

ROLE 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. She always face many more very common health problem or Gynaecological problem like white discharge, foul smell discharge, itching at Vulval region, Burning micturation etc. As in *Ayurveda* oldest system of health gives various *Sthanik chikitsa* for such gynecologic problems and it gives an excellent result in above mentioned gynaecological problem. *Sthanik chikitsa* is cheap, easy, non surgical procedure.

KEYWORDS: *Gynaecological problems, Ayurveda Sthanik chikitsa.*

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. Most of the female related diseases belongs from the disturb functioning of genital tract. 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 want 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. 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.

OBJECTIVES

- To study the literary view of *Sthanik Chikitsa* from various Ayurvedic texts.
- 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:

Sthanik Chikitsa

1) *Yoni Pichu* (tampons)

This is one of the simplest *Sthanik chikitsa* that gives the continuous drug delivery to the target organ and there is that there is no need of sophisticated instruments and trained expert rather than patient can do itself after little instruction. *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. Mode of action depending upon the medicine used as different medicines have different mode of action. (5-6)

Time Periods:

- It should be kept for 5 to 6 hours upto retention of urine

Example

1. Tampon soaked with *Udambar* or *Triphala kwath* is used in *Kaphajayoniroga*.
2. Tampon soaked with *Jatyadi Taila* or *Ghrita* is used in *Mahayoni*.
3. Tampon soaked with *Dashmoolkwath* or *Ghrita* is used in *Vataja yonivyapada*.

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

2)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. *Dhawan* means cleaning or purification of wound with water or other medicated material, *Kwatha*, *Kshirapak*, *Siddha jala*, *Taila* are have aseptic, wound healing, pain alleviating, and bactericidal action. 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.(11)

Time Periods :

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

Example

1. With decoction of *Lodhra* and *Trikatu* is used in *Kaphaja artavadushti*.
2. With decoction of *Triphala*^[11] is used in *Kunapgandhi artavadushti*.

Indications

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

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. (13)

Time periods: 2 to 3 hours

Example

- Pessary prepared with powdered *Yava* (barley) and *Masa* (a type of bean) is used in *Kaphaja yonivyapada*.

Indications

- *Yoni paicchilya*,
- *Kaphaj Yonivyapada*,
- *Vipluta Yonivyapada*,
- *Karnini Yonivyapada*,
- *Anartava*

4)Yoni Dhupan - (fumigation of vagina with medicated smokes)

Medicines which are used in the form of smoke by burning are called as *Dhupana*. Fumigation is done on wound, a part of the body or on the whole body depending on the need. Fumigation is the exposure till the action of smoke or of fumes of any kind as a means of disinfection or eradication. The fumigation carried out using fine powder of selected drugs with the intention of *Nirjantukaran* (disinfection) is called as *Dhupana*. It is widely used not just in Ayurveda pharmaceuticals from disinfecting drug stores to prevent degradation of raw drug, but also as pre-processing in various *Kalpans*. Different *Dhupakalpas* are explained treatises that are used in various elements for curative purpose and also *Dhupas* are employed for prevention of disease. *Yoni Dhupan* is also used for local disinfection of genital organs.(14)

Time periods : 3 to 5 min

Example

- Fumigation with *Haridra* and *Brahti* is used in *Yoni kadu*.
- Fumigation with *Kustha*, *Guggalu*, *Agara* mixed with *Ghrita* is used in *Sutikaparicharya*.

Indications

- *Yonikandu*
- *Shwetapradara*
- *Garbhsanga*
- *Aparasanga*
- *Sutika paricharya*

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.

Time periods : 3 to 4 hours upto drying of lepa

Example

- With powder of burnt broken earthen pots and *Triphala* mixed with *Ghrita* is used in *Yoni Arsha*.

Indications:

- *Vivrutta yoni*
- *Yoni arsha* etc.

6)Yoni Purana (vaginal packing) *Yonipurana* involves feeling of vaginal cavity using *Churna*, *Kalka* and medicated oil. It offers local therapeutic action. This therapy employed when large amount of drug needs to be employed for longer duration of time.

Example

- With *Vesawara* (minced meat or oleo mixed with drug) is used in *Prasansini yoni*.

Indications

- *Mahayoni*
- *Prasansini yoni* etc

7)Uttara Basti :

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 administered during *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.(15)

Example

- *Basti* with oil medicated with *Jivaniya* group of drug. (*Shushka yoni*, *Acharanayoni*, *Aticharana*, *karnini yonivyapada*).

Indications

- 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

Poverty, illiteracy, poor hygiene, social and religious factors imposes more challenges to the reproductive health of females in developing countries. Today the increasing burden of cost on Healthcare sector demand to search simple cost effective, non recurrent, with no adverse effect, acceptable, effective therapy. Ayurvedic parasurgical procedure are safe and effective, reduce hospital stay. *Yoni pichu*, *Yoni dhawan /Prakshalan,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

Sthanik Chikitsa are cheap, safe, effective and with no adverse effect. This can be helpful to prove like a boon to *Stree roga* in Ayurveda when the *Vaidya* apply this therapies in there Gynaecological practice logically and carefully and under aseptic precautions., *Sthanik chikitsa* holds its own importance and show tremendous results when applied with proper indications, strict aseptic precaution and extreme carefulness.

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