

Importance of Sthanik Chikitsa in Streeroga.

Dr. Snehal Sanjay Lokhande¹, Dr. T. Vishala²

¹PG Scholar, Stree Roga Evum Prasuti Tantra

Yashwant Ayurvedic College, Post Graduate Training & Research Centre, Kodoli, Kolhapur

²HOD & Prof, Dept of Stree Roga Evum Prasuti Tantra,

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Abstract

Sthanik Chikitsa, or local treatment, holds significant importance in the management of Streeroga (gynecological disorders) within the scope of Ayurvedic medicine. This therapeutic approach focuses on the direct application of herbal preparations, oils, and other formulations to the female reproductive system, offering targeted relief and faster healing in conditions like infections, menstrual disorders, and reproductive health issues. This article explores the various Sthanik Chikitsa procedures used in Streeroga and their therapeutic impact, demonstrating its importance in the holistic management of women's health.

Keywords : Sthanik Chikitsa, stree roga, menstrual disorder

Introduction:

Sthanik Chikitsa, or local treatment, is an integral component of Ayurvedic medicine, particularly in the management of Streeroga (gynecological disorders). Ayurveda, with its holistic approach, emphasizes restoring balance within the body and mind, and Sthanik Chikitsa exemplifies this by focusing on localized treatments directly targeting the reproductive system. Women's health issues such as infections, menstrual irregularities, infertility, and menopausal symptoms have been effectively managed through these time-tested Ayurvedic procedures.

Unlike systemic treatments, which affect the entire body, Sthanik Chikitsa provides precise, localized therapeutic interventions that are both gentle and powerful. Procedures such as Yoni

Prakshalana (vaginal douche), Yoni Pichu (medicated tampon), Yoni Dhupana (vaginal fumigation) & yoni puran are commonly used to cleanse, nourish, and heal the reproductive organs, offering relief from specific ailments and supporting overall reproductive health.

The importance of Sthanik Chikitsa lies in its ability to address conditions at the root, offering quicker relief with minimal side effects. This approach not only addresses the symptoms but also works on balancing the doshas (Vata, Pitta, and Kapha), which are often disrupted in Streeroga. By employing natural, herbal remedies and non-invasive procedures, Sthanik Chikitsa plays a vital role in improving gynecological health, making it an essential aspect of Ayurvedic treatment for women.

This article explores the various Sthanik Chikitsa procedures used in the management of Streeroga, highlighting their therapeutic

Author Correspondence

Dr. Snehal Sanjay Lokhande

Yashwant Ayurvedic College, Post Graduate Training & Research Centre, Kodoli, kolhapur

Email : snehallokhande58@gmail.com

significance and the role they play in promoting women's health through Ayurveda.

Materials and Methods

Sthanika Chikitsa (Localized Therapies) - Ayurvedic practitioners have a profound understanding of the mechanisms of Sthanika Chikitsa (localized therapies) and recommend specific treatments for different Yoni-Vyapad (gynecological conditions) based on the imbalanced Doshas (body humors). The principal therapies include:

1. Yoni Prakshalan (Vaginal Irrigation)
2. Yoni Pichu (Vaginal Tampon Soaked with Medication)
3. Yoni Varti (Vaginal Pessary)
4. Yoni Lepana (Topical Vaginal Application)
5. Yoni Poorana (Vaginal Filling with Medication)
6. Yoni Dhoopan (Vaginal Fumigation with Herbs)

1. Yoni Prakshalan (Vaginal Irrigation)

Description - Yoni Prakshalan involves rinsing the vaginal canal and cervix with therapeutic solutions like medicated decoctions, medicated milk (Kshirapak), or other specially prepared liquids. This procedure resembles cleansing a wound using substances such as herbal water (Siddha Jala) or herbal decoctions (Kwatha).

Procedure -

Patient Position - The patient is positioned in a dorsal lithotomy pose, lying on her back with knees bent and feet placed in stirrups.

Administration - A sterile rubber catheter is gently inserted into the vagina, and the medicinal liquid is introduced to wash the area. After completion, the vulva is carefully dried with sterile cotton.

Duration - This therapy is typically administered for a period ranging from 7 to 14 days after the end of menstruation.

Forms of Medication Used - Decoctions (Kwatha), oils, medicated milk (Kshirapak), or medicated water (Siddha Jala).

Indications :

Yoni Strava (Excessive Vaginal Secretion) - Treated with Triphala Kwath, Karira, Dhava, Arka, Venu, Nimbi, Jambu, Jingini, and Sukta Kwath.

Yoni Paicchilya (Sticky Discharge) - Managed using Rajavraksadi group of herbs.

Yoni Kleeda and Dourgandhya (Moisture and Foul Odor) - Treated with Aragvadhadi Gana Kwath.

Yoni Kandu (Vaginal Itching) - Treated with decoctions of Guduchi, Triphala, and Danti.

Vataja Artavadushti (Menstrual Disorders due to Vata Dosha) - Treated with decoctions of Sarala and Mudgaparni.

Pittaja Artavadushti (Menstrual Disorders due to Pitta Dosha) - Treated with decoctions of Gairika and Nimb.

Kaphaja Artavadushti (Menstrual Disorders due to Kapha Dosha) - Treated with decoctions of Lodhra and Trikatu.

Mechanism of Action :

The medicinal solutions used in Yoni Prakshalan possess antimicrobial, antiseptic, and wound-healing properties. They help alleviate pain, inhibit bacterial growth, and restore the natural pH balance of the vaginal environment. These properties ensure proper cleansing and prevent infections. The active components of the medications are absorbed through the vaginal mucosa and into the local circulatory system, delivering their therapeutic effects effectively.

SOP

-Take 250 gms of Triphala Churna.

-Add 4 lit. of water.

- Subject it to agni [medium flame] till 1 litres of triphala Qwath is left.

-Filter the kwath, make it sukshoshna[lukewarm] & use it for Yonidhavana.

2. Yoni Pichu (Vaginal Tampon) :

The Pichu, or tampon, is a small cotton pad measuring approximately 2×3 cm (1 inch). It is wrapped in a gauze piece and tied with a long thread. The tampon is soaked in medicated Ghrita (ghee), Taila (oil), or Kashaya (decoction) and then inserted into the vaginal canal. This treatment primarily serves two functions: Shodhana (cleansing) and Ropana (healing).

Duration - This therapy is administered for 7 to 14 days following the end of menstruation.

Site of Application - Pratham Avarta Yoni (Vaginal Canal)

Timing for Pichu Retention - Until there is an urge to urinate (Aamutra Vega).

Patient Positioning - The patient is positioned in a dorsal lithotomy position.

Procedure :

- The patient is instructed to empty her bladder before the procedure.
- She is then positioned supine with knees bent.
- The Pichu, pre-soaked in the medicated oil or liquid, is gently introduced into the vagina using the index finger of a gloved hand.
- The string of the Pichu should remain outside the vaginal opening to allow for easy removal.

Indications :

Vataja Yoni Vyapad - Treated with Guduchyadi Tail Pichu, Saindhavadi Tail, or Dashmoola Tail.

Pittaja Yoni Vyapad - Managed using Ghee-soaked Pichu or Pichu soaked in Pachavalka Siddha Taila.

Kaphaja Yoni Vyapad - Administered with Triphala Kashaya or Udumbara Kashaya.

Uppluta and Vipluta - Dhatkyadi Tail is recommended.

Uppluta, Vipluta, and Vamin - Shallaki, Jingini, Jambu, Dhava, and Panchavalka Siddha Taila are used.

Putraghni Yonivyapada - Treated with Udumbara Siddha Taila.

During Pregnancy - Medicated oils prepared with Madhura (sweet) herbs.

Garbhasrava (Threatened Abortion) - Yashtimadhu Ghrita is recommended.

Aparasang (Retention of Placenta) - A mixture of Shatpushpa, Kushtha, Madanphal, and Hingu Siddha Taila.

Mode of Action :

The Pichu facilitates Shodhana Karma by removing slough and debris from the vaginal canal. The medicated oil strengthens the vaginal muscles and aids in the healing of wounds, promoting the restoration of tissue health.

3. Yonivarti (Vaginal Suppository) :

Varti (suppository) is a long-lasting formulation that can be effectively utilized to treat infections and support the restoration of optimal vaginal health. These suppositories are created by combining fine powders of medicinal herbs with adhesive or binding agents. The Varti is then shaped to match the circumference of the index finger and dried in the shade. Once fully dried, the suppositories are wrapped in gauze, with a thread attached for easy removal.

Duration - 2-3 hours

Size and Shape - Tarjani Anguli Pramana (similar to the size of the index finger), Yavakara (barley grain shape).

Time Duration - Approximately 1 Muhurta (48 minutes) or a brief period of time.

Post-Procedure Care - After 1 Muhurta (48 minutes), the vaginal area should be washed with lukewarm water.

Procedure :

- The area to be treated should be thoroughly cleaned.
- The Varti, coated with oil, is then inserted carefully, ensuring that the thread remains outside for easy removal.
- The Varti should be kept in place until there is an urge to urinate. Once the patient feels the need to urinate, the Varti should be removed and the vagina should be washed with lukewarm water.

Indications :

Kaphaja Yonivyapada - Treated with Varti made from Yava, Saindhav, and Arka Ksheer.

Karnini Yonivyapada - Managed using Varti made from Kustha, Pippali, Arka, rock salt, and goat's urine.

Anartava (Amenorrhea) - Treated with Varti prepared from Ikshvaku, Danti, Madanphala, Kinva, Yavashooka, and Snuhiksheera.

Yoni Paichhilya (Sticky Vaginal Discharge) - Managed using Varti made from Kasis, Triphala, Sphatika, Samnga, Lajjalu, Amrasthi, and Dhatakipushpa.

Vipluta Yonivyapada - Treated with a mixture of cow or fish bile combined with honey and Kinva.

These suppositories act by delivering therapeutic agents directly to the affected area, providing targeted relief and promoting healing.

4. Yoni Lepana (Vaginal Application of Medicinal Paste) :

A fine powder of medicinal herbs is blended with water or a medicated liquid to create a paste with a smooth, uniform consistency. This paste is then applied locally to the affected area.

Types - Pradeh, Pralep, Aalep.

Duration - The paste should remain in place until it dries completely.

Patient Positioning - The patient should be positioned in a dorsal lithotomy position during the procedure.

Procedure :

1. The affected area must be thoroughly cleaned.
2. The freshly prepared paste is then applied evenly over the affected region.
3. Once the paste dries, it should be removed immediately, as prolonged contact may lead to skin irritation, causing rashes or itching.

Indications :

Yoni Arsha (Vaginal Piles) - The paste is prepared using powdered Tuttha, Gairika, Lodhra, Ela, Rasanjana, Harenu, and Pushpakasis mixed with salt and honey.

Vivrutta Yonivyapada (Prolapsed Uterus) - A paste made from powdered Palashbeeja and Udumbarphala mixed with Tila Taila and honey is applied.

Mechanism of Action :

The herbs used in Lepana are generally bitter and astringent in taste, which impart anti-inflammatory, anti-ulcer, anti-helminthic, and astringent properties. They help to remove dead tissue, improve blood circulation, and promote the growth of healthy cells, thereby strengthening the affected area. When combined with cooling agents (Sheeta Dravya), they effectively alleviate pain and burning sensations.

5. Yoni Poorana (Vaginal Packing) :

Yoni Poorana involves filling or covering the vaginal cavity with medicinal pastes, oils, or powders. Primarily, pastes (Kalkas) are used for this therapy to address inflammatory and infectious conditions.

Site of Application - Prathamavarta Yoni (Vaginal Canal).

Timing - The treatment is administered after the cessation of menstruation and continued for 7-14 days.

Patient Positioning - The patient is positioned in a dorsal lithotomy position during the procedure.

Duration - The vaginal packing should remain in place until there is an urge to urinate (Aamutra Vega).

Indications :

Mahayoni (Vaginal Prolapse) - Treated with the fat of bear, crab, or cock, medicated with herbs belonging to the Madhura (sweet) group.

Prasansini Yoni (Enhancement of Vaginal Tone) - Vesawara (minced meat mixed with medicinal drugs) is used.

Mechanism of Action :

In Mahayoni, animal fats are used because, as per Acharya Charaka's principle, "Sarvada Sarvabhavana Samanyam Vrriddhi Karnam," which suggests that similar substances promote growth. Animal fats are believed to nourish and support the regeneration of new tissues, strengthen the pelvic muscles, and are particularly beneficial in cases of uterovaginal prolapse. This choice of treatment is specific for conditions requiring enhanced tissue support and repair.

6. Yoni Dhoopana (Vaginal Fumigation with Medicinal Smoke) :

Yoni Dhoopana refers to the fumigation of the vaginal area using medicated smoke. This practice involves exposing a wound, a specific body part, or the entire body to the action of smoke or fumes for the purposes of disinfection or treatment. It is particularly used for the local cleansing and disinfection of the genital organs.

Site of Application - Prathamavarta Yoni (Vaginal Canal).

Duration - 10-15 minutes.

Procedure :

A chair with an opening in the center is used for the procedure. The patient is instructed to empty her bladder and then sit on this chair. The Dhoopana Dravya (medicinal substances for fumigation) are ignited in a fumigation apparatus positioned directly under the chair. The smoke produced from these substances must reach the external genital area.

Indications :

Yoni Kandu (Vaginal Itching) - Fumigation with Haridra and Brahati.

Shweta Pradara (Leucorrhoea) - Fumigation with Saral, Guggul, Yava, and Ghrita.

Garbh Sanga (Retention of Placenta) - Fumigation with Sarp Nirmok and Katuk Alabu.

Apra Sang (Delayed Placental Expulsion) - Fumigation using Bhoj Patra, Kachmani, Katuk Alabu, Krit Vedhana, and Sarsap.

Sutika Paricharya (Postpartum Care) - Fumigation with Kushtha, Guggulu, Agaru, and Ghrita.

Mechanism of Action :

Dhoopana raises the temperature in the vaginal area, thereby enhancing blood circulation, and providing a soothing effect that helps in alleviating pain. The drying effect of fumigation reduces excess vaginal discharge, while its antimicrobial properties aid in preventing infections. The drugs used in Garbhasanga and Apra Sang indicate their potential oxytocic properties, facilitating uterine contractions and aiding in the expulsion of retained products.

Discussion

Key Aspects of Sthanik Chikitsa in Streeroga :

1. Localized Targeting - Sthanik Chikitsa involves applying treatment directly to the affected area, such as the uterus, vagina, or external genitalia. The localized approach ensures

that the medications or procedures work where they are needed most, providing quicker relief and minimizing the chances of systemic side effects. In cases like vaginitis, leucorrhea, or pelvic inflammation, treatments like Yoni Dhavana (vaginal douche), Yoni Pichu (vaginal tampon), and Yoni Varti (vaginal suppositories) can be extremely effective.

2. Natural and Safe Remedies - Ayurvedic therapies for Sthanik Chikitsa utilize herbal formulations that have anti-inflammatory, antibacterial, and healing properties. Herbs such as Neem, Triphala, Lodhra, Guduchi, and Yashtimadhu are commonly used in these treatments. These natural remedies are gentle on the body and can be used over long periods without the risk of adverse effects often seen in modern pharmaceuticals.

3. Effective for a Range of Disorders - Sthanik Chikitsa is used to manage a variety of gynecological conditions, including:

Leucorrhea (Shweta Pradara) - Treated with Yoni Dhavana using herbal decoctions like Triphala Kashaya or Lodhra to cleanse and purify.

Vaginitis and other infections - Local applications of medicated oils or pastes reduce inflammation and kill harmful bacteria.

Menstrual Disorders - Local therapies can help regulate menstrual flow and reduce pain through the application of oils and herbal pastes.

Prolapse of the uterus - Strengthening therapies using medicated pastes and oils are applied externally to alleviate symptoms and support the pelvic muscles.

4. Synergy with Systemic Treatment:

- Sthanik Chikitsa is often combined with internal Ayurvedic treatments and lifestyle modifications. While localized treatments work directly on the reproductive organs, systemic

treatments (like internal medications) aim to balance the doshas and treat the underlying causes of the condition. This holistic approach enhances the efficacy of the treatment.

5. Minimal Invasiveness :

- Compared to conventional surgical or invasive procedures, Sthanik Chikitsa offers a gentler and non-invasive alternative for many gynecological issues. For example, using Yoni Pichu, where a medicated tampon is inserted, or Yoni Varti, where a suppository is used, can be much less intrusive than surgical interventions, with fewer complications and a quicker recovery time.

6. Restoring Balance :

- In Ayurveda, disease is seen as an imbalance in the doshas (Vata, Pitta, and Kapha). Sthanik Chikitsa not only addresses physical symptoms but also works to restore the balance of doshas in the local area. For example, excess Vata in the pelvic region might manifest as irregular menstruation or pain, which can be calmed by local application of warming and balancing oils. All the Sthanika Chikitsa methods described in this study are based on a fundamental principle: the vaginal route provides greater bioavailability than the oral route. This is because the vaginal wall is well-suited for drug absorption due to its extensive network of blood vessels.

Furthermore, the anatomical positioning of the vagina helps retain the drug, allowing it to stay in place for a longer duration and enhancing its therapeutic effect.

The medications employed in Sthanika Chikitsa exhibit various properties such as antiseptic, antimicrobial, antifungal, anti-inflammatory, and analgesic actions.

Thus, when appropriate Sthanika Chikitsa is combined with suitable drugs, it can yield highly effective results in treating gynecological disorders.

Procedures in Sthanik Chikitsa for Streeroga:

Yoni Dhavana (Vaginal Douche) - A decoction of herbs is used to wash the vaginal area to cleanse and detoxify.

Yoni Pichu (Vaginal Tampon) - A tampon soaked in medicated oil or ghee is inserted to deliver direct treatment to the vaginal walls and uterus.

Yoni Varti (Suppositories) - Herbal suppositories are inserted into the vagina to treat infections, inflammation, or pain.

Lepa (Medicated Paste) - Applied externally to reduce inflammation, pain, and swelling in cases like prolapsed uterus.

Conclusion :

Sthanika Chikitsa is as vital as Abhyantara Chikitsa in managing various gynecological disorders. A thorough understanding of all local therapies used in treating Streeroga is essential for achieving optimal patient outcomes. Ayurveda, the ancient system of medicine, has comprehensively addressed the treatment of common gynecological issues experienced by women. Modern procedures such as vaginal douching, suppositories, vaginal painting, and cauterization are contemporary adaptations of Sthanika Chikitsa techniques already detailed in Ayurvedic texts. Each form of Sthanika Chikitsa has its own significance and can yield exceptional results when applied with appropriate indications, strict aseptic measures, and meticulous care.

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