



REVIEW OF STHANIK CHIKITSA IN STREE ROGA

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Abstract

Healthy status of women is very much needed for society. In today's fast and competitive world, there is change in the lifestyle of women which leads to their physical and mental stress, women mostly gets affected by this environment and are prone to Gynaecological problems. Women always face very common gynaecological problems like white discharge, itching at vulva, foul smelling vaginal discharge, burning micturition etc. In such problems Sthanik Chikitsa have given excellent results and these local therapies should be practiced for admirable results in the above-mentioned gynaecological problems. As in Ayurveda oldest system of health gives various Sthanik chikitsa for such gynaecologic problems and it gives an excellent result in above mentioned gynaecological problem. Sthanik chikitsa is cheap, easy, non-surgical procedure. These local therapies should be practiced for admirable results in the above mentioned gynaecological problems.

Keywords: Yonivyapad, Sthanik Chikitsa, Ayurveda, Streerog.

Introduction

Woman undergoes various physical and physiological changes during her reproductive period i.e., from menarche (onset of menstruation) to menopause. Awareness and management of these changes are necessary for a woman to remain healthy. Women perpetuate the human race by creating and mothering children. The health of the family, society and culture that revolves around women depends to large degree on women health. Ayurveda has explained Woman health and discussed different gynecological disorders under the common heading of Yonivyapada.

Charaka Samhita describes Nidana, Lakshana, Samprapti, and Chikitsa of twenty Yonivyapad in Yonivyapad Chikistitama Adhyaya of Chikitsa Sthana.^[1] Description is found in Sushruta Samhita in Yonivyapad Pratishedha Adhyaya of Uttarantra.^[2] Astanga Hridaya ^[3] and Astanga Sangraha ^[4] describes Nidana, Purvaroop, Lakshana, Samprapti of twenty Yonivyapad in Guhyaroga Vignaneeya Adhyaya of Uttarantra. Diseases of women arise as a result of improper food and regimen. This results in the arrangement of three Doshas Vata, Pitta and Kapha. The most common symptoms of gynaecological disorders include pelvic pain, vaginal itching, vaginal discharge, abnormal vaginal bleeding. Depending upon the combination of the Doshas involved the diseases exhibit characteristic symptoms. Management of Stree Roga is by Sthanik Chikitsa (Yonidhawan, Yonipichu, Dhupan etc) purification methods. Sthanik Chikitsa significant improvement in symptoms of female disorders.

This article wants to emphasize the concept and contribution of Ayurveda such as Sthanik Chikitsa (Yoni Pichu, Yoni

Dhavan, Uttarbasti) etc these are certain procedure mentioned in Ayurvedic text to treat various medical and surgical illnesses of female reproductive track^[5-7]. Although it is more of local treatment but their effect is systemic and capable of preventing complications of diseases consequently these are parasurgical because it doesn't involve the sharp instrument it helps to avoid impending major surgery consequently to diseases. Anushastra karma (para surgical procedure) can be performed with least complication and enlist complicated facility.

Objective

1. To study the literary view of Sthanik Chikitsa from various Ayurvedic texts.
2. To study the probable mode of action of Sthanik Chikitsa

Material and Methods

This is a conceptual type of study. Textual materials are used for study from which various references have been collected. Many Ayurvedic text used in this study are Charaka Samhita, Sushruta Samhita, Ashtanga sangraha, Ashtanga hrudayam, commentaries also included in it, various online journals, research papers, articles have been searched from PubMed etc., internet media to collect the information. Ayurvedic Treatment for Gynecology Includes:

1)Yoni Dhawan/Parisheka- (Vaginal douche) :

It is a procedure in which the vagina, vaginal passage, and mouth of uterus is washed with medicated decoction or other liquids^[8]. Dhawan means cleaning or purification of wound with water or other medicated material. They prevent growth of bacterial organism and restore the altered pH of vaginal cavity. It gives quality to vaginal muscles. This is general purifying measures of genital organs to maintain a strategic distance from parasitic or yeast diseases. Absorption of drug through the mucus and blood circulation also helps to have beneficial effect on the uterus.

Procedure

1. All aseptic measures should be ensured before starting procedure.
2. Lithotomy position given to the patient.
3. Lukewarm decoction is filled in enema pot and pot is placed at 5 feet distance and
4. Prathamavarta is washed out by inserting sterile rubber catheter into vagina.
5. Vulva is cleaned and dried with cotton after procedure.
6. Procedure is repeated on the respective days according to the severity of diseases.
7. Oil or Kwatha once used should be discarded.

Time Periods: It should be performed in Ritukala from 6th day of menses for 8 days and duration is 1-1.5min.

Application Site- Prathamavarta(Vagina)^[9]

Indications

1. Yonikandu
2. Kunapgandhi Artava dushti
3. Kaphaj Artava dushti
4. Yoni paicchilya and yoni strava
5. Yoni arsha
6. Leucorrhoea

2) Yoni Pichu (tampons):

Pichu is made up of cotton swab wrapped with gauze piece and tied with long thread it should be immersed in medicated oil or liquid oil are mostly prepared due to its retention ability circular and elongated Pichu is used for shallow and deep insertion inside vagina respectively.

Procedure of Pichu Dharan

1. Autoclaved pichu should be used.
2. Patient should be given supine position with knees flexed
3. The aseptic, sterile pichu soaked in oil or liquid is inserted into the vagina with index finger of gloved hands in such a way that thread of the pichu should come out of vagina which helps in easy removal of pichu after 5 to 6 hours.

Time Periods: It should be kept for 5 to 6 hours upto retention of urine.

Site of Pichu dharan^[10]

1. Prathamavarta – Elongated pichu Dharan
2. Dwitiyavarta – circular pichu dharan.

Indications

1. Yonidaha, Yonikandu, Yonipaka.
2. Vivrutta Yonivyapad
3. Yoni paicchilya and Yoni strava
4. Yoni karkashata
5. Vataj yonivyapad
6. Pittaj yonivyapada

7. Vamini, Upapluta yonivyapad

8. Nine months of pregnancy

9. Retained placenta.

3)Yoni Varti(pessary)

Varti is prolonged and long lasting worthy can be used effectively in infections and also provides the opportunity to recreate the optimum vaginal health. Vartis are wicks made by mixing finely powdered drugs with adhesive drugs or binding agents.

Procedure

- a. Autoclaved Varti should be used for procedure.
- b. Expected part should be cleaned well.
- c. Oil smeared Varti should be inserted in such a way that the thread should remain outside.
- d. Up to retention period of urine Varti should be kept inside. As soon as urge of urine felt Varti should be removed.
- e. Yoni Dhawana with lukewarm water should be done.
- f. Varti once used should be discarded.

Time periods: 2 to 3 hours

Application Site- Prathamavarta(Vagina)

Indications

1. Yoni paicchilya, ^[16]
2. Kaphaj Yonivyapada,
3. Vipluta Yonivyapada,
4. Karnini Yonivyapada,
5. Anartava^[17]

4) YONI DHOOPAN: (Fumigation of vagina with medicated smoke)

Yonidhoopan is the practical procedure in which fumigation of vagina is performed by giving the disinfected and medicated smoke. Fumigation is the exposure till the action of smoke or of fumes of any kind as a means of disinfection or eradication. Yoni Dhupan is also used for local disinfection of genital organs.

Procedure

1. A chair having hole in the middle is used for this procedure.
2. Patient is asked to sit on this chair after voiding the urine.
3. The dhoopan dravyas are lit in dhoopan apparatus which is placed just below the chair.
4. The smoke coming from the dhoopan drugs must reach upto the expected genitalia for fumigation.
5. Otherwise even Nadi Dhoopan can be done by giving fumigation to the expected genital organs.
6. We should be very careful while performing this procedure because the temperature rises and there may be danger of burn of the genital organs from the fumes of the smoke.

Time periods: 3 to 5 min

Site of Yonidhoopan- Bhaya yoni (outer Surface of vagina)

Indications

1. Yonikandu^[11]
2. Shwetapradara^[12]
3. Garbhsanga
4. Aparasanga
5. Sutika paricharya^[13]

5)Yoni Lepana (vaginal Painting)

In Lepana the drug penetration is higher on the vagina, the efficacy of Lepana relates to both its inherent potency and the ability of the drug to penetrate the skin, muscle and mucosa. The finely

powdered churna is mixed with water or medicated liquid and paste with uniform consistency is made. This paste is then applied to the expected and affected areas locally.

Procedure

- Affected part should be cleaned.
- Lepa should be prepared fresh and applied over affected part uniformly.
- Immediately after drying, Lepa should be removed as it may irritate the skin and can cause rashes or itching.

Time periods: 3 to 4 hours upto drying of lepa.

Site - Prathamavarta /Breast

Indications:

- Vivrutta yoni^[14]
- Yoni arsha etc.^[15]

6. YONI PURANA

Yoni purana or yoni dharana means filling the yoni or retaining dravyas in the vaginal canal. It offers local therapeutic action. This therapy employed when large amount of drug needs to be employed for longer duration of time. It is not much in practice.

Procedure:

- All aseptic measures should be ensured.
- Lithotomy position given to the patient.
- Churna, Kalka and medicated oil is inserted in vagina.
- Churna, kalka and medicated oil once used should be discarded.

Indications

- Mahayoni
- Prasansini yoni etc

7. UTTARBASTI

Uttarbasti is an important para surgical procedure among the 60 Karma as told by Acharya Sushruta, Vagabhatt has mentioned Basti as Ardha chikitsa. Basti chikitsa is best for Vata dosha. Insertion of medicated oil decoction into Uttarmarga i.e., true the passage located above or in front part of anus that is vagina or urethra is known as Uttar Basti. It is important to treat previous infections completely before giving Uttarbasti. It is usually carried out under aseptic precaution in minor OT, no need of any anaesthetic agent or analgesic during and after the procedure.

Practical procedure of Uttarbasti

- All routine examination should be done.
- Snehan at Udar, Uru, Prushta should be done with Vatashamaka tail.
- Swedan specially Nadisweda on Udar and Prushta pradesh.
- Patient is asked to lie down on lithotomy.
- Painting and draping should be done.
- Vulva and vagina should be cleaned.
- Proper visualization of cervix by inserting sim's speculum and anterior vaginal wall retractor and catch the lip of cervix with vulsellum.
- Uterine sound is inserted to know the position and length of uterus.
- Medicated Ghrita or oil is taken in 5cc syringe and IUI cannula is attached to its end.
- Cannula should insert in uterus through cervix and slowly push the medicine in cavity with steady hand. Instruments should be removed.

- Pichu is placed in vagina for 2 hours.
- Head low position should be given to patient and rest for half an hour.
- Hot fomentation is preferred.
- Repeat this procedure for 3 – 5 days.

Time of administration - Ritukala (after menstrual bleeding stops). Because during this period the mouth of uterus is open and it readily receives the fluid injected. It is usually carried out under aseptic precaution in minor OT, no need of any anaesthetic agent or analgesic during and after the procedure.^[18]

Site- Uttarmarga i.e., true the passage located above or in front part of anus that is vagina or urethra.

Indications^[19]

- Tubal Blockage(15)-For conception
- For pacifying Vata
- Diseases of urinary bladder,
- Prolapse uterus,
- Severe pelvic pain,
- Asrigdara,
- Menstrual disorders,
- Pathological amenorrhea,
- For all reproductive tract disorders, all 20 types of Yonivyapada.

Contraindications: Cervical cancer, virginity vesico vaginal fistula hypersensitivity disorder.

Discussion

Today the increasing burden of cost on Healthcare sector demand to search simple cost effective, non recurrent, with no adverse effect, acceptable, effective therapy. Poverty, illiteracy, poor hygiene, social and religious factors imposes more challenges to the reproductive health of females in developing countries. Ayurvedic parasurgical procedure are safe and effective, reduce hospital stay. Vaman Virechana, Basti, Yoni pichu, Yoni dhawan /Prakshalan, Kshara karma, Agnikarma, Uttarbasti are the important parasurgical procedure of Ayurveda to treat various reproductive tract diseases of female. Multicentered clinical trial and Proper training to present human resources of healthcare sector can produce lot of changes in present situation. The vagina is a potential space that connects the lower portion of the uterus cervix to the outside environment. it is one of the Bahya Strotas in women. Drug transport across the vaginal membrane may occur by transcellular route or intercellular route. The vaginal wall is well suited for the absorption of drug for systemic use, since it contains a vast network of blood vessels. Moreover the automatically backward position of the vagina may help in self containing of drug thereby holding it in situ for a longer duration. Uttarbasti helps in endometrial conditions by improving thickness of endometrium, improve the quality of endometrium, helps in curing endometriosis etc., absorption is very fast gives quicker result.

Conclusion

Thus, we conclude that the holistic approach (sthanik chikitsa) of ayurvedic system of medicine gives completely relief to the patients from yoni rogas. Sthanik chikitsa in stree rog and prasutitantra are very encouraging. Medicines used in the above case are cheap, effective and easily available. Each Sthanik Chikitsa holds its own importance and shows marvelous results when applied with proper indications, strict aseptic precautions and extreme carefulness.

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