

REVIEW ON STHANIK CHIKITSA IN STREEROGA

Dr. Priyanka Marotrao Wankhede*¹, Dr. Amol A. Havale² and Dr. Jayashri S. Deshmukh³¹PG Scholar Department of Prasutitantra and Streerog, C.S.M.S.S. Ayurved Mahavidyalaya, Kanchanvadi, Aurangabad.²Associate Professor and Guide Department of Prasutitantra and Streerog, C.S.M.S.S. Ayurved Mahavidyalaya, Kanchanvadi, Aurangabad.³Professor and H.O.D. Department of Prasutitantra and Streerog, C.S.M.S.S. Ayurved Mahavidyalaya, Kanchanvadi, Aurangabad.***Corresponding Author: Dr. Priyanka Marotrao Wankhede**

PG Scholar Department of Prasutitantra and Streerog, C.S.M.S.S. Ayurved Mahavidyalaya, Kanchanvadi, Aurangabad.

Article Received on 03/08/2021

Article Revised on 24/08/2021

Article Accepted on 14/09/2021

ABSTRACT

Healthy status of women is very much needed for society. In today's fast and competitive world, there is change in the lifestyle of women which leads to their physical and mental stress, women mostly get affected by this environment and are prone to Gynaecological problems like vulval itching, white discharge, burning micturition, dyspareunia and vaginal infections. In Ayurveda many local therapies i.e Sthanika Chikitsa are described for the management of common gynecological disorders. These local therapies basically play an important role in the Disorders of TryavartaYoni. Sthanik Chikitsa preferably includes Yonidhawan (Douche of vagina), Yoni-Pichu (Tamponing per vaginum), Yoni Dhoopan (Fumigation of vagina), Yoni-Varti (Vaginal suppository), Yoni-Lepana (Vaginal painting), Yonipuran (Vaginal packing), Yoni Parisheka, Pinda Chikitsa, Uttarbasti (Medicated oil or decoction is pushed into the uterine cavity through vagina), Agnikarma (Cauterization) and Ksharakarma (Chemical cauterization) etc. In the conceptual study all these local therapies are revised through ancient Samhitas, and these therapies are reviewed with their meanings, indications, procedures, application site. The main intent behind it is to motivate most of the Ayurveda gynecologists for the use of Sthanika Chikitsa in day to day practice by providing them all the information in brief.

KEYWORD: Sthanik Chikitsa, Ayurveda, Yonivyapad, Streerog.

INTRODUCTION

A woman undergoes various physical and physiological changes during her reproductive period i.e. from menarche (onset of menstruation) to menopause (Cessation of menstruation). Awareness and management of these changes are necessary for a woman to remain healthy. Ayurveda has explained woman health and discussed different gynecological disorders under the common heading of Yonivyapada.

These Sthanik chikitsa (local therapies) basically play an important role in the disorders of TryavartaYoni. Sthanik Chikitsa preferably includes Yonidhawan (Douche of vagina), Yoni-Pichudharan (tampon soaked in medicated oil or liquid is placed into the vagina), Yoni-Dhupan (Fumigation of vagina, with medicated smoke), Yoni-Varti (Insertion of medicated wick into the vagina), Yoni-Puran (vaginal packing), Yoni-Lepana (vaginal painting), Yoni-Parisheka, Pinda Chikitsa Uttarbasti (Medicated oil or decoction is pushed into the

uterine cavity through vagina), Ksharakarma, Agnikarma etc.

These are certain procedures mentioned in Ayurvedic text to treat various medical and surgical illnesses of the female reproductive tract. Although it is more of local treatment but their effect is systemic and capable of preventing complications of diseases consequently these are parasurgical because it doesn't involve the sharp instrument it helps to avoid impending major surgery consequently to diseases.

OBJECTIVES

1. To study Sthanik Chikitsa from various Ayurvedic texts.
2. To motivate most of the Ayurveda gynecologists for the use of Sthanika Chikitsa in day to day practice by providing them all the information in brief.

1. YONI DHAWANA: (Douching per vaginum)

Dhawana means cleaning of wound with water or any other medicated preparations. Yoni Dhawana is a

procedure of cleaning vagina and vaginal passage with Kwath or any other liquid.^[1]

Application Site- Prathamavarta(Vagina).^[2]

Duration – 8^[2]

Time of administration- Rutukala (from 6th to 13th Day of menstrual cycle)

Time limit- 1 to 1.5 min.^[2]

Drugs used in the form of- Kwatha (Decoction), Oil, Kshirpaka (Medicated milk), Siddhjala (Medicated water).

Indications

1. Yoni Srava – Yoni Dhawana with decoction of Triphala.^[3]
2. Yoni Paicchilya – Decoction of Rajavraksadi Group of drugs.^[4]
3. Yoni Dourgandhya – Decoction of Aragvadhadi Group of drugs.^[5]
4. Yoni Kandu – Decoction of Guduchi, Triphala, And Danti.^[6]
5. Vatajaartvadáshti – Decoction of Sarala and Mudgaparni.⁷
6. Pittjaartvadáshti - Decoction of Gairika and Nimb.^[7]
7. Kaphajartvadáshti - Decoction of Lodhra and Tinduka.^[7]

Materials - Enema pot, Sterile Catheter, Cotton.

Procedure

- All aseptic measures should be ensured before starting procedure.
- Lithotomy position given to the patient.
- Lukewarm decoction is filled in enema pot and pot is placed at 5 feet distance and
- Prathamavarta is washed out by inserting sterile rubber catheter into vagina.
- Vulva is cleaned and dried with cotton after procedure.
- Procedure is repeated on the respective days according to the severity of diseases.
- Oil or Kwatha once used should be discarded.

2 YONI PICHU DHARAN: (Placing a Tampon soaked in medicinal oil or Liquid).

Pichu is made up of cotton swab 2x3 cm (1 inch) is wrapped with gauze piece and tied with long thread. It should be immersed in medicated oil or liquid. Oils are mostly preferred due to its retention ability.

Shapes of Tampoons^[8]

1. Circular – 1 inch length and breadth
2. Elongated – 1 finger breadth and 4 Finger long

Site of Pichu dharan^[8]

1. Prathamavarta – Elongated pichu Dharan
2. Dwitiyavarta – circular pichu dharan

Duration of Pichu dharan: 5 to 6 hours up to retention of urine.^[8]

Indications

1. Streeroga

- Vataja Yonivyapada - Guduchyadi Taila Pichu.^[9]
- Pittaja Yonivyapada - Pachavalkal Siddha Taila Pichu.^[9]
- Putraghni Yonivyapada - Udumbar Siddha Taila Pichu.^[9]

2. Garbhini

- Garbhini Paricharya – In 9th month Madhur Aushadh Siddha Taila Pichu.^[10]
- Garbhasrava – Yashtimadhu Ghrita Pichu.^[10]
- Aparasang – Shatpushpa, Kushtha, Madanphal, Hingu Siddha Taila Pichu.^[10]

Procedure of Pichu Dharan

1. Autoclaved pichu should be used.
2. Patient should be given supine position with knees flexed
3. The aseptic, sterile pichu soaked in oil or liquid is inserted into the vagina with index finger of gloved hands in such a way that thread of the pichu should come out of vagina which helps in easy removal of pichu after 5 to 6 hours.

3. YONI DHOOPAN: (Fumigation of vagina with medicated smoke)

Yonidhoopan is the practical procedure in which fumigation of vagina is performed by giving the disinfected and medicated smoke.

Site of Yonidhoopan- Bhaya yoni (outer Surface of vagina)

Time limit of Yoni dhoopan- 3 to 5 minutes

Types of Yoni dhoopan

1. In the form of treatment
2. For the protection of health.

Indications

1. Yonikandu- Fumigation with Haridra and Brahti^[11]
 2. Shweta Pradara- Fumigation with Sarala, Guggalu, Yava mixed with Ghrita.^[12]
 3. Sutika Paricharya- Fumigation with Kustha, Guggalu, Agara mixed with Ghrita.^[13]
- Dhoopan drugs - Kushta, Guggulu, Agaru, Vacha, Vidanga, Nimba etc.

Procedure

1. A chair having hole in the middle is used for this procedure.
2. Patient is asked to sit on this chair after voiding the urine.
3. The dhoopan dravyas are lit in dhoopan apparatus which is placed just below the chair.
4. The smoke coming from the dhoopan drugs must reach upto the expected genitalia for fumigation.
5. Otherwise even Nadi Dhoopan can be done by giving fumigation to the expected genital organs.

6. We should be very careful while performing this procedure because the temperature rises and there may be danger of burn of the genital organs from The fumes of the smoke.

4. YONI LEPAN: (vaginal painting)

Lepas are used as external application. The finely powdered churna is mixed with water or medicated liquid and paste with uniform consistency is made. This paste is then applied to the expected and affected areas locally.

Types of Lepas

1. Pralepa - Thin lepa
2. Pradeha - Thick lepa - non drying
3. Alepa - Medium thick lepa.

Site - Prathamavarta /Breast

Time limit - 3 to 4 hours or until the lepa dries

Indications

1. Yoni Arsha- With powder of Tuttha, Gairika, Lodhra, Ela, Rasanjana, Harenu, Pushpakasis, salt mixed with honey.^[14]
2. Vivrutta Yonivyapada - With powder of Palashbeeja and Udambarphala mixed with Tila Taila and honey.^[15]

Procedure

- a. Affected part should be cleaned.
- b. Lepa should be prepared fresh and applied over affected part uniformly.
- c. Immediately after drying, Lepa should be removed as it may irritate the skin and can cause rashes or itching.

5. YONIVARTI: (Vaginal Suppository)

Vartis are wicks made by mixing finely powdered drugs with adhesive drugs or binding agents.

Time limit of retention of Yonivarti- 2 to 3 hours.

Indications

1. Kaphaja Yonivyapada- suppository prepared with powdered Yava, Saindhav and Arkaksheer.^[16]
2. Karnini Yonivyapada- suppository prepared with Kustha, Pippali, Arka, rock salt and Aja Mootra.^[16]
3. Anartava- suppository prepared with Ikshvaku, Danti, Madanphala, Kinva, Yavashooka, and Snuhiksheera.^[17]
4. Yoni paichhilya- suppository prepared with Kasis, Triphala, Sphatika, Samnga, Lajjalu, Amrasthi, Dhatakipushpa.^[18]

Procedure

- a. Autoclaved Varti should be used for procedure.
- b. Expected part should be cleaned well.
- c. Oil smeared Varti should be inserted in such a way that the thread should remain outside.
- d. Up to retention period of urine Varti should be kept inside. As soon as urge of urine felt Varti should be removed.

- e. Yoni Dhawana with lukewarm water should be done.
- f. Varti once used should be discarded.

6. YONI PURANA

Definition- Yoni purana or yoni dharana means filling the yoni or retaining dravyas in the vaginal canal.^[19]

Drugs used in the form of churna, kalka, veshvara, pinda, bolus etc. made into compact mass and Inserted into the yoni. The active principles are absorbed through vaginal or cervical epithelium thereby Producing the necessary action. It is not much in practice.

7. YONI PARISHEKA

Definition- Hot fomentation to vagina is yoni parishek.

Parishek is done on external part of vagina for 5 to 10 minutes. Medicated oil or lukewarm water is poured from the height of 4 to 5 inches over the vagina. It reduces yoni shotha & yonishoola.²⁰

8. PINDA CHIKITSA

1. This procedure consist of insertion of medicinal boiled drug in the form of circular paste wrapped in disinfectant cloth into the vagina. This chikitsa is ushna Veeryatmak because of actual contact with heat.

Site- Prathamavarta.

Time limit of Pinda Chikitsa - 3 to 4 hours (until frequency of micturation)

Procedure

1. Finely powdered medicinal drug and water mixed thoroughly should be boiled.
2. There after oil should be mixed to this mixture.
3. The heating should be stopped after the expected paka of prepared mixture is achieved.
4. This hot semisolid medicinal paste formed is kept in disinfected, sterile cloth and tied in circular shape with thread at the upper end.

9. UTTARBASTI

Uttarbasti is an important para surgical procedure among the 60 Karma as told by Acharya Sushruta, Vagabhatt has mentioned Basti as Ardha chikitsa. Basti chikitsa is best for Vata dosha. Insertion of medicated oil decoction into Uttarmarga i.e., true the passage located above or in front part of anus that is vagina or urethra is known as Uttar Basti. It is important to treat previous infections completely before giving Uttarbasti.

Time of administered - Ritukala (after menstrual bleeding stops). Because during this period the mouth of uterus is open and it readily receives the fluid injected. It is usually carried out under aseptic precaution in minor OT, no need of any anaesthetic agent or analgesic during and after the procedure.^[21]

Indications^[22]

Uttarbasti is indicated in yonirog, vandhyatv (infertility), yoni vibhransha (uterine prolapse), Mutraghat, Mutrakruhha, Garbhashaya rog, Asrugdar (dysfunctional uterine bleeding), yonishula, Artava vikar (anovulatory menstrual cycle).

Practical procedure of Uttarbasti

- All routine examination should be done.
- Snehan at Udar, Uru, Prushta should be done with Vatashamaka tail.
- Swedan specially Nadisweda on Udar and Prushta pradesh.
- Patient is asked to lie down on lithotomy.
- Painting and draping should be done.
- Vulva and vagina should be cleaned.
- Proper visualization of cervix by inserting sim's speculum and anterior vaginal wall retractor and catch the lip of cervix with vulsellum.
- Uterine sound is inserted to know the position and length of uterus.
- Medicated Ghrita or oil is taken in 5cc syringe and IUI cannula is attached to its end.
- Cannula should insert in uterus through cervix and slowly push the medicine in cavity with steady hand. Instruments should be removed.
- Pichu is placed in vagina for 2 hours.
- Head low position should be given to patient and rest for half an hour.
- Hot fomentation is preferred.
- Repeat this procedure for 3 – 5 days.

10. KSHARA KARMA (Chemical cauterization)

Kshara are the substance that acts as a corrosive agent for any growth when used externally. Kshara karma is said to be superior to any other surgical or parasurgical measures due to its functions like Chedana, Bhedana, Lekhana and Patana karma. It can be applied in a narrowest place and internally where surgical procedures cannot be performed.^[23]

Indication

- Yoni Arsha (Genital warts)^[24]
- Cervical erosion^[25]

Procedure

- Patient is asked to lie on lithotomy position.
- Vulva and vagina should be cleaned.
- Cervix is exposed using cusco's speculum.
- Kshara is applied with a cotton swab stick over the eroded area and kept in contact for 2 minutes.
- Thereafter Yoni Prakshalana will be done followed by Jatyadi Taila Picchu.
- Patient is advised to keep the Pichu for approximately 2 hrs.

11. AGNI KARMA (Cauterization)

Main advantage of the Agnikarma Chikitsa is it prevents the recurrence of the disease and prevention of the infection.

Dahan Upkaran - Pippali, Ajashakrit, Godanta, Shara, Shalaka etc.

Indication

- Yoni Arsha (Genital Warts)^[24]
- Cervical erosion^[26]

Procedure

- Patient is asked to lie on lithotomy position.
- Vulva and vagina should be cleaned.
- Swarna Shalaka is heated on flame by the help of spirit lamp.
- Bindu type of Agnikarma is applied over the area.
- Thereafter Yastimadhu powder mixed with Ghrita is applied over the wound.

CONCLUSION

Sthanik Chikitsa are cheap, safe, effective and with no adverse effect. This can be helpful to prove like a boon to Stree Roga in Ayurveda when the Vaidya apply this therapies in there Gynaecological practice logically and carefully and Under aseptic precautions., Sthanik chikitsa holds its own importance and show tremendous results when applied with Proper indications, strict aseptic precaution and extreme carefulness.

REFERENCES

- Yadavji Trikamji Acharya, Narayan Ram Acharya, editors. Sushrutasamhita with Nimbandhasangraha Commentary 7th ed. Varanasi: Chaukhambha Orientalia, 2002; 35.
- Jaymala Shirke, editor. Ayurvediya Strirogavigyan, 1st ed. Pune: Tathagat Prakashan, 2003; 159.
- Charak Samhita, Vidyotini Hindi Com. by Pt. Kashinath Shastri, Part-II, Chikitsa Sthana-30/83.
- Kaviraj Ambikadutta Shastri, Sushruta Samhita, Part-II, Uttarstahan, 38/25.
- Harishastri Paradkar Vaidya, editor. AshtangahridayaUttarsthana 7th ed. Varanasi: Chaukhambha, Orientalia, 1982; 900.
- Yoga Ratnakara with Vidyotini Hindi Commentary by Vaidya Laxmipati Sastri; Uttarardha Yonivyapada Chikitsa.
- K. R. Shrikantha Murthy, editor. Ashtangasangraha Sharirasthan, Chap., II: 1/30-32.
- Jaymala Shirke, editor. Ayurvediya Strirogavigyan, 1st ed, Pune: Tathagat Prakashan, 2003; 164.
- Charak Samhita, Vidyotini Hindi Com. By Pt. Kashinath Shastri, Part-II, Chikitsasthana-30/61, 62, 108.
- Charak Samhita, Vidyotini Hindi Comm. By Pt. Kashinath Shastri, Part-I, Sharirsthana-8/32, 24,41.
- Kaviraj Ambikadutta Shastri, Sushruta Samhita, Part-II, Uttarstahan 38/27.
- Charak Samhita, Vidyotini Hindi Com. By Pt. Kashinath Shastri, Part-II, Chikitsa Sthana -30/121.
- Kashyap samhita by P.V. Tewari, Sutra Sthana 22/30.

14. Astanga Sangraha by Kaviraj Atridev Gupta, Uttarsthana 39/6.
15. Sharangdhara Samhita by Dr. Bramhanand Tripathi, Uttarsthana 11/110.
16. Charak Samhita, Vidyotini Hindi Com. by Pt. Kashinath Shastri, Part-II, Chikitsa Sthana chap.30/71,109.
17. Bhavaprakash by Khemraj Shri Krishnadas part 2, Yonirogachikitsa, 70/23.
18. Astanga sangraha by Kaviraj Atridev Gupta, Uttarsthana 39/74.
19. Dr. Hemlatha Kapoorchand, Comprehensive treatise on streeroga Gynaecology, Chokhamba Vishwabharti, 1st Edition, 2018; 686.
20. Thorat Priti, et-al, Article on Sthanik Chikitsa a boon – Streeroga in Ayurved, Ayurlog National Journal of Research in Ayurveda Science, 2014; 3(2): 11.
21. Kamayani Shukla, Kaumadi Karungoda. Effect of Kumari Taila Uttar Basti On fallopian tube blockage, Ayu., Oct-Dec, 2010; 31(4): 424-429.
22. Dr. Marlewar S, Dr. Ambekar S, Conceptual study of Uttar basti (Intra Uterine Instillation), WJPR, ISSN 2277 – 7105, 2017; 6: 414-418. www.wjpr.net
23. Kaviraj Ambikadutta Shastri, editor, Shushruta Samhita, Part-I, Sutrasthana-11/3, 5.
24. Kaviraj Ambikadutta Shastri, Sushruta Samhita Part-I, Chikitsasthana-6/2.
25. Neelam, Management of cervical erosion by Ksharakarma, Journal of Ayurveda, Jan-March, 2011; 21.
26. Tiwari Richa, clinical study to evaluate the efficacy of Agnikarma in Karnini w.s.r. to cervical erosion. International Journal of Ayurveda and Pharma Research, 2020; 8(11): 53-58.