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Role of *Sthanik Chikitsa* in *Stree Roga*

Malika Choudhary¹, Divya Rajpurohit²

^{1,2}Post Graduate Scholar, Dept. of Prasuti Tantra Evam Stree Roga, Dr. Sarvepalli Radhakrishnan Rajasthan Ayurveda University, Jodhpur, Rajasthan, India.

ABSTRACT

Healthy status of women is very much needed for society. In today's fast and competitive world, there is 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. Women always face very common gynaecological problems like white discharge, itching at vulva, foul smelling vaginal discharge, burning micturition etc. In such problems *Sthanika Chikitsa* has given excellent results and these local therapies should be practiced for admirable results in the above-mentioned gynaecological problems.

Key words: Ayurveda, *Sthanika Chikitsa*, *Stree Roga*, *Yonidhavan*, *Yonipichu*, *Yoni-Dhoopana*, *Yoni-Pariseka*, *Yoni Purana*, *Yoni-Lepana*, *Uttarbasti*.

INTRODUCTION

Women's health is the fulcrum not only for the healthy status for her family but rather to the whole society and to the nation. A girl must pass through different stages and several anatomical and physiological changes occur in her body to become a mature woman. There are many gynecological problems which usually occur in a female during her reproductive age. Most of the female related diseases belongs from the disturb functioning of genital tract. Diseases of women arise as a result of improper food and regimen. This results in the arrangement of three *Doshas Vata*, *Pitta* and *Kapha*. The most common symptoms of gynaecological disorders include pelvic pain, vaginal itching, vaginal discharge, abnormal vaginal bleeding. Depending upon the combination of the *Doshas* involved the diseases

exhibit characteristic symptoms. *Acharya* has mentioned *Chikitsa* in two parts - *Abhyantara Chikitsa* and *Sthanika Chikitsa*. "*Sthanika Chikitsa*" means specific treatment given locally. *Sthanika Chikitsa* is beneficial when *Sthanika Dosh-Dusti* is more and it gives strength to respective *Sthana*. These local therapies have proved greatly beneficial in *Stree Rogas* if performed accurately. Although it is more of local treatment but their effect is systemic and capable of preventing complications of diseases consequently these are Para surgical because it doesn't involve the sharp instrument it helps to avoid impending major surgery consequently to diseases.

MATERIALS AND METHODS

Our *Acharyas* very well know the mode of action of this *Sthanika Chikitsa* and describe the specific *Sthanika Chikitsa* according to different *Yoni-Vyapad* or vitiated *Doshas*.

These *Sthanika Chikitsa* (local therapies) are as follows.

- *Yoni Prakshalan*
- *Yoni Pichu*
- *Yoni Lepana*
- *Yoni Poorana*
- *Yoni Dhoopan*
- *Yoni Varti*

Address for correspondence:

Dr. Malika Choudhary
Post Graduate Scholar, Dept. of Prasuti Tantra Evam Stree Roga, Dr. Sarvepalli Radhakrishnan Rajasthan Ayurveda University, Jodhpur, Rajasthan, India.

E-mail: mallikachoudhary97@gmail.com

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- Uttar Basti

1. Yoni Prakshalana (Vaginal Douche)

Yoni Prakshalana is a procedure in which the vagina, vaginal passage, and mouth of uterus is washed with medicated decoction or other liquids. *Dhawan* means cleaning or purification of wound with water or other medicated material, *Kwatha*, *Kshirapak*, *Siddha Jala*, etc.

Sthana: Prathamavra Yoni (vagina)

Duration: 7 to 14 days after cessation of menses.

Position of patient during procedure: Dorsal lithotomy

Drugs used in the form of - *Kwatha* (Decoction), Oil, *Kshirpaka* (Medicated milk), *Siddhjala* (Medicated water).

Procedure

Patient advised to lie down in lithotomy position for procedure, sterile rubber catheter can be inserted into vagina and vagina is washed out with decoction. Vulva should be dried up with cotton after completion of procedure and procedure can be repeated as per requirements.

Indications

- *Yoni Strava* - With *Triphala Kwath*, *Karira*, *Dhava*, *Arka*, *Venu*, *Nimbi*, *Jambu*, *Jingini*, and *Sukta Kwath*
- *Yoni Paicchilya* - *Rajavratsadi* group of drugs.
- *Yoni Kleda*, *Dourgandhya* - *Aragvadhadi Gana Kwath*.
- *Yoni Kandu* - *Guduchi*, *Triphala* and *Danti Kwath*
- *Vatajaartvadushti* - *Sarala* and *Mudgaparni Kwath*
- *Pittjaartvadushti* - *Gairika* and *Nimb Kwath*
- *Kaphajartavadushti* - *Lodhra* and *Trikatu Kwath*

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 vagina. Bactericidal actions of the drugs prevent bacterial growth and maintain the pH of vagina.

2. Yoni Pichu (tampons)

Pichu or tampon is made up of cotton swab of size 2x3 cm (1 inch), wrapped with gauze piece and tied with long thread. It immersed in medicated it immersed in medicated *Ghrita*, *Taila* or *Kashaya* and placed in vagina. These preparations have two main functions *Shodhana* (purification) and *Ropana* (healing).

Duration: 7-14 days after cessation of menses

Place: Pratham Avarta Yoni (Vaginal canal)

Pichu Dharana Kala: *Aamutra Vega* (Urge to urinate)

Position of patient during procedure: Dorsal lithotomy

Procedure

Ask the patient to pass urine before procedure and lie in supine position with knees flexed then Pichu soaked in medicated oil or liquid should be inserted into vagina with index finger of gloved hands. Thread of *Pichu* should remain outside the vagina so that *Pichu* can be removed easily.

Indications

- *Vataja Yoni Vyapad* - *Guduchyadi Tail Pichu*,^[4] *Saindhavadi Tail*,^[5] *Dashmoola Tail*
- *Pittaj Yoni Vyapad* - *Ghrata Soaked Pichu*, *Pachavalkal Siddha Taila*
- *Kaphaja Yoni Vyapad* - *Triphla Kashaya / Udumbara Kashay*
- *Uppluta, Vipluta* - *Dhatkyadi Tail*^[6]
- *Uppluta, Vipluta, Vamin* - *Shallaki, Jingini, Jambu, Dhav & Panchvalkala Sidha Tail*^[7]
- *Putraghni Yonivyapada* - *Udumbar Siddha Taila*
- *Garbhini* - *Madhur Aushadh Siddha Taila*
- *Garbhastrava* - *Yashtimadhu Ghrita*
- *Aparasang* - *Shatpushpa, Kushtha, Madanphal, Hingu Siddha Taila*

Mode of action - *Pichu* helps in *Shodhana Karma* and thus removes slough. Oil used for *Pichu* strengthens the musculature of vaginal canal along with healing of wound.

3. Yonivarti (Vaginal suppository)

Varti is prolonged and long-lasting worthy can be used effectively in infections and also provides the opportunity to recreate the optimum vaginal health. Vartis (suppositories) which are made by mixing fine powder of drugs, adhesive drugs or binding agents. Varti should be prepared in a size of circumference of index finger and dried in shade. Prepared and well dried Vartis are wrapped in gauze piece and a thread is tied to it.

Duration: 2-3 hours

Size & shape: Tarjani Anguli Pramana (Index finger), Yavakara.^[8]

Time duration: 1 Muhurta (48 min) or for short time period.^[9]

Paschat Karma: Wash with luke warm water after 1 Muhurt (48 min.).^[10]

Procedure

Expected part should be cleaned well then 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 inside when patient felt urge of urine Varti should be removed and Yoni Dhawana with lukewarm water should be done.

Indications

- Kaphaja Yonivyapada - Yava, Saindhav and Arkaksheer Varti
- Karnini Yonivyapada - Kustha, Pippali, Arka, Rock Salt and Aja Mootra
- Anartava - Ikshvaku, Danti, Madanphala, Kinva, Yavashooka, and Snuhiksheera
- Yoni Paichhilya - Kasis, Triphala, Sphatika, Samnga, Lajjalu, Amrasthi, Dhatakpushpa
- Vipluta Yonivyapada - Bile of Cow or Fish or Kinva Mixed with Honey.

4. Yoni Lepana (Vaginal Painting)

The finely powdered is mixed with water or medicated liquid and paste with uniform consistency is made, and applied at affected area locally.

Type: Pradeh, Pralep, Aalep.

Timing: Until the Lepa dries.

Position of patient during procedure: Dorsal lithotomy

Procedure

Affected part should be cleaned and fresh prepared Lepa applied over affected part uniformly. Immediately after drying, Lepa should be removed as it may irritate the skin and can cause rashes or itching

Indications

- Yoni Arsha - With powder of Tuttha, Gairika, Lodhra, Ela, Rasanjana, Harenu, Pushpakasis, salt mixed with honey.
- Vivrutta Yonivyapada - With powder of Palashbeeja and Udambarphala mixed with Tila Taila and honey^[11]

Mode of action - Drug which use in Lepana have Kashaya Tikta Rasa so their actions are anti-inflammatory, antiulcer, anti-helminthic, astringent, slough of dead cell, improve blood circulation and promote new growth also provide strengthening. It helps in relieving pain and burning use with Sheeta Dravya.

5. Yoni Poorana (vaginal packing)

Yoni Poorana means vaginal packing in which vagina covered/filled with pastes, oils and powdered medicine. Pastes (Kalkas) used mainly for this purpose for the management of inflammatory and infectious conditions.

Site: Prathamavart Yoni.

Time: after cessation of menses for 7 -14 days.

Position of patient during procedure: Dorsal lithotomy

Duration: Aamutra Vega (Urge to urinate).

Indications

- Mahayoni - with fat of bear, crab or cock medicated with Madhura group of drugs
- Prasansini Yoni - with Vesawara (minced meat or oleo mixed with drug)

Mode of action - Drug used for *Mahayoni* are fat of animals *Acharya Charaka* says that "*Sarvada Sarvabhavana Samanyam Vrriddhi Karnam*" so this theory prove that animal fat nourishes or helps in new tissue growth and strengthen pelvic musculature and also specify animal fat for *Bhrista Yoni* (uterovaginal prolapse).

6. *Yoni Dhoopana* (Fumigation of vagina with medicated smoke)

Yoni Dhoopana means fumigation of vaginal region with medicated smoke. Fumigation is done on wound, a part of the body or on the whole body depending on the need. Fumigation is the exposure till the action of smoke or of fumes of any kind as a means of disinfection or eradication. *Yoni Dhoopana* is also used for local disinfection of genital organs.

Site: *Prathamavarta Yoni*

Time limit: 10-15 min.

Procedure

A chair having hole in the middle is used and patient is asked to sit on this chair after voiding the urine, the *Dhoopana Dravya* are lit in *Dhoopana* apparatus which is placed just below the chair, the smoke coming from *Dhoopana* drugs must reach up to external genitalia.

Indications

- *Yoni Kandu* - *Haridra* and *Brahati Dhoopana*
- *Shweta Pradara* - *Dhoopana* by *Saral*, *Guggul*, *Yava*, *Ghrata*
- *Garbh Sanga* - *Dhoopana* by *Sarp Nirmok* and *Katuk Alabu*
- *Apra Sang* - *Dhoopana* with *Bhoj Patra*, *Kachmani*, *Katuk Alabu*, *Krit Vedhana*, *Sarsap*
- *Sutika Paricharya* - *Dhoopana* with *Kushtha*, *Guggulu*, *Agar*, *Ghrata*

Mode of action - *Dhoopana* increase vaginal temperature so increase blood supply & this rise temperature soothing affect which helpful in pain relief. *Dhoopana* also has drying effect; which causes reducing vaginal discharge & antimicrobial action thus

helping in prevention infection. Drugs used in *Garbhasang* & *Aprasang* indicating its oxytocic action.

7. *Uttar Basti*

Uttar Basti is an important para surgical procedure among the 60 *Karma* as told by *Acharya Sushruta*, *Acharya Charak* and *Vagbhatta* has mentioned *Basti* as *Ardha Chikitsa*. *Basti chikitsa* is best for *Vata Dosha*. "*Uttarena Margena Va Diyate Va Shreshtham Api Uttarbasti*" (Ch.Si.9) Insertion of medicated oil decoction into *Uttarmarga* i.e., true the passage located above or in front part of anus that is vagina or urethra is known as *Uttar Basti*.

Time of administration - *Ritukala* (after menstrual bleeding stops / from 6th to 13th day of menstrual cycle)

Procedure

The patient is advised in dorsal lithotomy position. Cleaning with antiseptic solution done, cervix visualized with cusco's bivalve speculum, the IUI (Intrauterine insemination) cannula connected with 5 ml syringe and filled with Medicated *Ghrata* / oil and very slowly the medicated oil or *Ghrata* inserted in uterine cavity.

Indication

1. *Yonivyapada Chikitsa*
 - *Udavarta* & *Vatala* - *Traivritasneha*
 - *Arajaska* & *Putraghni* - *Ghrata* medicated with the *Kwath* of *Kashmari* & *Kutaja*
 - *Aparasang* - *Sidharathakadi Taila*
2. Tubal disorders
 - Tubal block - If block is due to adhesions *Kshartaila Uttarbasti* is beneficial
 - Hydro-salpinx - *Nirgundi Taila*, *Yashtimadhu Taila*, *Til Taila* are used to manage this inflammatory condition.
3. Endometrial condition - *Sneha* prepared from *Bruhana Dravyas* helps in improving endometrial thickness.

4. Cervical erosion - *Triphala Ghrita*, *Shatavari Ghrita*, *Phala Ghrita* are the commonly used.
5. *Vandhytva* - *Phala Ghrita*, *Shatpushpa Taila*, *Lashuna Taila*, *Shatpak Taila*, *Bala Taila*, *Narayana Taila*^[12]

Contraindications: Cervical cancer, virginity vesico vaginal fistula hypersensitivity disorder.

DISCUSSION

So, the probable mode of action of *Sthanika Chikitsa Prakshalan* means cleansing, their all drug have cleansing, bactericidal and healing property.

Pichu provides muscle strength, stretchability & tissues nourishment, *Yoni Purana* is advised for where the whole vaginal epithelium affected and required large amount drug and prevent the uterus to descent from its position.

Yoni Lepana provides more surface area for absorption of drug, better increase bio-availability of drug due to semisolid consistency efficacy of *Lepana* relates to both inherent potency and the ability of drug to penetrate the deeper tissue.

Varti for cleansing pH maintains, *Dhoopana* for disinfection.

Uttar Basti for nourish endometrium, stimulate essential cervical secretion, remove obstruction. So, all these local therapies having above these property and rich blood supply in posterior fornix *Sthanika Chikitsa* effective in *Yoni Vyapada* and other *Stree Roga*.

Drug absorbed easily through vaginal route due highly permeable vaginal mucosa and rich blood supply on posterior fornix which clear by intravaginal drug delivery system.

CONCLUSION

Sthanika Chikitsa are cheap, safe, effective and with no adverse effect. Helps to treat various *Yoni Rogas* including *Yoni Kleda*, *Yoni Strava*, *Yoni Paicchilya* and *Yoni Arsha*. Different procedure needs different drug forms like *Kwatha*, *Taila*, *Ghrita*, *Dhoom* etc. *Sthanika Chikitsa* holds its own importance and show

tremendous results when applied with proper indications, strict aseptic precaution and extreme carefulness.

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