A CRITICAL REVIEW ON STHANIK CHIKITSA IN STREE ROGA

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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 show amazing results in the management of Stree Rogas. These extraordinary local therapies should be highlighted and of course used in the management of Stree Rogas for the fruitful outcomes. Sthanik Chikitsa preferably includes Yonidhawan (Douche of vagina), Yoni-Pichudharan (tampoon 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 and application site of the local therapy. The procedure of each local therapy is discussed considering 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.

Keywords: 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 woman 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. Womens 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” means specific treatment given locally. Chikitsa described in two parts—1. Abhyantar Chikitsa and 2. Sthanik Chikitsa. In streerog yonivyapada and yonirog are described. As compred 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 beneficial. It gives strength to
respective sthana. Following are the Sthanik chikitsa –

Pichu (insertion of tampon soaked in medicinal oil or liquid)
1. Yoni dhavan (cleaning of vagina)
2. Yoni dhupan (Vaginal fumigation)
3. Yoni lepan (Vaginal painting)
4. Yoni varti (Vaginal suppository)

1. Pichu Kalpana: Pichukalpana means Chikitsa done by pichu. Pichu-kalpana firstly described by Charaka in “Aitsar-chikitsadhyay.”[1] Pichu-kalpana is used for Snehan, Swedan, Shaman, Shodhan and Bhedan for specific diseases. Besides Garbhini and Sutika it is more useful in Streeroga. Taila or Ghrita is used for Shaman and decoction for Shodhan and Stambhan of diseases.

Definition: Pichu is described as a beejaqin karpas[2] which is kept in gauze piece (protam vastram) and tied with cotton thread. This pichu (tampon) soaked in different taila, Ghrita, kalka according to various diseases and kept in vagina (prathamavartam)[2,3,4,5,6].

There is no specific size of Pichu mentioned, in Samhitas. So depending on site where it is used size of Pichu varies. For clinical trial pichu is made of sterile cotton swab and wrapped with gauze piece and tied with a long thread. Oils are the most preferred media because of its retention ability. [7]

Types
1. Elongated–1 finger breadth and 4 finger long.
2. Circular–1 inch length and breadth.

Site: (vagina)—Elongated pichu.

Time of Retention of Pichu: 5-6 hrs

Procedure
1. Pichu should be autoclaved.
2. Patient should void urine before pichu insertion.
3. Patient should be in supine position with flexed knee.
4. Sterile pichu soaked in media like siddha taila should be inserted with index finger or swab holder into vagina in such a way that the thread of Pichu should come out of vagina. This facilitates easy removal of Pichu after 5-6 hrs.
5. Yoni pichu helps in improving musculature of vaginal canal.
6. Pichu can act as wound healing or antibacterial depending.

Pichu-kalpana Used in Streeroga

1. Vataj Yonivyapada: Different drug siddha taila is used for snehana. Because of this action Rakshata, Kharata and Shaithilya decrease and creates Mardavta. Guduchyadi taila pichu (cha chi 30)[1].

2. Udavarta and Mahayoni: Nishottar trivrutta siddha taila pichu (Cha chi 20/110)[3].

3. Mahayoni: Mushak taila pichu

4. Pittaj yonivyapada: Pachavalkal siddha taila pichu (cha chi30/62)[1]. For Local redness and inflammation, Jayadi Taila and Yashtimadhu siddha pichu.

5. Vipluta Yonivyapada: Dhatakyadi Taila pichu.(cha chi 30/78)[1].


7. Rakta-pradar: Kashay ras siddha decoction is used for stambhan.


Garbhini

1. Garbhini Paricharya: (9 month) Madhur aushadhi siddha taila pichu (cha sha 30)[4].

2. Garbhasrava:- Yashtimadhu ghrita pichu Nagrodhadishrung siddha pichu (cha chi30)[5].

Aparasang

Shatpushpa + Kushtha + madanphal + hingu siddha taila pichu (cha sharir 8/41)[6]

Santati pratibandhanarth

Saidhav taila pichu (Yogratnakar streerog chikitsa)

Sutika: There is no specific pichu is described but for yoni shaithilya, Gud-Haridra pichu and khashay rasu pichu is used.(cha chi 30)[4]

Upadrava of pichu: If the size of pichu and time of pichu dharana are more then Mutrasang, yonishtoth, yonishtul etc. are developed [6]

2. Yonidhawana (Cleaning of Vagina): Dhawana karma of yoni 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. [4, 5]

Sthana: Prathamavartam (Vagina) [6]

Duration: 8 days [9]

Timing: Ritukala (After 5th day of menses for 8 days)

Time: 1 to 1.5 Min. [9]

Drugs Used: Kwatha (Decoction), Kshirpaka (Medicated Milk), Siddha Jala (Medicated Water), Oil [9]

Quantity: 1 litre of decoction, 250 ml of oil

Indications

1. Kunapagandhi Artavdushti [10]


3. Yoni Srava [12] (Vaginal Discharge)
4. Yoni Kleda

5. Yoni Paichiliya

6. Yoni Kandu (Vaginal Itching)

7. Yoni Arsha (Vaginal Polyps)

**Procedure**
- Proper aseptic measures should be ensured before starting the procedure.
- Patient is given lithotomy position.
- Sterile rubber catheter is inserted into vagina.
- Enema pot filled with decoction is kept at 5 feet distance with luke warm decoction prathamavarta (Vagina) is washed out.

Most of the drugs used for Yonidhana have styptic, wound healing, pain alleviating and bactericidal actions. They prevent growth of bacterial organisms and restore the altered PH of vaginal cavity. Absorption of the drugs through the mucosa and blood circulation also helps to have beneficial effects on the uterus. The oil or decoction once used should not be reused even for same patient.

3 **Yonidhupan** (Vaginal Fumigation):

Yonidhupan is the therapeutic procedure in which vagina is disinfected by giving medicated smoke.

**Site:** Bahya Yoni (Outer part of Vagina)

**Period for Treatment:** 3 to 5 min

**Types:** According to purpose it is divided into 2 types

1. As a treatment
2. To maintain health

**Indications**

1. Yonikandu
2. Shweta Pradar
3. Apara Sanga
4. Garbha Sanga
5. Upapluta Yonivyapad
6. Raktagulma
7. Sutika Paricharya
8. Santati Pratibhandhak (as a Contraceptive Measure)

**Dhupana Drugs:** Kushta (Saussurea costus), Agaru (Aquilla agallocha), Guggul (Comiphera Mukul), Vidanga (Embelia Ribes), Vacha (Acorus calamus), Nimbatapra (Azadirachta indica)

**Procedure**
- A stool or chair having opening at the middle should be used
- Patient is made to sit on this chair after voiding the urine
- The drugs used for Dhupana are lit in the basin placed just below the chair

- It should be ensured that the smoke originating from the drugs should come in contact with female genitalia.
- Alternatively Nadi Dhupana can be done by lighting the drugs in a closed container
- The container is connected to pipe which can be used to give dhupana
- Since temperature reaches at peak during Dhupana, care should be taken of female genitalia as it is a very sensitive area.
- Dhupana or fumigation has been used for creating aseptic environment. It helps in killing microbes which in turn prevents infections.

4. Yoni Lepana (Vaginal Painting): Lepas are the external application dosage form in which the required drugs are mixed with water or any suitable media. The paste made from this mixture is applied locally to the affected area.

**Types**

1. Pralep–Thin Lepa
2. Pradeha–Very thick Lepa
3. Alepa–Medium thick Lepa

**Site:** Prathamavarta and Breast

**Time Duration:** 3 to 4 hours or upto drying of lepa.

**Indication**

1. Vivrutta Yonivyapada
2. Yoni Arsha (Vaginal Polyp)

**Procedure**
- The affected part should be cleaned with proper disinfectant
- Prepared lepa should be applied to affected area
- The lepas should be removed immediately after drying as the dry paste may irritate the skin causing itching or erosions

5 **Yonivarti** (Vaginal Suppository):

Varties are suppositories made by mixing powdered drugs with adhesive drugs or binding agents.

**Time Period:** 2 to 3 hours

**Indications**

- Karnini Yonivyapad
- Acharana Yonivyapad
- Yonishopha, Yonikleda, Yonikandu
- Yoni paichilya
- Anartava

**Procedure**
- The affected part should be cleaned with proper disinfectant
- Size of Vartis should be equal to circumference of index finger.
- These vartis should be dried in shade
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- These Vartis should be wrapped with gauze piece and thread is tied to it.
- It should be autoclaved
- Varties should be smeared with Oil, Ghrita, honey or milk
- The varties should be inserted into vagina in such a way that thread should remain outside of vagina
- After retention period of urine, the varti should be taken out and yoni Prakshalan (washing of vagina) should be carried out with lukewarm water
- The used varties should be discarded for new use. Varties are helpful in increasing secretion of vagina and does shodhana karma.

Conclusion: In Ayurvedic Gynaecology Sthanik Chikitsa (Local therapies) have lot of prospective in treating Gynaecological disorders. After reviewing all these local therapies it seems that these are described according to disorders of Tryavarta Yoni (Vagina). Different dosage forms are used in the form of medicated smoke, medicated tampons, medicated oil, kalka according to necessity of the treatment. The success of these procedures totally depends upon how well these procedures are being adopted by vaidyas on the patients. In this Study all these Local therapies are discussed in detail and Standard Operating Procedure of each procedure is given. This study will definitely prove to be helpful to Ayurvedic vaidyas in understanding concept of these Local Procedures and in carrying out these procedures in their clinics genuinely.

References