

**SHODHANA, SAMAHAN AND NIDAN PARIVARJAN FOR THE MANAGEMENT OF
STREE ROGA****Dr. Raturaj Pralhadrao More*¹, Dr. Neha N. Baxi² and Dr. Ashwini Gajanan Pahile³**^{1,2}Assistant Professor, Dept. Prasutitantra & Strirog, Dr. V J D Gramin Ayurved College, Patur, Akola, India.³Assistant Professor, Dept. Dravayaguna Vigyan, Dr. V J D Gramin Ayurved College, Patur, Akola, India.***Corresponding Author: Dr. Raturaj Pralhadrao More**

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ABSTRACT

The traditional Indian system of Ayurveda placed a significant emphasis on female health management. Various stages of a woman's life have an impact on her health; the onset of puberty and menopause are significant contributors to female health issues. Erratic menstrual cycle, physical stress, daily & dietary habits and alterations in hormone levels, etc. are play a significant role in female reproductive health issues. Ayurveda investigates a number of preventative and therapeutic measures for restoring female health. Ayurveda advocated *Shodhana & Samahan Chikitsa* along with concept of *Nidan Parivarjan* for the management of various *Stree Rogas* such as; *Vandhyatava, Pradara, Yonivyapad, Yoniroga, Granthi, Arbuda, Stana Rogas* and *Aartavavyapad*, etc.

KEYWORDS: Ayurveda, Stree Roga, Gynaecological, Nidan Parivarjan, Shodhana.**INTRODUCTION**

Ayurveda is a system of healthy living that prevents and treats various diseases to restore health. Meditation, yoga, herbal remedies and dietary adjustments, all emphasized by Ayurveda as means of treating variety of health ailments. Ayurveda portrayed multiple ways for keeping ideal health status of female, since Ayurveda considered women as pivotal pillar of society. Vitiation of the *Doshas* can result in a variety of *Stree-Roga* which primarily caused by vitiation of the *Vata dosha* along with disturbance in *Rasa Dhatus*.^[1-4]

Ayurveda described the prevention and treatment of numerous gynaecological disorders. The majority of these conditions concern the female reproductive system and menstrual cycle irregularities. The common gynaecological problems include menstrual abnormalities, uterine fibroid, infertility, uterine prolapse, uterine bleeding, white discharge and PCOD, etc. These pathological conditions involve symptoms of depression, itching, burning sensations, painful discharge and anxiety, etc.

According to Ayurveda *Aharaja* and *Viharaja* alongside *Manasika Nidana* initiates pathogenesis of *Stree Rogas*. The *Samprapti* of these diseases primarily involves the vitiation of *Rasa Dhatu* and the vitiation of *Vata* and *Kapha Doshas*. Vitiation of *Apanavata, Jataragnimandya*, vitiation of *Kledakapha, Artavakshaya* and *Artavavahasrothas Margavarodha*, etc. are the primary pathological events involved in *Stree*

Rogas. Ayurvedic approaches offering *Medhya, Tridoshahara, Vrushya* and *Balya* properties thus eases *Apana Vata Dushti* and relives many symptoms of *Stree-Roga*.^[4-7]

Samahan Therapy

According to Ayurveda *Samahan* therapy can cure both male and female infertility, resulting in conception for women. *Ashwagandha Churna* and *Kapikacchu* can treat *Vandhyatwa*. *Gokshura, Triphala Churna* and *Guduchi* is used to clear the obstructions thus enhances production of *Shukra dhatu*. *Shatavari* and *Amalaki* are helpful for balancing hormones and treat health issues associated with the female reproductive system.

Ashoka and *Dashmoola* offers medical advantages in ovulation problems. *Jeevanti* is helpful in ovarian failure and *Punarnava* based formulations used for blocked fallopian tubes and pelvic inflammatory disease.^[7-9] Ayurveda formulation offers several health advantages as depicted in **Figure 1**.

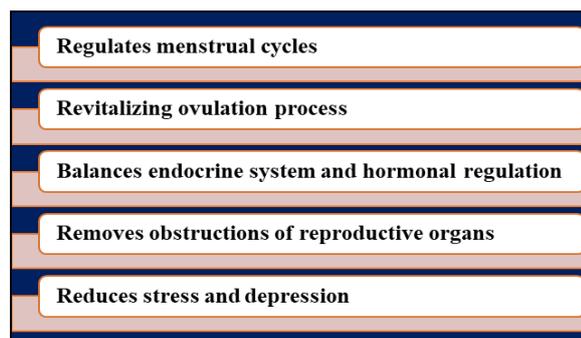


Figure 1: Health benefits of Ayurveda drugs in Stree-Roga.

Musta, *Dhataki* and *Haritaki* offers calming and reviving properties. *Lauh Bhasma*, *Swarna Bhasma*, *Abhrak Bhasma* and *Dashamoola* is used for rejuvenating effects in female. *Candraprabha vati* is used for anti-inflammatory effect and helps to boost general strength. The formulation known as *Dadimadi ghrita* is used to treat conditions that affect the female reproductive system and pregnancy. *Darvyadi kwatha churna* is prescribed for leucorrhoea, this medication is thought to be helpful for menstrual problems and regulates the body's hormonal balance.

Leucorrhoea, burning sensation and urinary tract infections are relieved by *Goksuradi gugglu*. This formulation stimulates the uterus and treats various menstrual issues. *Kamadudha rasa* helps to relieve excessive menstrual flow, detoxifies blood and imparts anti-inflammatory properties.

Mukta Pisti, *Kapardika Bhasma*, *Pravala Pisti*, *Guduchi Satva* and *Sanka Bhasma* help to maintain body's normal physiological functions. *Ksirabala taila* is recommended for menstrual disorders because it reduces pain, alleviates inflammatory symptoms and increases blood flow, etc. *Laghu malini vasanta rasa* works on *Rasarakta* Dhatu, it treats excessive vaginal discharge, and imparts *Jwaranashak* and *Garbha Sthapak* properties. *Pradarantaka lauha* is helpful for excessive vaginal discharge, white discharge and pain, it relieves abnormal discharge and considered helpful for pelvic pain.

Saptasara kwatha churna is helpful for dysmenorrhoea, it has diuretic and carminative properties. *Sukumara ghrita* is used to treat genital pain, it is an essential nutrient for menstrual health, helps the reproductive system to function better and regulates hormonal balances, etc. *Trayodasanga guggulu* is helpful for disorders of the female genital tract. *Gokshura*, *Shatavari* and *Guggul*, etc. strengthen the nerves and joints, relieves symptoms of pain and fever, etc.^[9-11]

Shodhana chikitsa

Ayurvedic treatments like *Abhyanga*, *Nasya*, *Basti* and *Shirodhara*, etc. are also recommended to treat *Stree-Roga*. *Shodhana chikitsa* advises for non-ovulatory

cycles and uterine hostility. *Basti* is recommended to eliminate local disorders, increase the genital tract's receptivity to sperm entry and clear passageways, etc.

- *Shodhana karma* and *Asthapana basti* advised for *Nastartava*.
- *Virechana karma* helps to cure *Asrugdara*.
- *Shirovirechana* followed by *Dhuma*, *Kavala* and *Gandusha* are recommended for *Sthana Vidhridi*.

Vamana eliminates *Kapha* poisons amassed in the body, *Kaphaj* transcendent *Artava dushti* might be treated with *Vaman Karma*, *Shodhana karma* leads production of *Soumya Dhatu* and *Agneya Dhatu vruddhi* thus expands *Artava matra*.

Virechana purifies the blood, eliminates toxins and removes excess *Pitta*. *Yoni dosha* influenced by *Dushan Rakta*, *Artava* and vitiated *Pitta dosha* can be treated easily with the help of *Virechana Karma*. *Virechana Karma* calms these aggravating factors and slows down the progression of *Stree-Roga*. *Virechana Karma* offers gainful impact in *Pittaja Yonidosha*.

Basti cured *Dravya* given through *Adhomarga*, this therapy considered helpful for vitiated *Vata dosha*, pacify *Dushan* of *Rakta* and corrects disturbances associated with *Artava*. *Basti Karma* calms agitated *Vata* and slowing the progression of disease. *Basti karma* provides relief in gynaecological disorders associated with vitiated *Vata dosha*.

Yonidhawana (vaginal cleaning) helps to clean vaginal pathways and clears opening of uterus. *Kwatha*, oil and pure water, etc. can be used for *Yonidhawana* purpose. This therapy indicated for *Yoni Strava*, *Yoni Kandu*, *Yoni Kleda* and *Yoni Arsha*, etc.

Yonidhupan (fumigation of vaginal region) used to disinfect *Bhaya yoni*, this therapy indicated for *Yoni Kandu*, *Shweta Pradara* and *Garbha Sanga*, etc. *Nimbapatra*, *Guggul*, *Kushta*, *Vacha* and *Vidang*, etc. are mainly used for fumigating *Yoni*.^[8-11]

Nidan Parivarjan

One should avoid followings

- ✓ *Viruddha Anna*
- ✓ *Guru & Sheetal Jala*
- ✓ *Ratri-Jagaran*
- ✓ *Vegadharan*
- ✓ Excessive sexual activities or immature sexual intercourse

CONCLUSION

Yoni Paicchilya, *Yoni Arsha*, *Yoni Kandu*, *Yoni Kleda* and *Yoni Strava*, etc. are typical issues associated with female reproductive system and comes under the heading of *Stree Rogas*. In the pathogenesis of *Stree Rogas*, *Viharaja*, *Aharaja* and *Manasika Nidana* are the triggering factors. Vitiating of *Vata Dosha*, *Rasa Dhatu Dushti* and *Margavarodha* are major pathological issues

associated with *Stree Roga*. Modern science also described various gynaecological disorders which includes heavy bleeding, uterine prolapse, white discharge, PCOD, uterine fibroid and infertility, etc. *Shatavari, Guduchi, Guggul, Triphala* and *Ashwagandha* are some natural drugs that help in the management of *Stree Rogas*. Similarly Ayurvedic *Shodhana chikitsa* like *Nasya, Basti, Shirodhara* and *Abhyanga*, etc. also recommended to prevent and treat *Stree-Roga* along with the Ayurveda concept of *Nidan Parivarjan* that helps to avoid etiological factors responsible for gynaecological manifestations.

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