

IMPORTANCE OF STHANIK CHIKITSA IN OBSTETRICS AND GYNECOLOGY

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Article Received on
21 May 2020,

Revised on 10 June 2020,
Accepted on 01 July 2020,

DOI: 10.20959/wjpr20207-18032

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ABSTRACT

Female gender is the unique creation of this universe undergoing different physical & psychological changes as she reaches different stages in her life, which includes puberty, reproductivity, pregnancy, labour, puerperium, menopause & her responsibilities still go on. Ayurveda explains both oral and local procedures like Yonidhupan, Yonidhavan (vaginal douche), Yoniparishek, Yonilepa (paste), Yonivarti (fumigation), Yonipichu (tampon). The unique local procedures are more convenient for women because she can do her daily activity without disturbance. This Ayurvedic management seems to be more practical, effective, economic and non-surgical with negligible side effects. Dhupan dravya contains various volatile oils, as

we create dhup its volatile oil forms fumes act on the wound. Fumes have penetrating power. So it can be reached to micro and deeper levels and act there. Shodhan tail helps to convert the dushta vrana into shudha vrana. Ropan tail helps in formation of healthy granulation and wound healing. Due to Yoni Dhupan all dhatu kleda gets absorbed from wound site which actually helps in wound construction. Due to dhupan dravya property and action it doesn't provide favorable conditions for bacteria to grow. Thus we conclude that the holistic approach (Sthanik chikitsa) of ayurvedic system of medicine gives completely relief to the patients from Yoni kshata. Sthanik chikitsa in streerog and prasutitantra are very encouraging. Medicines used in the Sthanik chikitsa are cheap, effective and easily available.

KEYWORDS: Sthanik Chikitsa, Yonidhupan, Yonidhavan, Yoniparishek, Yonilepa, Yonivarti, Yonipichu, Gynecological disorders.

INTRODUCTION

Female gender is the unique creation of this universe undergoing different physical & psychological changes as she reaches different stages in her life, which includes puberty, reproductivity, pregnancy, labour, puerperium, menopause & her responsibilities still go on.

During these stages many gynecological problems takes place and no women is an exception for these illness. Female genitals are very much prone to infections since they are moist, covered and near to anal region.

For that since ancient time various treatment modalities explained in different forms with the drugs available in the nature. Ayurveda explains both oral and local procedures like Yonidhupan, Yonidhavan (vaginal douche), Yoniparishek, Yonilepa (paste), Yonivarti (fumigation), Yonipichu (tampoon).

The unique local procedures are more convenient for women because she can do her daily activity without disturbance. This Ayurvedic management seems to be more practical, effective, economic and non-surgical with negligible side effects.

Women and child health is a key issue in social integrity. Traditional knowledge of Ayurveda when scientifically applied and practiced can achieve this objective.

सर्वाव्यापन्नयोनि तु कर्मभिः वमनादिभिः ।
मृदुभि पञ्चभिः नारी स्निग्धस्विन्नामुपाचरेत् ॥
सर्वतः सुविशुद्धायाः शेषं कर्म विधीयते ।
बस्त्यभ्यङ्गपरीषेक प्रलेप पिचुधारणम् ॥
च. चि. ३०

After proper oleation and sudation, emesis, purgative, basti, nasya, raktamokshan all five purifying measures should be used.^[1] Only after proper cleansing of doshas through upper and lower passages. Other procedure like Yonidhupan, Yonidhavan (vaginal douche), Yoniparishek, Yonilepa (paste), Yonivarti (fumigation), Yonipichu (tampoon) should be given in various gynecological disorders as follows –

1. Yoni Dhavan (Vaginal Douche)^[2]

Yoni + Dhavan

योनि धावति शुध्यति इति धावनम् ।

Sthan	Prathamavarta (Vagina)
Chikitsa Kala	Rutukalavasthet 8 to 15 Days
Time	1 to 1.5 min.
Chikitsa Dravya	Kwath, Sukhoshna Jal, Kshirpak
Dravya Praman	500 ml – 1000 ml
Arhata	Yonigata Shweta strava, Yonidaha, Yonishool, Yonishotha, Rajodushti, Yonivyapad
Instrument	Enaema Pot, Rubber Catheter (No. 14/16), Asepto syringe with rubber bulb
Upadrava	Adhik ushna dravya – Yonidaha, Adhik sheet dravya – No Proper Relief

2. Yoni Parishek (Vaginal irrigation)^[3]

Yoni + Parishek

Sthan	Bahya-Yoni
Time	5 to 10 min.
Chikitsa Dravya	Siddha Tail, Kwatha, Sukhoshna Jal
Arhata	Yoni vrana (Vitap-vrana), Yoni Pitika, Yoni Shotha, Vataj Yonivyapada

3. Kalka Dharan^[4]

Kalka

शुष्कं द्रव्यं द्रवेणा प्लुत्य पिष्टम् ।

चूर्णीकृतम् आर्द्रम् औषधी द्रव्यम् ॥

Sthan	Prathamavarta
Chikitsa Kala	Rutukala
Time	1 to 2 hrs
Dravya Praman	50 gms
Arhata	Upapluta Yonivyapad – Lodhra, Vataja Yonivyapad – Tila Taila Pittaja Yonivyapad – Panchvalkal, Kaphaja Yonivyapad – Priyangu + Gelaphal Acharana Yonivyapad, Yoni Kandu
Instrument	Gauze piece, Aushadhi Dravya Kalka
Upadrava	Yonidaha, Yoni Rukshata, Yoni Dushti.

4. Pinda Chikitsa (Veshwar Pinda)^[5]

- Prepared Boiled Nirasthi Mansa kalka
- It's Ushna viryatmka (Due to direct contact with heat)

Sthan	Prathamavarta
Chikitsa Kala	
Time	3 to 4 hrs (Amutraveg)
Chikitsa Dravya	Nirasthi mansa
Dravya Praman	
Arhata	<ul style="list-style-type: none"> • Kaphadhikya • Kledadhikya

	Sransa शुण्ठीमरिचकृष्णाभिधान्यकाजाजिदाडिमैः । पिप्पलीमूलसंयुक्तै वेशवार स्मृतो बुधैः ॥
Instrument	Gauze piece, Aushadhi nirasthi mansa Kalka,
Upadrava	Yonidaha, Yoni Rukshata, Yoni Dushti.

5. Lepa Chikitsa (Paste)^[6] Types of Lepa-: 3 Types

Pralepa – Thin Pradeha – Thick Aalepa – Medium

Lepa Chikitsa

Sthan	Prathamavarta / Stana
Time	3 to 4 Hrs. till Dry
Arhata	Yoni-Shaithilya – Palasha + Udumbar Phala + Tila Taila. Aparasanga – Guda + Shunthi Lepa (Yonisthani) Stana Vidradhi – Amavasthet Dashang lepa Garbha strava – Pitta Shamak dravya Granthi – Punarnava, sarshap, Nishottara, +Shankha Churna Lepa Upadansha Vrana – 1. Morchud + Kasis + Rasanjan +Manashila 2. Vada + arjun + Jambu + Pathya + Lodhra +Haridra Stana Roga – Kanakpatra lepa Vrana Shotha – Panchavalkal + Ghrut Apakva Vidradhi – Yava + Godhum + Mudga + Ghruta

6. Pichu Chikitsa (Tampon)^[7]

Types-: 1. Lambakar – 1 angul thick & 4 angul long

3. Modakakar – 1 Inch (Length-width-breadth)

Sthan	Prathamavarta – Lambakar Dvitiyavarta - Modakakar
Time	5 to 6 Hrs. / Aamutravega
Arhata	Yonivyapad Garbhini Paricharya (9 th Month) Aparasanga – Shatapushpa + Hingu + Koshta +Madanphala (Siddha Taila) Garbha-Nirodhan – Nimba Taila / Saindhav Tail Vataj Yonivyapada – Guduchyadi Taila, Rasnadi Taila Sannipataj Yonivyapada – Shrimada Kwath Pichu Udavarta Yonivyapada – Tila Taila Pichu Acharana/Vipluta Yonivyapada – Tagar+Kushtha+Saindhav Sidhha Tila Taila Pichu
Upadrava	Strav-Dushti, Yoni-Dushti.

- Beejahin karpas is kept in the Gauze piece and tied with cotton thread
- Size - 3×3cm/6×3cm –According to the size of vaginal orifice
- Shape –Vruttkar, Lambakar
- Instrument - Swab holding Forceps, swab, Stain steel bowl, karpas pichu (Tampon), Surgical gloves

- Sthan – Yonimarg (Prathamavarta)
- Purva karma- Patient is made to void Urine
- Patient is made to lie on a table in lithotomy position
- Bedpan will be kept
- Sterile and autoclaved Karpas pichu and medicated oil was taken in surgical tray
- Pradhan karma : - The Pichu was soaked in 10-20 of medicated oil
- Vaginal orifice was cleaned with triphala kwath
- Labia majora and minora gently separated by the fingers of left hand and with the right hand the pichu was placed 2-3 inch deep in vagina such a way that the thread was remain outside
- Pashchat Karma – Patient is advised to lie down on table for 10-20 mi.
- Pichu will be kept in in vagina for 5-6 hrs.
- Pichu will be removed after urination or defecation

7. Varti – Vikeshika^[8] Vartikriya (Nirmanvidhi)

चतुर्गुणेन क्वाथेन पाकात् वर्त्यकारता कर्तव्या ॥

Types of Varti

1. Karpas Varti
2. Kalka Varti According to Sthana:-
 1. Phalavarti / Gudavarti
 2. Yonivarti
 3. Vranavarti

Varti Chikitsa

Sthan	Yonisthanastha Vrana, Yonistha Vrana
Chikitsa Kalavadhi	2 to 3 Hrs.
Arhata	<ul style="list-style-type: none"> • Yonidushti • Kaphaj Yonivyapad:- Pimpali + Saindhav + Kushtha + Ushir + Balantshepa (Kalka Varti) -Varahpitta bhavit varti / Panchavalkal varti -Yava choorna +Masha choorna+ Saindhav + Arka bhavit Varti • Anartav (Rajpravrtak):- Katutumbi beej + Danti +Pippali+ Guda + Madanphala beej + Sura + Yashtimadhu + Snuhikshir (Kalka Varti) • Karnini Yonivyapad:- Kushtha + Pippali + Arkapatra(Komal) + Sandhav + Ajamutra • Udavarta Yonivyapada – Yava,Godhum, Kinva, Kushtha, Shatapushpa, Priyangu, Bala, Akhuparni Kalka • Acharana/Vipluta Yonivyapada – Gopitta/Matsyapitta : 21 times Bhavana – Kshoumvastra varti

8. YONI DHUPAN (Fomentation)^[9]

धूपनद्रव्यैः धूमदानम् धूपनम् । (धूमद्रव्यानी योनिला धूरी देणे)

Sthan –	Bahya Yoni
Chikitsa Kalavadhi –	3 to 5 min.
Prakar –	1.Chikitsa Swaroop
	2.Swasthya Rakshanarth
Kashyapokta-	1. Jangam-Balgrahat
	2.Udbhij – Stree rog
Dhoopan Dravya –	Guggul, Devdar, Vidanga, Vacha, Nimbapatra, Kushtha, Agar, Goursarshap, Shatpushpa
Arhata –	Dushta Vrana, Yonigat Pooyastrav- (Purulent Vaginal Discharge)
	Upapluta- Ral+ Yava+ Guggul+ Trikatu + Kadu Tumbi Bij + Tail.
	Yonikandu – Bruhati + Daruharidra + Haridra.
	Vilambit Aavi – Katutumbi + Sarshap + Sarpakat + Dhoop.
	Sutika Paricharya – Kushtha + Agar + Guggul + Nyagrodha.
	Santati pratibandhak – Nimbakashtha

DISCUSSION

- Due to Yoni parishek all debris are washed out and disinfection of wound is achieved.
- Due to Yoni Dhupan all dhatu kleda gets absorbed from wound site which actually helps in wound construction. Due to dhupan dravya property and action it doesn't provide favorable conditions for bacteria to grow.
- Dhupan dravya contains various volatile oils, as we create dhup its volatile oil forms fumes act on the wound. Fumes have penetrating power. So it can be reached to micro and deeper levels and act there.
- Shodhan tail helps to convert the dushta vrana into shudha vrana. Ropan tail helps in formation of healthy granulation and wound healing.
- Yoni prakshana by kwatha of antiseptic property helps to keep the vaginal and peri vaginal part sterile.

CONCLUSION

- Thus we conclude that the holistic approach (Sthanik chikitsa) of Ayurvedic system of medicine gives completely relief to the patients from Yoni kshata.
- Sthanik chikitsa in streerog and prasutitantra are very encouraging.
- Medicines used in the Sthanik chikitsa are cheap, effective and easily available.
- Uttar basti removes the blockage of tubal lumen by directly acting on the obstruction and restores the normal endometrium.

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