

**THE HEALING TOUCH OF PICHU: AYURVEDIC WISDOM
UNVEILING ITS SIGNIFICANCE IN WOMEN'S HEALTH****Vd. Vidya D. Sarode^{1*} and Vd. Shital Vijayji Rathi²**

¹Professor and HOD, Dept. of Prasuti and Striorg, Ashwin Rural Ayurvedic College, Manchi Hills, Sangamner, Ahemadnagar.

²PG Scholar, Dept. of Prasuti and Striorg, Ashwin Rural Ayurvedic College, Manchi Hills, Sangamner, Ahemadnagar.

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***Corresponding Author**

Vd. Vidya D. Sarode

Professor and HOD, Dept.
of Prasuti and Striorg,
Ashwin Rural Ayurvedic
College, Manchi Hills,
Sangamner, Ahemadnagar.

ABSTRACT

In the contemporary era, women often grapple with numerous health issues attributed to evolving lifestyles. Among these challenges, Yonivayapada stands out as a significant concern. Ancient texts, authored by various acharyas, detail diverse sthanik chikitsa (local treatments) to address such health issues. Pichu Kalpana emerges as a noteworthy solution, proving its efficacy in the realms of Streeroga (women's health) and Prasutitantra (obstetrics). This method employs a combination of distinct Taila (oils), Ghrita (clarified butter), and Kalka (herbal pastes) to provide targeted relief. Explore the therapeutic benefits of Pichu Kalpana in the intricate landscape of women's health and obstetrics.

KEYWORDS: Pichu Tampon, Yonivyapada, Gynaecological Diseases.

INTRODUCTION

In the tapestry of Ayurvedic traditions, the healing art of Pichu emerges as a profound and nuanced therapeutic practice, offering a tailored remedy for women's health. Rooted in ancient Ayurvedic wisdom, Pichu unveils its significance as a therapeutic touch, addressing the intricate nuances of women's well-being. This age-old technique extends its healing touch across the varied stages of a woman's life, encompassing the transitions from puberty through reproductive years to the transformative phases of menopause.

As we embark on a journey into the realm of Ayurveda, the profound understanding of women's health becomes increasingly essential, particularly in the context of contemporary lifestyles. Pichu, with its time-honored methodology, stands as a testament to the intricate tapestry of Ayurvedic wisdom, offering a personalized and holistic approach to address the unique challenges women face.

This exploration delves into the profound significance of Pichu in the context of women's health, unraveling the layers of Ayurvedic insights that have sustained through centuries. As we navigate through this journey, we unravel the therapeutic essence of Pichu, showcasing its potential to bring about balance, vitality, and holistic well-being for women across the spectrum of life stages.

The realm of Stree-roga encompasses the dynamic changes experienced by women throughout various stages of life, including puberty, reproductive age, and menopause, along with the corresponding diseases that may manifest. Traditional approaches to gynaecological disorders involve a two-fold process, commencing with SHAMAN therapy followed by SHODHAN chikitsa—comprising five purificatory therapies collectively known as panchakarma.^[1]

In addition to these comprehensive procedures, Ancient Aacharyas have outlined specific localized treatments known as "Sthanik chikitsa." This focused intervention targets the unique aspects of gynaecological concerns. This research seeks to delve into the nuanced landscape of women's health, exploring both traditional and localized therapeutic strategies as described by ancient scholars.

NEED OF STUDY

This study on the healing touch of Pichu in women's health is crucial due to the contemporary challenges women face. Addressing modern lifestyle issues, Pichu, an ancient Ayurvedic practice, offers a holistic approach. The study aims to bridge traditional wisdom with modern healthcare, exploring Pichu's potential in promoting personalized well-being for women.

REVIEW OF LITERATURE

1. ABHYANTAR CHIKITSA^[2]

- **Definition:** Abhyantar chikitsa is an internal therapeutic approach.

- **Objective:** It aims to break Dosh-dushyasammurchhana, addressing the imbalances in the doshas and tissues.
- **Treatment Focus:** Abhyantar chikitsa is primarily focused on curing diseases from within the body.

2. STHANIK CHIKITSA

- **Context in Streeroga:** Described in the context of Yonivyapada and Yoniroga, with Yoniroga exhibiting palpable pathology compared to Yonivyapada.
 - **Role in Streeroga:** If there is a predominance of Sthanik Dosh-Dushti, Sthanik chikitsa is more beneficial, providing strength to the respective sthana (area).
- **Specific Therapies**
 1. **Pichu (Insertion of Tampon):** Involves placing a tampon soaked in medicinal oil or liquid in the vagina.
 2. **Yoni Dhavan (Vaginal Cleaning):** Cleansing the vagina.
 3. **Yoni Dhupan (Vaginal Fumigation):** Using fumigation for therapeutic purposes.
 4. **Yoni Lapan (Vaginal Painting):** Application of medicinal substances on the vaginal area.
 5. **Yoni Varti (Vaginal Suppository):** Introduction of medicated substances into the vagina.

Pichukalpana

- **Origin:** Described by Charaka in "Atisar-chikitsadhyay."
 - **Purpose:** Pichukalpana involves the application of Pichu, providing Snehan (oleation), Swedan (sudation), Shaman (pacification), Shodhan (purification), and Bhedan (piercing) for specific diseases.
 - **Application in Streeroga:** Particularly useful in Streeroga, addressing women's health concerns.
- **Media Used**
 - **Shaman (Pacification):** Taila or Ghrita (oils) are used.
 - **Shodhan (Purification) and Stambhan (Arresting):** Decoctions are employed.
 - **Relevance:** Noteworthy in Garbhini (pregnant women) and Sutika (postnatal care).

Definition of Pichu

Pichu is described as a "beejahn karpas," consisting of cotton wool kept in a gauze piece (protam vastram) and secured with a cotton thread. This tampon, soaked in various substances such as taila, Ghrita, and kalka based on the specific disease, is inserted into the vagina (prathamavarta).

Characteristics and Variations

- No specific size is mentioned in Samhitas, and the size varies depending on the application site.
- For clinical trials, a sterile cotton swab wrapped with gauze and tied with a long thread is commonly used.
- Oils are preferred due to their retention ability.

Types of Pichu

1. **Elongated:** 1 finger breadth and 4 fingers long.
2. **Circular:** 1 inch in both length and breadth.

Application

- **Site:** Prathamavarta (vagina) – Elongated Pichu is recommended.
- **Time of Retention:** 5-6 hours.

Procedure

1. Autoclave the Pichu for sterilization.
2. Ensure the patient voids urine before insertion.
3. Position the patient in the supine position with flexed knees.
4. Insert the sterile Pichu soaked in substances like siddha taila into the vagina, allowing the thread to protrude for easy removal after 5-6 hours.
5. Yoni Pichu aids in improving the musculature of the vaginal canal.
6. Depending on the substances used, Pichu can act as a wound healer or exhibit antibacterial properties.

Pichu-kalpana used in

STREEROGA

1. Vataj Yonivyapada

- Siddha taila with different drugs used for snehana (oleation).

- Actions include reducing dryness (Rukshata), roughness (Kharata), and laxity (Shaithilya), creating suppleness (Mardavta).
- Application: Guduchyadi taila pichu^[3] (Cha chi 30).

2. Udavarta and Mahayoni

- Nishottar trivrutta siddha taila pichu^[4] (Cha chi 20/110) employed for Udavarta and Mahayoni.
- Mahayoni specifically involves the use of Mushak taila pichu (Cha chi 30).

3. Pittaj Yonivyapada

- Pachavalkal siddha taila pichu used (Cha chi 30/62).^[5]

4. Local Redness and Inflammation

- Jatyadi Taila and Yashtimadhu siddha pichu applied.

5. Vipluta Yonivyapada

- Dhatakyadi Taila pichu used (Cha chi 30/78).

6. Putraghni Yonivyapada

- Udumbar siddha taila pichu employed (Cha chi 30/108).

7. Rakta-pradar

- Kashay ras siddha decoction used for stambhan (arresting abnormal uterine bleeding).

8. Kaphaja Yonivyapada

- Vat and Lodhra taila pichu applied.

9. Rakt-gulma

- Tikshna-Ushna dravya siddha taila pichu used for addressing vascular growths.

GARBHINI

1. Garbhini Paricharya (Throughout Pregnancy - 9 months)

- Siddha taila pichu with Madhur aushadhi (sweet medicinal substances) is recommended (Cha sha 30).

2. Garbhasrava (Vaginal Discharge during Pregnancy)

- Yashtimadhu ghrita pichu and Nagrodhadishrung siddha pichu are utilized (Cha chi 30).

Aparasang (Non-Menstrual Uterine Bleeding)

- Shatpushpa + Kushtha + Madanphal + Hingu siddha taila pichu is employed (Cha sharir 8/41).^[6]

Santati Pratibandhanarth (To Prevent Conception)

- Saidhav taila pichu is used (Yogratnakar Streerog Chikitsa).

Sutika (Postnatal Care)

- Although there is no specific pichu mentioned, for yoni shaithilya, Gud-Haridra pichu and Kashay rasa pichu are recommended (Cha chi 30).

Upadrava of Pichu (Complications)

- If the size and duration of Pichu application exceed the recommended limits, complications such as Mutrasang (urinary complications), yonishoth (vaginal swelling), and yonishul (vaginal pain) may develop. Careful monitoring of Pichu application is essential to avoid such issues.

CONCLUSION

In summary, the study on Pichu therapy reveals its significant impact on women's health within the framework of Ayurvedic principles. Pichu proves effective in addressing menstrual disorders, reproductive health issues, and emotional well-being, showcasing its holistic approach. The personalized and adaptable nature of this therapy positions it as a valuable tool in modern healthcare, bridging ancient wisdom with contemporary well-being practices. The research encourages further integration of Ayurvedic insights into women's health care for a more holistic and patient-centered approach.

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