

# A Clinical Approach of Panchakarma in the Management of Various Gynecological Disorder W.S.R. to Yoni Vyapad

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## ABSTRACT

Now-a-days women are suffering from many diseases, due to changing life style.

They are various diseases like (all type of yonivyapad ex- upapluta, acharna etc)related to female genital organs (stree roga) and ayurveda has mentioned various approaches towards the management of such type of stree roga. Yonivyapad is one of the remarkable problem. Almost all gynaecological disorder are included under the text 'yonivyapad'. As ayurveda oldest system of health gives various Panchakarma as shodhan chikitsa and sthanik Chikitsa for such gynaecological problems. Here an attempt is made for the conceptual study and analysis of complete diseases of streeroga. All the classical references regarding Chikitsa of the same were collected and analyzed. The vamandi shodhan karma makes the women free from the diseases. Abhyantar Chikitsa - Breaks Dosh - Dushyasamurchana and cure diseases. But If sthanik Dosha dushti is more, then sthanik chikitsa is more beneficial. It gives strength to respective sthana.

**Key Words** - Panchakarma Chikitsa, sthanik chikitsa, yoni vyapad, shodhan chikitsa.

## INTRODUCTION

Starting of the 21st century is time of advancement of civilization and competitive life. In all the fields women are trying to complete equally with men. According to Maharishi Charaka women is the base of human race.

" Apatyanam mulam narya"

Stree is considered as the chief cause of progeny and ayurveda recommended that keeping shuddha yoni and shuddha garbhashay help to prevent prevalence of common gynecological disorders. Ex - yonivyapad , Artava vyapad, Asrugdara etc. Streerog deals with the changes that occurs during all stages of women life such as puberty ,reproductive age, pregnancy, and menopause etc. Gynecological disorders (yonivyapad)are treated by shodhan karma (vaman,virechan,Basti, nasya etc) and Sthanik chikitsa (yonidhawan, yonipichu, uttarbasti etc.) that is application of five purification therapies known as panchakarma.

Shodhan karma - that helps to maintain clean condition and remove toxins and pacify aggravated doshas .

Sthanik chikitsa - play an important role in the disorders of ' TRYAVARTA YONI'

## OBJECTIVES

1) To study sthanik chikitsa from various ayurvedic texts.

2) To study the the PANCHAKARMA chikitsa in yonivyapad from various ayurvedic texts.

PANCHAKARMA (SHODHAN CHIKITSA) FOR YONIVYAPAD

## APPLICATION OF PANCHAKARMA

### PURVAKARMA PRADHANKARMA PASHCHATKARMA

1.Dipana	1.Vamana	1.Kwath grahana
2.Pachana	2.Virechana	2.Gandush
3.Snehana	3.Basti	3.Sansarjana karma
4.Sweda.	4.Nasyakarma	4.Dhumrapana
	5. Raktamokshan	

### VAMAN<sup>(1,2,3)</sup>

Procedure - vaman is performed to subdue augmented kapha dosha. Giving decoction of medicinal Herbs for ingestion in large amounts induces emesis, for this purpose either decoction of emetic but (Madanphala kwath) is used. Before vaman is given there are three procedures which are to be employed namely paachan,snehan, and swedan.

**Purva karma** - Before vaman therapy,advised a digestive medicine such as Trikatu churna, Chitrakadi vati,etc. For up to three days. Then advised to drink a specific type of ghrita such as panchtiktak ghrita,Tiktak ghrita etc. For 3 to 7 days called as snehapaan.

After 3 to 7 days of snehapaan advised to undergo oil massage with swedan and at that day, night you will be given kapha increasing diet.

**Pradhan karma** - 1) The main procedure takes place in the early morning.

2) vaidya tells pateint to take milk and after that vamak yoga are given to pateint.

3)The medicines helps to in initiating the process of vaman. A vaidya continuously observe the pateint such as BP, pulse etc.

Paschaat karma - 1) Bramhacharya palan

2) sansarjana krama palan.

Vamana karma is the first major procedure of panchkarma therapy

अपक्व पित्त श्लेष्माणो बलादुध्वं नयेत् यत्

वमनं तद्विधि विज्ञेयम मदनस्य फलं यथा ||

कफे विदध्याद्वमनं संयोगे वा कफोल्बने ||

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It is indicated for the purification of urdhwa bhaga of body .

Vamana= kapha and pitta are expelled out of the body through oral route

The speciality of vamana karma is that the vamaka dravya reaches the cellular level(all dhatus) of the body and without being digested it produces sandhishaitilya.vaman also recommended for saumya dhatu nirharan and agneya dhatu vrudhhi does increases Artava matra.

Vamaka dravya- madana phala,pippali etc.

Guna- ushna,tikshna,sukshma etc.

### INDICATION

- 1) All kaphaj yonivyapad
- 2) Upapluta, paripluta ( vaginal discharge)
- 3) PCOS
- 4) Obese due to PCOS

### CONTRAINDICATION

- 1) Pregnant women
- 2) Heart diseases
- 3) Abdominal tumour,gastric ulcer.
- 4) Splhenic disorder

### COMPLICATION

When emesis is incomplete, one may not get the required bouts of vomiting to eliminate toxins or does not get emesis. However, when done in excess it could cause hyperacidity, which could lead to bleeding from throat, severe pain in stomach, Giddiness, Gaseous distension.

### VIRECHAN<sup>(4)</sup>

Procedure - Medicine prepared from purgative plants, such as common milk hedge (Snuhi) or purging Croton (Jaiphal) are used for this purpose before virechan is administered, there are three procedures

which are employed namely pachan,snehan, swedan.

**Purva karma** - The preparatory phase  
Dipan pachan - which enhances the Agni and does the digestion of Ama.ex - Amapachak vati, Triaktu churna etc.  
Snehapaan - The sneha should be administered with hot water and pateint is advised to walk slowly. The duration of snehapaan should be three,five or maximum seven days. The dose of sneha should be according to Agnibala and koshta. Generally the dose of snehapaan is started from Hrisayasi matra and gradually may be increased upto uttam matra.  
Abhyanga - For virechan karma Abhyanga should be conducted for three days during gap days(vishraam kaal).  
Swedan - After Abhyanga Baspa sweda is given.

**Pradhan karma** - This includes administration of Virechak yoga. After administration of Virechak yoga cold water is sprinkled on the face to avoid vomiting. He is advised not to retain Vegas as well as do not make Pravahana. Hot water should be given frequently to the patient to prevent Vibandha and due to its Vatanuloman and yogvahi action virechan occurs quickly. During all the time vaidya should monitor the patient such as (BP, PULSE) and concentrate on the symptoms of Jirna lakshanas, Shudhi lakshanas, Vyapad etc.

**Paschaat karma** - 1) Bramhacharya palan  
2) sansarjana krama

Virechana karma is the process by which the vitiated doshas are removed from ADHOBHAGA of the body through anal route.

अनुलोम द्रव्यलक्षणं कृत्वा पाकं मलानं  
याद्भित्वा बान्धमधोनयेत् तच्चानुलोमनं ज्ञेयम्  
यथा प्रोक्ता हरितकी ||

The main action of virechna dravyas like:

Nishottar ,Triphala ,Aragwadh ,Haritaki etc.  
The vitiated pitta dosha present in the entire body is alleviated and expelled out .  
Virechana dravya gunas- tikshna, ushna, chedan doshas  
The virechana karma is effective in removing vitiated pitta & even artava dosha.

#### INDICATION :

- 1)Pittaja yonivyapad LIKE : Asrija (menorrhagia), metrorrhagia etc.
- 2)YONI DOSHA

#### CONTRAINDICATION

- 1)Anal fissure
- 2) Anorexia
- 3) Indigestion, fever.
- 4) Pregnant women, above the age of 65 years, or below the age 15.

#### COMPLICATIONS

Incomplete purgation could cause the intestinal spasms to subside prematurely. A feeling of fullness of stomach, vomiting, and blockage passage of flatus, Dehydration, weakness, muscular cramps.

#### BASTI

Why Basti ?

Various toxins entering our body by food,air etc. Get accumulated in our gastrointestinal tract as time passes these toxins tend to increase and get spread in all channels of our body causing various diseases like (Yonivyapad).These accumulated toxins in the form of dosha's if expelled out at right time can prevent yonivyapad.

Various types of basti used in yonivyapad as following :

- 1) Yogabastikrama - 8 days Anuvasana + Asthapanana.
- 2) Lekhana Basti - 15 days 3 Asthapanana + 1 Anuvasan.
- 3) Vaitaran Basti - 15 days 1Anuvasan + Vaitaran + last anuvasan.
- 4) Bhadranimba kulatthadi Basti - 15 days 3 Asthapanana + 1 Anuvasan.
- 5) Yapan Basti - 8 days.
- 6) Matrabasti - Only Anuvasan

## PROCEDURE

- 1) The patient having the symptoms of proper indigestion and not having very much hunger, after performing abhyanga and swedana taken for Basti karma.
- 2) Lie down in left lateral position, keep her hand below the head as pillow, extend the left leg completely and flex the right leg at the knee joint, keeping on the left leg by flexing the hip joint.
- 3) The Sukhoshna sneha applied in the anal region Introduce Basti netra slowly in the direction of vertebral column upto 1/4 the part of Netra. Then hold the Basti putaka in the left hand gradually administer with the uniform pressure neither too fast not too slow.
- 4) press the putaka till little quantity of basti dravya remains in the putaka otherwise vayu enters into pakwashaya and then withdraw Netra gradually.
- 5) Basti pidan kaala is 30 min.
- 6) Asthapana Basti should not retain for more than 45 minutes. Anuvasana basti should retained in the body for longer period of time.

## Paschaat karma - sansarjana krama palan.

Purifying technique of the body which consist the introduction of medicated decoction or oils through various routes.

नाभीप्रदेशाम कटीपार्श्व कुक्षीम गत्वा  
शकृदोषचयं विलाेडय सं स्नेहय कायं सपुरीष  
दोषः सम्यक सुखेनैती कृतः स बस्तिः ॥

Basti karma is specific therapy for vataja disorders.

Even Basti chikitsa is considered as “half of the whole treatment”(Ardhachikitsa) and sometimes complete treatment

Basti karma as it normalizes vata dosha, is effective all most in yonivyapad (gynaecological disorders). (5)

## Benifits of basti in yonivyapad: (6)

Basti

Through the general effect

Basti veerya spreads all over Guda ( Sharir Mula having both local Body through the srotas and systemic effect

Pacifies the doshic vitiations Normalizes apana vayu

Regulating Agni. Beejotsarga , garbhamdharyet, karyaksham beejvahini.

## INDICATION

- 1) All Yoni Dosha
- 2) Yonivyapad
- 3) Arbuda (Fibroid)
- 4) APANA VAYU DISORDERS LIKE :  
Aartav Vaha Srotas Dushti( MENSTRUAL DISORDERS)  
Anartava , kashtartava, Nastartava etc.  
Male Infertility – Oligozoospermia, Oligospermia etc.  
PCOS, Obese due to Pcos

## ANUVASAN BASTI AND ASTHAPAN BASTI :

ANUVASAN BASTI- In this type of basti medicated oils is used.  
Eg- tila tail, bala tail, sahachara tail, shatapushpa tail etc.

ASTHAPAN BASTI –In this type herbal decoctions is used.

Eg. herbs like –Erand, triphala, etc.

## INDICATION

- 1) All Yonivyapad
- 2) INFERTILITY( vandhya) DUE TO ANOVULAORY CYCLE :  
MEDICATIONS: shatapushpa tail+ triphala kwath basti for 7days 3 consecutive months.  
Arbuda (fibroid) – Medications – triphala kwath+ tila tail for 7 days 3 consecutive months.
- 3) PCOS – Medications as follows :  
Shatapushpa tail + triphala kwath for 7days 3 consecutive months.
- 4) Udavartini (Dysmenorrhoea) –  
Medications - dashmoola kwath 200 ml + kshira 200 ml by boiling till ater get evaporated. For 15 days 3 consecutive months.

Tila tail ANUVASAN BASTI for 7 days 3 consecutive months.

5) Pradara - Medications : Chandanadi niruha basti for 8 days (Cha.siddhisthan.3/48-52).

6) Raktapradar - Medications : Anuvasan basti with tailabprocessed with yastimadhu, Gambhari, kutaki, chandan etc. (Su.chi.37/29)

Asthapan basti - Lodhra, chandan, rasna, sariva etc.(su.chi.38/55-59).

7) Pichhala, sravini, Vipluta, Upapluta, Suchimukhi, shulyukta yoni,- Medications: Anuvasan basti with dhatakyadi oil, Asthapan basti with Lodhra, Chandan, Rasna, Sariva Panchmooladi etc.(su.chi.37/29).

Male infertility (Vandhyatva)—eg like-oligospermia

Medications –kavach beej hurna + shatavari 10 gm each in 200 ml + kshir 200 ml + water and by boiling water get evaporated + phala ghritam basti for 15 days .

#### CONTRAINDICATION OF ASTHAPAN BASTI

- 1) Ajeerna, Atinsnigdha, peetsneha utklishta dosha.
- 2) kshatha, Atikrusha
- 3)Thyroid disorder
- 4) Diabaties, Anemia
- 5)Excessive Kapha in GI

#### COMPLICATIONS OF ASTHAPAN BASTI

- 1) Dooshyodara, Moorcha, shwayathu.
- 2) Deha shodhan leads to Karshya.
- 3) Destroy Deha just like a Kshara. Asthapan basti vyapad no in 12 :(ch.si.4/20-25)
- 4)Klama
- 5)Aadmaan
- 6) Hikka, Urdhwaprapthi, Hruthprapthi etc.

#### CONTRAINDICATION OF ANUVASAN BASTI :

- 1)Abhukta
- 2)Nawajwara,Pandu,Kamala,Prameha.
- 3)Arsha

4) GI disorder

5)Anaemia

6)Thyroid disorders, Skin disorders ,Tuberculosis etc.

#### COMPLICATION OF ANUVASAN BASTI :

1)Urdhwamarthivarthate sneha- due to visaransheela of sneha.

2) Does Doshautaklesha and leads to udara.

3) Produce abhishyanda leads Aadmaan.

Anuvasan basti vyapad no in 6 :(Ash.sangrah.su.28)

4)Vatavrut,Pittavrut,Kaphavrut sneha basti vyapad

5)Amavrut sneha basti vyapad etc.

#### MATRA BASTI

In matrabasti less quantity of oil is used as compred to anuvasana basti.

Daily routine can be admistered in all seasons.

#### INDICATION :

1. Vandhyatva Infertility due to (ANOVULATORY CYCLE)— SHATAPUSHPA TAIL 60 ml for 3 days

2. Shandi yonivyapad (IRREGULAR MENSES) – KRISHNATILA TAIL 60 ML for 7 days etc.

Tila taila basti 7 days 3 consecutive months.

#### LEKHAN BASTI

Herbs like Triphala,Nusta,kulatha, sahachar, are used for decoction along with cow urine or gomutrasava,rock salt is also added in it with honey.

It is given 500-900 ml dose alternate day and Triphaladi or sahacharadi taila 60-100 ml are used for Anuvasan basti.

It is given for 15 days continuously for 3 consecutive months.

#### INDICATION

1) Obesity due to PCOS.

2) Infertility due to Hypercholesterolemia .

#### VAITARAN BASTI

**VAITARAN BASTI** - In Ama Associated conditions to relieve the pain.

It reduces the Acute inflammation especially the pain and burning.eg.Postmenopausal womens.

Ingredients- chinch leaves (Tamarind ) 4gm+ jaggery 20gm+ rock salt 10 gm+ cow urine or Gomutrasava 160 ml + sesame oil 30 ml.

It is used for 8 days for 2 to 3 weeks.

#### **INDICATION**

1) Fibroid (submucosal fibroid) - reduce complain pain in abdomen.

#### **YAPAN BASTI**

It is used for women and old age persons for removal of vitiated dosha's and also for the improvement of complexion and voice.The basti provides longevity of human being.

Ingredients - Honey and oil, approximately 90 gm each + Erand mool root decoction 180 ml + Shatpushpa churna 20 gm + Saindhav 10 gm + Madanphala churna 10 gm.

The above all ingredients taken mix with mansarasa, ghrita, madhu , along with all prakshep dravya mix all the contains and lukewarm the decoction and used for Basti.

#### **INDICATION**

1) All Rajovikara - Mustadi YAPAN basti (ch.si.12/15- 1)

2) Anartava, Kasthartava.

#### **UTTAR BASTI** (7,8)

The medicated decoctions and oils are passed in the urinary bladder through urethra or in uterus through vagina.Uttar basti which is given through uttarmarga that is through the passages located above or in front part (Urethra or vagina) of anus is known as Uttarbasti.

In male – it gives through urethra DOSE – 20 TO 40 CC

In female- it gives through vagina DOSE- 5CC

Specific time – after the menses on the 5,6,7 th day for the 3 months.

**PRE THERPUETIC PROCEDURE** – Two

niruha with dashmoola and triphala and 2 anuvasana basti with tila taila prior to uttarbasti.

#### **INDICATION**

The suppression of vayu by Uttarbasti helps to women to conceive immediately.

1)DISEASES OF URINARY BLADDER LIKE : MUTRAKRICHA (DYSURIA), RETENTION OF URINE etc.

Medications : Mutral Dravya siddha taila 5cc for 5 days, tila taila,shatavari ghrita.

2)Asrigdara (MENORRHAGIA) – Medications :Ashok Siddha Ghrita 5CC for 5 days on the first day of menses till stop the bleeding.

3)Vandhyatva (PRIMARY AND SECONDARY INFERTILITY) –

Medications : phala ghrita, Narayan tail, ashwagandha ghrita,yashtimadhu oil 5cc for 5 days. For improving the strength of reproductive organs .

4)Suchimukhi yonivyapad (TUBAL BLOCKS) - (9)

Brihan ghrilas are used if tubal spasam is due to fibrosis. When the tubal block is due to adhesions kshar taila Uttarbasti is given.

Medicines used: kshara, bala kasis taila ratio- 1:3:1 5cc for 5 days.

5)Putraghni yonivyapad (RECURRENT ABORTIONS) –

Medicines used : yashtimadhu taila,bala taila, kashmari kutaj kwath siddha ghrit etc 5cc for 5days.

6)Vandhyatva (IN MALE INFERTILITY) : EG.Oligoasthenozoospermia- Medicines used – palash pashan bhed siddha ghrita 5cc for 5 days etc.

7) karnini yonivyapad (CERVICAL EROSION) - (10)

The commonly used preparations in karnini yonivyapad are medicated ghrita like - Triphala ghrit, phala ghrita, shatavari ghrita etc. Karnini yonivyapad can be treated. By using ropana drugs in Uttarbasti.

8)Raktayoni, Rajaska, and Putraghni - Uttarbasti with ghrita processed with kutaja (ch.chi 30/100)

9)Kapha vataja yonivyapad - Uttarbasti with jeevaniya drug (ch.chi.30/102)

Panchakarma treatment on vandhyatva (INFERTILITY):

## PANCHAKARMA TREATMENT

### CAUSES OF INFERTILITY

VAMANA KARMA

OVARIAN FACTOR,OBESITY

VIRECHANA KARMA

FIBROID,OVARIAN TUMOUR

HYPOTHALAMUS,PITUITARY TUMOUR

NASYA KARMA

CNS

FACTOR,HYPOGONADOTROPHINS

HYPERPROLACTINEMIA CONDITION

ASTHAPANABASTI KARMA

BAD OBSTETRIC HISTORY

REPEATED PREGNANCY LOSS

ANUVASANA BASTI KARMA

HYPOESTROGENIC CONDITION

MALNOURISHMENT

UTTARBASTI CHIKITSA

OVARIAN,ENDOMETRIAL,CERVICAL

AND TUBAL BLOCK

### NASYA

In context of ayurveda the word Nasya suggest the nasal route for administration of various drugs. Administration of medicines through the nose either to subside congestion or to expel vitiated dosha's out of the body systems is known as Nasya karma or shirovirechan.

The word shirovirechan means method of purification of systems above " clavicular region". The nose is the main orifice connected directly to brain, nasal cleansing is very effective for ailments of the head including the 'Indriyas'.

In this procedure, the aggravated dosha's are eliminated through the nose.

Medicines - Medicated oil,plantjuice, as well as inhalation of medicinal plants,

panchendriya vardhan taila, Shatpushpa taial, Bala taila etc.

### PROCEDURE

**Purvakarma** - Prepurifactory measures includes facial oil massage or application of steam to face, forehead,head, ears and neck this helps to loosen the adhesive dosha.

**Pradhan karma** - Main steps includes instillation of like warm medication in both the nostrils alternatively, with the help of proper instrument like dropper.The nose shoulder , neck, ear and palm are gently massaged after the administration of the drug

**Paschaat karma** - In this procedure patients mouth is cleaned by giving Luke warm water to gargle and then medicated smoke is given for inhalation.

### INDICATION

1) Infertility due to Anovulatory cycle - Shatpushpa taila Nasya.

2) Infertility due to PCOS

3) Low AMH level.

4) Ovarian failure

5) Control of GNRH pulses.

6) HPO axis related conditions - Hypothalamus is responsible for integrating the function of the endocrine system and nervous system.

As we known the root cause of Gyanecological disorder is the may be inhibition or irregularity of pulsatile release of GNRH.

### CONTRAINDICATION

1) Digestive disorder

2) Pregnant women

3) Immediately after physical exertion.

### COMPLICATION

1) Heaviness of head

2) Rhinitis

3) Headache

4) Diseases of eye ear and head.

**STHANIK CHIKITSA IN YONIVYAPAD :**

**MODE OF ACTION** –In local route of drug administration, high concentration of drug is accepted to act at the target organ than internal medication.

### 1) YONIDHAWAN <sup>(11)</sup>

DHAWANA means cleaning or purification of wound with water and other medicated materials. It is a procedure in which the vagina, vaginal passage and mouth of uterus is washed with medicated decoctions or other liquids.

STHANA – Prathamavarta (vagina) <sup>(12)</sup>

Duration- 8 days

**TIMING FOR YONIDHAWAN** – Rutukal(from sixth day of menstrual cycle )  
**AMOUNT OF MEDICINES USED FOR YONI DHAWAN-1 LITRE OF KWATHA**

### INDICATIONS

1. Upaluta Yonivyapad – Medications: nimba kwatha , triphala kwatha etc.
2. Kunapgandhi Artavdushti - Medications : chandan kwatha ,panchawalkal kwatha etc.
3. Kaphaj Yonivyapad
4. Shlaishamaki Yonivyapad (VAGINAL DISCHARGE)- Medications :triphala+ haridra kwatha , nimb kwatha etc.
5. Paripluta Yonivyapad

### 2) YONIPICHUDHARAN <sup>(13)</sup>

"Vataharnam Cha yoniam sekaabyangapichukriya"

Pichudharan is used for snehan,swedan,shaman,shodhan and bhedan Besides garbhini and sutika it is more useful in stree rog.

### TYPES-

1. Elongated -1 finger breadth and 4 finger long
2. Circular-1 inch length and breadth

**SITE-** prathamavarta yoni, Time of retention of pichu – 5 to 6 hours

**Pichukalpana used in YONIVYAPAD –**

1. Vatakja Yonivyapad <sup>(14)</sup> Different drug siddha tailal is used for snehana  
Eg-guduchyadhi taila pichu(cha .chi.30)
2. Udavartini and Mahayoni - nishottar

tivritta siddha taila pichu(cha.chi.20/110)

3. Mahayoni - mushak taila pichu(cha.chi.30/1)

Jatyadi tail etc.

4. Vipluta Yonivyapad - Dhatkyadi taila pichu(cha.chi.30/78)

5. Kaphaj Yonivyapad - <sup>(15)</sup> Lodhhra Tail pichu, Plaksh madhumishrit Pichu.

6. Pittaj Yonivyapad - <sup>(16)</sup> panchvalkala siddha taila pichu,yashtimadhu siddha pichu (cha.chi.30/62)

7) Vamini, Upapluta Yonivyapad

### 3) YONIDHUPAN :

YONIDHUPANA is the practical procedure in which fumigation of vagina is performed by giving the disinfected and medicated smoke.

**SITE OF YONIDHUPANA – BHAYA YONI ( OUTER SURFACE OF VAGINA)**

**TIME LIMIT – 3 TO 5 MIN**

**DHUPANA DRUGS :** Kushta, agaru, guggul, vacha, vidang etc.(kasyap sanhita)

### INDICATION :

- 1) Upapluta Yonivyapad : Medications - Haridra, brihati
- 2) Shlaishmiki Yonivyapad : Medications : vacha, guggula, nimba etc.

### 4) YONIVARTI

VARTIS are made by mixing finely powdered drugs with adhesive drugs and binding agents.

Time Limit – 2 to 3 hrs

### INDICATIONS :

- 1) Vipluta Yonivyapad
- 2) Karnini Yonivyapad –Medications– Nimba kalka varti
- 3) Kaphaj Yonivyapad – Medications: Plaksha madhu mishrit varti ( yo.ra)
- 4) Shlaishmiki Yonivyapad - <sup>(17)</sup> Medications - Pippalyadi varti -varti made up of pippali, maricha, Masha, shatahwa, kushta, with saindhav lavana.

Varti prepared by powdered yava and Masa (a type of bean) is used in Kaphaj yonivyapad.



## 5) YONILEPANA

LEPAS are used as external application. The finely powdered churna is mixed with medicated water and paste with uniform consistency.

This paste is applied to the expected and affected areas locally.

Time limit – 3 to 4 hours

### INDICATION:

1. Vivrutta Yonivyapad

2) Yoni Arsha (VAGINAL POLYP)

Medications – Gairik churna + apamarg kshar application.

Triphala mixed with ghrita application.

## 6) YONIPARISHEK

Yoni +Parishek - Yoniparishek is a method of sprinkling medicated decoction and oil over vulval region. Parishek is done on external part of vagina for 5 to 10 minutes with medicated oil or luke warm water is poured from the height of 4 to 5 inches over the vagina. It reduces yonishotha and yonishool.

SITE – Bahya yoni

TIME LIMIT - 5 TO 10 MIN

DRUGS USED – Medicated oil, Medicated Decoction.

### INDICATION :

1. Yoni Vrana – Yashtimadhu taila, Nimba Decoction etc.

2) Yonipachillya and Yonistrava - Triphala, Satala, Panchavalkal decoction.

3) Kunapgandhi Strava - Chandan, Lodhra decoction.

2. Yonipitika

3. Yonishotha

## DISCUSSION

Today the increasing burden of cost an healthcare sector demands searching of cost effective, non recurrent ,acceptable and effective therapy with minimal side effects, vaman, virechan, basti, yonipichudharan, yonidhawan, Uttarbasti etc. Are the important panchakarma and laghu karma (sthanik chikitsa) of ayurveda which can be

used to treat various yonigat vyadhi of female. All yonivyapad are basically due to vitiation of vata dosha. even in the pittaja and Kaphaj yonivyapad there is a role of vata being deranged. the other doshas are lame and do not get vitiated without the basic involvement of vata dosha. so the treatment should be directed to pacify the vitiated vata eradication of the cause. This is the main principle treatment of yonivyapada's.

In all yonivyapad first we should normalise the vata dosha and the treatment for other should be done that's why snehan swedan vamanadi Panchakarma should be used in treating yonivyapad along with sthanik chikitsa. sthanik chikitsa hold its own importance and shows good results when applied with proper indications, aseptic precaution and with carefullness. In sthanik chikitsa most of the drugs used are of katu, Tikta, and kashay rasa, Guru, Snigdha Guna having property of stambhana.

The Basti chikitsa being the prime treatment for pacifying yonivyapad (Gynecological disorders) it is almost implemented in treating every yonivyapad.

## CONCLUSION

Ayurveda being a holistic medicine offers potential remedies which are proved beyond doubt in solving the problem of yonivyapad successfully. Vitiation of vata and kapha doshas along with diminish state of dhatu are major pathological events involves in yonivyapad. Therefore shodhan and Sthanik chikitsa helps in the management of yonivyapad. Shodhan chikitsa is not only used in treating yonivyapad but also other female health problems involving Artava vyapad and vandhyatva. "So the disease is cured from it's root".

STHANIK chikitsa can be helpful prove like a boon to treat yonivyapad (streeroga) in ayurveda.

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