

CONDUCTION OF GOOD LIFE STYLE FOR THE MANAGEMENT OF *STREE ROGA*Dr. Muralidhar S. Kharode*¹ and Dr. Madhuri R. Bhojar²¹Associate Professor & HOD, Dept. of Prasutitantra and Stree Rog, Shri Gurudeo Ayurvedic College, Gurukunj Ashram Mozari Amravati, Maharashtra, India.²Asst. Professor, Dept. of Prasutitantra and Stree Rog, Shri Gurudeo Ayurvedic College, Gurukunj Ashram Mozari Amravati, Maharashtra, India.***Corresponding Author: Dr. Muralidhar S. Kharode**

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ABSTRACT

The prime concern of medical science & ayurveda is to maintain health of each and every individual using concept of traditional sciences based on natural logical reasoning. The health of women also now considered as major motive to be achieve since healthy women resembles healthy nation. There are various diseases which only occur in female considered as *stree roga*; mainly related to the female genital organs. Ayurveda described various approaches towards the management of *stree roga* such as; conduction of balanced life style, *Shodhna Chikitsa* and use of drugs. This article presented role of ayurveda concept in the management of *stree roga*.

KEYWORDS: Ayurveda, stree roga, garbhini, dosha.

INTRODUCTION

The medical sciences seek great attention towards the health status of women; especially pregnant women since it also affect health of new born baby. The disorders belong from female origin considered as *stree roga*; mainly arises due to the disturbed functioning of genital tract. *Yoni vyapad*, *Aartava vyapad* & *Asrugdara* etc. are some pathological conditions related to the female genital tract. Ayurveda recommended that the conduction of balanced life style (diet & exercise), *Shodhana karma* and use of drugs help to manage various *Stree roga*. The ayurveda approaches towards the management of *stree roga* lies around to maintain hygienic conditions, removing toxins and pacifying aggravated *doshas*.^[1-3]

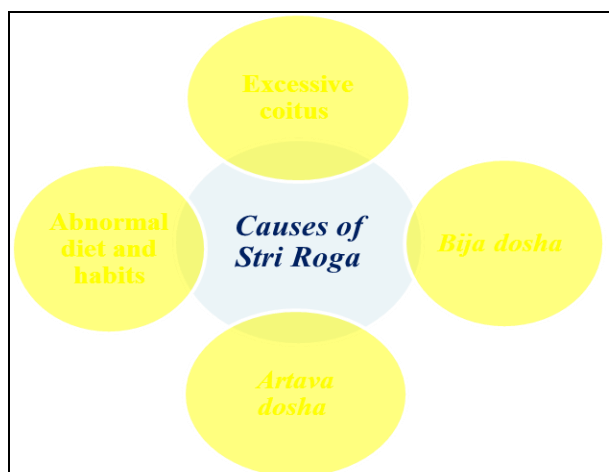


Figure 1: Major Causes of Gynecological Diseases.

Doshic Imbalance during Pregnancy and its Management

The *Garbhini paricharya* is one of the important aspects related to the women health care management. Various *doshic* imbalances take places during this period which may causes pathological manifestation. Aggravated *Vata dosha* may cause constipation & anxiety, vitiated *Pitta dosha* may causes heartburn & indigestion while vitiated *Kapha* may causes congestion and infections.^[4-5] Ayurveda recommended dietary and *yogic* consideration to manage *Doshic* imbalance during pregnancy:

Dietary consideration

- Ayurveda recommended light & nutritional diet during pregnancy.
- Hot, spicy and unhygienic *ahara* should be avoided.
- Milks, ghee, butter, rice, fruits and leafy vegetables control *doshic* balance during pregnancy.
- *Draksha*, *khajoor*, *manooka* and *vidari* along with milk pacify *dosha* in initial stage of pregnancy.
- Sweet along with milk, honey and *ghee* offer beneficial effects in first trimester of pregnancy.
- Rice with milk or *ghee*, liquid diet and dry fruits helps to pacify *pitta* and offer benefits in last trimester of pregnancy.

Yogic consideration and recommended physical activities

- Extensive exercise should be avoided.
- Mild *Abhyanga* recommended.

- Yoga under supervision specified to pregnant women.
- *Pranayama*; inhalation and exhalation into two parts.
- Early morning walk after lunch & dinner.
- Application of lukewarm water recommended.
- Stressed posture and tight knot over the abdomen need to be avoided.

Shodhna and Sthanika Chikitsa for Stree Roga

Shuddha Yoni and *Shuddha Garbhashaya* help to manage common female disorders and this can be achieved using *Shodhana karma*. *Shodhana karma* along with *Shamana* and *Sthanika chikitsa* help to manage *Stree roga* which may occur due to the unhygienic conditions. *Shodhana karma* removes toxins & help to pacify aggravated *doshas* thus reduces unhygienic conditions of genital tract. *Virechana* and *Vasti karma* offer beneficial effects in *pittaja yonidosha* & *vataja yonidosha* respectively.

Sthanika chikitsa such as; *Yoni pichu*, *kalka dharana* and *uttara basti* offer relief in *kaphaja* predominant disease. *Jeevantiyadi* and *sahacharadi yapana vasti* also help to manage various gynecological disorders. *Samshodhana karma* such as; *Artava kshaya chikitsa* offers internal purification. *Vamana karma* offer *soumya dhatu nirharana* and *agneya dhatu vriddhi* thus offer relief in *artava*. *Asrugdara* may be treated using *Niruha basti* & *Virechana karma* since these approaches help to pacify *pitta* & *raktha*. *Snehana*, *asthapana basti*, *anuvasana basti* and *virechana karma* offer beneficial effects in *Vandhyatva*.^[6-8]

➤ **Yonidhawana as Shodhna & Sthanika Chikitsa for Stree Roga**

Yonidhawana means *Dhawana karma* of *yonis* it is considered as *prakshalana*. It helps to clean *yonis* and prevent unhygienic infections to the *yonis* part. It is performed in *Prathamavarta* with water or *Kwatha* or *Kshirpaka*. It offers significant relief in conditions such as; *Kaphaja Artava Dushti*, *Yoni Srava*, *Yoni Kleda*, *Yoni Kandu* & *Yoni Arsha*.

➤ **Uttarbasti**

Basti means insertion of medicament into cavity, *Uttarbasti* given through *uttarmarga*; either above or in front part of vaginal cavity. It offers relief in dysuria, vaginal pain, *yonivyapada*, *Asrigadara*, *ammenorrhoea* and *dysenorrhoea*.

➤ **Yoni Pichu**

Pichu means insertion of *tampoons* soaked in medicinal liquid into vaginal cavity. *Yoni pichu* improves musculature of vaginal canal. *Yonikandu*, *Shweta Pradar*, *Apara Sanga*, *Garbha Sanga*, *Upapluta*, *Yonivyapad* & *Raktagulma*.

➤ **Yonidhupan**

Yonidhupan involve use of medicated smoke to offer disinfected effect in vaginal cavity. It is done in *Bahya Yoni*. *Yonidhupan* mainly indicated in conditions such as; *Yonikandu*, *Shweta Pradar*, *Apara Sanga*, *Garbha Sanga*, *Upapluta Yonivyapad*, *Sutika Paricharya* and *Santati Pratibandhak*. *Kushta*, *Agaru*, *Guggul*, *Vidanga*, *Vacha* & *Nimbapatra* are some common *dhupan* drugs.

➤ **Yoni Lepana**

Lepas means external application of medicaments as paste around the affected area of vagina. It is done locally in *Prathamavarta* and breast mainly employed for the management of *Vivrutta Yonivyapada* & *Yoni Arsha*.

➤ **Yonivarti**

Yonivarti means use of suppositories made by medicaments along with some binding agents. It is mainly employed for the management of *Acharana Yonivyapad*, *Yonishopha*, *Yonikleda*, *Yoni paichilya*, *Kaphaja Yonivyapada*, *Yonikandu* & *Anartava*.

➤ **Yoni Puran**

Yonipurana involves filling of vaginal cavity using powders, pastes & medicated oils. It offers local therapeutic action. This therapy employed when large amount of drug needs to be employed for longer duration of time.

➤ **Yoni Parishek**

It involves use of hot fomentation with the help of medicated oil around external parts of vagina (*BahyaYoni*), it is mainly employed for the management of *YoniVrana*, *YoniPitika* & *YoniShotha*.

➤ **Pinda Chikitsa**

Pinda Chikitsa means insertion of boiled paste of drugs wrapped in the cloth into vagina. It offers *Ushna Veeryatmak* effects around *Prathamavarta*, mainly employed for acute local therapeutic relief.^[7-8]

PATHYA

Ahaar: *Shali*, *Hingu*, *Kshar* & *Mansa Rasa*.

Vihar: *Snehapan*, *Swedan* & *Snehan*.

APATHYA

❖ **Ahaar:** *Viruddha Anna*, *Guru*, *Sheetal Jal* & *Visthambhi*

❖ **Vihar:** *Ratri-Jagaran*, *Vegadharan* & *Ati-Shrama*.

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