

Role of Sthanik Chikitsa in Stri Roga

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ABSTRACT

Healthy state of women is very much needed for the society, its growth and prosperity. Ayurveda one of the world's oldest system of health, gives a detail description of stree roga vyadhis. Women always face very common gynecological 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 gynecological problems.

Here an attempt is made for the conceptual study and analyzing the sthanikchikitsa in different diseases of Stree roga. All the classical references regarding chikitsa of the same were collected and analyzed.

Keywords:- Ayurveda, Stri Roga, Sthanikchikitsa

INTRODUCTION

A woman undergoes various physical and physiological changes during her reproductive period i.e. from menarche (onset of menstruation) to menopause (Cessation of menstruation). 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 a large degree on women health. Ayurveda has explained Woman health and discussed different gynecological disorders under the common heading of *Yonivyapada*.

The word yoni is derived from the root 'Yu' with 'Nit' pratyaya. Yoni means the womb, uterus, vulva, vagina, female organs of generation. [1] The word 'vyapad' derived from the root word 'vi + vyap' with 'lyut' pratyaya. Vyapad' means injure or make worse or destroy.

Charaka Samhita describes Nidana, Lakshana, Samprapti, and Chikitsa of twenty *Yonivyapad* in *Yonivyapad Chikistitama Adhyaya* of *Chikitsa Sthana*. [2] Description is found in *Sushruta Samhita* in *Yonivyapad Pratishedha Adhyaya* of *Uttaratantra*. [3] *Astanga Hridaya* [4] and *Astanga Sangraha* [5] describes Nidana, Purvaroop, Lakshana, Samprapti of twenty *Yonivyapad* in *Guhyaroga Vignaneeya Adhyaya* of *Uttaratantra*.

Description is available in *Madhava Nidana Yonivyapad Nidanamadyaya* Description is also found in *Bhavaprakasha Madyamkhanda Yoni rogadhikara Adhyaya* of *Chikitsa Sthana*. *Sharangadhara Samhita* has mentions number of *Yonivyapad* as twenty in *Roga Ganana Adhyaya* of *PurvaKhanda*. Description available in *Yogaratanakara Yonirogadhikara Adhyaya*. In *Bhaishajya Ratnavali* mentioned about *Hingawastaka*

Choorna in Agnimandhya Chikitsa prakarana Adhyaya.

There are some Sthanik Chikitsa (Local Therapies) in Ayurveda described by Ancient Acharyas that possess outstanding and satisfactory outcomes in the management of Yonivyapada. Sthanik Chikitsa includes Yonidhawanaor Yoni-Parisheka (vaginal Douche), Yoni-Pichu (tampon soaked in medicated oil or liquid is placed into the vagina), Uttar -Basti (Medicated oil or decoction is pushed into the uterine cavity through vagina), Yoni – Dhupana (Fumigation of vagina with medicated smoke), Yoni-Varti (Insertion of medicated pessary into the vagina), Yoni-Purana (vaginal packing), Yoni-Lepana (vaginal painting), etc.

OBJECTIVES:

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

MATERIALS AND METHODS

Sthanikchikitsa in various stree roga in classical texts described as follows:-

A) YONI PICHU ^[1] (Tampoons) :-

1. Tampon soaked with oil prepared with juice of rat meat. (Yonikanda)
2. Tampon soaked with Guduchyadi tail. (Vataja yonivyapada)
3. Tampon soaked with kwath of dasangri and srimada. (Sannipataja yonivyapada)
4. Tampon soaked with Tila tail. (Vataja yonivyapada)
5. Tampon soaked with oil medicated with decoction of sallaki, jingini, jambu, dhava and panchvalkal. (Acharna, Paripluta, upapluta , Vamini and vipluta yonivyapada)
6. Tampon soaked with Dhatkyadi Tail. (vipluta and upapluta yonivyapada)
7. Tampon soaked with Dashmoolkwath or ghrita. (Vataja yonivyapada)
8. Tampon soaked with Ghrita. (Pittaja yonivyapada)

9. Tampon soaked with chandanakwath. (Pittaja yonivyapada, Yonidaha)
10. Tampon soaked with oil prepared with Ushira. (Pittaja yonivyapada)
11. Tampon soaked with suramanda. (Kaphajayoniroga , Yoni kandu)
12. Tampon soaked with Udambar or Triphalakwath. (Kaphajayoniroga)
13. Tampon soaked with Udambaradi Tail. (Vivrita yoni)
14. Tampon soaked with Phalaghrita or changeryadighrita. (Prasansini yoni)
15. Tampon soaked with oil prepared with MadhurvargaAushadha (in 9th month of pregnancy)
16. Tampon soaked with JatyadiTaila or ghrita. (Mahayoni)

B) YONI VARTI ^[6] (Pessary):-

1. Pessary prepared with bile of hog. (Kaphaja yonivyapada)
2. Pessary prepared with powdered yava (barley) and Masa (a type of bean). (Kaphaja yonivyapada)
3. Pessary prepared with pippali, maricha, masa, shatahwa, kusttha, and rock salt. (Kaphaja yonivyapada)
4. Pessary prepared with bile of cow or fish or kinva mixed with honey. (vipluta yonivyapada)
5. Pessary prepared with kusttha, pippali, tip of twig of arka, rock salt and urine of goat. (Karnini yonivyapada)
6. Pessary prepared with Kasis, triphala, sphatika, samnga, lajjalu, amrasthi, dhatakipushpa. (Yoni paichhilya)
7. Pessary prepared with Ikshvaku, danti, madanphala, kinva, yavashooka, and snuiksheera. (Anartava)

C) YONI DHAWANA OR YONI PARISHEKA ^[1] (Vaginal Douche) :-

1. With decoction of Aragvadhadi group of drug. (Yoni daurgndhya, yoni kleda)
2. With decoction of karira, dhava, arka, venu, nimbi, jambu, jingini, and sukta. (Yoni shtrava)
3. With decoction of triphala. (Yoni shtrava)

4. With decoction of guduchi, triphala, and danti. (Yoni kandu)
5. with decoction of Rajavraksadi group of drugs. (Yoni paichhilya)
6. With decoction of Tuvaraka. (Yoni daurgndhya)
7. With decoction of sarala and mudgaparni. (Vatajaartvadáshti)
8. With decoction of Gairika and nimbi. (Pittjaartvadáshti)
9. With decoction of lodhra and trikatu. (Kaphajaartvadáshti)
10. With decoction of triphala. (Kunapgandhiartvadáshti)

D) YONI DHUPANA ^[8] (Fumigation of vagina with medicatedsmoke) :-

1. Fumigation with Haridra and Brahti. (yoni kadu)
2. Fumigation with Sarala, guggalu, yava mixed with ghrita (Swetapradara)
3. Fumigation with Krishna sarpanirmok and katualabu. (Garbhsanga)
4. Fumigation with bhojapatra, kakamachi, katualabu, kritavedhana, sarshpa. (Aparasanga)
5. Fumigation with kustha, guggalu, agara mixed with ghrita. (Sutikaparicharya)

E) YONI LEPANA ^[9] (vaginal painting):-

1. With powder of palashbeeja and udambarphala mixed with tilataila and honey. (Vivrita yoni)
2. With powder of makandaphala mixed with honey and kapura. (Vivrita yoni)
3. With powder of tuttha, gairika, lodhra, ela, rasanjana, harenu, pushpakasis, salt mixed with honey. (Yoni Arsha)
4. With powder of burnt broken earthen pots and triphala mixed with ghrita. (Yoni Arsha)

F) YONI PURANA (vaginal packing):-

1. With fat of bear, crab or cock medicated with Madhura group of drugs. (Mahayoni)
2. With Vesawara (minced meat or oleo mixed with drug). (Prasansini yoni)
3. With khadir, pathya, jatiphala, nimba, puga, mixed with soup of mudga

G) YONI UTTAR BASTI (Medicated oil or decoction is pushed into the uterine cavity through vagina):-

1. Guduchyadi Tail basti (Vataja yonivyapada)
2. Madhukksheersidhhabasti. (Pittaja yonivyapada)
3. Basti with the oil medicated with jivaniya group of drugs. (Kaphavataja yonivyapada)
4. Traivratasnehabasti. (Udavarta yonivyapada)
5. Basti with the oil medicated with decoction of dashmool and trivrtta. (Udavarta yonivyapada)
6. Basti with oil medicated with jivaniya group of drug. (Shushka yoni, Acharanayoni, Aticharana, karnini yonivyapada)
7. Basti with the ghrita medicated with decoction of kasmari and kutaja. (Raktayoni)
8. Basti with shirishtaila or balataila. (Yonishoola)

DISCUSSION

The vagina is a potential space that connects the lower portion of the uterus (cervix) to the outside environment. It has been explained under *Bahirkarmendriya* and is one of the *BahyaSrotas* in women. Drug transport across the vaginal membrane may occur by a number of different mechanisms:

- a) Diffusion through the cell due to a concentration gradient (transcellular route),
- b) Vesicular or receptor-mediated transport mechanism, or
- c) Diffusion between cells through the tight junctions (intercellular route)

In some cases, drugs given by the intra vaginal route have a higher bioavailability compared to the oral route as it bypasses the liver. The vaginal wall is very well suited for the absorption of drugs for systemic use, since it contains a vast network of blood vessels. Moreover the anatomically backward position of the

vagina may help in self containing of the drug thereby holding it in situ for a longer duration.

Mode of action of sthanik chikitsa:-

YONI PICHU:- Pichu helps the medicine to remain at the site for a longer period for better action. The mode of action depends on the medicine used, as different medicines have different mode of action. The sesame oil base is most commonly used and it has high antiseptic and antibacterial property. The pichu used during pregnancy and labour helps to soften the vaginal canal enabling easy delivery and easy expulsion of placenta. ^[7]

YONI VARTI:- Varti is prolonged and long lasting. Varti can be used effectively in infections and delaying their cure. *Yoni Varti* helps to clear the vagina and also provides the opportunity to re-create the optimum vaginal health.

YONI DHAWANA:- the Yoni Dhawan (PrakshalanS) is exceptionally unique and it's a solution for gynecology grumblings. It's procedure of cleaning to vaginal zone and sedated oils are utilizing for such a movement. This method is recommended for gynecological disarranges, aggravation, disintegrations, barrenness. It gives quality to vaginal muscles. This is a general purifying measure of genital organs to maintain a strategic distance from parasitic or yeast diseases.

It's a sanitization procedure which has many advantages to women. Genital organs of women get spotless and crisp after Yoni dhawan and it forestalls parasitic and yeast diseases.

YONI DHUPANA:- Medicines which are used in the form of smoke by burning of it is called as Dhupana. Fumigation is done on wounds, 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. It is derived from the Latin term "Fumus" which means smoke and "ago" means to drive away. The fumigation carried out using fine powder of selected

dry drugs with the intention of nirjatukarana (disinfection) is called as Dhupana.

Dhupana is a process explained from time immemorial from the period of Samhitas. It is widely used not just in Ayurveda Pharmaceutics for disinfecting the Bhesajagara (Drug store) to prevent degradation of raw drugs, but also as pre-processing in various kalpanas like Ayaskruti, Sandhana, etc. Different Dhupakalpas are explained in treatises that are used in various ailments for curative purpose and also Dhupas are employed for prevention of diseases.

Yoni dhupana is also used for local disinfection of genital organs.

YONI LEPANA:- 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, muscles and mucosa.

YONI PURANA:- *Yonipuran* involves filling of vaginal cavity using powders, pastes & medicated oils. It offers local therapeutic action. This therapy employed when large amount of drug needs to be employed for longer duration of time.

UTTAR BASTI:- Uttar Basti removes the srotosangha and corrects the artavagni which regulates the menstrual cycle, thus resulting in ovulation. Ovaries contain receptors which receive hormones secreted by hypothalamus and pituitary gland. The drug stimulates these receptors, so that proper ovulation occurs in each cycle. Uttar Basti is an ideal local treatment in tubal block and can be adopted for all sorts of problems of infertility as well as reproductive tract disorder. In tubal blockage the drug is reaching in bulk to the site of pathology. Hence Uttar Basti relieves tubal block by lysis of adhesions and relieves obstruction. In cervical factor, drug administered locally in the cervix and absorbed by cervical epithelium due to sukshma property of drug. The lipid soluble drug is passively diffused across the membrane in the direction of its concentration gradient. The rate of transport is proportional to lipid: water partition

coefficient of the drug. The more lipid soluble, higher is the concentration and quicker diffusion. In this way altered cervical pH can be corrected by Uttar Basti Uttar Basti helps in endometrial conditions by improving thickness of endometrium, improves the quality of endo-metrium, helps in curing endometriosis, 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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