

CONCEPTUAL STUDY ON STHANIK CHIKITSA IN STREEROGA**Kalyani Yashwant Kharad^{1*} and Deshmukh J. S.²**

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ABSTRACT

A healthy woman lays the foundation of healthy family and society. Due to alteration of food habits and change in the lifestyle of women which leads to their physical and mental stress, women mostly gets affected by this environment and are prone to gynaecological problems like white discharge, vulval itching, Burning micturation, vaginal infection and dyspareunia. In Ayurveda, Sthanik chikitsa are specialized treatment procedure. These Sthanik Chikitsa basically play an important role in disorders of tryavarta yoni. Yoni Dhawan, Yonipichu, Yonidhoopan, Yoni Lapan, Yoni Varti, Yoni Puran, Uttarbasti, Yoniparisheka & Agnikarma etc. are common approaches of Sthanik chikitsa which are useful in many gynecological problems. Here an attempt is made for the conceptual study & analyzing the

sthanik chikitsa in different diseases of streeroga. It is my sincere & optimistic effort to encourage most of the Ayurveda Physician towards Sthanik chikitsa in the management of streeroga.

KEYWORDS:- Sthanik chikitsa, Streeroga, Yonivyapad, Ayurveda.

INTRODUCTION

A woman is very important part of society with multidimensional role in every individual life from birth to death. The Anatomical, Physiological, Emotional changes occur in the body of women at different stages. Awareness & management of these changes are necessary for a woman to remains healthy.

Women's always face very common gynecological problems like white discharge, foul smelling, itching at vulva, burning micturation etc. Ayurveda has explained different gynecological disorders under the heading of Yonivyapad. In Ayurveda, Acharyas have explained treatment in three ways- Shaman, Shodhan & Sthanik chikitsa. Sthanik chikitsa (local therapies) plays important role in treating any diseases specially Yonivyapad.

Sthanik chikitsa preferably includes Yoni Dhawan (Douche of vagina), Yonipichu (Tampooning per vaginum), Yoni Dhoopan (Fumigation of vagina), Yoni puran (Vaginal packing), Yoni varti (Vaginal Suppository), Yoni lepan (Vaginal painting), Yoniparisheka, Uttarbasti (medicated oil or decoration is pushed into uterine cavity through vagina) & Agnikarma (Cauterization) ect. These are certain procedure mentioned in Ayurvedic text to treat various medical & surgical illnesses of female reproductive tract.

This Ayurvedic management seems to be more practical, effective, economic & non-surgical with negligible side effects. For this purpose this conceptual study is prepared to understand procedure, indications, contraindications, precautions etc. regarding these Sthanik chikitsa.

Objectives

- 1) To study Sthanik chikitsa from various Ayurvedic texts.
- 2) To study the operating procedure of each local therapy in details.

MATERIAL AND METHODS

This is a conceptual type of study. Textual materials are used for the study from which various references have been collected. Main Ayurvedic texts used in this study are Charak Samhita, Sushruta Samhita, Ashtang-Sangraha. Comentries are also included in it.

Sthanik chikitsa

1. Yoni dhawana: (Douching per vaginum)

Dhawana mean cleaning of wound with water or any other medicated preparations. Yoni Dhawana is a procedure of cleaning vagina and vaginal passage with Kwath or any other liquid.^[1]

Application Site- Prathamavarta (Vagina).^[2]

Duration – 8^[2]

Time of administration- Rutukala (from 6th to 13th Day of menstrual cycle)

Time limit- 1 to 1.5 min.^[2]

Drugs used in the form of- Kwatha (Decoction), Oil, Kshirpaka (Medicated milk), Siddhjala (Medicated water).^[2]

Indications

1. Yoni Kandu (Vaginal Itching)
2. Kunapgandhi Artavdushti^[3]
3. Kaphaja Artava Dushti^[4]
4. Yoni Strava (Vaginal discharge)^[5]
5. Yoni Kleda^[6]
6. Yoni Paicchilya^[7]
7. Yoni Arsha (Vaginal Polyps)

Materials – Enema pot, Sterile Catheter, Cotton.

Procedure

1. The patient is advised to lie down on the bed in lithotomy position. The enema pot is filled with luke warm decoction to which catheter is connected.
2. The rubber maincentosh is placed underneath patients waist, one end of which lies in the bucket.
3. Minimum 2 litres of decoction is required to wash the vaginal passage.
4. Sterile rubber catheter is inserted into vagina.
5. Enema pot filled with decoction is kept at 5 feet distance and with luke warm decoction prathamavarta (Vagina) is washed out.^[2]
6. After the procedure the vulva is dried with cotton.
7. Then procedure is repeated on the respective days. Oil or Kwatha once used should be discarded.

Probable mode of action - The drugs used for Yonidhawana are antiseptic, and have the benefit of healing the wound.

2. Yoni pichu dharan: (Placing a Tampon soaked in medicinal oil or Liquid).

Pichu or tamoon is made up of cotton swab of size 2×3 cm (1 inch), wrapped with gauze piece and tied with long thread. In Yonipichu mostly medicated Kwatha, Ghrita and Taila are used. These preparations have two main functions Shodhana (purification) and Ropana (healing).^[8]

Site – Prathamaavarta^[9]

Duration of retention of Pichu- 5-6 hours (up to retention of urine)^[9]

Indications

1. Yonidaha and Yoni kandu^[10]
2. Yoni Paka^[10]
3. Vivritta Yonivyapada^[10]
4. Yoni Paichilya and Yoni Srava^[11]
5. Yoni Karkashata^{[25][12]}
6. Vataja Yonivyapada^{[26][13]}
7. Pittaja Yonivyapada^{[27][14]}
8. Vamini and Upapluta Yonivyapada^{[28][15]}
9. Nine Month Pregnancy^{[29][16]}
10. Retained Placenta^{[30][17]}
11. Yoni Bhransha^{[31][18]}

Procedure of pichu dharana

1. Autoclaved pichu should be used.
2. Patient should be given supine position with knees flexed.
3. The aseptic, sterile pichu soaked in oil or liquid is inserted into the vagina with index finger of gloved hands in such a way that thread of the pichu should come out of vagina which helps in easy removal of pichu after 5 to 6 hours.

Probable mode of action - Pichu helps in Lekhana karma and thus removes slough.^[19] Oil used for Pichu strengthens the musculature of vaginal canal along with healing of wound.

3. Yoni dhoopan: (Fumigation of vagina with medicated smoke)

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

Site of Yonidhoopan- Bhayayoni (outer Surface of vagina)

Time limit of Yoni dhoopan- 3 to 5 minutes

Dhoopan drugs - Kushta, Guggulu, Agaru, Vacha, Vidanga, Nimba etc.

Indications

1. Shweta Pradara
2. Yoni Kandu^[20]

3. Aparā Sanga^[21]
4. Garbha Sanga^[22]
5. Upapluta Yonivyapad^[23]
6. Sutika Paricharya^[23]
7. Raktagulma^[23]
8. Santati Pratibandhak (Contraceptive)^[23]

Procedure

1. A chair having hole in the middle is used for this procedure.
2. Patient is asked to sit on this chair after voiding the urine.
3. The dhupan dravyas are lit in dhupan apparatus which is placed just below the chair.
4. The smoke coming from the dhupan drugs must reach upto the expected genitalia for fumigation.
5. Otherwise even Nadi Dhupan can be done by giving fumigation to the expected genital organs.
6. We should be very careful while performing this procedure because the temperature rises and there may be danger of burn of the genital organs from the fumes of the smoke.

Probable mode of action - Fumigation creates an aseptic environment, kills microbes thereby prevent infections. Thus, reduces inflammation, itching and eliminates infection.^[24]

4. Yonivarti: (Vaginal Suppository)

Vartis are wicks made by mixing finely powdered drugs with adhesive drugs or binding agents.

Time limit of retention of Yonivarti- 2 to 3 hours.

Indications

1. Dushta vrana
2. Karnini yonivyapad^[25]
3. Upapluta yonivyapad
4. Kaphaja yonivyapad^[26]
5. Rakta pradara
6. Anartava

Types of varti

1. Karpas varti
2. Kalka varti

Procedure

1. Painting of the expected area with savlon and betadine.
2. Varti should be made of size which is equal to the circumference of index finger.
3. Vartis should be kept to dry in shade.
4. There after vartis are wrapped in gauze piece and thread is tied it.
5. Vartis used should be autoclaved.
6. For good lubrication, to avoid pricking of the vartis, these vartis should be soaked in oil, ghrita, honey or milk.
7. Vartis should be inserted into the vagina in such a way that the thread should remain out of the vagina. As soon as the urgency of micturation occurs the varti should be removed and vagina is washed with luke warm water.

5. Yoni lepana (Vaginal painting)

Lepa means external application. In this procedure Paste of drug is applied over affected area. Paste is Made by mixing fine powder of drug with water or Any other media.

Site-Prathamavarta /Breast

Time limit – up to Lepa dries (3-4 hour)

Types of Lepas.

1. Pralepa - Thin lepa
2. Pradeha - Thick lepa - non drying
3. Alepa - Medium thick lepa.

Indications

1. Yoni shaithilya.
2. Apra sang
3. Stana vidradhi
4. Yoni Arsha (Vaginal Polyp)

Procedure

1. Painting or the expected part with savlon and betadine.
2. Freshly prepared lepa should be applied evenly and uniformly on the affected areas.

3. The lepa should be removed immediately after drying as the skin is very sensitive organ and very dried lepa kept on the skin can cause allergic reactions on the skin like rashes, burning, irritation of the skin.

6. Yoni parishek

It is hot fomentations to all sides of the vagina.

Site - Bahya Yoni (external part of vagina)

Time limit of Yoni Parishek- 5 to 10 min.

Drugs used for Yoni Parishek - Oil or medicated oil.

Indications- Yoni Vrana, Yoni Pitika, Yoni Shotha.

Procedure

1. Patient should be given supine position with the knees flexed.
2. Medicated Oil or lukewarm water is poured from the height of 4 to 5 inch over the vagina.

7. Yoni puran (vaginal packing)

This procedure is defined as filling the cavity of vagina completely with oils, pastes, powder or bolus. The commonly used form of medications in this procedure are the kalkas or pastes.

8. Uttarbasti (Insertion of medicated oil, decoction into Intra Uterine Cavity through vagina)

Basti which is given through Uttarmarga i.e., either through the passages 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.^[27]

Time of administered - Ritukala (after menstrual bleeding stops). Because during this period the mouth of uterus is open and it readily receives the fluid injected. It is usually carried out under aseptic precaution in minor OT, no need of any anaesthetic agent or analgesic during and after the procedure.^[28]

Indications^[29]

1. Yonirog,
2. Vandhyatv (Infertility),
3. Yoni vibhransha (Uterine prolapse),
4. Mutraghat,

5. Mutrakruchha,
6. Garbhashaya rog,
7. Asrugdar (Dysfunctional uterine bleeding),
8. yonishula,
9. Artava vikar (Anovulatory menstrual cycle).

Contraindications

1. Cervical cancer
2. Virginit
3. Vesicovaginal fistula
4. Hypersensitive disorders

Instruments required for uttarbasti

1. Sterile dressing and painting material
2. Swab holder.
3. Anterior vaginal wall retractor
4. Sim's speculum
5. IUI cannula / infant feeding tube
6. 5cc syringe
7. Sterile phalaghrita
8. Cotton
9. Gauze pieces
10. Gloves
11. Towel clips
12. Kidney tray
13. Good light source.

Poorva karma

1. 1.Vaman
2. 2.Virechana
3. 3.Dashamoolaniruha and Anuvasanana

On alternate day for 3 to 5 days

Pradhan karma

1. Lithotomy position

2. Painting and draping
3. Cleaning of vulva and vagina with savlon and betadine
4. Insertion of sim's speculum and anterior vaginal wall retractor.
5. Proper visualization of external os with light source
6. Insertion of IUI cannula.
7. Fix 5cc syringe filled with phalaghrita
8. Slowly push the piston and administer 3 to 5cc of phalaghrita as required.
9. Pichudharan.

Paschat karma

1. Ask the patient to lie down for 20 to 30 minutes.
2. Avoid biking or travelling just after the procedure.
3. Light diet, soup or meat juice in the evening.
4. Tell the patient to remove pichu after 12 hours.

Probable mode of action - Basti therapy is the best treatment for vitiated vata dosha. Uttarabasti is considered as uttarphaladayini i.e. superior. When luke warm oil or kwath enters into uterine cavity network of srotamsi (present through out the system) carry the taila towards the desired sites (all layers of uterus, fallopian tubes, ovary). Mild temperature of taila enhances its diffusion. The metabolism into the srotamsi level caused by bhutagni further helps the tissue to assimilate the required metabolites according to desired site.

10. Agni karma (Cauterization)

Main advantage of the Agnikarma Chikitsa is it prevents the recurrence of the disease and prevention of the infection.

Dahan Upkaran - Pippali, Ajashakrit, Godanta, Shara, Shalaka etc.

Indication

1. Yoni Arsha (Genital Warts)^[30]
2. Cervical erosion^[31]

Procedure

1. Patient is asked to lie on lithotomy position.
2. Vulva and vagina should be cleaned.
3. Swarna Shalaka is heated on flame by the help of spirit lamp.

4. Bindu type of Agnikarma is applied over the area.
5. Thereafter Yastimadhu powder mixed with Ghrita is applied over the wound.

Probable mode of action - It increases the blood circulation to affected site so that the necessary oxygen and nutrient materials are supplied, and waste products are removed. Agnikarma works on different Sampraptighatak of disease and thus Sampraptivighatan is done by Agnikarma.^[31]

CONCLUSION

Sthanik chikitsa in streerog and prasutitantra are very encouraging. Sthanik Chikitsa plays an equally important role as Abhyantara Chikitsa in the management of various Streeroga. Each Sthanik Chikitsa hold its own importance and shows marvellous results when applied with proper indications, strict aseptic precautions and extreme carefulness. Thus, Sthanik Chikitsa is been a good boon to female reproductive system. Medicines used in the Sthanik chikitsa are cheap, effective and easily available.

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