

**GENERAL PERSPECTIVE ON STREE ROGAS; PATHOLOGICAL FACTORS AND  
AYURVEDA CHIKITSA**

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**ABSTRACT**

The traditional Indian system of health management Ayurveda considered health of woman as prime focus of society. It is believed that at different age of life cycle a female has to face many health events mainly due to the puberty and menopause. The menstrual cycle, hormonal changes and diversified physical stress including sexual activities affects health of genital organs/reproductive system of female therefore prevalence of such types of disorders are very common in women. Gynaecological disorders seeking attentions of medical practitioner towards the finding of new approaches for the management of such types of health issues. Ayurveda also described Gynaecological disorders and their management, present article dealt with some ayurveda perspective of Gynaecological disorders.

**KEYWORDS:** Ayurveda, Gynaecological disorders, Yoni vyapad, Stree Rogas.

**INTRODUCTION**

The disorders related to female reproductive system mainly comes under category of *Yoni vyapad* as per ayurveda. Ayurveda *Acharyas* mentioned causes, symptoms and management of *Stree Rogas* including *Sthanik Chikitsa* as depicted in **figure 1**. Modern science also described various *Stree Rogas* as Gynaecological disorders such as; uterine bleeding, uterine prolapse, PCOD, white discharge, uterine fibroid, menstrual problems and infertility, etc.



**Figure 1: Various approaches of Sthanik Chikitsa utilize for the management of Yoni vyapad.**

The *Samprapti* of such disease involves vitiation of *Dosha*, mainly *Vata & Kapha Doshas* vitiated in female genital problems, vitiation of *Rasa Dhatu* also leads many *Stree Rogas* including *Artavakshaya*. *Viharaja*, *Aharaja* and *Manasika* factors can initiate pathogenesis of *Stree Rogas*. There are various pathological events that take places during the female genital diseases; these pathological factors of Gynaecological disorders are as follows:

- *Jataragnimandya*
- Vitiated *Apanavata*
- Vitiation of *Samara Vata*
- Vitiation of *Pachaka Pitta*
- Aggravation of *Kledakakapha*
- *Dhatavagnimandya*
- *Margavarodha* in *Artavavahasrothas*
- *Artavakshaya*
- *Abhigataja*

Some common *Stree Rogas* as per ayurveda are as follows:

- ✚ *Yoni Kandu*
- ✚ *Kaphaja Artava Dushti*

- ✚ Yoni Strava
- ✚ Yoni Kleda
- ✚ Yoni Paicchilya
- ✚ Yoni Arsha

### Symptoms of common Stree Rogas

- Alpaartavadarshana
- Yonivedana & Vibandha
- Oligomenorrhoea and hypomeorrhoea
- Aruchi & Anidra
- Depression and anxiety
- Itching and burning sensations around genital organ
- Lack of sexual desire
- Painful discharge, etc.

### Chikitsa

*Samshodhana* and *Sameshamana Chikitsa* which helps in *Samprapti Vighatana* of *Stree Rogas*; *Panchakarma* can be used as *Samashodhana Chikitsa*, *Samshamana Chikitsa* involves use of herbs and ayurveda formulations.

### Samashodhana Chikitsa

*Shodhana* therapy open blocked channels, regularizes circulations, boost hormonal activities and removes aggravated *Doshas*.

*Mridu panchakarma* can be performed in following specific conditions:

- ❖ When *Stree Rogas* involves predominance of *Kapha Prakopa* the *Vamana* can be recommended.
- ❖ *Virechana* can be performed when *Vata* is predominant.
- ❖ *Basti* recommend as *Sthanik Chikitsa* when *Vata* is predominant, *Yoga basti*, *Matra basti* and *Uttarbasti* can be performed.
- ❖ *Pittaj Yonivyapad* can be relief using *Basti* with milk
- ❖ *Sneha Basti* can be used for *Vipluta Yonivyapad*
- ❖ It is suggested to use *Tail Anuvasana Basti* for *Sphotayukata Yoni*

### Shamana Chikitsa

*Vata Shaman* is mainly recommended for the management of common *Stree Rogas* due to the major involvement of *Vata Dosh* in pathogenesis of such diseases. The drugs used in *Shamana Chikitsa* of *Stree Rogas* helps to pacify *Doshas*, removes *Ama*, improves digestion, empower *Dhatu* especially *Rasa* and maintain nutritional supply:

- ❖ *Agneya Dravyas* like; *Tila*, *Sura*, *Kulattha*, *Amla*, *Kanji* and *Shukta* etc. can be recommended in *Avarodha* of genital pathways.
- ❖ *Dashmoolarishta*, *Rajapravartini vati*, *Kumariasava*, *Rajapravartini vati* and *Shatavari ghrita* can be used for the management of menstrual disorders.
- ❖ Natural supplements such as; *Khajoor*, *Draksha* and *Manooka* with milk help during pregnancy.
- ❖ Drugs which provides mineral supplements, control hormonal activities and optimizes process of metabolism recommended during menstrual period.

### Recommended exercise or daily regimen/Vihara

- Extensive physical exercise need to be avoided.
- Excessive sexual intercourse during disease condition should be avoided.
- *Yoga* specified to particular *Vyapad* under supervision recommended.
- Morning walk along with *Pranayama* in morning should perform.
- Consumption of junk food/spicy or excessively salty diet not recommended.
- Late night awakening and sleeping day time should be avoided.
- Smoking and drinking can affect sexual life.
- Anger, grief and anxiety need to keep away to maintain reproductive health.

### CONCLUSION

Ayurveda considered many health Gynaecological disorders along with their treatment and preventive measures. The vitiation of *Vata & Kapha Doshas* along with diminish state of *Dhatu* are major pathological events involves in female genital problems. *Viharaja*, *Aharaja* and *Manasika* factors can initiate pathogenesis of *Stree Rogas*. *Samshodhana* and *Sameshamana Chikitsa* helps in the management of *Stree Rogas*. *Panchakarma* can be used as *Samashodhana Chikitsa* while *Samshamana Chikitsa* involves use of herbs and ayurveda formulations. The conduction of disciplinary dietary and daily regimen also recommended to control prevalence of such disorders.

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