

Conceptual study on role of *Sthanik Chikitsa* in *Stri Roga*.
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Abstract:

In Ayurvedic classics all gynecological conditions are described under the heading of *yonivyapada* (gynaecological disorders) and is related to *tryavarta yoni*. The ancient literature is enriched with the description of various diseases caused by them and the remedies to get rid of those harmful micro-creatures. In this busy era of development and competition every individual wants to be perfectly healthy. *Vata* is considered the main responsible factor and in *stree roga* mainly diseases are related to *tryavarta yoni*. Ayurvedic concept of *sthanik-chikitsa* (local therapies) in regards to women are *Yonidhawan*, *Yonipichu*, *Yoni-dhoopan*, *Yoni-pariseka*, *Yoni-purana*, *Yoni-lepan* and *Uttarbasti* and are widely being used in the management of various *yonivyapadas*. In this study all these therapies are explained through ancient texts. Thus *sthanik-chikitsa* possesses very promising outcomes in the management of various gynecological disorders when

augmented with oral management and can be very well managed at OPD setup.

Keyword: *Ayurveda, Sthanik Chikitsa, Stree roga, Yonidhawan, Yonipichu, Yoni-dhoopan, Yoni-pariseka, Yoni-purana, Yoni-lepan and Uttarbasti.*

Introduction:

Ayurveda, the ancient science of life, has always focused on the nurture and maintenance of good health in an individual. The health of an individual is the end result of the total sum of the processes inside his body as well as his vicinity. A woman is very important part of society with multidimensional role in every individual's life from birth to death. Gender difference plays an important role in manifestation of disease and health outcomes. In this competitive era women are equal with her counterpart. So, to withstand and to achieve the goal she, be in the perfect health both physically and psychologically particularly in terms of reproductive health. At every stage it

needs utmost care but due to responsibility of family and other social works she always neglects her health. There are many gynaecological problems which used to occur in a female during her reproductive age. *Ayurveda* has given different modes of treatment for these gynaecological issues like *Shamana chikitsa*, *shodhana chikitsa* and *sthanik chikitsa*. *Sthanik chikitsa* includes *Yoni dhawan*, *Uttar basti*, *Yoni-pichu*, *Yoni-dhoopan*, *Yonilepan*, *Yoni-pariseka*, *Yoni-purana*, *Yoni-varti*, *Pinda chikitsa* etc. These local therapies have very good results in managing *stree rogas* if performed wisely and accurately

Aims and Objects:

- 1.To study the literary view of Sthanik Chikitsa from various Ayurvedic texts.
- 2.To study the probable mode of action of Sthanik Chikitsa

Materials and Methods

Various references from different texts are used for this study. *Charaka samhita*, *Sushruta samhita*, *Ashtang Sangraha* and commentaries over them are the main sources.

Sthanikchikitsa in various *stree roga* in classical texts described as follows:

1. ***Yonidhawana*:** *Yonidhawana* means vaginal cleaning with water or medicated liquids. This procedure helps to clean vaginal passage and opening of uterus. Pure water, *Kwatha*, *Kshirpak* and oil, etc. can be used for *Yonidhawana*. *Yonidhawana* offers health benefits in *Yoni Kandu*, *Yoni Strava*, *Yoni Kleda*, *Yoni Arsha* and *Yoni Paicchilya*. Enema pot, cotton, hand gloves and sterile catheter, etc. can be used for same

purpose. Patient advised to lie down in lithotomy position for procedure, sterile rubber catheter can be inserted into vagina and vagina is washed out with decoction. Vulva should be dried up with cotton after completion of procedure and procedure can be repeated as per requirements.

Indications-

- *Yoni Arsha*
- *Yoni Paicchilya*
- *Yoni Srava*
- *Yoni Kandu*
- *Yoni Kleda*
- *Kaphaja Artavadushti*
- *Kunapgandhi Artavadushti*

Duration - 8 days

Time of procedure - 1 to 1.5 min.

2.YONI DHOOPAN:

Yonidhupan means fumigation of vaginal region with medicated smoke. *Yonidhupan* mainly used to disinfect *Bhaya yoni*. *Yonidhupan* mainly used for *Shweta Pradara*, *Yoni Kandu*, *Garbha Sanga* and *Apara Sanga*. *Kushta*, *Nimbapatra*, *Guggul*, *Vacha*, *Agaru* and *Vidang*, etc. can be used for fumigation purposes. Patient advised to sit on chair having hole in the middle that after smoke of *Dhupan Dravyas* allowed reaching up to the genitalia. Drugs used for *dhoopana* purpose are *sarala* (*Pinus roxburghii*), *guggulu* (*Commiphora mukul*).

Indications-

- *Yonikandu*
- *Raktagulma*
- *Apara Sanga*
- *Upaplutayonivyapad*
- *Garbha Sanga*

- *Sutika paricharya*
- *Shweta Pradara*
- *Santati pratibandhak* (as a contraceptive)

Time Duration: 3 to 5 minutes

3. YONI PICHU DHARANA

Yoni Pichu Dharana means uses of medicated Tampoon made by cotton swab and wrapped with piece of gauze. It is circular and elongated in shape and possesses optimum capacity to retain and deliver medications. *Yonidaha*, *Yoni kandu*, *Yoni Paka* and *Yoni Srava*, etc. are some conditions in which *Yoni Pichu* can be used. Sterile *Pichu* soaked in medicated oil inserted into vagina in aseptic conditions. *Prathamaavarta*-Elongated *Pichu*, *Dwitiyaavarta*- Circular *Pichu*. Drugs commonly used for *pichu* as *guduchyadi taila*, *dhatakyadi taila*, *udumbara taila*.

Indications-

- *Yoni karkashata*
- *Vataja yonivyapada*
- *Yoni paichilya* and *yonis srava*
- *Yoni Bhransha*
- *Pittaja yonivyapada*
- *Vivritta yonivyapada*
- *Yoni daha* and *yonis kandu*
- Retained placenta
- *Vamini* and *Upapluta yonivyapada*
- *Yoni paka*
- Ninth month pregnancy

Time Duration: 5 to 6 hours up to retention of urine.

4. Yoni Pooran:

Yoni Puran means vaginal packing in which vagina covered/filled with pastes, oils and powdered medicine. Pastes

(*kalkas*) used mainly for this purpose for the management of inflammatory and infectious conditions.

5. YONI LEPANA

Yoni Lepana means vaginal painting used for external application with medicated paste made with powdered *Churna* in water. The *Lepa* are three types based on consistency; *Pralepa*, *Pradeha* and *Alepa*.

Indications-

- *Yoni shaithilya*
- *Yoni Arsha*
- *Vivrutta Yonivyapad*
- *Stana vidradhi*

Time Duration- 3 to 4 hours or up to when *lepa* dries.

6. UTTARBASTI:

Uttarbasti is a procedure in which the medicated oil is instilled per vagina, through the cervix into the uterine cavity. There are many scopes of *uttarbasti* in today's perspective in regards to various *yonivyapadas*. In the diseases of yoni (reproductive organs) women should be given two or three *asthapana basti* (cleansing enema) followed by *uttarbasti*. This *uttarbasti* should be given during *ritukala* (late proliferative or ovulatory period) because at this time the reproductive organs are free from coverings or their orifices are open, thus take up function properly. *Vata* being the main factor for *yonivyapada* should be treated effectively with *uttarbasti*. Indication for *uttarbasti* administration are *vataja yonivyapada*, *pittaja yonivyapada*, *kaphaja yonivyapad*, *udavarta* (dysmenorrhoea) *shuska* (estrogen

deficiency) *rakta-yoni* (dysfunctional uterine bleeding), *acharana* or *vipluta*, *prakarana* (pain in sacral region), *aticarana*, *karnini* (cervical erosion), *yoni-shoola*, *ashta-artavadushti*, *stree vandhyatwa* (female infertility). *Uttarbasti* is also given in disease of *basti-vikara* (problems of urinary bladder), *yoni-bhramsa* (uterovaginal prolapse), *tibrayoni-shoola* (severe vaginal or reproductive organ pain), *asrigdara* (abnormal uterine bleeding), *aprasravita* and *bindu-bindu sravamutra* (retention of urine and discharge of urine drop by drop). *Dashamoola guduchyadi taila* and oil processed with *jeevaniya-varga* are commonly used in this purpose.

Conclusion:

Sthanik-chikitsa has its own principles and effects. It can be successfully combined with oral therapies on the basis of diagnosis of pathological status and proper examination of the drug to be used. Ayurveda strongly recommended uses of aseptic conditions for the application of *Sthanik Chikitsa*. *Sthanik chikitsa* helps to treat various *Yoni Rogas* including *Yoni Kleda*, *Yoni Strava*, *Yoni Paicchilya* and *Yoni Arsha*. Different procedure needs different drug forms like *kwatha*, *taila*, *ghrita*, *dhoom* etc. but the benefit of these procedures will be well shown when these procedures will be performed in a correct manner. Each *sthanika chikitsa* shows its results when

it is done with proper procedure, precautions to be followed and with proper indications.

Thus, *Sthanik Chikitsa* is been a good boon to female reproductive system.

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