

ROLE OF STHANIK CHIKITSA IN STREE ROG: REVIEW

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ABSTRACT

The disease of the genital tract of women and their treatment have been given a lot of importance in the ancient period. In *Ayurveda Sthanik chikitsa* (local therapies) are specialized treatment procedure in *Stree Rogas* described by ancient *Acharyas*. These procedures basically deal with the disorders of *Tryavarta Yoni*. *Yonidaha*, *Yonikandu*, *Yoni paichilya*, *Yoni strava*, *Yoni kleda*, *Yoni shula*, *Yoni daurgandhya*, *Vamini* and *Upapluta yonivyapad* etc. are the common *Yoni rogas*. Disturbed pattern of menstruation also causes many gynecological problems. *Sthanik chikitsa* has given excellent results in these problems. *Sthanik Chikitsa* includes *Yonidhavan* (Vaginal Douching), *Yoni Pichu* (Tamponing per vaginum), *Yoni Dhoopan* (Fumigation of vagina), *Yoni Varti* (Vaginal suppository), *Uttarbasti* (Medicated oil or decoction is pushed into the uterine cavity through vagina), *Agnikarma* (Cauterization) and *Ksharakarma* (Chemical cauterization) etc. These procedures help to maintain good health status of women and relieves symptoms of white discharge, itching, burning micturition, dyspareunia, foul smell discharge etc. Present article explains role of *Stanik Chikitsa* in various *Stree Roga*.

KEYWORDS:- *Sthanik chikitsa*, *Stree Roga*, *Tryavarta Yoni*, *Ayurveda*.

INTRODUCTION

Stanik Chikitsa means utilization of therapeutic measures for local application to treat *Sthanik Dosh-Dushti*. These local therapies are considered beneficial for various *Stree Rogas* related to the vaginal problems. Women undergoes various physical and physiological changes during her reproductive period i.e., from menarche to menopause. Awareness and

management of these changes are necessary for a woman to remain healthy. Most of the female related disease belongs from the disturbed functioning of genital tract which includes white discharge, itching at vulva, foul smelling vaginal discharge, dyspareunia, burning micturition etc. In such a problem *Stanik Chikitsa* has given excellent results. *Sthanik Chikitsa* includes *Yonidhavan*, *Yoni Pichu*, *Yoni Dhoopan*, *Yoni Varti*, *Uttarbasti*, *Agnikarma* and *Ksharakarma* etc. These procedures help to maintain good health status of women.

Sthanik chikitsa

Sr. No	Name of Procedure.	Duration	Time limit	Time of Administration.	Application site
1	<i>Yoni Dhavan</i>	8 days ^[1]	1 to 1.5 min ^[1]	<i>Ritukala</i> . (5 th to 13 th day of menstrual cycle).	<i>Prathamavarta</i> (Vagina) ^[1]
2	<i>Yonipichu Dharana</i>	7-8 days	5-6 hours (up to retention of urine)	<i>Ritukala</i>	<i>Prathamaavarta</i> ^[2]
3	<i>Yoni Dhupan</i>	7-8days	3-5 minutes.	<i>Ritukala</i>	<i>Bahyayoni</i> (outer surface of vagina)
4	<i>Yoni Lepana</i>	7 days	3-4 hours or untile Lepa dries.	<i>Ritukala</i>	External genatalia, Vagina.
5	<i>Yonivarti</i>	7 days	For 2-3 hours	<i>Ritukala</i>	<i>Prathamavarta</i> .

1. *Yoni dhavan* (Vaginal douching)

Dhavan means cleaning of wound with water or any other medicated preparations. *Yoni Dhavana* is a procedure during which medicated decoction i.e. *Kwatha* or any other liquid is used to wash away accumulated secretions, blood and discharge in vagina.

Dose- 2 liter per session for *Kwath* and 250 ml for oil.

Indications

1. *Yoni Srava* – *Yoni Dhavana* with decoction of *Triphala*.^[3]
2. *Yoni Paicchilya* - Decoction of *Rajavraksadi* group of drugs.^[4]
3. *Yoni Dourgandhya* - Decoction of *Aragvadhadi* group of drugs.^[4]
4. *Yoni Kandu* - Decoction of *Guduchi*, *Triphala*, and *Danti*.^[5]
5. *Vataja Artvadushti* - Decoction of *Sarala* and *Mudgaparni*.^[6]

6. *Pittja Artvadushti* - Decoction of *Gairika* and *Nimb*.^[6]
7. *Kaphaj Artavadushti* - Decoction of *Lodhra* and *Tinduka*.^[6]

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

2. *Yonipichu dharana* (Tampooning per vaginum)

Pichu or tampon is made up of cotton swab of size 2×3 cm (1 inch), wrapped with gauze piece and tied with long thread. *Yoni pichu* is a procedure during which tampon soaked with oil or medicated decoction is placed in the vagina for various gynecological disorders. In *Yonipichu* mostly medicated *Kwatha*, *Ghrita* and *Taila* are used. These preparations have two main functions *Shodhana* (purification) and *Ropana* (healing).^[7]

Dose- The dose of medicine used is 15-20ml for oil.

Indications

1. *Streeroga*

- *Vataja Yonivyapada* - *Guduchyadi Taila Pichu*.^[8]
- *Pittaja Yonivyapada* - *Pachavalkal Siddha Taila Pichu*.^[8]
- *Putraghni Yonivyapada* - *Udumbar Siddha Taila Pichu*.

2. *Garbhini*

- *Garbhini Paricharya* – In 9th month *Madhur Aushadh Siddha Taila Pichu*.^[9]
- *Garbhasrava* - *Yashtimadhu Ghrita Pichu*.^[9]
- *Aparasang* – *Shatpushpa, Kushtha, Madanphal, Hingu Siddha Taila Pichu*.^[9]

Probable mode of action - *Pichu* helps in *Lekhana karma* and thus removes slough.^[10] Oil used for *Pichu* strengthens the musculature of vaginal canal along with healing of wound. It diminishes the chances of infection in the genital tract as tail is *Yoni Vishodhana*. It has *Vranaropak* properties. Tampon of oil used in the 9th month of pregnancy may destroy pathogenic bacteria of the vaginal canal and prevent puerperal sepsis. It may also soften the vaginal passage thus helps in normal labour.

3. *Yoni dhupan* (Fumigation of vagina)

Dhupan is the aromatic vapours that are produced from the combustion of any fragrant gum resin. *Yoni Dhupan* is the procedure in which fumigation of vagina is performed by giving the disinfected and medicated smoke for various gynecological disorders. This therapeutic procedure the medicated smoke is used to sterilize vulva and vagina.

Indications

1. *Yonikandu*- Fumigation with *Haridra* and *Bruhati*.^[11]
2. *Shweta Pradara*- Fumigation with *Sarala*, *Guggalu*, *Yava* mixed with *Ghrita*.^[12]
3. *Sutika Paricharya*- Fumigation with *Kustha*, *Guggalu*, *Agara* mixed with *Ghrita*.
4. *Garbha Sanga, Aparasanga*- Fumigation with *Krushnasarpa*, *Madanaphal*.

Probable mode of action - Fumigation creates an aseptic environment; kills microbes thereby prevent infections. It dilates blood vessels and helps in oxidation of blood. It leads to adequate tissue perfusion and oxygenation. Thus, reduces inflammation, itching and eliminates infection.

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.

Indications

1. *Yoni arsha*- With powder of *Tuttha*, *Gairika*, *Lodhra*, *Ela*, *Rasanjana*, *Harenu*, *Pushpakasis*, salt mixed with honey.
2. *Vivrutta yonivyapada* - With powder of *Palashbeeja* and *Udambarphala* mixed with *Tila Taila* and honey.

6. *Yonivarti* (Vaginal suppository)

Yoni varti dharana is the procedure during which medicated wicks is placed in the vagina for various gynecological disorders. *Vartis* (suppositories) which is made by mixing fine powder of drugs, adhesive drugs or binding agents. *Varti* are elongated, having tapering ends, thick in the middle and thin at the end.

Size of varti- Should be index finger (3-4 inch)

Indications

1. *Kaphaja yonivyapada*- *Varti* prepared with powdered *Yava*, *Saindhav* and *Arkaksheer*.^[13]

2. **Anartava-** Varti prepared with *Ikshvaku*, *Danti*, *Madanphala*, *Kinva*, *Yavashooka*, and *Snuhiksheera*.
3. **Yoni paichhilya**– Varti prepared with *Kasis*, *Triphala*, *Sphatika*, *Samnga*, *Lajjalu*, *Amrasthi*, *Dhatakipushpa*.

Probable mode of action- Vartis are meant for *Shodhan karma*. Vartis are hygroscopic. They absorb the *Srava*. Varti shows the action according to the drugs it contains.

7. **Uttarbasti** (Insertion of medicated oil/decoction into Intra Uterine Cavity through vagina) *Basti* which is given through *Uttarmarga* i.e., through the passages located above or in front part of anus (urethra or vagina) is known as *Uttarbasti*. *Basti* which possesses superior qualities is also termed as *Uttarbasti*. This Basti helps in expelling the dushta doshas from the Garbhashaya and helps in removing the doshas related to the female urogenital system.

Time of administration- The Uttarbasti should be given to the women after the end of *Artavakala* or during *Rutukala*^[14] (from 6th to 13th day of menstrual cycle)

Indication of uttar basti

- *Udavarta & Vatala Yonivyapad* - Uttarbasti with *Traivritasneha*.^[15]
- *Asruja, Arajaska & Putraghni Yonivyapad* - Uttarbasti with *Ghrita* medicated with the *Kwath* of *Kashmari & Kutaja*.^[16]
- *Acharna, Prakcharna, Aticharna, Karnini Yonivyapad*- Uttarbasti of oil treated with *Jivaniya* group of drug.
- *Yonistransa*- *Traivrita siddha tail* or *dashmula siddha tail* uttarbasti.
- *Aparasang*- *Sidharathakadi Tail Uttarbasti*.^[17]

8. *Kshara karma* (Chemical cauterization)

Kshara is a caustic chemical, alkaline in nature obtained from the ashes of medicinal plants. *Kshara karma* is said to be superior to any other surgical or parasurgical measures due to its functions like *Chedana*, *Bhedana*, *Lekhana* and *Patana karma*. It can be applied in a narrowest place and internally where surgical procedures cannot be performed.^[18]

Indication

1. *Yoni Arsha* (Genital warts).^[19]
2. Cervical erosion

3. Karnini Yonivyapad- Apamarga Kshara and Jambeer swarasa.

Probable mode of action - *Kshara* has *Tikshna Guna* and *Ushna Virya* with predominance of *Vayu* and *Teja Mahabhuta*. *Vayu* helps in fast action while *Teja* produces caustic effect. *Kshara* (*Apamarga, Snuhi*) applied on cervical erosion cause death of superficial cells (due to vasoconstriction) regeneration of basal cells (formation of granulation tissue) growth of squamous epithelium in cervical erosion.

9. Agni karma (Cauterization)

The procedure performed by using Agni (heat) to cure the various disorders is known as Agnikarma. Main advantage of the *Agnikarma Chikitsa* is it prevents the recurrence of the disease and prevention of the infection. Agnikarma could be correlated to thermal cauterization.

Dahan upkaran - *Pippali, Ajashakrit, Godanta, Shara, Shalaka* etc.

Indication

1. Yoni Arsha (Genital Warts)^[19]
2. Cervical erosion

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*.^[20]

CONCLUSION

Sthanikachikitsa (Local procedures) has proven to be greatly beneficial treatment as *Shaman* or *Shodhan Chikitsa*. Specifically, in *Stree Roga*. *Sthanik Chikitsa* offers soothing effects thus relieves vaginal itching, it offers astringent property and prevent vaginal discharge, anti-inflammatory and analgesic drugs used in *Sthanik chikitsa* helps to relieves pelvic pain, anti-bacterial action of drugs used in *Sthanik chikitsa* prevents microbial infection and control abnormal vaginal bleeding. It also prevents foul smell and burning sensation. In this way, *Sthanik Chikitsa* not only relieves symptoms of vaginal disorders but also helps to maintain reproductive health of female.

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