

## THERAPEUTIC INDICATIONS WITH MODE OF ACTION OF STHANIC CHIKITSA, COMMONLY USED IN STREE ROGA- A CONCEPTUAL STUDY

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### ABSTRACT

A Healthy state of women is very much needed for the society. *Ayurveda* is one of the world's oldest systems of health, gives a detail description of *stree roga vyadhies*. In *Ayurvedic* classics all Gynecological conditions are described under the heading of *Yonivyapada* (gynecological disorders), related to *Tryavartayoni*. *Vata* is considered the mainly diseases are related to *tryavarta yoni*. Women always face very common gynecological problems like pv white discharge, itching at vulva, foul smelling vaginal discharge, burning micturation etc. *Sthanik chikitsa* (local therapy) has given excellent result in these problems and various *Yonivyapadas*.

**KEYWORDS:** *Ayurveda, stree roga, sthanik chikitsa, vata, Yononidhavana, yonidhoopan, pichu dharana, yonipuran, yonilepna,*

*yonivarti, uttarbasti.*

### INTRODUCTION

याभिः क्रियाभिर्जायन्ते शरीरे धातवः समाः । सा चिकित्सा विकाराणां कर्म तन्निषिद्धां स्मृतम् ॥ च.सु. १६/३४.  
A women undergoes various physical & physiological changes during her reproductive period i.e from menarche (*rajadarshan*) to menopause (*Rajonivrutti*) . At every stage it needs almost care but due to responsibility of family and other social works she always neglects her health. There are many Gynaecological problems which used to occur in a female during her

reproductive age. Awareness and management of these changes are necessary for a women to remain healthy. Women health and discussed different Gynaecological disorders under the common heading of *Yonivyapada*.

*Ayurveda* has given different modes treatment for these Gynecological issues like *shamana chikitsa shodana chikitsa, sthanik chikitsa*. *Sthanik chikitsa* includes *yonidhavana* ( douching per vaginum), *yonipichu*( tamponing per vaginum), *yonidhoopana*(fumigation of vagina), *yonivarti*(vaginal suppository), *yonirpana*(vaginal painting), *uttarbasti*(medicated oil/ decoction is pushed into uterine cavity through vagina. These local therapies have very good result in managing *stree rogas* if performed wisely and accurately.

## AIM AND OBJECTIVES

1. To study the literature of review of *sthanik chikitsa* from various *Ayurvedic* texts.
2. To study the probable mode of action of *sthanik chikitsa*.

## MATERIALS AND METHODS

Various references from different texts are used for this study. *Charaka Samhita, Sushruta Samhita, Asthanga sangraha* and commentaries over them are the main sources. *Sthanik chikitsa* is being prescribed various *stree roga* in classical texts described as follows.

### 1. YONIDHAVANA ( vaginal douching)

Synonyms: *Yonidhavana, yonisechan, yonisek, yoniparishek, yoniparishechanam*. *Yonidhavana* means vaginal cleaning with water or medicated liquids. This procedure helps to clean vaginal passage and opening of uterus.

- **Site:** *Prathamavarta*
- **Duration:** 8 days
- **Time of procedure:** 1.5 to 2 min.
- **Chikitsa dravya:** *kwath, ksheerpaka, siddha jala* can be used for *Yonidhavana*.

### Indication

1. *Yoniarsha*
2. *Yonidaha*
3. *Yonishotha*
4. *Yonisrava for ex.Triphala Kwatha*
5. *Yonikandu for ex.Danti Kwatha*

6. *Yonikleda*
7. *Vataja Artavadushti for ex.sarala, Mudgaparni Kwatha*
8. *Kunapgandhi artavadushti*
9. *yonivyapada (v,p,k, Acharna, udavarta, antamukhi, karnini, mahayoni, putraghni etc)*

**Instruments:** enema pot, catheter, cotton, sterile hand gloves.

**Procedure:** patient is advised to lie down in lithotomy position for the procedure, sterile rubber catheter is inserted into vaginal introitus and is wash out with *kwatha*. Vulva should be dried using swab after completion of procedure. Procedure can be repeated as per requirement & as per the severity of disease.

**Complications-** *Yonidaha* due to excessive use of ushna virya dravyas & repeated episodes of Yonidhavana.

**Probable mode of action** - The drugs used for *Dhawana* are antiseptic, have bactericidal action, wound healing property, alleviates pain. Drugs are absorbed through mucosa and blood circulation of vaginal introitus. Bactericidal actions of the drugs prevent bacterial growth and maintain the pH of vagina.

## 2. YONIDHUPANA: (FUMIGATION OF VAGINAL INTROITUS)

In this therapeutic procedure the medicated smoke is used to sterilize vulva and vagina.

- **Site:** *bahyayoni* ( outer surface of vagina)
- **Time of procedure:** 3 to 5 min.
- **Types**
  1. Chikitsaswarup
  2. Swasthyarakshanartha
- **According to *Kashyapa Samhita***
  1. *Jangama- Balgraha*
  2. *Udiabhaja- streeroga*
- ***Dhoopan dravyas:*** *kushta, agaru, guggul, vavdinga, devdara, vacha , saral, nimbapatra, gaur, sarshapa* etc.

## Indications

1. *Raktagulma, Dushtavrana*
2. *Yonikandu – fumigation with Haridra, Braht Phala kalka.*
3. *Upapluta Yonivyapada*
4. *Shwetaprdara – fumigation with sarala, yava,*
5. *Guggalu, Mixed with Ghrita.*

**Procedure:** *Dhoopan* chair or stool is prepared for this procedure. It is stool which below the stool having a hole in its middle area. Patient is asked to sit on the stool after voiding the urine. *Dhoopana dravyas* are placed in *dhoopana yantra*, which is placed in below the stool. Make sure about *Dhoopana* coming from *dhoopana yantra* should reach up to the desired part of female genital tract. Another type is *Nadidhoopana*. Which is connected to pipe through which *dhoopana* can reach to expected area.

**Complications:** *Yonirukshata, Yonidaha.*

Due to the rise in the Temperature, while performed the procedure, it might lead to burn the genital area as is very sensitive part, so proper care should be taken during procedure.

## Probable mode of action

It creates an aseptic environment killing microbes, thus preventing infection. Fumigation dilated the blood vessels and help for oxidation of blood. Reduces inflammation, infection, Itching. It is *Raktashogna*- bactericidal, antiseptic. It is also *kaphagna* and *kledagna*.

## 3. YONI PICHU DHARANA (USAGE TAMPONS)

*Yoni pichu dharana* means use of medicated tampon made by cotton swab and wrapped with piece of gauze.

**Types according to shape:** 1. Circular, 2. Elongated

In some conditions in which *yonipichu* can be used, sterile *pichu* soaked in medicated oil inserted into vaginal introitus in aseptic conditions.

- **Site:** *Prathamavarta*- elongated *pichu*

*Dwitiyaavarta* – circular *pichu*.

- **Time of procedure:** 5 to 6 hrs . Up to Retention of urine.

- **Indications.**

1. *Yonivyapada – vataja Yonivyapada- tampon With guduchyadi taila pichu.*
2. *Yonikanda- tampon soaked with oil prepared Juice of rat meat.*
3. *Putraghni Yonivyapada- Udumbar siddha Tailam pichu.*
4. *Garbhanirodana- Nimba Tailam Pichu.*

These preparations have two main functions.

- 1) *Shodhana* (purification) 2) *Ropana* (healing)

- **Procedure**

*Pichu* used for procedure should be autoclaved. Ask the patient to pass urine before procedure. Give the position- supine with knees flexed. *Pichu* inserted into vagina with index finger of gloved hands. Thread of *pichu* should remain outside the vagina. So that *pichu* can be removed easily. Probable mode of action: *Pichu* helps in *Lekhana karma*. Oil used for *pichu* strengthens the musculature of vaginal canal along with healing of wound.

- **Complications:** *stravdushti, Yonidushti.*

#### 4. **YONI POORAN: (VAGINAL PACKING)**

Means vaginal packing in which vaginal introitus covered or filled with pastes, oil, powdered medicine. Pastes (*kalkas*) used mainly for this purpose for the management of inflammatory and infection conditions. Ex. *Vesawara* (minced meat mixed with drug) *Khadira, pathya, nimba*, mixed with soup of *mudga*.

#### 5. **YONI LEPANA (VAGINAL PAINTING)**

*Yoni lepan* means vaginal painting used for external application with medicated paste made with powder *churna* in water.

Types of lepa based on consistency

- 1) *Pralepa*- thin
- 2) *Pradeha*- thick
- 3) *Alepa*- medium

- **Site:** *Prathamavarta* and *stana*
- **Duration of procedure:** 3 to 4 hrs. Up to *lepa* dries.

- **Indications**

1. *yoni sthaithilya- palasha+ Tila Tailam.*
2. *Yoniarsha- powder of tuttha, gairika, lodhra, Harenu , salt mixed with honey.*
3. *Vivruta Yonivyapada*
4. *Stanya vidradhi- Dashang lepa*

- **Procedure:** Affected part should be cleaned. *Lepa* should be prepared fresh and applied over Affected part uniformly. Immediately after drying *lepa* should be removed as it may irritate the skin and causes rashes and itching that part.

#### 6) *Yoni varti* ( vaginal suppository)

*Varti* (suppositories) which is made by mixing fine powder of drugs, binding agents. *Varti* should be prepared in a size of circumference of index finger and dried in shade. Prepared well dried *vartis* are wrapped in gauze piece and a thread is tied to it.

**Types-** 1) *karpasvart*, 2) *kalkavarti*

- **Site:** *Yoni , Yonigata vrana, stansthanivrana.*
- **Duration :** for 2- 3 hrs.
- **Indications:**
  1. *Dushtvrana*
  2. *Upapluta Yonivyapada*
  3. *Karanini Yonivyapada*
  4. *Raktapradara*
  5. *Kaphaja Yonivyapada- with saidhav, Aksheer,*
  6. *Yava powder.*
  7. *Anaratava – suppository prepared with*
  8. *Ikshvaku, Danti, Madanphala, snuhiksheera.*

- **Procedure**

Autoclaved *varti* should be used for procedure. Expected part should be cleaned well. Oil smeared *varti* should be inserted in such a way that the thread should remain outside. Up to Retention period of urine , *varti* should be kept in side. When urgency of urine felt, then *varti* should be removed *Yonidhavana* with lukewarm water should be done. *Varti* once used , should be discarded.

## 7) **UTTARBASTI:** (Insertion of medicated oil, decoction into Intra Uterine Cavity through vagina)

**उत्तरमार्गेण दीयमानः दहा श्रेष्ठगुणतया चोतरबस्ती ॥ च.सि. ९/५०-चक्र**

*Basti* which is given through *uttarmarga* i.e either through the passage located above or in front part of anus (urethra or vagina) which is routine *basti* route is known as *Uttarbasti*. *Basti* which possesses superior qualities is also termed as *uttarbasti*. It also points towards urinary bladder of goat. Which used for inserting medicine into vagina. Now a days 5 cc syringe attached with cannula is used for insertion.

- **Time of administration-** *Artavakala* (from 6<sup>th</sup> to 13<sup>th</sup> day of menstrual cycle.)
- **Site-** uterus ( *Garbhashya*)
- **Duration-** 1 to 1.5 min.(*chikitsa kalavadhi*)
- **Quantities of dravyas:** *kwatha/ Tailam/ gruta* – 5- 7 ml.

### • **Indications**

- 1) *Yonivyapada chikitsa- udavarta* and *vatala uttarbasti* with *Traivritasneha*.
- 2) *Putraghni* and *Arajaka Yonivyapada- uttarbasti* with *grita* medicated with the *kwatha* of *kashamiri* and *kutja*.
- 3) Cervical erosion- *Triphala ghrita, shatavari grita* etc.
- 4) *Vandhyatva*(infertility) – *Phalagrita basti*.
- 5) *Akala Rajopravruti*
- 6) *Pushpanasha* (anartava) – amenorrhoea
- 7) *Yonishula, Asrugdara*
- 8) *Yonibramsha* – prolapsed uterus

**Quantity and frequency-**According to *Acharya Sushruta* has explained quantity of *kashayala* – 2 *prasrita*, *sneha*- 1 *prasrita* For *Garbhashya shodana- sneha* double i.e 2 *prasrita*.

**UTTARBASTI YANTRA-** 1. *Bastiputaka* 2. *Netra*

### **Classical method of *uttarbasti***

A women is asked to lie down on bed in supine position with fixed thighs and elevated knees. *Pushapa netra* is inserted in vagina or urinary passage slowly and with steady hand in the direction of passage. *Karnikas* should be introduced and vaginal orifices pressed properly



then bag of *basti* should be compressed properly. In 24 hrs. 2,3,4, *basti* should be given. Then advise rest to patient and again procedure should be repeated for 3 days.

### Practical procedure of *uttarbasti*

All routine examination should be done. *Snehan* at *udara*, *uru*, *prushta* should be done with *vatashamaka Tailam*. *Swedan* specifically *Nadisweda* on *udara* and *prushta pradesh*. Patient is asked to lie down on lithotomy. Painting and draping should be done. Vulva and vagina should be cleaned.

Proper visualization of cervix by inserting sim's speculum and anterior. Vaginal wall retractor and catch the lip of cervix with vulsellum. Uterine sound is inserted to know the position and length of uterus.

Medicated Grita or oil is taken in 5 cc syringe and IUI cannula is attached to its end. Cannula should insert in uterus through cervix & slowly push the medicine in cavity with steady hand. Instruments should be removed. Pichu is placed in vagina for 2 hrs. Head low position should be given to patient and rest for half an hour. Repeat this procedure for 3- 5 days.

### Mode of action of *Basti*

It helps in preparing the uterus for conception and begetting healthy child. Thus *uttarbasti basti* is gift of *Ayurveda* for those who are suffering from infertility and impotence. The *snehabasti* effected on nutritive in functions, will improve blood circulation. *Anuvasabasti*- effective in sterility and impotence. *Niruhabasti*- effective in cleansing action. By cleansing action of *uttarbasti* in the urinary bladder, uterus, genital passages, menstruation, sexual function will be restored. *Uttarbasti* mainly effected on *apana vayu*. It helps in controlling, all the activities taking place in the lower parts of the body. Its is control are colon, plevis, urinary bladder, uterus, lower limbs.







## CONCLUSION

*Sthanik chikitsa* has its own principles and effects. *Sthanik chikitsa* has proven to be greatly beneficial treatment as *shaman* or *shodhana chikitsa*. Specifically in *stree roga* it plays a major role as it directly act on effected area and pathology can be rectified. It helps to treat various *yonis rogas*, including *yonis arsha*, *yonis strava*, *yonis kleda*, etc. *Sthanik chikitsa* is performed using different drug formulation, such as *kwatha*, *Taila*, *Gruta*, *Dhoopan*, etc. Provided the procedure should be performed in proper mannar under all aseptic precautions. The study conducted on *sthanik chikitsa* will difenitly be proven beneficial for all the budding Ayurveda physicians in their clinical practice.

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