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## ROLE OF AYURVEDA STHANIKA CHIKITSA IN VARIOUS STREE ROGA

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### ABSTRACT

In Ayurvedic concept of sthanik-chikitsa (local therapies) in regards to women are Yonidhawan, Yonipichu, Yoni-dhoopan, Yoni-pariseka, Yoni-purana, Yoni-lepan and Uttarbasti and are widely being used in the management of various yonivyapadas. In present article we are discussing regarding the local therapies and their role to various diseases in stree roga

**Keywords:** Stree roga, Ayurveda, yonipichu, yoipariseka etc

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## INTRODUCTION

Ayurveda, the ancient science of life, has always focused on the nurture and maintenance of good health in an individual. The health of an individual is the end result of the total sum of the processes inside his body as well as his vicinity. A woman is very important part of society with multidimensional role in every individual's life from birth to death. Gender difference plays an important role in manifestation of disease and health outcomes. In these competitive era women are equal with her counterpart. So, to withstand and to achieve the goal she, be in the perfect health both physically and psychologically particularly in terms of reproductive health. At every stage it needs utmost care but due to responsibility of family and other social works she always neglects her health. There are many gynaecological problems which used to occur in a female during her reproductive age. Ayurveda has given different modes of treatment for these gynaecological issues like Shamana chikitsa, shodhana chikitsa and sthanik chikitsa. Sthanik chikitsa includes Yoni dhawan, Uttar basti, Yoni-pichu, Yoni-dhoopan, Yonilepan, Yoni-pariseka, Yoni-purana, Yoni-varti, Pinda chikitsa etc. These local therapies have very good results in managing stree rogas if performed wisely and accurately.

Indications Vandhyatwa- vata is the causative factor for vandhyatwa and uttarbasti suppresses vata which helps women to conceive. Also indicated in diseases of urinary bladder such as

retention of urine, dysuria, utero-vaginal prolapse, severe vaginal pain, different gynecological disorders, Asrigadara, amenorrhoea, dysmenorrhoea and other menstrual disorders and retention of placenta. [A] Uttarbasti in vaginal disorders • Vaginal infections- Vagina is more prone to bacterial and fungal infections. Jatyadi taila or Jatyadi ghrita are used in these conditions due to its bactericidal or antifungal property. • Vaginal mucosal defects- It includes changes in pH of vagina, altered vaginal secretions or inflamed vaginal walls. In case of pH variations triphala, dashmoola, panchvalkal etc. are advised as uttarbasti dravyas. To increase vaginal secretions ghrita preparations are advised as they possess snigdha and pichchhil properties while kashaya rasa dravyas are advised to decrease vaginal secretions. Nirgundi, Dashmoola, Ashwagandha are advised in case of inflammation of vaginal walls. [B] Uttarbasti in cervical disorders • Cervical erosion- Triphala Ghrita, Shatavari Ghrita, Phala Ghrita are the commonly used formulations in case of eroded cervix. Erosion with cervicitis can be managed by ropana drugs used for uttarbasti. • Cervical mucus- Less quantity of CM can be managed by using medicated ghrita having snigdha and pichchhil guna. Altered viscosity, increased cellularity etc. can be managed with jatyadi ghrita, shatavari ghrita etc. [C] Uttarbasti in endometrial condition • Uttarbasti shows very good result in different endometrial disorders. It improves quality of endometrium by direct absorption of sneha dravyas. Sneha prepared from Bruhana Dravyas helps in improving endometrial thickness. [D] Uttarbasti in tubal disorders • Tubal block- If block is

due to adhesions kshar taila uttarbasti is beneficial while if spasm is due to fibrosis Bruhana Ghritas are best. • Hydro-salphinx- Nirgundi Taila, Yashtimadhu Taila, Til Taila are used to manage this inflammatory condition.

### FEW CHIKITSA IN STREE ROGA

Some practitioners give Inj. Atropine 0.6 mg IM half an hour before the procedure.

- Patient is asked to lie on bed and lithotomy position is given.
- Painting and draping should be done. Vulva and vagina should be cleaned with savlon and betadine.
- Proper visualisation of cervix by inserting sim's speculum and anterior vaginal wall retractor.
- Catch the lip of cervix with vulsellum.
- Uterine sound is inserted to know the position and length of uterus.
- Phalaghrita is taken in 5cc syringe and IUI cannula is attached to its end.
- Cannula is inserted in uterus through cervix and slowly push the medicine in cavity with steady hand.
- Cannula and vulsellum removed.
- Pichu is placed in vagina for 2 hours.
- Speculum is removed.
- Head low position should be given to patient. Ask the patient to take rest for half an hour.
- Paschat karma-
  - Avoid travelling just after the procedure.
  - Hot water bag given to patient to keep over abdomen.
  - Light diet including soup or gruel should be given to patient in evening.
  - Tell the patient to remove pichu after 2 hours.

YONI LEPANA (Vaginal Painting) Lepameans external application. In this procedure paste of drug is applied over affected area. Paste is made by mixing fine choorna of drug with water or any other media. Types 1. Pralepa- Thin lepa 2. Pradeha-Very thick lepa 3. Alepa-Medium thick lepa Site-Prathamavart,

Breast Time limit- 3 to 4 hours or up to when lepa dries. Indications 1. Yoni shaithilya 2. Yoni Arsha 3. Vivrutta Yonivyapad 4. Stana vidradhi Procedure-
 

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

YONIVARTI (Vaginal suppository or Yoniwick) Vartis are suppositories which are made by mixing fine choorna of drugs adhesive drugs or binding agents. Time- For 2-3 hours Indications-
 

- Upapluta yonivyapad
- Kaphaja yonivyapad<sup>38</sup>
- Karnini yonivyapad<sup>39</sup>
- Anartava
- Dushta vrana
- Yonikandu, Yonishopha

 Procedure-
 

- 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.
- Autoclaved varti should be used for procedure.
- Expected part should be cleaned well.
- Before insertion varti should be smeared with oil, ghrita, honey or milk to make insertion smooth and easy.
- 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. As soon as urge of urine felt varti should be removed.
- Yoni prakshalan with lukewarm water should be done.
- Varti once used should be discarded.

YONIPURANA (Vaginal packing) In this procedure vaginal cavity is filled with powders, oils, pastes or bolus. Due to more local therapeutic action kalkas or pastes are more frequently used for this procedure. YONI PARISEKA In this procedure hot fomentation is given to all sides of vagina with the help of medicated oil or water. Site-Bahya yoni

Time period- 5-10 mints Drugs- Oil or medicated oil Indications-YoniShotha, Yonivrana, YoniPitika Procedure- • Patient should be given supine position with flexed knees. • Medicated oil or lukewarm water is poured from a height of 4-5 inch over vagina. PINDA CHIKITSA In this procedure circular paste of boiled drugs wrapped in cloth is inserted in vagina. Due to direct contact with heat this procedure is Ushna Veeryatmak. Site- Prathamavarta Time period- 3-4 hours or until frequency of micturition Procedure- • Fine powder of drugs is boiled with water, after some time oil should be added. • Proper paka should be done upto required consistency and heating should be stopped. • This hot semisolid paste is taken in a sterile cloth and tied in circular shape with thread at its upper end. • Pinda should be inserted in vagina and removed after 3-4 hours.

## CONCLUSION

Sthanik-chikitsa has its own principles and effects. It can be successfully combined with oral therapies on the basis of diagnosis of pathological status and proper examination of the drug to be used. Ayurveda strongly recommended uses of aseptic conditions for the application of Sthanik Chikitsa. Sthanik chikitsa 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, dhoometc. but the benefit of these procedures will be well shown when these procedures will be performed in a correct manner.

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