

Overview of Various Sthanik Chikitsa in Streeroga

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Abstract

Ayurveda is a branch of science which deals with maintaining health and treating the diseased condition of the body. Women are the main pillar of our society. Their healthy status is very much essential factor. Today is an era of civilisation and modernisation. This is a very fast world and women are no exception this fact. Due to this, there is most likely negligence towards own health by respective women. It happens due to heavy workload on women in completing their work hours and family routine. Generally women face very common problems like white discharge, itching at vulva, foul smelling vaginal discharge, burning Micturition etc. Our ancient Ayurveda has given vast description of treatment in this problems. We can overview and use these measures in needy situation. So present study is an attempt to overview sthanik Chikitsa mentioned in streeroga.

Keywords: Ayurveda, women, streeroga, sthanika.

Introduction:

A women undergoes many physical and mental changes from monarche to menopause. Her reproductive age is very important phase in her life. She is very susceptible to many changes happening in her life and it results into formation of many gynaecological disorders. It is very important to understand this change, do awareness and management of these changes. Ayurveda has described women health and mentioned different gynaecological disorders with its treatment in heading of Yonivyapad. There is a detaile description of many sthanika Chikitsa. They are very useful and play important role in Tryavarta Yoni. It includes Yonidhavan, Yoni – Pichudharan, Yoni – dhupana, Yoni – Varti, Yoni – Puran, Yoni – Lepana, Yoni – Parisheka, Uttar basti etc.

All disease is formed due to vitiation of three doshas Vata, Pitta and Kapha resulted due to improper food and regimen. The most common symptoms includes pelvic pain, vaginal itching, vaginal discharge, abnormal vaginal bleeding. Acharya have mentioned two types of treatment in this conditions namely – Abhyantar chikitsa and sthanik Chikitsa. Sthanik Chikitsa means specific treatment given locally. These are common procedures mentioned in our classical Ayurvedic texts to treat various gynaecological problems of female genital track. Though it is applied locally, its effect is systemic and capable of preventing complications of diseases. They does not have use of any sharp instruments. It helps in preventing formation of major disease.

Aim

To study in detail sthanika chikitsa in streeroga.

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Objective:

To take various references related to sthanika chikitsa in streeroga in various Ayurvedic Samhitas.

Material and Methods:

Literature review is done through all available Ayurvedic Samhitas, texts, various research papers available in Journals and online data available.

Review of Literature:

Sthanika Chikitsa describes by our Acharyas are as follows:

Yoni Prakshalan (Vaginal douche)

Yoni prakshalan is a procedure in which the vagina, vaginal passage and mouth of uterus is washed with water or other medical preparations.¹

Application site – Prathamavarta (vagina)

Duration – 7 to 8 days after cessation of menses

Time limit – 1 to 1.5 min.

Drugs – in the form of kwath (decoction), oil, kshirapaka (medicated milk), siddhajala (medicated water)

Procedure:

Patient was asked to lie down in lithotomy position comfortably. Sterile rubber catheter is inserted into vagina and it is washed with decoction. Outer vulva should be dried completely with the help of cotton and procedure is repeated as per requirement.

Indications

- Yoni Strava - With Triphala Kwath, Karira, Dhava, Arka, Venu, Nimbi, Jambu, Jingini, and Sukta Kwath
- Yoni Paicchilya – Rajavraksadi group of drugs.
- Yoni Kleda, Dourgandhya - Aragvadhadi Gana Kwath.
- Yoni Kandu - Guduchi, Triphala and Danti Kwath
- Vatajaartvadáshti - Sarala and Mudgaparni Kwath

- Pittjaartvadáshti - Gairika and Nimb Kwath
- Kaphajartvadáshti - Lodhra and Trikatu Kwath

Mode of action:

The drugs used for prakshalan are having antiseptic, bactericidal action, wound healing property and alleviates pain. It is absorbed through mucosal and blood circulation of vagina. It maintains pH of vagina.

Yoni Pichu (tampons)

Pichu is made up of cotton of size 2×3 cm, wrapped with gauze piece and tied with long thread. It is immersed in medicated oil, kashaya or ghritha and placed in vagina. It does purification and healing of the wound.²

Application site – Prathamavarta (vagina)

Duration – 7 to 8 days after cessation of menses

Time- Aamruta Vega (urge to urinate)

Procedure:

Ask the patient to lie down comfortably in lithotomy position after passing up of urine. Insert the medicated Pichu in vagina with index finger of gloves 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 - Triphala 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:

It helps in purification of wall of vagina and gives strength to the muscular wall of vaginal canal. It also helps in wound healing.

Yoni – varti (vaginal suppository)

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

Duration – 2 to 3 hours

Size and shape – Tarjani angula Pramana (index finger)

Paschat karma – wash with Luke warm water after 1 muhurt (48 min.)

Indications

- Kaphaja Yonivyapada - Yava, Saindhav and Arkaksheer Varti³
- 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, Dhatakipushpa
- Vipluta Yonivyapada - Bile of Cow or Fish or Kinva Mixed with Honey.

Procedure:

Expected part should be cleaned and dried. Oil smeared Varti is inserted in such a way that thread should remain outside. It should be kept up to retention of urine. Then Varti should be removed and Yoni prakshalan with lukewarm water should be done.

Yoni Lepana (vaginal painting)

Paste is prepared by mixing fine powders with water. Then it is applied at required area.

Type : Pradeha, pralepa, Aalepa

Duration: until lepa dries

Procedure:

Affected part first cleaned with fresh water and freshly prepared paste is applied uniformly over affected part. It should be removed after drying. If there is any irritation or itching, lepa should be removed.

Indications

- Yoni Arsha – With powder of Tuttha, Gairika, Lodhra, Ela, Rasanjana, Harenu, Pushpakasis, salt mixed with honey.⁴
- Vivrutta Yonivyapada - With powder of Palashbeeja and Udambarphala mixed with Tila Taila and honey.

Mode of action:

As rasa of drugs used in the preparation of lepa is kashaya, tikta, it has anti inflammatory, antiulcer, antihelminthic, astringent, slough of dead cell, improves blood circulation. It helps in relieving pain and burning sensation with use of sheeta Dravya.

Yoni – poorana (vaginal packing)

In this, vagina is filled with pastes, oils and powdered medicines. It is used in the management of inflammation and infectious conditions.⁵

Application site – Prathamavarta (vagina)

Duration – 7 to 8 days after cessation of menses

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:

The drugs used in this are of fat of animals, so they helps in tissue growth and strengthening of pelvic musculature.

Yoni – Dhoopana (fumigation of vagina with medicated smoke)

It is the fumigation of required area with medicated smoke. It is used for local disinfection of genital organs.

Application site – Prathamavarta (vagina)

Time – 10 to 15 minutes

Procedure:

Patient is asked to sit comfortably on a chair having hole in the middle after guiding the urine. Dhoopana dravyas are placed 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 Brahmi Dhoopana⁶
- 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, Ghrita

Mode of action:

Dhoopana increases temperature of vagina and results in increased blood supply. It causes soothing effect and helps in relieving of pain. It also reduces vaginal discharge and have antimicrobial actions resulting in preventing infection

Uttarbasti

It is an important karma for alleviating vitiation of Vata dosha. Insertion of medicated oil decoction into vagina or anus is known as Uttarbasti

Time: After menstrual bleeding stops. This time is preferred due to opening of mouth of uterus during this period. It receives the medicated oil or ghrita

as a medicine through syringe injected in uterine cavity. This is carried out under aseptic precaution in minor OT, no need of any anaesthetic agent during or after procedure.⁷

Indication

1. Yonivyapada Chikitsa
 - Udavarta & Vatala -Traivritasneha
 - Arajaska & Putraghni - Ghrita 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.

Mode of action:

Basti is called as half treatment. It decreases mainly vitiation of Vata dosha in genital tract.

1. Yoni – Parisheka

Hot fermentation to vagina is Yoni parisheka. It is done on external part of vagina for 5 to 10 minutes. Medicated oil or lukewarm water is poured from the height of 4 to 5 inches over the vagina. It reduces swelling and pain at vagina.⁸

2. Pinda Chikitsa

It is insertion of medicated boiled drug in the form of circular paste wrapped in disinfectant cloth into the vagina.

Application site – Prathamavarta (vagina)

Duration – 7 to 8 days after cessation of menses

Time limit – 3 to 4 hours until frequency of micturition.

Procedure:

Finely powdered medicinal drugs and water is mixed thoroughly. It is boiled and oil is mixed to this mixture. After getting expected paka, heating is stopped. This hot semi solid medicinal paste is kept in disinfected, sterile cloth and tied in circular shape with thread at the upper end.

Agni karma (cauterization):

It is called as Apunarbhava chikitsa as it prevents recurrence of disease.

Procedure:

Patient is asked to lie down comfortably in lithotomy position. Vulva and vagina is cleaned. Swarna shalaka is heated on flame by the help of spirit lamp. Bindu type of Agnikarma is applied over the area. Thereafter Yashtimadhu powder is mixed with Ghrita is applied over the wound.

Indication

1. Yoni Arsha (Genital Warts)⁹
2. Cervical erosion

Ksharkarma

Kshara are the substance that acts as a corrosive agent for any growth when used externally. 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.¹⁰

Indication

1. Yoni Arsha (Genital warts)
2. Cervical erosion

Procedure:

Patient is asked to lie down comfortably in lithotomy position. Cervix is exposed with cusco's speculum. Then kshara is applied with a cotton swab stick over eroded area and kept for 2 to 3

minutes. Then Yoniprakshalan is done with Jatyadi taila and it is kept for 2 hours.

Discussion and Conclusion:

Above mentioned para surgical procedures are very effective when applied with proper indications, strict aseptic precautions and extreme carefulness. They are cheap, safe, effective and with no any adverse side effects. It alleviates most common gynaecological problems formed due to vitiation of doshas.^{11,12}

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