

**STHANIK CHIKITSA (LOCAL THERAPIES) IN STRI ROGA: CRITICAL REVIEW**

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**ABSTRACT**

Ayurveda is one of the oldest systems of health gives a detail description of *Stree Roga*. Women combat with quite common gynecological problems like white discharge, itching at vulva, foul smelling vaginal discharge, burning micturition etc. *Sthanik Chikitsa* has given excellent results in these problems. *Sthanik Chikitsa* preferably includes *Yonidhawan* (Douching per vaginum), *Yoni-Pichu* (Tampooning per vaginum), *Yoni Dhoopan* (Fumigation of vagina), *Yoni-Varti* (Vaginal suppository), *Yoni-Lepana* (Vaginal painting), *Uttarbasti* (Medicated oil or decoction is pushed into the uterine cavity through vagina), *Agnikarma* (Cauterization) and *Ksharakarma* (Chemical cauterization) etc. In the present study all these local therapies are revised through ancient *Samhitas*, and these therapies are reviewed with their meanings, indications, procedures, application site and probable mode of actions. It is my sincere and optimistic effort to encourage most of the *Ayurveda* physician towards *Sthanik Chikitsa* in the management of *Stree Rogas*.

Keywords: *Sthanikchikitsa*, Local therapies, *Stree Roga*.

INTRODUCTION

Women's health is the fulcrum not only for the healthy status for her family but rather to the whole

society and to the nation. A girl must pass through different stages and several anatomical and

physiological changes occur in her body to become a mature woman. 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 gynecological problems which usually occur in a female during her reproductive age. Acharya has mentioned *Chikitsa* in two parts— *Abhyantara Chikitsa* and *Sthanik Chikitsa*. “*Sthanik Chikitsa*” means specific treatment given locally. *Sthanik Chikitsa* is beneficial when *Sthanik Dosh-dushti* is more and it gives strength to respective *Sthana*. These local therapies have proved greatly beneficial in *Stree Rogas* if performed accurately. For this purpose, this conceptual study is prepared to understand procedure, indications, probable mode of actions, precautions etc. regarding these local procedures.

The *Sthanik Chikitsa* (local therapies) are described as follows:

1. Yoni-Dhawana (Douching per vaginum)

Dhawana mean cleaning of wound with water or any other medicated preparations. *Yoni Dhawana* is a procedure of cleaning vagina and vaginal passage with *Kwath* or any other liquid.¹

Application Site- *Prathamavarta*(Vagina).²

Duration - 8 days²

Time of administration- *Rutukala* (from 6th to 13th day of menstrual cycle)

Time limit- 1 to 1.5 min.²

Drugs used in the form of- *Kwatha* (Decoction), Oil, *Kshirpaka* (Medicated milk), *Siddhjala* (Medicated water).

Indications-

1. *Yoni Srava* – *Yoni Dhawana* with decoction of *Triphala*³
2. *Yoni Paicchilya* - Decoction of *Rajavraksadi* group of drugs.⁴
3. *Yoni Dourgandhya* - Decoction of *Aragvadhadi* group of drugs.⁵
4. *Yoni Kandū* - Decoction of *Guduchi*, *Triphala*, and *Danti*.⁶
5. *Vatajaartvadushti* - Decoction of *Sarala* and *Mudgaparni*.⁷

6. *Pittjaartvadushti* - Decoction of *Gairika* and *Nimb*.⁷

7. *Kaphajartavadushti* - Decoction of *Lodhra* and *Tinduka*.⁷

Materials - Enema pot, Sterile Catheter, Cotton.

Procedure-

- a. All aseptic measures should be ensured before starting procedure.
- b. Lithotomy position given to the patient.
- c. Lukewarm decoction is filled in enema pot and pot is placed at 5 feet distance and *Prathamavarta* is washed out by inserting sterile rubber catheter into vagina.
- d. Vulva is cleaned and dried with cotton after procedure.
- e. Procedure is repeated on the respective days according to the severity of diseases.
- f. Oil or *Kwatha* once used should be discarded.

Probable mode of action - The drugs used for *Dhawana* are antiseptic, have bactericidal action, wound healing property, alleviates pain. Drugs are absorbed through mucosa and blood circulation of vagina. Bactericidal actions of the drugs prevent bacterial growth and maintain the pH of vagina.

2. Yonipichu Dharana (Tampooning per vaginum)
Pichu or tamoon is made up of cotton swab of size 2×3 cm (1 inch), wrapped with gauze piece and tied with long thread. In *Yonipichu* mostly medicated *Kwatha*, *Ghrita* and *Taila* are used. These preparations have two main functions *Shodhana* (purification) and *Ropana* (healing).⁸

Site – *Prathamaavarta*⁹

Duration of retention of Pichu- 5-6 hours (up to retention of urine)

Indications-

1. Streeroga

- *Vataja Yonivyapada* - *Guduchyadi Taila Pichu*¹⁰
- *Pittaja Yonivyapada* - *Pachavalkal Siddha Taila Pichu*¹⁰
- *Putraghni Yonivyapada* - *Udumbar Siddha Taila Pichu*¹⁰

2. Garbhini

- *Garbhini Paricharya* – In 9th month *Madhur Aushadh Siddha Taila Pichu*¹¹

- *Garbhasrava - Yashtimadhu Ghrita Pichu*¹¹
- *Aparasang – Shatpushpa, Kushtha, Madanphal, Hingu Siddha Taila Pichu*¹¹

Procedure -

- a. *Pichu* used for procedure should be autoclaved.
- b. Ask the patient to pass urine before procedure.
- c. Ask the patient to lie in supine position with knees flexed.
- d. *Pichu* soaked in medicated oil or liquid should be inserted into vagina with index finger of gloved hands.
- e. Thread of *Pichu* should remain outside the vagina so that *Pichu* can be removed easily.

Probable mode of action - *Pichu* helps in *Lekhana karma* and thus removes slough.¹² Oil used for *Pichu* strengthens the musculature of vaginal canal along with healing of wound.

3. Yoni Dhoopan (fumigation of vagina)

In this therapeutic procedure the medicated smoke is used to sterilize vulva and vagina.

Site- *Bahyayoni* (outer surface of vagina)

Duration - 3 to 5 minutes.

Dhoopan drugs - *Kushta, Guggulu, Agar, Vacha, Vidanga, Nimba* etc.

Indications-

1. *Yonikandu-* Fumigation with *Haridra* and *Brahi*¹³
2. *Shweta Pradara-* Fumigation with *Sarala, Guggalu, Yava* mixed with *Ghrita*¹⁴.
3. *Sutika Paricharya-* Fumigation with *Kushta, Guggalu, Agara* mixed with *Ghrita*¹⁵.

Procedure-

- a. *Dhoopan* chair or stool is prepared for this procedure. It is a stool which is having a hole in its middle.
- b. Patient is asked to sit on the stool after voiding the urine.
- c. *Dhoopan Dravyas* are lit and placed in *Dhoopan Yantra* which is placed below the stool.
- d. One has to make sure that *Dhoom* coming from *Dhoopan Dravyas* should reach up to the desired part of female genitalia.

- e. *Nadi Dhoopan* is another alternate in which *Dhoopan Yantra* is connected to a pipe through which *Dhoom* can reach to expected area.

As the procedure goes on the temperature rises and it may lead to burn the genitalia as it is very sensitive part, so proper care should be taken during procedure.

Probable mode of action - Fumigation creates an aseptic environment, kills microbes thereby prevent infections. It dilates blood vessels and helps in oxidation of blood. It leads to adequate tissue perfusion and oxygenation. Thus, reduces inflammation, itching and eliminates infection.¹⁶

4. Yoni Lepana (Vaginal Painting)

Lepa means external application. In this procedure paste of drug is applied over affected area. Paste is made by mixing fine powder of drug with water or any other media.

Site- *Prathamavarta*

Time limit - up to *Lepa* dries (3-4 hour)

Indications-

1. *Yoni Arsha-* With powder of *Tuttha, Gairika, Lodhra, Ela, Rasanjana, Harenu, Pushpakasis*, salt mixed with honey¹⁷.
2. *Vivrutta Yonivyapada -* With powder of *Palashbeeja* and *Udambarphala* mixed with *Tila Taila* and honey¹⁸.

Procedure-

- a. Affected part should be cleaned.
- b. *Lepa* should be prepared fresh and applied over affected part uniformly.
- c. Immediately after drying, *Lepa* should be removed as it may irritate the skin and can cause rashes or itching.

5. Yonivarti (Vaginal suppository)

Vartis (suppositories) which is made by mixing fine powder of drugs, adhesive drugs or binding agents. *Varti* should be prepared in a size of circumference of index finger and dried in shade. Prepared and well dried *Vartis* are wrapped in gauze piece and a thread is tied to it.

Duration- For 2-3 hours

Indications-

1. *Kaphaja Yonivyapada-* suppository prepared with powdered *Yava, Saindhav* and *Arkaksheer*¹⁹.

2. *Karnini Yonivyapada*- suppository prepared with *Kustha, Pippali, Arka, rock salt and Aja Mootra*¹⁹.
3. *Anartava*- suppository prepared with *Ikshvaku, Danti, Madanphala, Kinva, Yavashooka, and Snuhiksheera*²⁰.
4. *Yoni paichhilya*- suppository prepared with *Kasis, Triphala, Sphatika, Samnga, Lajjalu, Amrasthi, Dhatakpushpa*²¹.

Procedure-

- a. Autoclaved *Varti* should be used for procedure.
- b. Expected part should be cleaned well.
- c. Oil smeared *Varti* should be inserted in such a way that the thread should remain outside.
- d. Up to retention period of urine *Varti* should be kept inside. As soon as urge of urine felt *Varti* should be removed.
- e. *Yoni Dhawana* with lukewarm water should be done.
- f. *Varti* once used should be discarded.

6. *Uttarbasti* (Insertion of medicated oil, decoction into Intra Uterine Cavity through vagina)

Basti which is given through *Uttarmarga* i.e., either through the passages located above or in front part of anus (urethra or vagina) which is routine *Basti* route is known as *Uttarbasti*. *Basti* which possesses superior qualities is also termed as *Uttarbasti*.²² It also points towards urinary bladder of pig or goat which used for inserting medicine into vagina. Now a day's 5cc syringe attached with cannula is used for insertion.

Time of administration- *Artavakala*²³ (from 6th to 13th day of menstrual cycle)

Indication of Uttar Basti

1. *Yonivyapada Chikitsa*

- *Udavarta & Vatala - Uttarbasti* with *Traivritasneha*²⁴
- *Arajaska & Putraghni - Uttarbasti* with *Ghritha* medicated with the *Kwath* of *Kashmari & Kutaja*²⁴.

2. *Aparasang- Sidharathakadi Tail Uttarbasti*²⁵

3. Tubal disorders

- Tubal block- If block is due to adhesions *Kshartaila Uttarbasti* is beneficial.²⁶
- Hydro-salphinx- *Nirgundi Taila, Yashtimadhu Taila, Til Taila* are used to manage this inflammatory condition.

4. **Endometrial condition-** *Sneha* prepared from *Bruhana Dravyas* helps in improving endometrial thickness.

5. **Cervical erosion-** *Triphala ghritha, Shatavari ghritha, Phala ghritha* are the commonly used.

Quantity and frequency-

Acharya Sushruta has explained quantity of *Kashaya- 2 prasrita* (192 gms), *Sneha- 1 Prasrita* (96 gms) and for *Garbhashya-shodhan*, quantity of *Sneha* should make double i.e., *2 prasrita*.²⁷

Uttarbasti Yantra- It has two parts *Bastiputaka* and *Netra*.

Classical Method of Uttarbasti²⁸⁻

- a. A woman is asked to lie down on bed in supine position with flexed thighs and elevated knees.
- b. *Pushpa Netra* is inserted in vaginal or urinary passage slowly and with steady hands in the direction of passage.
- c. *Karnikas* (rings) should be introduced, and vaginal orifices pressed properly then bag of *Basti* should be compressed properly.
- d. In 24 hours two, three or four *Basti* should be given.
- e. Then 3 days rest should be given to patient and again procedure should be repeated for three days.

Practical procedure of Uttarbasti-

- a. All routine examination should be done.
- b. *Snehan* at *Udar, Uru, Prushta* should be done with *Vatashamaka tail*.
- c. *Swedan* specially *Nadisweda* on *Udar* and *Prushta pradesh*.
- d. Patient is asked to lie down on lithotomy.
- e. *Painting* and *draping* should be done.
- f. *Vulva* and *vagina* should be cleaned.
- g. Proper visualization of cervix by inserting *sim's speculum* and *anterior vaginal wall retractor* and catch the lip of cervix with *vulsellum*.

- h. Uterine sound is inserted to know the position and length of uterus.
- i. Medicated *Ghrita* or oil is taken in 5cc syringe and IUI cannula is attached to its end.
- j. Cannula should insert in uterus through cervix and slowly push the medicine in cavity with steady hand. Instruments should be removed.
- k. *Pichu* is placed in vagina for 2 hours.
- l. Head low position should be given to patient and rest for half an hour.
- m. Hot fomentation is preferred.
- n. Repeat this procedure for 3 – 5 days.

7. **Kshara Karma (Chemical cauterization)**

Kshara are the substance that acts as a corrosive agent for any growth when used externally. *Kshara karma* is said to be superior to any other surgical or parasurgical measures due to its functions like *Chedana*, *Bhedana*, *Lekhana* and *Patana karma*. It can be applied in a narrowest place and internally where surgical procedures cannot be performed.²⁹

Indication

1. *Yoni Arsha* (Genital warts)³⁰
2. Cervical erosion³¹

Procedure

- a. Patient is asked to lie on lithotomy position.
- b. Vulva and vagina should be cleaned.
- c. Cervix is exposed usingusco's speculum.
- d. *Kshara* is applied with a cotton swab stick over the eroded area and kept in contact for 2 minutes.
- e. Thereafter *Yoni Prakshalana* will be done followed by *Jatyadi Taila Picchu*.
- f. Patient is advised to keep the *Pichu* for approximately 2 hrs.

Probable mode of action - *Kshara* has *Tikshna Guna* and *Ushna Virya* with predominance of *Vayu* and *Teja Mahabhuta*. *Vayu* helps in fast action while *Teja* produces caustic effect. *Kshara (Apamarga, Snuhi)* applied on cervical erosion cause death of superficial cells (due to vasoconstriction) regeneration of basal cells (formation of granulation tissue) growth of squamous epithelium in cervical erosion.³¹

8. **Agni Karma (Cauterization)**

Main advantage of the *Agnikarma Chikitsa* is it prevents the recurrence of the disease and prevention of the infection.

Dahan Upkaran - *Pippali*, *Ajashakrit*, *Godanta*, *Shara*, *Shalaka* etc.

Indication –

1. *Yoni Arsha* (Genital Warts)³⁰
2. Cervical erosion³²

Procedure -

- a. Patient is asked to lie on lithotomy position.
- b. Vulva and vagina should be cleaned.
- c. *Swarna Shalaka* is heated on flame by the help of spirit lamp.
- d. *Bindu* type of *Agnikarma* is applied over the area.
- e. Thereafter *Yastimadhu* powder mixed with *Ghrita* is applied over the wound.

Probable mode of action - It increases the blood circulation to affected site so that the necessary oxygen and nutrient materials are supplied, and waste products are removed. *Agnikarma* works on different *Sampraptighatak* of disease and thus *Sampraptivighatan* is done by *Agnikarma*.³²

CONCLUSION

Sthanikachikitsa (Local procedures) has proven to be greatly beneficial treatment as *Shaman* or *Shodhan Chikitsa*. Specifically, in *Stree Roga*, it plays a major role as it directly acts on effected area and pathology can be rectified. Different drug forms such as *Kwatha*, *Taila*, *Ghrita*, *Dhoom* etc. are used but the benefits of these procedures will be more effective when these procedures will be performed in a correct manner under all aseptic precautions. This study will definitely be useful for *Ayurveda* physician in their practice.

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