

**ROLE OF YONIDHAVAN KALPANA IN STREEROGA****Dr. Sonali R. Kasare\*<sup>1</sup> and Dr. Vidya D. Sarode<sup>2</sup>**

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**ABSTRACT**

In Ayurveda there are so many streerogas described by ancient acharyas for that abhyantar as well as local chikitsa is mentioned. At the different age of life due to various anatomical, physiological, hormonal changes in the body occur. Due to increased workload on women due to busy lifestyle, women suffering from some gynecological problem like burning micturition, white discharge, vulval itching. In ayurveda treatment there are different types of sthanik chikitsa mentioned in samhitas which is useful in strirog. Some of these are Yonidhavan, pichukalpna, kalkadharana, pinda, vartikalpna, yoniparisheka, yonidhupana, uttarbasti. This is conceptual study by this article I want to emphasize the importance of

yonidhavana in streerog. Yonidhavan local therapy mentioned in ayurveda is one of the safe and effective procedure for the women who are suffering from gynecological problem which arises from poor hygiene, illiteracy, poverty.

**KEYWORDS:** Ayurveda, streeroga, sthanik chikitsa, yoni dhavan.

**INTRODUCTION**

A young girl has to go through different stages of life turns into a mature woman, she undergoes different anatomical, physiological, hormonal, emotional changes at various stages of life eg. puberty reproductive age, perimenopausal and menopausal age.

Now a days due to women is busy in their household as well as career issues face many gynecological problem and negligence even after diagnosis of gynecological problem.

womens suffering from common gynecological problem such as vaginal discharge, vulval itching, white discharge, burning micturition etc.

There are abhyantar and sthanik chikitsa explained by acharyas in ayurveda for different types of yoniroga and yonivyapada. Sthanik chikitsa means specific treatment given locally, It incude yonipichu (tampons soaked in medicated oil or liquid placed into vagina), yonilepana (vaginal painting), uttarbasti (medicated oil or decoction is pushed in the vagina), yonidhupan (fumigation of vagina by medicated smoke), yonipuran (vaginal packing). Out of this yonidhavan is the one of the simple and gives excellent result if followed properly. In Yonipaicchilya Vat, Pimple, paris twak churna or Aragwadha twak decoction is useful for dhawan.<sup>[1]</sup>

By this article I want to emphasize literally view of yonidhavan, its importance and mode of action in streeroga which is mentioned in ayurveda under sthanik chikitsa.

### **AIMS AND OBJECTIVES**

- 1) To study the literally view of yonidhavan kalpana mentioned in sthanik chikitsa from various ayurveda acharyas.
- 2) To study the mode of action and importance of yonidhavan kalpana.

### **MODE OF ACTION**

For this conceptual study material are used from which various reference are collected .

### **Yonidhavan Kalpana**

- 1) It is one of the sthanik chikitsa useful in streerog.
- 2) It is more useful in streerog than sutika and garbhini.
- 3) Pure water kwatha, kshirpak and oil etc can be used for yonidhavan.
- 4) Yonidhavan offers health benefits in yoni kandu, yoni strava, yoni kleda, yoni arsha, yoni paichhilya.

### **Instruments Required For Yonidhava**

- Enema pot
- Catheter
- Cotton
- Hand gloves

**Sites of Yonidhavan**

Prathamavart<sup>[2]</sup>

**Time of Yonidhavan**

1-1.5 Minute<sup>[2]</sup>

**Duration of Yonidhavan**

8 Days<sup>2</sup>

**Procedure of Yonidhavan**

- 1) Patient is advised to lie down in lithotomy position for procedure.
- 2) Vaginal part is cleaned with antiseptic solution.
- 3) Sterile rubber catheter can be inserted into vagina and vagina is washed out with decoction.
- 4) Vulva should be dried up with cotton after completion of procedure.
- 5) Procedure can be repeated as per requirements.

**Indication of Yonidhavan**

- 1) Yonikandu<sup>[3]</sup>
- 2) Shwetstrav<sup>[4]</sup>
- 3) Somrog<sup>[5]</sup>
- 4) Yonidaurgandhya<sup>[6]</sup>
- 5) Yonisheetalata<sup>[7]</sup>
- 6) Yonipaichhilya<sup>[8]</sup>
- 7) Puyastaviyoni<sup>[9]</sup>
- 8) Yonishool<sup>[10]</sup>
- 9) Yonisankirna<sup>[11]</sup>

**DISCUSSION**

Sthanik chikitsa provides many therapeutic benefits in stree rogas including yoni kleda, yoni strava, yoni paichhilya and yoni kandu.

Yonidhavan kalpana mentioned in ayurveda under sthanik chikitsa is one of the safe and effective procedure.

**COCLUSION**

- 1) This procedure is safe, cost effective with no advers effect if used properly.

- 2) Yonidhavan is simple therapy and it is advantage for women of developing poor countries because of its low cost and quite simple.

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