



## MANAGEMENT OF STREE ROGAS W.S.R. TO ROLE OF STHANIK CHIKITSA IN DISEASE PATHOGENESIS

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### ABSTRACT

Stree Rogas are specific pathological conditions belongs from female population and mainly related to their genital organs and reproductive system. These diseases well-described in Ayurveda with their cardinal symptoms like; noxious vaginal release, irregular menstrual cycle and tingling at vulva, etc. Sthanik Chikitsa has been described as successful therapy to solve these issues. Yonidhawan, Yoni-Pichu, Yoni Dhoopan (also known as "Fumigation of Vagina,"), Yoni-Varti also known as "vaginal suppository," Yoni-Lepana, Uttarbasti (uses of medicated oil or decoction); all of these local therapies are suggested for the treatment of Stree Rogas. These therapies relieve symptoms of Stree Rogas and offers local therapeutic effects of medications. Present article explores utility of Sthanik Chikitsa in Stree Rogas.

**KEYWORDS:** Ayurveda, Sthanik Chikitsa, Stree Rogas, Yoni Pichu, Yoni Dhavana.

### INTRODUCTION

The medical science mentioned various phases of women's life and female goes through different physical and physiological changes during her conceptive period i.e., from menarche to menopause. A woman's health depends on being aware of these changes and managing them. The majority of female-related diseases are caused by problems with the genital tract. Women's diseases are brought on by poor diet and lifestyle choices. The vitiation of three *Doshas*; *Vata*, *Pitta* and *Kapha* play important role in the pathogenesis of gynecological disorder. The most well-known side effects of gynecological problems incorporate pelvic agony, vaginal release, unusual vaginal drying and vaginal tingling, etc. The symptoms of the diseases vary depending on the combination of the involved *Doshas*.

The purification techniques of *Sthanik Chikitsa* i.e.; *Yonidhawan*, *Dhupan* and *Yonipichu*, etc. are used in the management of *Stree Roga*. *Sthanik Chikitsa* markedly reduced the signs of female disorders. *Yoni Pichu*, *Uttarbasti* and *Yoni Dhavan*, etc. are procedures that are mentioned in Ayurvedic texts to treat various medical and surgical illnesses of the female reproductive track. Although they are more of a local treatment, they have a systemic effect and are capable of preventing disease complications. Many *Yonivyapadas* are managed by *Sthanika Chikitsa* in significant ways. *Sthanika Chikitsa*

in *Streeroga* includes *Yoni Dhavana*, *Yoni Dhoopan*, *Yoni Pichu*, *Yoni Varti*, *Yoni Lepana*, *Yoni Parishek* and *Yoni Pooran*, etc.

**Various Sthanik Chikitsa recommended for Stree Roga are as follows**

- *Yoni-Dhawana*
- *Yonipichu Dharana*
- *Yoni Dhoopan*
- *Yoni Lepana*
- *Yonivarti*
- *Uttarbasti*
- *Kshara Karma*
- *Agni Karma*

There are two parts of *Chikitsa*; *Abhyantara Chikitsa* and *Sthanik Chikitsa*. *Sthanik Chikitsa* refers to a specific local treatment. *Sthanik Chikitsa* is valuable when *Sthanik Dosh-dushti* is more and it invigorates particular *Sthana*. The *Sthanik Chikitsa* offers immediate relief in disease symptoms since it alleviates pathogenesis from the affected body parts. Descriptions and advantages of *Sthanik Chikitsa* is depicted in **Table 1 & Figure 1** respectively.

**Table 1: Descriptions of Sthanik Chikitsa.**

S. No.	Therapy	Indications
1	Yoni-Dhawana	Yoni Paicchilya Yoni Dourgandhya Yoni Kandu
2	Yonipichu Dharana	Vataja Yonivyapada Pittaja Yonivyapada Garbhasrava
3	Yoni Dhoopan	Shweta Pradara Yonikandu
4	Yoni Lepana	Yoni Arsha Vivrutta Yonivyapada
5	Yonivarti	Yonivyapada Anartava
6	Uttarbasti	Yonivyapada Tubal block
7	Kshara Karma	Yoni Arsha Cervical erosion
8	Agni Karma	Yoni Arsha Cervical erosion

**Figure 1: Advantages of Sthanik Chikitsa.****Sthanik Chikitsa (local therapies) for Streeroga****1. Yoni-Dhawana**

Dhawana refers to the process of cleaning a wound with water or any other medication. Yoni Dhawana is a system of cleaning vagina and vaginal section with Kwath or some other fluid. It can be applied on Prathamavarta during Rutukala. In this procedure Kwatha, Kshirpaka and Siddhjala, etc. can be applied as medicines. Decoction of Rajavraksadi group of drugs mentioned for Yoni Paicchilya, decoction of Aragvadhadi group of drugs mentioned for Yoni Dourgandhya, decoction of Guduchi and Danti recommended for Yoni Kandu, decoction of Sarala and

Mudgaparni mentioned for Vatajaartvadushti, decoction of Gairika and Nimb is mentioned for Pittjaartvadushti.

The drugs used for Dhawana procedures offers antiseptic, wound healing, pain relieving and bactericidal action thus imparts therapeutic benefits. Drugs absorbed through mucosa and reach to the blood circulation of vagina, here bactericidal actions of drugs helps to prevent vaginal infection and also maintain vaginal pH at optimum level.

**2. Yonipichu Dharana**

Pichu or tamoon of cotton swab wrapped with gauze and tied along with long thread. Ghrita, Taila and Kwatha are used in Yonipichu. These preparations offer Shodhana and Ropana effects. The site of application of Yonipichu is Prathamaavarta and duration of retention is 5-6 hours.

Guduchyadi Taila Pichu is used for Vataja Yonivyapada, Pachavalkal Siddha Taila Pichu is used for Pittaja Yonivyapada, Udumbar Siddha Taila Pichu is advises for Putraghni Yonivyapada, Yashtimadhu Ghrita Pichu is recommended for Garbhasrava, Kushtha and Hingu Pichu is recommended for Aparasang. Pichu imparts Lekhana karma, therefore removes slough, the medicines used in Pichu strengthens vaginal muscles and improves process of wound healing.

**3. Yoni Dhoopan**

Yoni Dhoopan means fumigation of vagina, in this procedure vulva and vagina sterilizes by medicated smoke. Yoni Dhoopan mainly performed on Bahyayoni, for 3 to 5 minutes. Guggulu, Agar, Kushta, Vacha, Nimba and Vidanga, etc. are used as drugs for Yoni Dhoopan purpose.

Yoni Dhoopan with Haridra and Brahti is recommended for Yonikandu, Yoni Dhoopan with Guggulu is recommended for Shweta Pradara, Yoni Dhoopan with Kustha and Guggulu is advises during pregnancy.

Fumigation establishes an aseptic climate; kills microorganisms, dilates blood vessels, provides adequate oxygenation and perfusion to the tissue. Thus, eliminates infection and reduces inflammation and itchiness.

**4. Yoni Lepana**

Yoni Lepana means vaginal painting which utilizes for external purposes, in which paste of drug is applied over the affected body parts. The paste made by drug with applied on Prathamavarta for long period of time to release medicine for prolong action.

- Lepa of Tuttha, Gairika, Ela, Rasanjana and Lodhra indicated for Yoni Arsha.
- Palashbeeja and Udambarphala mixed with Tila Taila used for Vivrutta Yonivyapada

### 5. Yonivarti

*Yonivarti* means vaginal suppository which is made by drugs along with different binding agents. *Varti* possess size of circumference of index finger and applied for local as well as systemic effects of medicaments.

- Suppository of *Yava* and *Arkaksheer Kaphaja* are used for *Yonivyapada*
- Suppository of *Pippali* and *Arka* used for *Yonivyapada*.
- Suppository of *Ikshvaku*, *Madanphala*, *Kinva*, *Danti* and *Yavashooka* used for *Anartava*.
- Suppository of *Triphala*, *Sphatika*, *Lajjalu* and *Amrasthi* are advises for *Yoni paichhilya*.

### 6. Uttarbasti

This involves insertion of decoction and medicated oil into intra uterine cavity. *Uttarbasti* is given through *Uttarmarga*, this types of *Basti* offers superior qualities as compared to other approaches. *Artavakala* is considered best time for the administration of *Uttarbasti*.

- *Uttarbasti* with *Traivritasneha* is advises in *Yonivyapada Chikitsa*.
- *Uttarbasti* with *Ghritha* and *Kwath* of *Kutaja* is advises for *Arajaska*.
- *Sidharathakadi Tail Uttarbasti* is recommended for *Aparasang*.
- *Kshartaila Uttarbasti* is considered good for tubal block.
- *Sneha* of *Bruhana Dravyas* improves endometrial thickness.
- *Triphala ghritha* and *Shatavari ghritha* is used for cervical erosion.

### 7. Kshara Karma

*Kshara Karma* means chemical cauterization used for external purpose. *Kshara karma* is considered as safe parasurgical intervention for conditions like *Yoni Arsha* and cervical erosion. It can be performed internally where surgical procedures not possible. *Kshara* is applied over the eroded area with a cotton swab stick. *Yoni Prakshalana* advises after procedure followed by *Jatyadi Taila Picchu*.

The *Tikshna Guna* and *Ushna Virya* of *Kshara* imparts fast action and produces caustic effect. *Kshara* used for cervical erosion causes regeneration of basal cells and affects growth of squamous epithelium.

### 8. Agni Karma

This involve cauterization by heat which prevents the recurrence of disease and also prevents infection. *Ajashakrit*, *Shara*, *Godanta* and *Shalaka* are used *Dahan Upkaran*. This therapy can be used for *Yoni Arsha* and cervical erosion. *Yastimadhu* powder along with *Ghritha* is suggested after procedure over the affected body parts. This therapy increases blood circulation therefore maintain supply of necessary oxygen and nutrient at the affected site. Therapy helps to remove waste products and slogh, thus prevent chances of chronic infections.

## CONCLUSION

As *Shaman* or *Shodhan Chikitsa*, *Sthanikachikitsa* (local procedures) has proven to be an extremely beneficial treatment. *Sthanikachikitsa* in particular, *Stree Roga*, covers affected region and helps to correct pathology of disease. *Dhoom*, *Ghritha*, *Taila* and *Kwatha*, etc. are utilized in *Sthanikachikitsa*. These therapies offers antiseptic and wound healing properties, *Sthanikachikitsa* maintain vaginal pH, kills microorganisms and imparts anti-inflammatory properties. *Sthanikachikitsa* involves therapies like *Yoni-Dhawana*, *Yonipichu Dharana*, *Yoni Dhoopan*, *Yoni Lepana*, *Yonivarti*, *Uttarbasti*, *Kshara Karma* and *Agni Karma*, etc. These therapies helps to cure various pathological conditions including *Yoni Dourgandhya*, *Yoni Kandu*, *Vataja Yonivyapada*, *Garbhasrava*, *Shweta Pradara*, *Yoni Arsha*, *Anartava*, tubal block and cervical erosion, etc.

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