

CONSIDERATION OF *STREE ROGA* AS PER AYURVEDA W.S.R. TO GENITAL
PROLAPSES: A REVIEWDr. Neeta N. Harale*¹, Dr. Deepak Yashwantrao Dhoke²¹Asso. Professor & HOD, Strirog & Prasutantra Dept., Ayurved Mahavidyalaya, Washim Road, Pusad, Tal. Pusad, Dist- Yeotmal, India.²Professor & HOD, Rasashastra & Bhaishajya Kalpana Dept, R.N. Lahoti Ayurved College, Hospital & Research Institute, Sultanpur, Tal. Lonar, Dist-Buldhana 443307, India.

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ABSTRACT

Ayurveda the Indian classical science of well being focuses to maintain health of mankind and it encompasses several aspects related to female disorders and their management. The practice based logical reasoning help to establishes basic principles and therapies of ayurveda which not only provides support towards the management of diseases but also enlighten pathway to remain away from diseased conditions. The health problems mainly related to female genital organs or reproductive system are considered as Stree Roga. "Genital Prolapses" is one such type of pathological condition which involves unfavorable displacement or expansion of female genital organs leading to discomfort and other severe health consequences.

KEYWORDS: Ayurveda, Stree Roga, Genital Prolapses, Phalini Yoni Vyapad, Andini Yoni Vyapad.

INTRODUCTION

The medical fraternity of whole world paid great attention towards the health maintenance of women since healthy women not only manages home but also contributes greatly towards the establishment of society and nation. The disease related to female comes under category of *Stree roga* as per ayurveda and such types of disorders mainly occurs due to the disturbed functioning of female genital tract or reproductive elements. The displacement or unfavorable expansion of female genital organs brings pathological events inside the body and such types of conditions termed as "Genital Prolapses". The vagina, rectum and uterus, etc. are major organs which may get affected by Genital Prolapses commonly. *Andini Yoni Vyapad*, *Phalini Yoni Vyapad*, *Prasramsini Yoni Vyapad* and *Mahayoni* etc. are the conditions involving prolapsed state of genital organs. Table 1 correlates some prolapsed *Yoni vyapad* as per Ayurveda with sciences.

The causes of such types of disorders are as follows:

- ❖ *Mithya achara*
- ❖ *Pradusta artava*
- ❖ *Dukha Prasava*
- ❖ *Abhighata*
- ❖ Immature pregnancy
- ❖ Surgical intervention
- ❖ Lifting of heavy object
- ❖ Chronic coughing for continuous long period
- ❖ Genetic or hereditary defects

Ayurveda mentioned various modalities towards the management of Genital Prolapses like; *Shodhna Chikitsa*, use of drugs, conduction of balanced life style and *Yoga*.

The basic approaches towards the management of genital prolapses involves following goal:

- To increase laxity of genital organs
- To relieve pain
- To strengthen muscles of prolapsed parts
- To pacify vitiated *Doshas & Dhatu*
- To relaxes pelvic tissues
- To avoid suppression of urges of urination & defecation
- To normalizes *Vata Dosha*

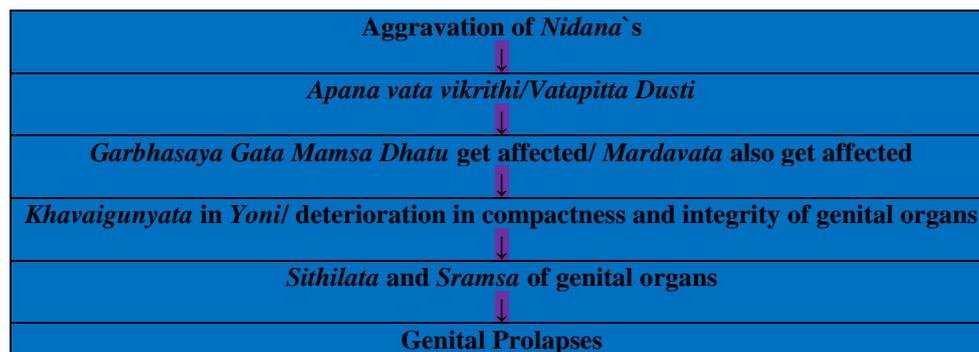
Table 1: Some prolapsed Yoni vyapad and their modern sciences correlation.

S. No.	Prolapsed Yoni vyapad	Modern terminology
1	Prasramsini Yoni vyapad	Uterine prolapsed
2	Phalini & Andini	Cystocele & Rectocele
3	Maha yoni	Procedentia
4	Antharmukhi	Retroflexed Uterus

Symptoms of prolapsed Genital Prolapses

- Vivruthatva of Yoni
- Shula in Parva
- Dysparunia
- Bladder retention

- Problem or pain during movement/change in posture
- Feeling of heaviness in pelvic region
- Painful excretion of urine
- Painful sexual intercourse

Pathogenesis of Genital Prolapses**Types of genital Prolapse**

- Cystourethrocele
- Urethrocele
- Enterocele
- Cystocele
- Rectocele

Chikitsa

- It is recommended to use *Dosapratyanika Chikitsa* which helps to pacify *Vata dosha*.
- *Snehana*, *Swedana* along with *Sthanika chikitsa* can offers beneficial effects.
- It is also suggested to perform *Abhynga*, *Prasramsini chikitsa* and *Yonipurna* for the management of prolapsed *Yoni*.
- Gentle massage helps to pushed back protuberant *Yoni*.
- Surgical interventions can performed for conditions like; cystocele and uterovaginal prolapsed.
- Herbal remedies such as; *Ashwagandha*, *Bala*, *Amala* and *Ashoka* help to strengthen muscle, suppress chronic cough, reduces constipation and alleviate urinary retention therefore control progress of prolapse.
- One should not lift heavy object
- Avoidance of heavy exercise and physical exertion
- Excessive sexual intercourse for long time that causes pain and discomfort.

CONCLUSION

Stree roga as per ayurveda are disorders related to disturbed functioning of female genital organs. Genital

Prolapses are one such types of conditions involves displacement or unfavorable expansion of female genital organs. *Andini Yoni Vyapad*, *Phalini Yoni Vyapad* and *Prasramsini Yoni*, etc. are conditions comes under such category. Ayurveda mentioned different approaches for the management of Genital Prolapses including *Shodhna Chikitsa*, Ayurveda herbs & formulation along with good conduction of life style and avoidance of causative factors.

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