

**SHODHNA 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 manage various *Stree roga* related to the unhygienic conditions. *Shodhana karma* helps to maintain clean condition, remove toxins and pacify aggravated *doshas* thus reduces pathological progression of various *Stree roga* related to the unhygienic conditions of genital tract. Literature study revealed that the *Shodhana karma* along with *Shamana* and *Sthanika chikitsa* offer significant improvement in symptoms of female disorders.<sup>[1-5]</sup>

**SHODHANA CHIKITSA FOR STREE ROGA**

Vitiation of *vata* & *pitta dosha* along with *dushana* of *raktha* and *artava* are major factors associated with *yonidosha*. *Shodhana karma* help to pacify these aggravated factors and thus reduces disease progression. *Virechana karma* offer beneficial effects in *pittaja yonidosha*. *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, *kaphaja* predominant *artava dusti* may be treated with *vamana karma*. *Jeevanyadi*, *mustadi*

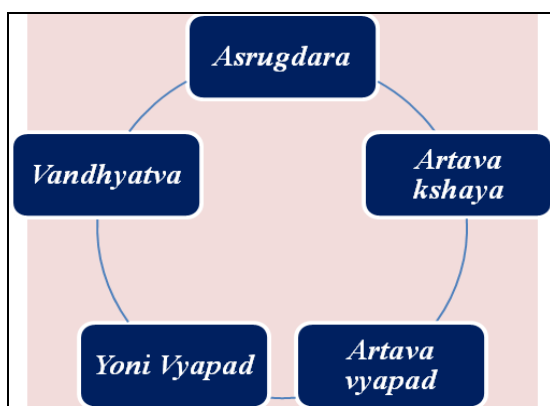


Figure 1: *Stree roga*.

*yapana vasti* and *sahacharadi yapana vasti* offer relief in disease symptoms.

#### **Artava kshaya chikitsa sutra**

Used as *Samshodhana karma* & for internal purification:

➤ *Srotoshodhana, vamana* 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 vriddhi* thus increases *artava matra*.

#### **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* & *raktha*, *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*.

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