



STANDARD PROTOCOL FOR VARIOUS STHANIKA CHIKITSA IN PRASUTI TANTRA AND STREEROGA

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ABSTRACT

In Ayurveda there are mainly three types of chikitsa viz Sodhana Chikitsa, Samana Chikitsa and Sthanika Chikitsa. Prasuti tantra and Streeroga deals with a number of Sthanika chikitsa which is done through Yoni Pradesha which includes Yoni Dhawana, Yoni pichu, Yoni Abhyanga, Veshawara, Yoni Dhoopana, Yoni Lepana, Uttara basti etc. These procedures are done with the type of *Oushadha Kalpanas* which suit that particular procedure and the disease. The effectiveness of these treatment procedures are largely dependent on the way in which it is being done. Hence these Sthanika chikitsa should have a standard protocol which is tailor made according to the individual and according to the disease condition Here an attempt is made to standardise these Sthanika chikitsa through a definite protocol.

INTRODUCTION

Ayurveda, the ancient science of life, has always focused on the nurture and maintenance of good health of an individual. Women are considered an important part of society with multidimensional role in every individual's life. These women who are busy in their household as well as career face many gynecological problems. Ayurveda has given different modes of treatment for these gynaecological issues like *shodhana chikitsa*, *Shamana chikitsa* and *sthanika chikitsa*. *Sthanika chikitsa* includes *Yoni dhavana*, *Uttara basti*, *Yoni-pichu*, *Yoni-dhoopan*, *Yonilepana*, *Yoni-pariseka*, *Yoni-purana*, *Yoni-variti* etc. It is usually done after *shodhana chikitsa*.^[1]

सर्वतः सुविशुद्धयाः शेषं कर्म विधीयते।

बस्त्यभ्यग परिषेकम् प्रलेप पिचु धारणम्॥ (A.S.U.39/53)

These local treatments have very good results in managing *Stree rogas* if performed wisely and accurately.

1) Yoni Dhavana

- पाकं गते व्रणे वापि गम्भीरे सरुजोऽथवा ।

सरन्धरे शोधनं कार्यं धावनन्तु भिषग्वरे॥(H.S.Chikitsa sthana 35/19)

Dhavana is one among the sixty types of *Vrana Chikitsa*

Yoni dhawana is the procedure of cleaning *Yoni* and *Apathyamarga* with *kwatha* or any other *drava dravya*

- Materials Required

Douche can

Decoction

- Quantity Of Liquid

500ml-1000ml of liquid is taken

- Time Taken For The Procedure

5-10 minutes

- Procedure

- Patient should be made to lie in lithotomy position
- Aseptic measures are taken
- Douche can (attached with tube and nozzle) is filled with warm decoction
- Vulval area should be rinsed first and at the last
- Nozzle of douche can is inserted into the vagina
- Decoction flows into the vagina in a constant manner and constant speed.
- Patient is asked to cough after the procedure to remove the excess liquid from vagina
- Vulva is dried with gauze

- Indications

Yoni Paichilya-Triphala kwatha, *Panchavalakala kwatha*

Yoni Dourgandya-Chandhana useera siddha Kwatha

Yoni Srava-Kashaya of Karira, Arka pushpa, Nimba twak, Jambhu mixed with mridvika, sidhu, shukta

Uapaplutha Yoni Vyapat-Triphala kwatha

➤ Mode of Action

Prakshala Dravyas having Tikta Kashaya Rasa and Laghu Ruksha is selected, so their action is Vrana Shodhana, Ropana, Srava Kledashoshana, Kandughna, Krimighna, Sothahara, Vedana sthapana

2) Yoni Pichu

Vaginal tampon made of cotton and gauze soaked in Taila/Ghrutha/Kashaya is termed as Pichu, when placed in yoni it is called Yoni pichu.^[2]

Vesha vara is a modified form of pichu indicated in Mahayoni.

पिचु तैलं पिचुना तुलकेन तैलं वातहर द्रव्य क्वाथ सिद्ध योनिषु धारयेत्। (सु.सं.उ. 38/27, डल्ह).

➤ Procedure

- Pichu should be autoclaved
- Patient is asked to void urine
- Patient is made to lie in supine position with knee flexed
- Genital area cleaned with antiseptic solution
- Yoni prakshalana is given
- Pichu dipped in oushadha should be inserted inside the vagina
- The thread of pichu should be left out of the vagina for easy removal
- Patient is asked to lie in lithotomy position for 15-20 minutes
- Pichu should be retained until the subsequent urge for micturition



➤ Indications

Vataja Yoni vyapat-Guluchyadi taila

Yoni paka-Chandanodaka Pichu

Apara Sanga- Shatapushpadi Taila

Raktha Gulma- Varaha pitta and Matsya pitta bhavita Pichu

➤ Mode of Action

Pichu kept during the Navama Masa does Garbha ashaya marga snehananam. Sneha in pichu does the brimhana of Garbhashaya and Yoni. Vatasamaka property of the drugs helps in correcting Apana vayu.

Yoni Vishodana property of taila helps in making the Yoni Shuddha. Tikta madhura seetha dravyas used in Pittaja condition reduces Paka. Kashaya Ruksha Dravyas used in Kaphaja conditions acts as Kledahara, krimighna and kandughna.

Veshavara

Veshavara is a modified form of Yoni pichu

- प्रसंसिनी घृताभ्यक्तां क्षीरस्विन्त्रां प्रवेशयेत्।

पिधाय वेशवारेण ततो बन्धं समाचरेत् ॥

शुण्ठीमरिचकृष्णाभिर्धान्यकाजाजिदाडिमैः ।

पिप्पलीमूलसंयुक्तैर्वेशवारः स्मृतो बुधैः । (B.P.Chi.70/39-40)^[3]

- 25 grams of minced Aja mamsa is taken
- Mixed with Shuti, Maricha, Pippali, Ajaji, Dhanyaka, Dadima each 5 grams is taken
- Made into a pinda
- Covered with gauze piece and made into a shape of pichu



➤ Mode of Action

- वेशवारो गुरुः स्निग्धो बलोपचयवर्धनः। (A.H.Su 6/40)

Veshavara is snigha, Balavardhaka, Upachayakaraka, hence does Dhatupushti avhd controls Vata, hence corrects the laxity of pelvic tissues.^[4]

3) Yoni Varti

- वर्तवेऽनया इति वर्तिर्त्ति । (Sabda kalpadruma)

Vartis are made by processing Choorna with guda, saarkara, guggulu or by macerating with madhu guggulu etc.

Vartis when kept in yoni pradesha is called Yoni varti

➤ Procedure

- Genital area should be cleaned with antiseptic solution
- Yoni Prakshalana is done
- Varti is inserted in Yoni.

- Varti should be retained until subsequent urge for micturition
- Indication
- *Kaphaja Yoni Vyapat-Yava churna+Saindhava +Arka dugdha*
- *Karnini Yoni Vyapat-Kushta+Pippali+ Arkagra+Saindhava+Basta mutra*
- *Acharana yoni vyapat- Go pitta/matsya pitta*
- *Yoni paicchilya-Kasisa+triphala+kankshi+jambhu asthi+madhu*
- *Anartava-Ikshvaku+ danti+ Chapala + guda+ madanaphala+ kinva+Yavashuka+snuhi*

➤ Mode of Action

Dravyas which have *shodhana* and *ropana* properties are selected. Generally *Vartis* have *Sravahara* and *Kledahara* action

4) Yoni Purana

- पूर्यतेऽनेनेति पूरणं | (sabdakalpadruma)

Yoni poorana is the filling of *Yoni* with either *Taila*, *kalka*, *Pinda*, *Churna* etc made into compact mass and inserted into *Yoni*.

It is usually done when large quantity of drug is required to be retained at the site of action.

- Procedure
 - Patient is given Lithotomy position
 - Genital area is rubbed with antiseptic solution
 - *Yoni Prakshalana* is given
 - *Poorana* is done in *Yoni* under aseptic precautions
 - *Poorana* dravya should be retained until next urge for micturition.
 - If needed *Sukhambu Kshalana* is done
- Indication
 - *Kaphaja Yoni vyapat- Syamadi Kalka*
 - *Vataja Yoni Vyapat-Himsra kalka*
 - *Mahayoni-Vasa of Risha and Varaha processed with madhura gana dravyas*
 - *Kunapa gandhi arthava dushti-Triphala Kalka Dharana*
 - *Yoni gadikarana- Makhanda phala+Madhu+ Karpoora*



➤ Mode of Action

Sneha poorana is *Balya* in action, thus Strengthens *Yoni*. There are formulations which are specifically mentioned

for *Yoni gadikarana*. *Kalka* and *choorna dharana* which is mainly of *thikta-kashaya rasa pradhana* acts as *Ropana*, *sravahara*, *kledahara*

5) Yoni Lepana

Medicines in the form of *Kalka* applied externally in *Yoni* is called as *Yoni lepana*.

- Procedure
 - *Yoni prakshalana* should be done
 - *Lepa* freshly prepared is applied uniformly inside *Yoni*
 - *Lepa* should be removed immediately after drying

➤ Mode of Action

Lepana is *Vatahara* hence relieves *Yoni shola*. *Tikta – Kashaya Rasa pradhana* of the *lepa* acts as *Vrana shodhaka* and *Vrana ropaka* It is *Sophahara*.

6) Yoni Dhoopana

धूपनम् -धूपाधिवासने

Fumigation of *Yoni* with *Oushada yuktha Dhuma* is called *Yoni Dhupana*

Site of *Dhoopana*- *Bahya Yoni*

- Procedure
 - A chair having hole at the bottom is taken
 - Patient is made to sit after emptying bladder
 - *Dhoopana* dravya is sprinkled over *nirdhuma agni*.
 - *Dhuma* is done in *Yoni*

➤ Mode of Action

Dhoopa is *Sroto shodaka* *Dhoopa* is *Kaphagna*, *Kledagna* and *Srava sthambaka*.

7) Kshara Karma

- तत्र क्षरणात् क्षणनाद्वा क्षारः। (सु.सं.सू. 11/4)
- Procedure
- Patient is placed in lithotomy position after emptying bladder
- Aseptic precautions are taken
- *Yoni prakshalana* is given
- Genital area is wiped with gauze
- Cervix is exposed with *Cusco's speculum*
- *Kshara* is applied over the affected area with a cotton swab wrapped around a straight artery forceps
- We are supposed to Wait for 100 *matrakala* till the eroded area become *Pakva jambuphala varna*
- *Pamarjana* is done with *nimbu swarasa*
- *Yoni pichu* is kept till next urge for micturition
- Mode of Action
 - It does *Chedana, Bhedana, Lekhana*
 - It is made from several drugs, hence *Tridosahara*
 - It has *Soumya* and *Tikshna* action
 - It has *Shodhana, Ropana, Sthambhana, Lekhana* Action

8) Yoni Abhyanga

Abhyanga means तैलादिमर्द्धने

The procedure of applying Sneha dravyas in *Yoni* is called *Yoni abhyanga*.

➤ Procedure

- Patient is made to lie in lithotomy position
- Gloved finger is dipped in taila and abhyanga is done in the yoni 5-10mins.
- Patient is asked to lie down for 15 mins

➤ Mode Of Action

Yoni Abhyanga does *snehana* of *Yoni*. *Yoni Abhyanga* is *Balya*, it strengthens and tones Vaginal muscles.

9) Uttara Basti

➤ उत्तरमार्गदीयमानतया, किंवा श्रेष्ठगुणतया उत्तरबस्तिः।

(Cha.Siddhi 1/50 chakrapani tika)

- The *basti* which is given through *Uttara marga* is called *uttara basti*
- *Uthara marga* can be *Mutra marga* or *Yoni marga*
- *Basti* which is having *Sreshtha guna* is called *Uthara basti*
- उत्तरबस्तिरपि स्नेहने अनुवासनवत्, शोधने निरुहवदपि केचिदाहुः।(A.S.Su 28/9)
- *Uttarabasti* is superior as it does *snehana* as *Anuvasana Basti* and *Sodhana* like *Niruha Basti*.^[5]
- *Uttara Bati Yantra* comprises- Basti Netra and Basti Putaka
- *Basti Netra Pramana*

Avastha (stages)	Marga (passage)	Pushpa Vrunta (circumference of nozzle)	Nirgamana Yogya (Lumen size)	Pravesha Nivarana Karnika Sthana
Baala	Mutra	Malati pushpa vrunta	Sarshapa	One angula
Yuvati	Mutra	Mutra srotavat	Mudga	Two angula
	Yoni	Kanishtha anguli sadrusha	Mudga	Four angulas

➤ Oushadha Pramana

• Vagbhata

Yoni marga-2 karsha

Mutra marga-2 karsha

- Sharangadhara
- Above 25 yrs

Yoni marga-2 pala

Mutra marga-1 pala

- Below 25 yrs

Bala-2 karsha

Sushruta

- Garbhashaya marga -

Sneha-2 prasruta

Kashaya-2 prasrutha

- Mutrashaya marga

Sneha-1 prasruta

Kashaya-1 prasruta

➤ Procedure

- Patient is advised to evacuate bowel and bladder
- Patients vitals are to be checked
- Abhyanga and swedana of kati pradesha, udara, prushtha and parshwa pradesha is to be done
- Yoni prakshalana
- Medicine for uttarabasti should be autoclaved
- Patient is placed in lithotomy position
- Genital area is painted with antiseptic solution
- Cervix is visualised by inserting sims speculum and anterior vaginal wall retractor per vaginum
- Length and position of uterus is assessed with uterine sound
- Uterus is dilated with hegar's dialator to admit iui canula
- Hold the cervix with vulsellum
- IUI canula is inserted in the direction of uterus and pushed upto internal os
- All instruments are removed slowly
- Basti dravya is injected slowly into the uterine cavity.

- Patient is made to lie down for 2-3 hours
- Watch for basti pratyagama
- Time For Giving Uttara Basti
- During *Arthavakala(Rtukala)*
- After doing *Shodhana* with *Asthapana Basti*
- Because during this *Kala*, *Yoni* accepts and absorbs *sneha* spontaneously and easily
- Mode Of Action
- Alleviates the Aggravated *Vayu* in *Garbhasaya*
- Maintains normalcy of *Apana Vata*
- Helps in *Yoni shodhana*

DISCUSSION

In Prasutitantra and Stree roga, Sthanika Chikitsa has great importance. The action of sthanika chikitsa is mainly by the absorption of drugs across the vaginal mucosa. Vaginal drug delivery offers many advantages over the Oral route of administration by, the avoidance of hepatic first pass metabolism, avoidance of enzymatic deactivation in GIT, large permeation area and rich vascularisation.

Drugs administered via the vaginal route are absorbed through-

- 1) Transcellularly via concentration dependent diffusion through the cells.
- 2) Paracellularly mediated by tight junctions.
- 3) Vesicular or receptor mediated transport.

The drugs used in Sthanika Chikitsa acts by exerting its antiseptic, antimicrobial, antifungal, anti inflammatory and analgesic action. Prakshalana has cleansing bacteriocidal and healing properties, especially Triphala and Panchavalkala has free radical scavenging property. Pichu provides strength, stretchability, tissue nourishment and wound healing property eg. Jatyadi taila contains falavnoids, tannins, steroids alkaloids and glycosides which help in faster wound healing. Yoni

lepana provide more surface area for absorption of drugs, and the semisolid consistency increases the bioavailability of drugs. Yoni dhoopana helps in dialation of blood vessels and helps in oxidation of blood leading to adequate tissue perfusion and oxygenation, thus reduces inflammation and infection. Kshara karma kills the superficial cells helps in the regeneration of basal cells and promotes growth of squamous epithelium. Uttara basti nourish endometrium, stimulate essential cervical secretions, removes tubal obstruction thus making the uterus favourable for conception.

CONCLUSION

Sthanika Chikitsa has got lot of prospective in treating the Gynaecological disorders. Different forms of drugs like *Kwatha*, *Kalka*, *Sneha*, *Varti*, *Dhooma* are used in different type of *Sthanika Chikitsa* giving its specific results Each *sthanika Chikitsa* has its own importance and shows marvellous results when applied with proper indications, strict aseptic precautions and extreme carefulness.

These *Sthanika Chikitsa* are considered as effective therapy for disease management and also provides advantages of being inexpensive and easy to use.

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