

ETIOPATHOGENESIS OF COMMON *STREE ROGA* AND THEIR POSSIBLE
MANAGEMENT THROUGH SURGICAL INTERVENTIONDr. Vrushalee Dodke^{*1}, Dr. Trushna Tembhekar², Dr. Rupali Selukar³¹Associate Professor, Department of Prasutitantra and Strirog, L.N. Ayurved College, Bhopal (M.P.) India.²Professor and HoD, Department of Shalya Tantra, Sri Sai Institute of Ayurvedic Research and Medicine, Bhopal (M.P.) India.³Asso. Professor, Department of Rognidan Avum Vikriti Vigyan, Bhausaheb Mulak Ayurved Mahavidyalaya, Nagpur, India.***Corresponding Author: Dr. Vrushalee Dodke**

Associate Professor, Department of Prasutitantra and Strirog, L.N. Ayurved College, Bhopal (M.P.) India.

Article Received on 14/09/2021

Article Revised on 04/10/2021

Article Accepted on 25/10/2021

ABSTRACT

Ayurveda the system of traditional Indian heritage paid huge attention towards the health management of female. The health of female gets affected during different age of her life cycle; puberty and menopause are important causative factors which hampers female health significantly. Disturbed menstrual cycle, hormonal changes, physical stress and awful conduction of daily & dietary regimen, etc. play important role towards the reproductive health problems of female. Ayurveda explores several preventive & therapeutic measures for restoring female health and *Shalya Chikitsa* is one of the branches of Ayurveda which helps greatly in this regards. The minor and para-surgical intervention of Ayurveda provides therapeutic regimen for treating some gynecological problems. Present article summarizes etiopathogenesis of common *Stree Roga* and their possible management through surgical intervention.

KEYWORDS: *Ayurveda, Stree Roga, Nidana, Pathogenesis, Shalya Chikitsa.***INTRODUCTION**

Ayurveda as sciences of disease management works for health promotion and overall well being. Ayurveda mentioned causes, pathogenesis and management of many types of disorders including gynecological health issues. Ayurveda considered female health on prime concern therefore described prevention and treatment of many gynecological disorders.^[1-3] These disorders mainly related to the female reproductive system and disturbances in menstrual cycle.

Modern science described different gynecological disorders and their management such as; uterine prolapse, PCOD, uterine bleeding, white discharge, menstrual abnormalities, infertility and uterine fibroid, etc. The common symptoms of gynecological disorders are depression, anxiety, itching & burning sensations in genital organ, loss of libido, painful discharge and insomnia, etc.^[2-4]

The common causes of gynecological disorders as per modern science are as follows

- ❖ Endometriosis and ovarian cysts
- ❖ Menopause and obesity
- ❖ Miscarriage and multiple abortions
- ❖ Constipation, diarrhea and bloating

- ❖ Bacterial infection
- ❖ Unnatural sex
- ❖ Puberty
- ❖ Unhealthy lifestyle and presence of other diseases
- ❖ Hormonal changes, adverse effects of therapy & surgery and drug abuse.

Nidana and Samprapti of Stree Rogas

As per Ayurveda *Aharaja* and *Viharaja* along with *Manasika Nidana*, etc. can play vital role towards the pathogenesis of *Stree Rogas*. The *Samprapti* of these diseases mainly involves vitiation of *Vata & Kapha Doshas* along with vitiation of *Rasa Dhatu*. The major pathological events involved in *Stree Rogas* are *Jataragnimandya*, vitiation of *Apanavata*, vitiation of *Pitta & Kledakakapha*, *Margavarodha* in *Artavavahasrothas* and *Artavakshaya*, etc. The common *Stree Rogas* as per Ayurveda includes *Artava Dushti*, *Yoni Kandu*, *Yoni Kleda*, *Yoni Paicchilya*, *Yoni Strava*, *Yoni Arsha*, *Alpaartavadarshana & Vibandha*, etc.

As mentioned above *Vata prakopaka nidana* and *Kapha prakopaka nidana* are mainly associated with pathogenesis of disease. *Vata prakopaka ahara vihara* first aggravates *Vata* which further causes *Sthanika vata prakopa* leading to the *Sthanasamshraya* in *Yoni*

Pradesha, vitiation of *Rasa dhatu* and obstruction of *Srotas*, etc. becomes triggering factors of *Stree Rogas*.

Kapha prakopaka ahara vihara can also initiates pathogenesis of such types of diseases, in case of *Kapha Nidana*, *Ama* formation take places due to the *Mandagni* which further obstruct *Srotas* that causes aggravation of *Vata* in *Yoni*. *Vata* further vitiates *Sthanik kapha* in *Yoni pradesha* which along with *Dushit Ras dhatu* leads manifestation of *Stree Rogas*.^[4-7]

Pitta prakopaka ahara vihara mainly associated with impaired digestive functioning and responsible for nutritional insufficiency that ultimately leads many reproductive health issues in female. The vitiation of *Pitta* first causes formation of *Ama* which obstructs *Rasavaha Srotas* and finally manifested as lack of menstruation or disturbed menstrual cycle. Moreover *Dhatu*s get depleted due to the lack of nutritional supply and this condition affects reproductive health significantly.

The consumption of *Ruksha*, *Laghu* and *Sheeta*, etc. *Ahara* can vitiates *Vata* and disturbed *Jatharagni* which leads formation of *Ama*, aggravation of *Kapha* associated with vitiated *Vata* causes *Sanchaya* of *Nidana* and obstruction of *Rasavaha Srotas*. These all factors when accumulated for longer period of time in *Yoni* & *Garbhashaya* then various gynecological abnormalities observed.

Management of *Stree Rogas*

As per ayurveda the major therapeutic principles involved in the management of *Stree Rogas* are pacification of *Vata Doshas*, removal of *Ama*, clearing obstruction of *Srotas*, boost up *Agni* and *Dhatu*s, maintenance of nutritional supply and stress management. *Samshodhana*, *Shamana* and *Rasayana Chikitsa* mainly advised for managing common gynecological problems. These therapies help in *Samprapti Vighatana* of *Stree Rogas*, open blocked channels, regularizes circulations, control hormonal activities, removes aggravated *Doshas* and imparts *Vata Shaman* effects, therefore helps to suppress pathogenesis of *Stree Rogas*. Ayurveda as well as modern medical science emphasizes importance of surgical interventions in gynecological disorders since surgical and para-surgical procedures helps greatly to manage some gynecological health issues.^[8-12]

Shalya Chikitsa in *Stree Rogas*

Shalya Chikitsa can be employed effectively to cure different obstetrics and gynecological problems. The disorders like; *Arbuda*, *Stanarogas*, *Granthi* and *Arshas*, etc. requires surgical assistance and medical emergency related to the female health can also be cured using *Shalya Chikitsa* where surgical intervention is possible. *Shastrakarma* play important role in *Streeroga*; however *Shalya Chikitsa* in *Streeroga* only performed whenever it

is required and other non-invasive options are not available.

Surgical instruments (*Yantra & Shastra*) such as forceps, speculums, needles, dilators, lancets and scissor, etc. commonly employed in minor interventions. Ayurveda also described role of some instruments for surgical purpose such as *Shalaka Yantra*, *Sandamsha Yantra*, *Naadi Yantra*, *Mandalagra Shastra*, *Suchi*, *Shararimukha Shastra* and *Vetasapatra Shastra*, etc. The blunt and sharp instruments made by plant and animal origin used to perform various procedures in *Stree Roga*. The specific purpose of surgical instruments in gynecological health issues are as follows:

- ✓ *Gandupadmukhi Shalaka* is used for dilating cervix and examining uterus.
- ✓ *Badishmukhi Shalaka & Badisha* can be used for extracting *Mudhagarbha*.
- ✓ *Badisha* also considered useful for holding up *Arbudas*.
- ✓ *Sarpaphanamukhi Shalaka* used for cesarean purposes.
- ✓ *Jambavavadana Shalaka* is recommended for *Dahana karma* in *Streerog*.
- ✓ *Vishodhini Shalya Tantra* is recommended for dilating urethral passage.
- ✓ *Mandalagrashastra* is considered useful for extracting *Mudhagarbha*.
- ✓ *Ardhachandra Shastra* is used for extracting dead fetus similarly *Mudrika* tied with thread is used for excising obstructed fetal head in *Mudhagarbha*.
- ✓ *Aattimukha* is advised for *Raktavisravana*.
- ✓ *Shastra Karmas* can be used to restore normal position of displaced *Yoni* similarly para-surgical approaches helps to dilate *Samvruta Yoni*.

Specific surgical intervention for gynecological problems

- ✚ Ayurveda described role of *Chedana karma* in *Yoni Arsha*.
- ✚ *Granthi & Arbuda* can also be managed by *Chedana karma*
- ✚ *Lekhana karma* suggested for *Apakvagranthi*.
- ✚ *Pakwa Granthi* can be treated by *Patana Karma* and *Vatajagranti* requires *Siravyadha Chikitsa*.
- ✚ *Kshara & Shastra karma* described by *Sushruta* for managing *Arbuda* and these therapies reduces chances of reoccurrence.
- ✚ *Shastrakarma* also considered useful for *Stana Roga* including *Stana Vidradhi*.

Modern medical science also explains several surgical interventions for the treatment of gynecological problems, the common surgical procedures used in modern medical science for this purpose includes cervical cryosurgery, colposcopy, dilation and curettage, hysteroscopy, leep procedure and pelvic laparoscopy. The roles of these surgical interventions in gynecology are as follows:

- ❖ Tubal ligation and removal of ovarian cysts

- ❖ Removal of fibroids in the uterus and removal of growths from the cervix
- ❖ Uterine artery embolization
- ❖ Removal of the uterus, ovaries and other parts of reproductive system for health purpose
- ❖ Surgical treatment of cervical and ovarian cancers, etc.

CONCLUSION

Artava Dushti, Yoni Kleda, Yoni Paicchilya, Yoni Arsha, Yoni Kandu, Yoni Strava, Vibandha and *Alpaartavadarshana*, etc. are common gynecological problems associated with female reproductive system. *Aharaja, Viharaja* and *Manasika Nidana* play triggering role in the pathogenesis of *Stree Rogas*. Vitiation of *Vata & Kapha, Rasa Dhatu Dushti* and *Margavarodha* in *Artavavahasrothas*, etc. are majorly involves in the *Samprapti* of *Stree Rogas*. Ayurveda *Shalya Tantra* offers great therapeutic utility in *Prasuti Tantra* and *Stree Roga*, the surgical and para-surgical approaches of Ayurveda are considered useful for conditions like *Arbuda, Arshas* and *Granthi*, etc. Scalpels, saws, lancets, scissors, hooks, directors, forceps, rectal & vaginal speculae, etc. are major instruments used in minor surgical interventions associated with female reproductive system.

REFERENCES

1. Srikanta Murthy, K.R. (tra.). *Substrata Samhita*. Varanasi; Chaukambha Orientalia, 2004.
2. Shrotri N. *Surgical Principles in Obstetrics and Gynecology*. Pune; Aparna Prakashan, 2000.
3. Shastri A D. *Sushruta Samhita with Ayurveda Tatva Sandipika Hindi Commentary Reprint Ed*. Varanasi: Chaukambha Sanskrit Sansthan; 2010 Chi 18\47 pg. 103.
4. Gupta, Atrideva. *Astanga Hridayam of Vagbhatta edited with Vidyotini Hindi commentary, Sutra Sthana 25/32*, Chaukambha Prakashan, Varanasi, 2008.
5. Ajayraj Vishwanath Bal, Vikas Vallabha Kasture, review on genital prolapses as per ayurveda and modern sciences W.S.R. to vaginal and uterine prolapses, *International Journal of Medicine and Health Profession Research*, 2020; 7(1): 21-24.
6. Tripathi, Dutt Ravi. *Astanga Samgraha of Srimad Vriddha Vagbhata, Sutra Sthana, 34/6*, Chaukambha Sanskrit Pratishthan Delhi, 2006.
7. Shastri, Dutta Ambika. *Sushruta Samhita of Maharshi Sushruta edited with Ayurved Tattva Sandipika, Sutra Sthana, 7/13*, Chaukambha Sanskrit Sansthan, Varanasi, 14th edition 2003.
8. Shastri, Dutta Ambika. *Sushruta Samhita of Maharshi Sushruta edited with Ayurved Tattva Sandipika, Chikitsa Sthana, 17/47*, Chaukambha Sanskrit Sansthan, Varanasi, 14th edition 2003.
9. Yadavji Trikamji Acharya, Narayan Ram Acharya, editors. *Sushrutasamhita with Nimbandhasangraha Commentary 7th ed*. Varanasi: ChaukambhaOrientalia, 2002; 350.
10. *A Text Book of Gynecology, Stree Rog Vigyana Prof. V.N.K. Usha, Chaukambha Sanskrita Pratishthana*. Delhi, India.
11. Dhyani Shiva Charana, *Nidana Panchaka*, Varanasi, Chaukambha Surabharti Publication 1st, 2010, 29p.
12. Kashi NathaShastri, *Gorakhanath Chaturvedi, Charaka Samhita*, Varanasi, Chaukambha Bharti Akadamy, 2006, 460 p.