



Ayurvedic Management for the various Gynecological Disorders

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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 get affected by this environment and are prone to gynecological problems. She always faces many more very common health problem or gynaecological problem like white discharge, foul smell discharge, itching at vulval region, burning micturation etc., which are described detail in *Stree rog vyadhi*. As *Ayurveda* oldest system of health gives various *Panchakarma* and *Sthanik chikitsa* for such gynecologic problems and it gives an excellent result in above mentioned gynecological problem. *Sthanik chikitsa* is cheap, easy, non-surgical procedure.

Anushastra Karma or parasurgical procedures means surgical procedure performed by non surgical items or in absence of surgical instruments. Acharya Sushruta has described 60 *Upkarma*, 25 *Upantra* and 14 *Anushastra* for the management of wound in different conditions. *Shasti upkarma* includes *Kshara karma*, *Agni karma* and *Uttar basti* etc., *Kshar* has given utmost importance and it is included under *Shasti Upkarma upyantra* and *Anushastra*, whereas *Agnikarma* is under *Uyantra* and *Anushastra*. *Uttar basti* is included under *Shasti upkarma* and *Anushastra*. *Jaulaka* is classified under *Anushstra*. Regarding *Stree roga Yoni pichu*, *Yoni prakshalanam*, *Kshar karma*, *Uttar basti karma*, are quite popular due to its excellent result and no adverse effect if followed properly. This article emphasizes role of *Shodhana* and *Shamana Chikitsa* for the management of *Stree Rogas*.

Keywords: *Ayurveda, Sthanikchikitsa, Stree Roga, Shamana, Shodhan 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*. Blood, situated in the reproductive organ is giving rise to several diseases. The most common symptoms of gynaecological disorders include pelvic pain, vaginal itching, vaginal discharge, abnormal vaginal bleeding and breast pain and lumps. Depending upon the combination of the *Doshas* involved the diseases exhibit characteristic symptoms. Management of *Stree Roga* is by *Shoshanna karma* (*Vaman, Virechana, Basti*) *Sthanik karma* (*Yonidhawan, Yonipichu, Dhupan* etc) purification methods. *Panchakarma* does *Shuddhi* of *Sharir* from all vitiated *Dosha*. Ayurveda mentioned that purification therapy (*Shodhana Karma*) helps to manage various *Stree Rog* related to unhygienic condition. *Shodhana Karma* that helps to maintain clean condition and remove toxins and pacify aggravated *Doshas* thus reduces pathological progression of various *Stree roga* related to unhygienic condition of genital tract. Literary study revealed that *Shodhana Karma* along with *Shaman* and *Sthanik Chikitsa* significant improvement in symptoms of female disorders.¹⁻⁴

Awareness, proper food and daily regimen along with natural drugs offers health benefits in gynecological disorders. The some specific *Stree Roga Chikitsa* as per Ayurveda is as follows:

- *Vatadoshahara chikitsa*
- *Sthanika chikitsa*
- *Shukrartava dosha chikitsa*
- *Kleibya chikitsa*
- *Garbhini pratiroga chikitsa*

Shoshanna karma like *Vaman, Virechana* and *Basti karma* can be advocated for *Stree roga* along with *Sthanik karma* like *Yonidhawan, Yonipichu* and *Dhupan*, etc. *Panchakarma* performs *Shuddhi* of all vitiated *Dosha* of *Sharira*, maintain clean condition and eliminate toxins thus maintain normal circulation of body⁴⁻⁶

Shodhana Chikitsa:

Panchakarma chikitsa involves uses of *Deepana, Pachana, Snehana* and *Svedana* therapies which nourishes reproductive tissue and maintain physical health. *Vamana Karma, Virechana Karma, Anuvasana Vasti, Asthapana Vasti* and *Shiro virechana* offers therapeutic relief in many gynecological problems.

Snehana, Vamana, Virechana, Swedana, Anuvasana basti and *Asthapana basti*, etc. can be used to

prevent general pathogenesis of gynecological disorders. These approaches also help to maintain optimum health of female belonging from reproductive age groups.

Shodhana Chikitsa for Streerog Vamana

Vamana, therapeutic vomiting is a medicated emesis therapy. Vamana removes Kapha toxins accumulated in the body, Kaphaj predominant Artava dushti may be treated with Vaman Karma, Vamana also recommended for Soumya Dhatu nirharan and Agneya Dhatu vrudhhi does increases Artava matra.

Virechana

Virechana therapy is medicated purification therapy, cleansing the body from excess Pitta accumulation, purifying blood and clearing toxins. Vitiated Pitta dosha along with Dushan of Rakta and Artava are major factors associated with Yoni dosha. Virechana Karma helps to pacify these aggravated factors and thus reduce disease progression. Virechana Karma offers beneficial effect in Pittaja Yonidosha.

Basti

Medicated Dravya given through Adhomarga i.e., enema, vitiated Vata dosha along with Dushan of Rakta and Artava are the major factors associated with Yoni dosha. Basti Karma helps to pacify aggravated Vata and reduced disease progression. Basti karma offers relief in vitiated Vata dosha associated with gynaecological disorder.

Common symptoms of gynecological problems

1. Vaginal Itching
2. PID
3. Vaginal Discharge
4. Excess Vaginal Bleeding

STHANIKA CHIKITSA:

Yoni Roga causes vitiation of *Apana Vata* for such types of conditions *Yoni Prakshalana*, *Yoni Pichu*, *Yoni Purana*, *Yoni Lepa*, *Yoni Varti* and *Yoni Dhoopana*, etc. are used in *Sthanika Chikitsa* for curing vitiation of *Vata*.

1. Yoni Pichu (tampons)

‘Vatartanam cha yoninam sekabhyanga pichu Kriya’.⁴ This is one of the simplest Sthanik Karma that gives the continuous drug delivery to the target organ another advantage 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 it should be kept for 5 to 6 hours upto retention of urine.⁵⁻⁶

Mode of action depending upon the medicine used as different medicines have different mode of action. Pichu used in pregnancy And Labour helps to soften the vaginal canal enabling easy delivery and easy expulsion of placenta.

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 Yonivyapad⁷
3. Yoni paicchilya and Yoni strava⁸
4. Yoni karkashata⁹
5. Vataj yonivyapad
6. Pittaj yonivyapada
7. Vamini, Upapluta yonivyapad¹⁰
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 it should performed in *Ritukala* from 6th day of menses for 8 day and duration is 1-1.5 min.¹¹

Example

1. With decoction of *Lodhra* and *Trikatu* is used in *Kaphaja artavadushti*.
2. With decoction of *Triphala* is used in *Kunap Gandhi artavadushti*.

Indications

1. *Yonikandu*
 2. *Kunapgandhi Artava dushti*
 3. *Kaphaj Artava dushti*
 4. *Yoni paicchilya* and *yonisrava*
 5. *Yoni arsha*
 6. *Leucorrhoea*¹²
3. **Yoni Varti (pessary)**¹³

Varti is prolonged and long lasting worthy can be used effectively in infections and dealing with their recurrence, University helps to clear vagina and also provides the opportunity to recreate the optimum vaginal health.

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**¹⁴ - (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*. *Dhupana* is process explained from time immemorial from the period of Samhita. 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 in 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.

Example

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

Indications

- *Yonikandu,*
- *Shwetapradara,*

- *Garbhsanga,*
- *Aparasanga,*
- *Sutika paricharya.*

5. *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

6. *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*. Entire technique used in *Uttar Basti chikitsa* is more or less similar to the Hystero- salphingography (HSG) and cystourethrography done now days as important investigation of female infertility. 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.

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, *Asrugdara*, menstrual disorders, pathological amenorrhea, for all reproductive tract disorders, all 20 types of *Yonivyapada*.

Contraindications

Cervical cancer, virginity vesico vaginal fistula hypersensitivity disorder.

7. Kshara karma

Kshara Karma is said to be superior to any other surgical or parasurgical measures due to its function like Chedan, Bhedan, Lekhan, Patan Karma¹⁶. It can be applied in the narrowest place and internally where surgical procedure cannot be performed. Kshara acts as a corrosive or caustic agent and generates healthy base for healing. Application of Kshara in case of cervical erosion is an effective form of herbal cauterization (incision and excision). This therapy clears the erosion with minimal recurrence and complications. Kshara is of two types namely Paniya kshara and Pratisaraneeya Kshara.

Kshara karma is considered as satisfactory approach to treat cervical erosion instead of electro cauterization in which chances of recurrence and complications are more, like secondary hemorrhage, infertility, cervical stenosis etc.¹⁷

Example

Depending upon its origin they are Khanija (mineral origin) e.g., Tankana kshara, Sarja kshara, etc., Pranija (animal origin) e.g., Shankha, Kapardika etc., Vrukshaja (plant origin) e.g., Apamarga kshara, Yavakshara etc.

Indication

Genital warts, cervical erosion, cervical polyp, Nabothian follicle, Chronic non healing cervical ulcer.

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. 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.

SOME HERBS FOR GYNECOLOGICAL PROBLEMS:

Kumari (Aloe vera):

Aloe vera is good for tonic for the female reproductive system, it rejuvenate uterus, helps in painful menstrual cycle and Ayurvedic formulation *Kumariasava* is considered good for female reproductive health.

Lodhra (Symplocus racemosa):

Lodhra offer anti-androgenic effect, prevents ovarian dysfunction and helps in PCOS. *Lodhra* bark decreases testosterone level, restores estrogen & progesterone level. *Lodhra* is useful for treating inflammatory condition of uterus and cure excessive bleeding. The Ayurvedic formulation *Lodhrasava* is considered good for women.

Ashoka (Saracca indica):

Ashoka helps repair endometrium and heals damage caused in lining by inflammation. It regulates estrogen levels; offers antimicrobial and antifungal activity thus prevent urinary tract infection. Ayurvedic formulation *Ashokarista* is very useful in treating problem of white discharge and *Muslihadiradi kashaya*.

Patranga (Caesalpinia sappan):

Patranga (Caesalpinia sappan) is used for relieving pain during menstruation. This herb is good for curing heavy periods, leucorrhea, fever, anemia and inflammatory conditions, etc. The Ayurvedic formulation *Patrangasava* offers several health benefits in various types of *Stree rogas*¹¹⁻¹²

Ayurveda Formulations

- *Mandur Bhasma*
- *Ashokarishtha*
- *Ashwagandha Churna*
- *Ashvagandha ghrita*
- *Amalaki Churna*
- *Nagakesara churna*
- *Punarnavadi kwatha*
- *Manjistha Churna*

Conclusion

Stree roga are common health issues of females mainly belong from the female of reproductive age groups. *Shodhna Chikitsa*, ayurveda herbs & formulation and good conduction of life style, etc. provides relief in *Stree Rogas*. The vaginal itching, foul smelling, white discharge, burning micturition and vaginal discharge, etc. are common symptoms of gynecological problems. *Yonidhawan*, *Yoni Dhoopan*, *Yoni-Varti*, *Yoni-Lepana*, *Uttarbasti* and *Yoni-Pichu*, etc. are Ayurveda approaches which helps to cure several *Stree Rogas*. *Shodhna Karma* like *Vaman*, *Virechana* and *Basti*, etc. helps to pacify vitiated *Doshas* especially *Vata* or *Vayu* thus

control pathological progression of various *Stree rogas*. *Shodhana Karma* along with *Shamana Chikitsa* provides pathological as well as symptomatic relief in different types of *Stree Rogas*.

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