

“Sthanik chikitsa a boon to stree roga in ayurveda”

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ABSTRACT:

There are some *Sthanik Chikitsa* (Local Therapies) in *Ayurvedic Stree Rogas* described by Ancient Acharyas that possess outstanding and satisfactory outcomes in the management of *Stree-Rogas*. 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* for the fruitful outcomes. These local therapies basically play an important role in the disorders of *Tryavarta Yoni*. *Sthanik Chikitsa* preferably includes *Yonidhawan* (Douche of vagina), *Yoni-*

Pichudharan (tampon soaked in medicated oil or liquid is placed into the vagina), *Uttar -Basti* (Medicated oil or decoction is pushed into the uterine cavity through vagina), *Yoni -Dhupan* (Fumigation of vagina, with medicated smoke), *Yoni-Varti* (Insertion of medicated wick into the vagina), *Yoni-Puran* (vaginal packing), *Yoni-Lepan* (vaginal painting), *Yoni-Parisheka*, *Pinda Chikitsa* etc. In the present study all these local therapies are revised through ancient samhitas and these therapies are reviewed with their meanings, indications, application procedure, application site of the local therapy. The procedure of each local therapy is discussed considering all

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aseptic precautions. Through this study it is my hopeful and truthful effort to motivate most of the Vaidyas towards *Sthanik Chikitsa* in the management of *Stree Rogas*. 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. The use of absolute *Sthanik Chikitsa* (Local Therapy) skillfully in the management of *Stree Rogas* would surely prove to be boon to *Stree Roga*.

Key Words – *Sthanik Chikitsa, Stree Roga Uttar basti, Yoni-Vyapada, Prathamavarta.*

INTRODUCTION:

The divine are extremely delighted where women are respected and where they are not respected all actions (projects) are fruitless. Owing to the very fact that a woman alone has the power to give birth to life, it can be assumed the Shristi (creation) is a result of Shakti (power). We observe in the nature that even a bud

has to go into different phases to turn into a beautiful flower, similarly a young girl has to go through different stages to turn into a mature women and even thereafter. The anatomical, physiological, emotional changes occur in the body of women at different stages. The women who takes the extreme care of her family members is always found to be careless about her own health. These women who are busy in their household as well as career issues face many gynecological problems and even after the diagnosis of these gynecological problems these women don't go for regular follow up to doctor at regular intervals. 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 gynacological problems.

AIM

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- To study and adopt the usefulness of *Sthanik Chikitsa* (Local Therapies) in *Ayurvedic Stree Rogas*.

OBJECTIVES:

- To study *Sthanik Chikitsa* from various *Ayurvedic texts*.
- To study the operating procedure of each local therapy in detail.

Material and Methods:

This is a conceptual type of study. Textual materials are used for the study from which various references have been collected. Main *Ayurvedic texts* used in this study are *Charak Samhita*, *Sushruta Samhita*, *Ashtang-Sangraha*. Comentries are also included in it.

The *Sthanik Chikitsa* (Local Therapies) are described as follows:

- a) Yonidhawana** (vaginal cleaning)
Dhawana is deep cleaning of wound under aseptic precautions and making the wound clean and aseptic with water and medicinal preparations. It is a procedure in which the vagina, vaginal passage and

mouth of uterus is washed with medicated decoction or other liquids. *Dhawana* means cleaning or purification of wound with water and other medicated material.^{[1][2]}

Sthana (Application site of *Yonidhawana*)
- *Prathamavarta* (Vagina)^[3]

Duration: 8 days^[3]

Timing for Yonidhawana - *Rutukala*
(From 6th day of menstrual cycle for 8 days)

Time limit of the Yonidhawana- 1to1.5 Min.^[3]

Medicines for Yonidhawana applicable in the form of -*Kwatha* (Decoction), *Kshirpak* (Medicated Milk), *Siddha Jala* (Purified Medicated water), Oil.^[3]

Indications:

- 1.*Yoni Kandu*(Vaginal Itching)
- 2.*Kunapganghi Artavdushti*^[4]
- 3.*Kaphaja Artava Dushti*^[5]
- 4.*Yoni Strava*^[6] (Vaginal Discharge)

Ayurlog: National Journal of Research in Ayurved Science*A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved*5. *Yoni Kleda*^[7]6. *Yoni Paicchilya*^[8]7. *Yoni Arsha* (Vaginal Polyps)**Amount of Medicine used for*****Yonidhawana***- 1 lit of *Kwatha*, 250 ml of oil.**Instruments Required:**

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

Procedure:

1. The patient is advised to lie down on the bed in lithotomy position. The enema pot is filled with luke warm decoction to which catheter is connected.
2. The rubber maincentosh is placed underneath patients waist, one end of which lies in the bucket.
3. Minimum 2 litres of decoction is required to wash the vaginal passage.
4. Sterile rubber catheter is inserted into vagina.
5. Enema pot filled with decoction is kept at 5 feet distance and with luke warm

decoction *prathamavarta* (Vagina) is washed out.^[3]

6. After the procedure the vulva is dried with cotton.

7. Then procedure is repeated on the respective days. The drugs used for *Yonidhawana* are antiseptic, and have the benefit of healing the wound.

b)UTTARBASTI - (Insertion of Medicated oil, decoction into Intra Uterine cavity though vagina) *Basti* which is given through *uttarmarga* i.e through the passages located above or in front part (urethra or vagina) of anus is known as *uttarbasti*.^[10] It also refers to the urinary bladder of pig or goat, because in ancient days bladder of these animals were used for this purpose but now a days 5cc dispovan syringe attached with a thin cannula is used for injecting *Uttarbasti*. *Basti* possessing superior qualities is known as *Uttarbasti*.^[11]

Indications:

The suppression of *vayu* by *Uttarbasti* helps women to conceive immediately.^[12]

It is indicated in diseases of urinary

bladder such as retention of urine, dysuria, utero-vaginal prolapse, severe vaginal pain, various gynaecological disorders (yonivyapada), *Asrigadara*(menometrorrhagia), ammenorrhoea, dysenorrhoea and retention of placenta.^[13]

A)Uttarbasti in vaginal disorders:

- Vaginal infections- The commonly found vaginal infections are bacterial and fungal infections. The commonly used preparations in such infections are *Jatyadi Ghrita* or *Jatyadi tail*.

B)Uttarbasti in Cervical disorders:

- Cervical Erosions- The commonly used preparations in cervical erosions are medicated *ghrita* like *Triphala Ghrita*, *Phala Ghrita*, *Shatavari Ghrita*. Cervical Erosions can be treated by using *Ropana* drugs in *Uttarbasti*.
- Cervical Mucous disorders- It can be treated with preparations like *Jatyadi Ghrita*, *Shatavari Ghrita*.

These preparations are beneficial in cervical mucous disorders like altered viscosity, increased cellularity etc.

C) Uttarbasti in Endometrial disorders:

Uttarbasti plays magnificent role in treating the endometrial conditions. It helps in improving the texture of endometria. The commonly used preparations include the *Ghrithas* prepared from *Brihan dravyas*.

D)Uttarbasti in Tubal Disorders:

- Tubal block- *Brihan Ghritas* are used if tubal spasm is due to fibrosis. When the Tubal Block is due to adhesions *Kshar taila Uttarbasti* is given.
- Hydrosalpinx- The commonly used preparations in this conditions are *Nirgundi Taila*, *Yashtimadhu Taila*, *Til Taila*.

Time of administration:

The previous infections should be ruled out and cured completely before giving *Uttarbasti*. It is given after the

administration of two or three *Asthapana Basties*. It is administered during *Artavakala* or *Ritukala* (after menstrual bleeding stops). During this period the mouth of uterus is open and it readily receives the fluids injected.^[13] It should be carried out under aseptic precautions in operation theatre.

Uttarbasti Yantra:

It has a bag for holding the preparation and a nozzle for injecting the fluid. The length of nozzle with pipe should be 14 *angula* with the measurement of patient's fingers. The tip should be resembling the pedicle of *jasmine flower* and the opening should be made in such a way that a mustard seed should pass.^{[14][15]} In women the Pushpa (nozzle) should be 10 *angulas* in length. Circumference should be of size of urethral canal. In ancient days the *Acharyas* had suggested the use of bladder of sheep, pig or goat for giving *batsi*. In their absence skin of bird's neck or bottom of leather water bag can be used.^[16] *Charakacharya* have given the use of *Ajabasti* (Bladder of Goat)^[17] In young girls the nozzle should be inserted

one *angula* in urethral passage^[15] while in women the nozzle should be inserted up to four *angula*(finger breadth).

Basti Dravya:

According to *Sushruta*, *Kashaya* or *Taila* can be used for *Uttarbasti*. In *charak Samhita*, *charaka* insists the use of only *taila* in *uttarbasti*.

Quantity and frequency:

The quantity mentioned by *Charaka* is half pala (20gms).^[17] *Charaka* insists *uttarbasti* three times a day for three days. *Sushruta* has given separate measurement for both sexes. For males the amount of decoction is one *Prasrita* (96gms) and two *Prasrita* (192gms) for females.^[17] The *sneha* should be taken in double quantity for uterine douche or cleaning.^[18]

Decoction: Male-	1 <i>Prasrita</i> (96gms)
Female-	2 <i>Prasrita</i> (192gms)

Sneha: Male-	1	<i>Prakuncha</i>
		(48gms)

Female-	1 <i>Prasrita</i> (96gms)
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Ayurlog: National Journal of Research in Ayurved Science*A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved***Method of Administration of Uttarbasti:**

1. Women should be given supine position with thighs flexed and knees elevated.
2. The nozzle is inserted in urinary or vaginal passage slowly and steadily.
3. In 24 hours two, three or four *bastis* are given. After resting for three days again the procedure is repeated for the next three days.
4. *Karnikas* (rings) should be introduced and vaginal openings pressed properly, then the *basti* bag should be pressed properly.^{[19][20][21]}

4. Sim's speculum
5. IUI cannula / infant feeding tube
6. 5cc syringe
7. Sterile *phalaghrita*
8. Cotton
9. Gauze pieces
10. Gloves
11. Towel clips
12. Kidney tray
13. Good light source.

Poorva Karma:

1. *Vaman*
2. *Virechana*
3. *Dashamoolaniruha* and *Anuvasanana*
On alternate day for 3 to 5 days

Pradhan Karma

1. Lithotomy position
2. Painting and draping
3. Cleaning of vulva and vagina with savlon and betadine
4. Insertion of sim's speculum and anterior vaginal wall retractor .
5. Proper visualization of external os with light source
6. Insertion of IUI cannula.

Contraindications:

1. Cervical cancer
2. Virginit
3. Vesicovaginal fistula
4. Hypersensitive disorders

Instruments required for uttarbasti

1. Sterile dressing and painting material
2. Swab holder.
3. Anterior vaginal wall retractor

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7. Fix 5cc syringe filled with *phalaghrita*

8. Slowly push the piston and administer 3 to 5cc of *phalaghrita* as required.

9. *Pichudharan*.

Paschat Karma:

1. Ask the patient to lie down for 20 to 30 minutes.
2. Avoid biking or travelling just after the procedure.
3. Light diet, soup or meat juice in the evening
4. Tell the patient to remove *pichu* after 12 hours.

c) 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 Tampons:^[22]

1. Circular - 1 inch length and breadth

2. Elongated - 1 finger breadth and 4 finger long

Site of *Pichu dharan*:^[22]

1. *Prathamavarta* - Elongated *pichu dharan*
2. *Dwitiyavarta* - circular *pichu dharan*

Duration of *Pichu dharan*:^[22]

5 to 6 hours up to retention of urine.

1. *Yonidaha and Yoni kandu*^[23]
2. *Yoni Paka*^[23]
3. *Vivritta Yonivyapada*^[23]
4. *Yoni Paichilya and Yoni Srava*^[24]
5. *Yoni Karkashata*^[25]
6. *Vataja Yonivyapada*^[26]
7. *Pittaja Yonivyapada*^[27]
8. *Vamini and Upapluta Yonivyapada*^[28]
9. *Nine Month Pregnancy*^[29]
10. *Retained Placenta*^[30]
11. *Yoni Bhransha*^[31]

Procedure of *Pichu Dharana*

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.

d)YONIDHUPAN : (Fumigation of vagina with medicated smoke)
Yonidhupan is the practical procedure in which fumigation of vagina is performed by giving the disinfected and medicated smoke.

Site of Yonidhupan- *Bhaya yoni*(outer surface of vagina)

Time limit of Yoni dhuphan- 3 to 5 minutes

Types of Yoni dhupan -

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

Indications

- 1.Shweta Pradara
- 2.Yoni Kandu^[32]
- 3.Apara Sanga^[33]
- 4.Garbha Sanga^[34]
- 5.Upapluta Yonivyapad^[35]
- 6.Sutika Paricharya^[35]

7.Raktagulma^[35]

8.Santati Pratibandhak(Contraceptive)
^[35]

Dhupana Drugs:

Kushta (*Saussure acostus*), *Agaru* (*Aqillarla agallocha*), *Guggul* (*Comiphora mukul*), *Vacha* (*Acorus calamus*) *Vidang* (*Embelia Ribes*), *Nimbapatra* *Azadirachta indica*)

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 *dhupan dravyas* are lit in *dhupan* apparatus which is placed just below the chair.
4. The smoke coming from the *dhupan drugs* must reach upto the expected genitalia for fumigation.
5. Otherwise even *Nadi Dhupan* 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.

e) YONI LEPANA (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 shaithilya*.
2. *Apara sang*
3. *Stana vidradhi*
4. *Yoni Arsha*(vaginal Polyp)

Procedure:

1. Painting or the expected part with savlon and betadine.

2. Freshly prepared *lepa* should be applied evenly and uniformly on the affected areas.

3. The *lepa* should be removed immediately after drying as the skin is very sensitive organ and very dried *lepa* kept on the skin can cause allergic reactions on the skin like rashes, burning, irritation of the skin.

f) YONIVARTI (Yoniwick)

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. *Dushta vrana*
2. *Karnini yonivyapad*^[36]
3. *Upapluta yonivyapad*
4. *Kaphaja yonivyapad*^[37]
5. *Rakta pradara*
6. *Anartava*

Types of Varti

1. *Karpas varti*
2. *Kalka varti*

Procedure.

1. Painting of the expected area with savlon and betadine
2. *Varti* should be made of size which is equal to the circumference of index finger
3. *Vartis* should be kept to dry in shade
4. There after *vartis* are wrapped in gauze piece and thread is tied o it.
5. *Vartis* used should be autoclaved.
6. For good lubrication, to avoid pricking of the *vartis*, these *vartis* should be soaked in oil, ghrita, honey or milk.
7. *Vartis* should be inserted into the vagina in such a way that the thread should remain out of the vagina. As soon as the urgency of micturation occurs the *varti* should be removed and vagina is washed with luke warm water.

g) YONI PURAN (vaginal packing)

This procedure is defined as filling the cavity of vagina completely with oils, pastes, powder or bolus. The commonly

used form of medications in this procedure are the *kalkas* or pastes.

h) YONI PARISHEK

It is hot fomentations to all sides of the vagina.

Site - *Bahya Yoni* (external part of vagina)

Time limit of Yoni Parishek- 5 to 10 min.

Drugs used for Yoni Parishek - Oil or medicated oil.

Indications- *YoniVrana*, *YoniPitika*, *YoniShotha*.

Procedure:

- 1) Patient should be given supine position with the knees flexed.
- 2) Medicated Oil or lukewarm water is poured from the height of 4 to 5 inch over the vagina.

i) PINDA CHIKITSA

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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:

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

➤ This freshly prepared Pinda is then inserted in to the *Prathamavarta*.

➤ It should be removed out after 3 to 4 hours.

Conclusion-

Sthanik Chikitsa can be helpful to prove like a boon to *Stree rogas* in *Ayurveda* when the *Vaidyas* apply these therapies in there gynecological practice logically and carefully but ofcourse under all aseptic precautions. Each *Sthanik Chikitsa* hold its own importance and shows marvellous results when applied with proper indications, strict aseptic precautions and extreme carefulness.

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