*) were analyzed alongside standard biomedical markers, such as Amsel's criteria, Whiff testing, KOH wet mounts, and Nugent scoring.

Pharmacological Analysis of Herbal Formulations

The biochemical properties of standard classical formulations—specifically *Triphala Kashaya*, *Nimba Kashaya, Panchavalkala,* and *Kasisadi Taila*—were broken down into their constituent parameters (*Rasa, Guna, Virya, Vipaka,* and phytochemical profiles) to clarify their therapeutic mechanisms within the vaginal microenvironment.

RESULTS AND FINDINGS

The Integrated Clinical Matrix

The clinical correlation reveals that classical Ayurvedic descriptions map closely onto modern pathological entities. Instead of viewing vaginal infections as simple superficial tissue invasions by external microorganisms, Ayurveda conceptualizes them as systemic metabolic imbalances (*Agnimandya*) that lead to altered fluid characteristics (*Rasa Dhatu Dushti*) and localized tissue vulnerability (*Sthanasamsraya* in *Artavavaha Srotas*).

Kaphaja Yonivyapad represents a clear clinical match for Vulvovaginal Candidiasis. The primary complaints of *Kandu* (itching) and *Picchila-Thana Srava* (thick, mucoid, unctuous white discharge) mirror the curd-like white discharge and severe vulvar irritation characteristic of *Candida albicans* overgrowth.

The analytical mapping of these conditions is detailed below:

Table 1: Integrated Diagnostic and Pathological Correlation Matrix

Classical Yonivyapad	Primary Doshic Vitiation	Classical Clinical Presentation (Lakshana)	Modern Medical Correlation	Objective Diagnostic Criteria / Biomarkers
Kaphaja Yonivyapad (*Slaiṣmiki*)	Kapha Pradhana (with	*Pandu-Picchila Srava* (white slimy discharge),	Vulvovaginal Candidiasis	Vaginal pH 4.0–4.5 (normal range), Pseudohyphae/Bud

Classical Yonivyapad	**Primary Doshic Vitiation**	**Classical Clinical Presentation (Lakshana)**	**Modern Medical Correlation**	**Objective Diagnostic Criteria / Biomarkers**
	Vata underpinning)	*Yonikandu* (severe itching), *Alpavedana* (mild pain), *Sheetalata* (coldness).	(VVC) / Mycotic Vaginitis	ding yeast cells on 10% KOH wet mount, negative Whiff test.
Paittiki Yonivyapad	Pitta Pradhana	*Nila-Pita Srava* (purulent yellowish-green discharge), *Daha* (burning sensation), *Paka* (suppuration/ulceration), *Daurgandhya* (foul odor).	*Trichomonas vaginalis* Infection / Acute Aerobic Vaginitis	Vaginal pH > 5.0, motile trichomonads observed on saline wet mount, extensive polymorphonuclear leukocytes, positive Whiff test.
Vatiki Yonivyapad	Vata Pradhana	*Ruksha-Alpa Srava* (dry, scanty, thin discharge), *Toda-Supti* (pricking pain/numbness), *Khara Bhava* (roughness).	Atrophic Vaginitis / Non-specific Pruritic Vaginosis	Vaginal pH > 6.0, complete absence or severe reduction of parabasal/intermediate epithelial cells, loss of tissue elasticity.
Upapluta Yonivyapad	Vata-Kapha Samsarga	*Sveta-Garbhini Srava* (whitish mucoid discharge in pregnant states), *Toda* (shooting/pricking pains), local swelling.	Gestational Vulvovaginitis / Mixed Vaginal Dysbiosis	Amsel's positive criteria, vaginal pH altered, co-existence of clue cells and fungal element, elevated Nugent score.
Paripluta Yonivyapad	Vata-Pitta Samsarga	*Saarti Nila-Pita Asraksrava* (painful yellowish-bloody discharge), *Gramyadharmeruja* (severe dyspareunia),	Pelvic Inflammatory Disease (PID) / Acute	Cervical motion tenderness (Chandelier sign), adnexal fullness/tenderness, purulent

Classical Yonivyapad	Primary Doshic Vitiation	Classical Clinical Presentation (Lakshana)	Modern Medical Correlation	Objective Diagnostic Criteria / Biomarkers
		deep pelvic pain (*Shroni-Vankshana Vedana*).	Endometritis-Cervicitis	endocervical discharge, leukocytosis.

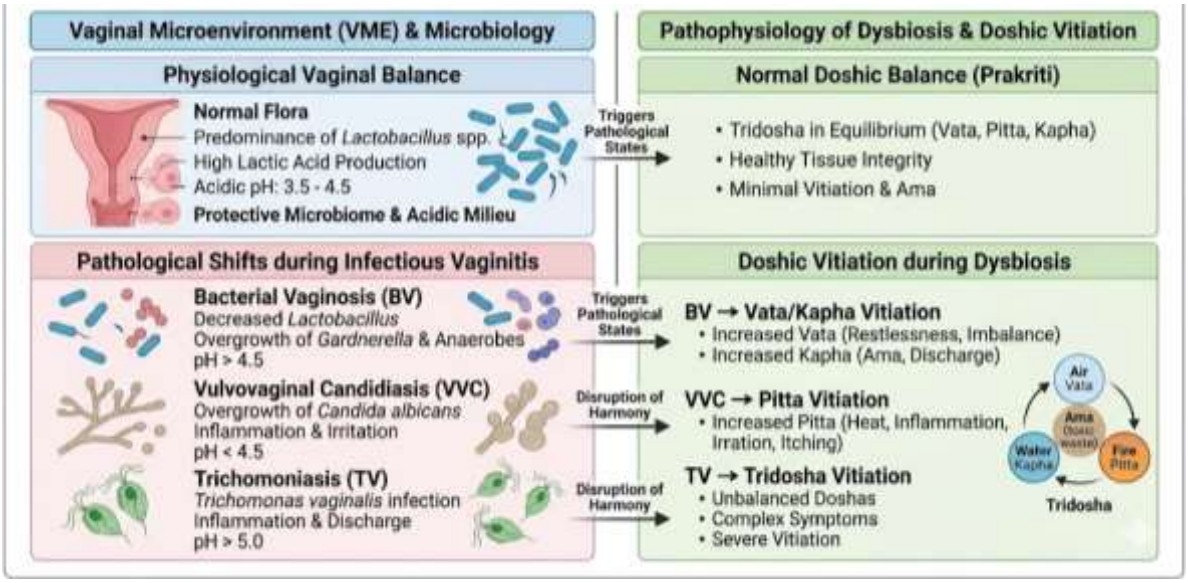

Figure 1: Comparison of physiological vaginal balance versus pathological shifts observed during infectious vaginitis and classical Doshic vitiation.

PHARMACOLOGICAL ANALYSIS OF LOCAL TREATMENTS

Evaluating therapies like *Yoni Prakshaliana* (lavage) and *Yoni Pichu* (medicated tamponade) demonstrates how classical strategies address the limitations of contemporary single-target treatments.

- **Triphala Nimba Kashaya**: Formulated from *Amalaki* (Emblica officinalis), *Bibhitaki* (Terminalia bellirica), *Haritaki* (Terminalia chebula), and *Nimba* (Azadirachta indica), this preparation contains high concentrations of hydrolyzable tannins, gallic acid, ellagic acid, and azadirachtin. These phytochemical compounds function as natural astringents (*Kashaya Rasa*) that precipitate superficial mucosal proteins, creating a protective layer that helps tone the underlying tissue. This mechanism actively suppresses *Atipravriti* (excessive pathological discharge) and relieves *Kandu* (itching).

- **Panchavalkala Kashaya**: Prepared from the bark of five distinct *Ficus* species, this decoction provides strong anti-inflammatory (*Shothahara*) and broad-spectrum antimicrobial properties. It disrupts microbial biofilms without harming local *Lactobacillus* colonies.

- **Kasisadi Taila & Dhatakyadi Varti**: These lipid- and compressed-herb bases introduce essential fatty acids and minerals that soothe the vaginal mucosa (*Daha-Prashamana*), promote cell regeneration (*Vrana Ropana*), and re-establish the biological barrier against ascending pathogens.

Table 2: Phytochemical and Bio-Mechanical Profile of Core Ayurvedic Interventions

Classical Formulation	Rasa / Guna / Virya Profile	Primary Active Phytochemicals	Targeted Classical Manifestation	Modern Bio-Mechanism of Action
Triphala-Nimba Kashaya	*Kashaya-Tikta* / *Laghu-Ruksha* / *Sheeta*	Gallic acid, Ellagic acid, Azadirachtin, Nimbin.	*Kaphaja Srava* (thick white discharge), *Yonikandu* (severe itching).	Inhibits *Candida* ergosterol synthesis, breaks up bacterial cell walls, and serves as an astringent to reduce fluid leakage.
Panchavalkala Decoction	*Kashaya* / *Ruksha-Guru* / *Sheeta*	Tannins, β-sitosterol, Flavonoids, Saponins.	*Yoni Shopha* (vaginal inflammation), *Daurgandhya* (foul odor).	Downregulates pro-inflammatory cytokines (IL-6, TNF-α), reduces vascular permeability, and acts as a broad-

Classical Formulation	Rasa / Guna / Virya Profile	Primary Active Phytochemicals	Targeted Classical Manifestation	Modern Bio-Mechanism of Action
				spectrum anti-biofilm agent.
Kasisadi Taila	*Tikta-Katu* / *Sukshma-Snigdha* / *Ushna*	Ferrous sulfate complex, Gingerols, Curcuminoids.	*Picchila Srava* (slimy secretions), *Alpavedana* (dull aching discomfort).	Stimulates local blood flow, promotes healthy granulation tissue (*Vrana Ropana*), and normalizes mucosal tissue integrity.
Dhatakyadi Varti (Suppository)	*Kashaya* / *Ruksha* / *Sheeta*	Tannins, Woodfordins, Anthocyanins.	*Upapluta* (gestational discharge with shooting pains).	Provides sustained topical release of antimicrobial agents, strengthens the local mucosal barrier, and helps maintain a balanced vaginal pH.

DISCUSSION

This cross-system correlation reveals that the management of vaginal infections can be advanced by integrating classical Ayurvedic pathodynamics with modern microbiology. In contemporary medicine, treating conditions like bacterial vaginosis or recurrent vulvovaginal candidiasis with standard antibiotic or antifungal courses often triggers a cyclical pattern of

recurrence. These single-target agents eliminate the acute pathogen load but also inadvertently clear out protective *Lactobacillus* strains. This loss of commensal bacteria drops hydrogen peroxide (H_2O_2) and lactic acid production, causing the vaginal pH to rise above its normal acidic threshold ($\text{pH} > 4.5$). This alkaline shift creates an environment where opportunistic pathogens like *Gardnerella vaginalis* or *Candida* pseudohyphae can easily re-colonize and form resilient biofilms.

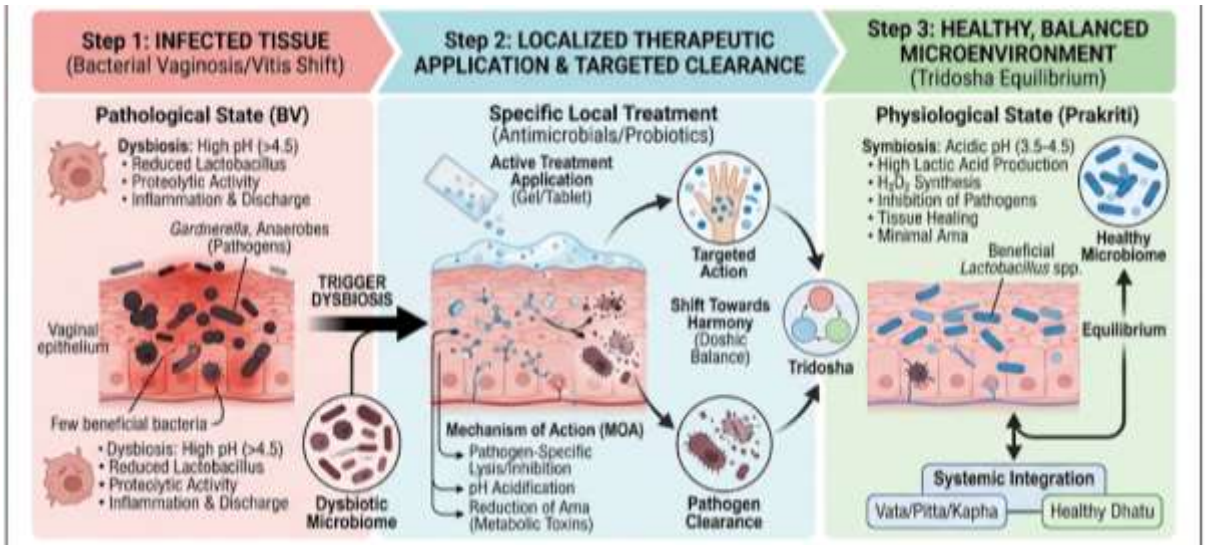

Figure 2: Stepwise therapeutic mechanisms through which localized treatments clear infection, protect beneficial microflora, and support tissue healing.

Ayurveda addresses this clinical vulnerability by framing the disease through the lens of *Dhatu Vaishamya* (ecological and tissue disequilibrium) within the *Artavavaha Srotas*. When treating *Kaphaja Yonivyapad*, the primary goal is not just an antimicrobial effect; the treatment strategy focuses on altering the local tissue environment (*Srotas Purification*) using herbs that possess *Kaphahara*, *Ruksha* (drying), and *Kashaya* (astringent) qualities.

Phytochemical and microbiological research confirms that polyherbal decoctions like *Panchavalkala* and *Triphala* contain complex matrices of tannins and polyphenols. These compounds selectively inhibit the growth of *Candida albicans* and anaerobic bacteria without suppressing the growth of lactic-acid-producing *Lactobacillus* species.

Furthermore, the clinical procedure of *Yoni Prakshaliana* functions as a mechanical debridement method. It washes away cellular debris, unattached desquamated epithelial clue

cells, and superficial biofilm matrices, preventing pathogens from establishing deep tissue root systems.

Following this with a *Yoni Pichu* application using medicated oils ensures that the vaginal epithelium receives sustained exposure to lipophilic compounds. These compounds help restore tissue elasticity, reduce local irritation (*Kandughna*), and accelerate mucosal cell repair. This combined approach addresses both the microbial triggers and the underlying tissue susceptibility, offering a comprehensive strategy to lower recurrence rates and improve patient outcomes.

CONCLUSION

The clinical correlation between classical *Yonivyapad* and contemporary vaginal infections provides a comprehensive framework for addressing complex gynecological conditions. Modern medicine offers fast-acting, targeted antimicrobial interventions for acute infections, but its long-term success is frequently limited by high recurrence rates and disrupted vaginal ecology.

Ayurveda provides a systematic pathodynamic perspective that links clinical signs like *Pandu-Picchila Srava* and *Yonikandu* with broader systemic profiles, helping clinicians categorize distinct stages of vaginitis, vaginal dysbiosis, and pelvic inflammatory conditions.

The therapeutic mechanisms of localized treatments like *Yoni Prakshaliana* and *Yoni Pichu* depend on multi-component herbal profiles. Rather than applying single-target antimicrobials, these formulations use natural astringent, anti-inflammatory, and selective antimicrobial actions to clear out biofilm structures while preserving protective *Lactobacillus* colonies and supporting mucosal tissue repair. Combining the diagnostic and therapeutic protocols of both medical systems enables a more effective approach to lower infection recurrence and protect reproductive health.

LIMITATIONS

- **Diagnostic Translation Challenges**: Certain multifaceted classical *Yonivyapad* categories involve overlapping systemic descriptions that do not always align with a single modern microbiological entity, occasionally complicating absolute diagnostic categorization.

- **Standardization Variables**: The phytochemical composition of traditional preparations like *Kashayas* and *Tailas* can vary based on the raw plant source, geographical harvest conditions, and specific processing methods, which can affect consistency across clinical applications.
- **Limited Mechanistic Data**: While the clinical efficacy of therapies like *Yoni Pichu* is supported by extensive empirical documentation, more large-scale in-vivo studies are needed to fully map their exact real-time effects on vaginal epithelial cells and cytokine signaling pathways.

FUTURE SCOPE

- **Standardized Clinical Trials**: There is a strong case for conducting randomized, double-blind, placebo-controlled multicenter trials that evaluate treatments like *Triphala-Nimba* or *Panchavalkala* applications alongside standard lines of therapy.
- **Microbiome Sequencing Analysis**: Future research utilizing high-throughput 16S rRNA gene sequencing could help track precise shifts in the vaginal microbiome during and after *Yoni Prakshaliana* therapy, providing clear data on its compatibility with *Lactobacillus* species.
- **Development of Advanced Dosages**: Translating traditional decoctions and oils into contemporary delivery systems, such as pH-responsive vaginal bio-adhesive gels, suppositories, or standardized ovules, could improve dosing accuracy, patient compliance, and clinical shelf-life.

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***Author for Correspondence**

Prof. Sourav Mukherjee

E-mail: memukherjee.sourav2@gmail.com

[1]Associate Professor, Department of Prasuti Tantra, Ayurved Seva Sangh Ayurvedic College

[2]Student, Department of Prasuti Tantra, Ayurved Seva Sangh Ayurvedic College

[3]Student, Department of Prasuti Tantra, Ayurved Seva Sangh Ayurvedic College

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