

Role of “Yonidhavana” in Stree roga.

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Abstract:

There are so many *Sthanik Chikitsa* (Local Therapies) explain in *Ayurvedic Stree Rogas* These procedures basically deal with the disorders of *Tryavarta Yoni* (Three coverings of Vagina). Some of these local therapies shows amazing results in the management of *Stree Rogas* like ‘Vandhyatava’ These extraordinary local therapies should be highlighted and of course used in the management of *Stree Rogas*

In this Study all these Local therapies are reviewed through ancient texts and discussed with respect to their definitions, Sites of application, duration of time, Indications, Procedures. *Yonidhavan* is one of them, which is more useful as *sthanik chikitsa* in *streeroga* and *prasutitantra*.

Different *Taila*, *Ghrta* are used for *Yonidhavan*.

This study with its simple and appropriate terms will definitely help the Vaidyas to reach to the depth of the concept and will subsequently prove to be helpful to give admirable and satisfactory outcomes to Vaidyas.

Keywords - *Sthanik Chikitsa*, *Tryavarta Yoni*, *Vandhyatava*, *Taila*, *Ghrta*

Introduction:

Stree roga (Gynecology) deals with the changes that occur during all stages of a woman’s life such as puberty, reproductive age and menopause and

also the diseases that occur during these stages. In general gynecological

disorders are treated first by *SHAMAN* and *SHODHAN* chikitsa i.e. application of five therapies known as *PANCHAKARMA*. These are the procedures in Ayurvedic therapeutics which helps in getting rid of different ailments. Besides these procedures there are some *Sthanik Chikitsa in Ayurvedic Gynecology prescribed by Ancient Acharyas*.

Chikitsa described in two parts –

1. *ABHYANTAR CHIKITSA*
2. *STHANIK CHIKITSA*

In *streerog*, *Yonivyapada* and *Yoniroga* are described. As compared to *yonivyapada*, palpable pathology is more observed in *yoniroga*.

Abhyantar chikitsa breaks *Dosh-dushyasammurchhana* and cures disease. But if *Sthanik Dosh-Dushti* is more then *Sthanik-chikitsa* is more important.

Women always face very common gynecological problems like white discharge, itching at vulva, foul smelling vaginal discharge, burning micturation etc. In such problems *Sthanik Chikitsa* have given excellent results and these local therapies should be practiced for admirable results in the above mentioned gynecological problems.

STHANIK CHIKITSA-

It means specific treatment given locally.

Sthanik Chikista are,

- 1) *Yoni dhavan* (cleaning of vagina)
- 2) *Yoni pichu*
- 3) *Yoni dhupan* (Vaginal fumigation)
- 4) *Yoni lepana*(Vaginal painting)
- 5) *Yoni varti* (Vaginal suppository)
- 6) *Yoni puran*
- 7) *Yoni Parishek*
- 8) *Utterbasti*

Yonidhavan chikitsa described as follow

Yonidhawana (Cleaning of Vagina)

Dhawana karma of *yonis* is termed as *Yonidhawan*. *Acharya sushruta* and *Vagbhat* consider *dhawana* as *prakshalana*. *Dhawana* means cleaning or purification of wound with water and other medicated material. ^{[1] [2]}

Sthana (Site) - *Prathamavarta* (Vagina)
^[3]

Duration – 8 days ^[3]

Timing - *Rutukala* (After 5th day of menses for 8days)

Time - 1 to 1.5 Min. ^[3]

Drugs Used - *Kwatha* (Decoction), *Kshirpaka* (Medicated Milk), *Siddha Jala* (Medicated Water), Oil ^[3]

Quantity - 1litre of decoction, 250 ml of oil

Indications -

1. *Yoni Srava* ^[4] (Vaginal Discharge)
2. *Yoni Kleda* ^[5]
3. *Yoni Arsha* ^[6] (Vaginal Polyps)
4. *Artavdushti* ^[7]
5. *Yoni Kandū* (Vaginal Itching)
6. *Yoni Paicchilya* ^[8]

Material:

1. Enema Pot
2. Sterile Catheter
3. Cotton
4. Maincentosh
5. Hand Glove

Procedure:

1. Proper aseptic precaution should be taken before starting the procedure.
2. Patient is given lithotomy position.
3. The rubber maincentosh is placed underneath patients waist, one end of which lies in the bucket.

Sterile rubber catheter is inserted into vagina.

4. Enema pot filled with decoction is kept at 5 feet distance with luke warm decoction *prathamavarta* (Vagina) is washed out. ^[3]
5. After the procedure the vulva is dried with cotton.
6. Then procedure is repeated on the respective days. The drugs used for *Yonidhawana* are antiseptic, and have the benefit of healing the wound.

Yonidhavan used in

- *Pittaja Yonivyapad* – *Panchavalkal kwath* ^[9]
- *Kaphaj Yonivyapad* – *Koshna Tuvāri jal*
- *Acharana Yonivyapad* – *Dashamoolkwath, Triphala*

CONCLUSION-

In Ayurvedic Gynaecology Yonidhavan have lot of prospective in treating Gynecological disorders. The success of this procedure totally depend upon how well this procedure is adopted by Vaidyas on the patients. In this study Yonidhavan is discussed in details and Standard Procedure is given. Study of Yonidhavan definitely prove to be helpful of Ayurvedic Vaidyas.

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