**SHODHANA CHIKITSA TOWARDS THE MANAGEMENT OF STREE ROGA W.S.R. TO YONI DOSHA**

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**ABSTRACT**

The maintenance of health of individual is prime concern of medical science & ayurveda, the good health status of woman help to make healthy nation. Recently medical science greatly emphasized health concern of pregnant women since good health status of pregnant women also affect health of new born baby. There are various diseases related to female genital organs (stree roga) & ayurveda mentioned various approaches towards the management of such types of stree roga. The diseases affecting female genital tract mainly occurs due to the unhygienic condition and Shodhna Chikitsa offers beneficial effects in these conditions. This article presented role of shodhana karma in the management of stree roga.

**KEYWORDS:** Ayurveda, Stree Roga, Shodhna Chikitsa, Panchakarma.

**INTRODUCTION**

The most of the female related diseases belongs from the disturbed functioning of genital tract. Stree considered as Apathyamula and ayurveda recommended that keeping Shuddha Yoni and Shuddha Garbhashaya help to prevent prevalence of common female disorders. Yoni vyapad, Aartava vyapad & Asrugdara etc. are diseases related to the gynaecological conditions. Ayurveda mentioned that purification therapy (Shodhana karma) help to pacify these aggravated factors and thus reduces disease progression. Virechana karma offer beneficial effects in pittaja yonisosa. Vasti karma also offer relief in vata dosha associated with gynecological disorders.

**SHODHANA CHIKITSA FOR STREE ROGA**

Vitiation of vata & pitta dosha along with dushana of raktha and artava are major factors associated with yonisosa. Shodhana karma help to pacify these aggravated factors and thus reduces disease progression. Virechana karma offer beneficial effects in pittaja yonisosa. Vasti karma also offer relief in vata dosha associated with gynecological disorders.

**Yoni Vyapad chikitsa sutra**

These help to pacify Vatadosha, thus act as Vatadoshahara chikitsa, Yoni Vyapad chikitsa sutra may involves:

- Snehana, swedana followed by vamana.
- sthanika chikitsa; Uttara basti.
- Kleibya chikitsa; Shukrartava dosha chikitsa.
- Garbhini pratiroga chikitsa; Moodha garbha chikitsa.

Yoni vyapad mainly involves vitiation of vata dosha & described shodhana karma pacifies vitiated vata & help to eradicate pathogenesis of disease. Snehana & svedana followed by uttara basti correct vitiated dosha or eliminate them.

**Artava vyapad chikitsa sutra**

These types of therapy mainly involve local application of medication as sthanika chikitsa:

- Yoni pichu, kalka dharana and uttara basti etc.
- Sthanika chikitsa such as basti offer relief in disease symptoms, kaphha predominant artava dusti may be treated with vamana karma. Jeevanyadi, mustadi

**Figure 1: Stree roga.**
yapana vasti and sahacharadi yapana vasti offer relief in disease symptoms.

**Artava kshaya chikitsa sutra**

Used as Samshodhana karma & for internal purification:
- Srotoshodhana, vanama and pravartana karma.

The disease involves irregular menstrual cycles associated with reduced menstruation flow. Shodhana karma followed by agneya dravya prayoga offers beneficial effects in disease condition. Vamana also recommended for same it offer soumya dhatu nirharana and agneya dhatu vriddi thus increases artava maitra.

**Asrugdara chikitsa sutra**
- Niruha basti & Virechana karma help to cure asrugdara.

The disease condition involves excessive excretion of the artava during menstrual due to vitiation of rasa and pitta dosha. Vitiated raktha discharged from garbhashaya in excess as artava. Therefore treatment approach involves pacifying pitta & rakt, Virechana karma followed by vasti is recommended for same.

**Vandhyatva chikitsa sutra**
- Snehana, vamana, asthapana basti, anuvasana basti and virechana karma recommended for Vandhyatva along with Taila and masha sevana.

**REFERENCES**