



Descriptive techniques with some classical references of Sthanik Chikitsa in Stree Roga

Dr. Swati Malsariya*¹, Dr. K. Bharathi², Dr B. Pushpalatha³

¹2nd Year M.S. Scholar, Department of PrasutiTantra and StreeRoga, National Institute of Ayurveda, Jaipur, India

²HOD and Professor, Department of PrasutiTantra and StreeRoga, National Institute of Ayurveda, Jaipur, India

³Asso. Professor, Department of PrasutiTantra and StreeRoga, National Institute of Ayurveda, Jaipur, India

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ABSTRACT: Ayurveda is an ancient science which contains many secrets related to healthy living. One of these secrets is Sthanik Chikitsa among Stree Roga. Woman constitutes society and for a healthy society health of women is very important. Reproductive health related problems among women is most neglected part of treatment, it may be due to shyness of women or may be due to male dominated society. But in Ayurvedic science, a separate therapy is described to maintain health of genitals in female called as Sthanik Chikitsa. Sthanik Chikitsa is a local therapy that is applied directly on genitals to treat any diseased conditions like abnormal vaginal discharge, vulval itching, vulval dryness, etc. So, for an Ayurvedic practitioner it is very necessary to understand proper method and techniques of Sthanik Chikitsa to serve society better. Here an attempt is made for better understandings of procedures of Sthanik Chikitsa along with some of these references for diseases found in classics.

I. INTRODUCTION

Woman is the generator of this world and men just play a part in this generation. This shows the importance of women for the continuity of the world. For the better world, generators have to be strong and healthy. So health of woman, especially reproductive health is very important for society. Women play different roles in her life cycle like as a child, as a wife, as a mother and as a grandmother. In every stage the physiology of woman's body changes mainly changes occur in reproductive organs. And her reproductive organs have to be healthy and strong at every stage for easy going of her life and to do better for the society.

For maintaining reproductive organ of a female healthy Ayurveda has a unique therapy known as Sthanik Chikitsa. Sthanik chikitsa means some treatment to be applied locally in or on

reproductive organ to combat any diseased condition. Genital organs related diseased conditions mainly arise during reproductive life, it may be due to hormonal changes, sexual acts, unhygienic conditions during or after child birth, etc. Some common conditions like vulval vaginitis, bacterial vaginosis, itching and soreness around vagina, pruritus vulva, abnormal vaginal discharge, pelvic pain, etc may arise in woman's reproductive life and even in perimenopausal life.

In Ayurveda, all genital organs related conditions come under Yoni Vyapada. In Charak Samhita¹ a separate chapter is available in Chikitsa Sthana for describing the reproductive health related conditions of woman called as Yoni Vyapada Chikitsitam. In which Acharya Charak describes nidana, lakshna, samprapti and chikitsa of twenty types of Yoni Vyapada. Acharya Sushrut² also describes twenty types of Yoni Vyapada in Yoni Vyapada Pratisheha Adhyaya of Uttar Tantra. Astanga Samgraha³, Astanga Hridaya⁴, Sharangdhara Samhita, Bhavprakash Samhita, Yogratnakar, etc. also contains description about Yoni Vyapada.

To combat all these conditions Sthanik Chikitsa is very effective. Sthanik Chikitsa includes Yoni Prakshalana, Yoni Dhawana, Yoni Dhupana, Yoni Varti, Yoni Lepana, Matra Basti Yoni Purana, Yoni Plot Dharana, etc.

Aim: To learn effective techniques of Sthanik Chikitsa in Stree Roga.

Objective:

To study the step wise procedures of Sthanik Chikitsa in detail.

To study the role of Sthanik Chikitsa in genital conditions.

II. MATERIAL AND METHOD

This is a conceptual type of study. Different references are collected from Charak Samhita, Sushrut Samhita, Vagbhatta Samhita and their commentaries. Some reference also collected from different articles published in Pubmed.

Some of the Sthanik Chikitsa (local therapy) mentioned as followed:

1. Yoni Pichu Dharana:

Yoni Pichu Dharana is also named as vaginal tampons. It is the simplest procedure of Sthanik Chikitsa. Pichu can be made by a gauze piece which can be folded having a small cotton ball inside it and tied at end. It is of 2-3 cm sized small ball having a thread along its one side it may be spherical or elongated according to its use. This Pichu should be dipped in medicated oil /liquid so that it can soak oil /liquid and then it can be used. Pichu should be autoclaved before use.

Site of application⁵: It should be placed in vaginal canal.

Step of Yoni Pichu Dharana:

1. Ask the patient to void urine before Pichu Dharana.

2. Lay down the patient on procedure table in supine position with flexed knee and Pichu is to be shown to the patient before application.
3. Medicated oil /liquid should be pre warm before soaking in Pichu. As cold oil or liquid may leads to shock in patient.
4. Soak the autoclaved Pichu with medicated oil or liquid then separate labia minora with index finger and thumb of left hand and place the pichu in the vaginal canal by right hand and thread to be left outside the vagina and made the thread felt by patients hand for its easy removal.
5. Advice the patient to lie down on bed for at least one hour.

Duration of Pichu Dharana⁵:

Yoni Pichu should be placed upto retention of urine. It should not be placed more than 3 hrs in the vagina other wise leads irritation, itching or infection.

Elimination of Pichu: Advice the patient to remove Pichu gently with clean hands by pulling thread of Pichu outside.

Some of the Classical medicines of Pichu Dharana with their indications:

Yoni kandu	Oil prepared with juice of rat meat
Vataj yoni vyapada ⁶	Guduchyadi taila, Tila taila, Dashmola kwath or ghrith
Pittajaaya yonivyapada/yoni daha	Chandana kwath, oil prepared with ushira go ghrith
Kaphaj yoni vyapada /yoni kandu	Suramand, Triphala kwath, Udumbar kwath
Sannipataja yoni vyapada	Dashmool kwath, Mundi kwath
Acharna, Paripluta, Upapluta, Vamini, Vipluta yoni vyapada	Oil medicated with decoction of Sallaki, Jingini, Jambu, Dhava and Panchvalkal
Vipluta, Upapluta yoni vyapada	Dhatkyadi taila
Maha yoni	Jatyadi taila /ghrita
Prasnsini yoni	Phala ghritha or Changeryadi ghrith
Vivrita yoni	Udambaradi taila
Navam mamsam (9 th month) Garbhaniparicharya ⁷	Madhuraushadh siddha taila

2. Yoni Prakshalana

Yoni prakshalana and yoni dhawana is also called as vaginal douching. It is a cleaning procedure of vaginal by medicated liquids, decoctions or water under aseptic precaution. Medicated fluids or water should be filled in douche pot and vaginal douching to be done with rubber catheter attached with it.

Site of Yoni Prakshalana: It is to be done inside vagina, vaginal passage, all fornixs and up to cervix or mouth of uterus^{8,9}.

Steps of Yoni Prakshalan:

1. Patient is asked to void urine before lying on procedure table.
2. Patient should lie in supine position with flexed knee on the procedure table with kellys pad.
3. Medicated liquid or water is to the lukewarm before put in douche pot. Then rubber catheter is attached to douche pot.
4. Under all aseptic conditions rubber catheter is pushed inside the vagina with gloved hand.

- At least 1lt. to 2lt. of decoction is required to clean whole vagina up to cervix.
- After completion of fluid in douche pot, patient is asked for coughing to flush out extra fluid present in vagina.
- Externally vulva is cleaned by gauze piece.

- This procedure is repeated on subsequent days.

Duration: 5 to 10 min is required for the procedure to complete. Repeat the procedure up to at least 8 days¹⁰ for complete benefits.

Some of the medicines for Yoni Prakshalana with their indication mentioned in classics¹¹:

Vataja artavadusti	Decoction of Sarala and Mudagparni
Pittaja artavadusti	Decoction of Gairika and Nimba
Kaphaja artavadusti	Decoction of Lodra and Trikatu
Yoni strava	Decoction of Triphala, Karira, Dhava, Jambu, Arka, Venu, Nimbi, Jingini
Yoni kandu	Decoction of Guduchi, Triphala and Danti
Yoni daurgandhya	Decoction of Tuvraka
Yoni daurgandhya, Yoni kleda	Decoction of Aragvadhadi group
Yoni paichhilya	Decoction of Rajavrakshadi group
Kunapgandhi artavadusti	Decoction of Triphala

3. Yoni dhupana

Yoni dhupana is fumigation of vulva and vagina with medicated disinfected smoke. A separate dhupana table is required which have a sufficient sized hole in its middle, from which smoke can be felt on vulva and vagina while sitting on it.

Site of yoni dhoopana: Yoni dhoopana is done on outer surface of vagina and whole of the vulva

Stages of yoni dhoopana:

- Patient is asked for voiding urine.

- Dhupana dravayas are lit in dhupana apparatus and placed under the dhupana table.
- Patient is allowed to sit on the table with exposing genitals over the hole of dhupana table so that smoke can touch the exposed vulva and outer vagina.
- Nadi dhupana can also be done on external genitalia.
- This procedure should be carefully performed to avoid any danger of burning of external genitalia.

Some of the medicines for Yoni dhupana with their indications mentioned in classics¹²:

Sutika Paricharya	For episiotomy wound fumigation is done with Kustha, Gugglu, Agara mixed with ghrita
Aparasanga	For retention of placenta fumigation with Bhojapatra, Kakamachi, Sarshapa, Kritavedana
Grabhsanga	For obstructed labor fumigation with Krishana sarpnirmok and Katualabu is advised.
Yoni kandu	Fumigation with Haridra and Brahtiphala
Shewet pradara	Fumigation with Sarala, Gugglu, Yava mixed with ghrita

4. Yoni varti

It is also called yoni wick or vaginal pessary. Finely powered drugs are mixed with adhesive or binding agents to form Vartis. Varti should be equal to the circumference of index finger so can be easily used.

Site of yoni vartidharana: Yoni varti should be put inside the vaginal canal. It should be autoclaved before use.

Step for yoni vartidharana:

- Patients should advised to void urine before lying in supine position with flexed knee on the procedure table
- Under the aseptic condition proper painting of vulva and vagina to be done with savlon.
- Pre dried and pre autoclaved Varti should be lubricated with oil or ghrita to avoid pricking.
- Varti should be gently placed in the vaginal canal with glove hand.

5. Varti can also be wrapped in a gauze piece before placing in vagina and a thread remains out of vagina for it easy removal.

Duration: Varti should be kept in vagina not more than 3-4- hour. After then vagina should be washed with lukewarm water

Some medication of yoni varti with their indications mentioned in classics^{13,14}:

Kaphaj Yoni vyapada	Varti prepared with powdered Yaya and Masa Varti prepared with bile of hog Varti prepared with Pippali, Masa, Maricha, Shatahwa, Kushta and Sandhava salt
Karnini Yoni Vyapada	Varti prepared with Kushta, Pippali, tip of Arka, Sandhava salt and Bastmutra
Vipluta Yoni vyapada	Varti prepared with bile of cow or fish or Kinva mixed with honey
Anartava	Varti prepared with Danti, Ishvaku, Kinva, Madanphala, Yaavshook and Snuhiksheer
Yoni Picchalya	Varti prepared with triphala, Kasis, Sphatika, Lajjala, Samaga, Dhaktipushpa and Amraasthi

5. Yoni lepana

Yoni lepana is also known as vaginal ointment. Oil, ghrita or paste of powdered drug can also be used as lepa. Lepa can be applied over the affected area and should be removed before drying.

Lepa is divided among three types on the basis of thickness:

1. **Pralepa** - It should be thin, cold and non drying.
2. **Pradeha** - It should be hot or cold, thick and non drying.
3. **Alepa** - Medium of both above lepas.

Site of Yoni Lepana: It should be applied mainly over affected area it can be vulva, vaginal walls or cervix. Lepas can also be applied over breast in breast disease.

Step of Yoni Lepana:

1. Patient should void urine before lying on procedure table in supine position and flexed knee.
2. Under all aseptic conditions proper painting to be done with savlon.
3. If powder drug is to be applied as lepa it should be mixed with water and make a proper consistency of paste.
4. Apply lepa on effected areas.
5. Lepa should be removed before drying.
6. It should be proper cleaned with lukewarm water.

Duration of yoni lepana: Yoni lepana can be applied for 10 -15 min to gain its proper benefits. If oil or ghrita is used as lepa it can be left for more than 6-8 hours.

Some medicines of Yoni Lepana with their indication in classics¹⁵:

Yoni Arsha	Powder of burnt broken earth pot mixed with Triphala and Ghrita Powder of Tutha, Garika, Lodhra, Harenuka, Pushpakasis, Rasanjana mixed with Sandhava salt and honey
Vivrita Yoni Vyapada	Powder of Makandaphala and Karpura mixed with honey Powder of Udumbarphala and Palashbeej mixed with Tila oil and honey

III. DISCUSSION

In Ayurveda sometimes Yoni is considered as whole reproductive system and sometimes considered as external genitalia. So to maintain whole reproductive system healthy and disease free health of Yoni should be properly maintained.

Vagina has a potential space to connect lower portion of uterus with the surrounding environment as it considered as bahya strotas in woman. Vagina also having unique ability to absorb or transport medications if locally applied over it, either by diffusion through the cell due to concentration gradient or by vesicular or receptor mediate transport mechanism.

So if different kind of local therapy or Sthanik Chikitsa should perform over external genitalia in proper manner it give a positive response in many disease as mentioned. Only oral medications are not sufficient for gynecological problems, proper step wise procedure to be done with all aspect measure is also necessary.

IV. CONCLUSION

Women have all rights to gain reproductive health and Ayurveda have unique therapy of Sthanik Chikitsa for maintaining genitals healthy. So every woman suffering from reproductive health problems should be treated with Sthanik Chikitsa also along with oral medication. But all kinds of Sthanik Chikitsa should be done with proper diagnose of disease, proper selection of procedure, proper aseptic condition and with experienced hand.

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