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## CRITICAL REVIEW ON *STHANIKA CHIKITSA* IN *STREE ROGA*

### AUTHORS

1. Raunak, 3<sup>rd</sup> year P.G. Scholar, Department of PrasutiTantra and StreeRoga, Parul Institute of Ayurveda, Vadodara.

### **Abstract:**

Sthanik chikitsa (local therapies) plays important role in treating any diseases. Acharyas have explained treatment in three ways shaman, shodhan and sthanika chikitsa. In Ayurvedic stree roga use of local therapies proved very beneficial as these therapies directly act on the site of diseases. In stree roga mainly diseases are related to tryavarta yoni. Local therapies include Yonidhawan, Yonipichu, Yoni-dhoopan, Yoni-pariseka, Yoni-purana, Yoni-lepan and Uttarbasti. In this study all these therapies are explained through ancient texts with their definition, site, indications, procedures, precautions. These therapies will show their effect only when they are performed wisely with correct procedure. For that one has to know each procedure in detail so that required procedure can be implanted in required condition. So keeping all these things in mind this study is done so that it can help Vaidyas to know these procedures and advise them in day to day practice and stree roga can be managed easily.

### **For Corresponds:**

**Name of Author:Dr. Raunak**  
**Email: dr.ankita.vashist@gmail.com**

**Key Words:** Ayurveda, Sthanik Chikitsa, Stree roga, Uttarbasti, Local procedures

## INTRODUCTION

A woman is very important part of society with multidimensional role in every individual's life from birth to death. As like a bud which has to pass through different stages to become a flower similarly to become a mature women a girl has to pass through different stages. Several anatomical and physiological changes occur in her body. At every stage it needs utmost care but due to responsibility of family and other social works she always neglect 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*, *Yoni-lepan*, *Yoni-pariseka*, *Yoni-purana*, *Yoni-varti*, *Pinda chikitsa* etc. Local therapies are the one which directly act on the site of diseases, so in case of *stree rogas*, local therapies are used in the diseases of all the three *avartas* of yoni. These local therapies have very good results in managing *stree rogas* if performed wisely and accurately. For this purpose this conceptual study is prepared to understand procedure, indications, contraindications, precautions etc. regarding these local procedures.

## AIMS AND OBJECTIVES

- To study *sthanik chikitsa* used in different *stree rogas*.
- To study different *sthanik chikitsa* from various Ayurvedic classics.
- To study the operating procedure of each local therapy.

## 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.

The *sthanik chikitsa* (local therapies) are described as follows:

### **YONI-DHAWANA (cleaning of vagina)**

In general, *dhawana* means cleaning of wound with water or any other medicated preparations.<sup>1</sup> *Yoni dhawana* is a procedure of cleaning vagina and vaginal passage with *kwath* or any other liquid.

***Sthana* (Application Site)- Prathamavarta (Vagina)<sup>2</sup>**

**Duration - 8 days<sup>2</sup>**

**Timing for advising *Yoni-dhawana-Rutukala* (from 6<sup>th</sup> to 13<sup>th</sup> day of menstrual cycle)**

**Time of procedure - 1 to 1.5 min.<sup>2</sup>**

**Drugs used in the form of-** *Kwatha* (Decoction), *Kshirpaka* (Medicated milk), *Siddha jala* (Medicated water), Oil.<sup>2</sup>

**Quantity of medicine-** 1 litre of decoction, 250 ml of oil

**Indications-**

1. *Yoni Srava*<sup>3</sup>
2. *Yoni Paicchilya*<sup>4</sup>
3. *Yoni Kleda*<sup>5</sup>
4. *Yoni Arsha*<sup>6</sup>
5. *Yoni Kandu*
6. *Kunapgandhi Artavadushti*<sup>7</sup>
7. *Kaphaja Artavadushti*<sup>8</sup>

**Materials-** Enema pot, Sterile Catheter, Cotton.

**Procedure-**

- All aseptic measures should be ensured before starting procedure.
- Lithotomy position given to the patient.
- Lukewarm decoction is filled in enema pot and pot is placed at 5 feet distance and *prathamavarta* (vagina) is washed out by inserting sterile rubber catheter into vagina. [2]
- Vulva is cleaned and dried with cotton after procedure.
- Procedure is repeated on the respective days according to the severity of diseases.
- Oil or *kwatha* once used should be discarded. Every time fresh *kwatha* should be prepared.

The drugs used for *prakshalana* or *dhawana* are antiseptic, have bactericidal action, wound healing property, alleviates pain. Drugs are absorbed through mucosa and blood circulation and due to bactericidal action of drugs prevents bacterial growth and maintain the pH of vagina.

**YONI PICHU DHARANA (Inserting tampon soaked in medicinal oil or liquid)**

*Pichu* or tampon is made up of cotton swab of size 2×3 cm (1 inch), wrapped with gauze piece and tied with long thread. *Pichu* is soaked in medicated oil or liquid. Oils are preferred due to its property of retention for longer time. For more effect sometimes powder of some drugs is also used by filling it in cotton swab and after that *pichu* is prepared.

**Type of tampons according to shape-**<sup>9</sup>

1. Elongated- 1 finger broad, 4 finger long
2. Circular- 1 inch length and breadth

**Site of *Pichu dharana***<sup>9</sup> - *Prathamaavarta*- Elongated *Pichu*

*Dwitiyaavarta- Circular Pichu*

**Duration of retention of Pichu-** 5 to 6 hours up to retention of urine.

**Indications-**

1. *Yoni paichilya* and *yonisrava*<sup>10</sup>
2. *Yoni karkashata*<sup>11</sup>
3. *Vataja yonivyapada*<sup>12</sup>
4. *Pittaja yonivyapada*<sup>13</sup>
5. *Vivritta yonivyapada*<sup>14</sup>
6. *Vamini* and *Upapluta yonivyapada*<sup>15</sup>
7. *Yoni paka*<sup>16</sup>
8. *Yoni daha* and *yonikandu*<sup>17</sup>
9. Retained placenta<sup>18</sup>
10. *Yoni Bhransha*<sup>19</sup>
11. Ninth month pregnancy<sup>20</sup>

**Procedure of Pichu Dharana-**

- *Pichu* used for procedure should be autoclaved.
- Ask the patient to pass urine before procedure.
- Ask the patient to lie in supine position with knees flexed.
- *Pichu* soaked in medicated oil or liquid should be placed or inserted into vagina with index finger of gloved hands. Thread of *pichu* should remain outside vagina so that *pichu* can be removed easily after 5-6 hours.

This procedure can be done at home by lady herself with proper aseptic precautions advised. Oil used for *pichu* strengthens the musculature of vaginal canal, along with healing of wound.

**YONI DHOOPAN (fumigation of vagina)**

In this therapeutic procedure, the medicated smoke is used to sterilize vulva and vagina. Fumigation creates an aseptic environment, kills microbes thereby prevent infections.<sup>21</sup>

**Site-** *Bahya Yoni* (outer surface of vagina)

**Time limit for dhoopan-** 3 to 5 minutes

**Types of dhoopan according to purpose-**

1. To maintain normal health
2. As a treatment procedure

**Indications-**

1. *Raktagulma*<sup>22</sup>
2. *Upaplutayonivyapad*<sup>22</sup>
3. *Santati pratibandhak* (as a contraceptive)<sup>22</sup>
4. *Sutika paricharya*<sup>22</sup>

5. *Yonikandu*<sup>23</sup>
6. *Garbha Sanga*<sup>24</sup>
7. *Apara Sanga*<sup>25</sup>
8. *Shweta Pradara*

#### **Dhoopan drugs-**

*Kushta (Saussurea costus), Guggulu (Comiphora mukul), Agarar (Aqillaria agallocha), Vacha (Acorus calamus), Vidanga (Embelia ribes), Nimba (Azadirachta indica)*

#### **Procedure-**

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

#### **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 which is routine *basti* route is known as *uttarbasti*.<sup>26</sup> *Basti* which possesses superior qualities is also termed as *uttarbasti*.<sup>27</sup> It also points towards urinary bladder of pig or goat as bladder of these animals were used for inserting medicine into vagina. Now a day's 5cc syringe attached with cannula is used for insertion.

#### **Indications-**

*Vandhyatwa*- *vata* is the causative factor for *vandhyatwa* and *uttarbasti* suppresses *vata* which helps women to conceive.<sup>28</sup> Also indicated in diseases of urinary bladder such as retention of urine, dysuria, utero-vaginal prolapse, severe vaginal pain, different gynecological disorders, *Asrigadara*, amenorrhoea, dysmenorrhoea and other menstrual disorders and retention of placenta.<sup>29</sup>

#### **[A] Uttarbasti in vaginal disorders**

- Vaginal infections- Vagina is more prone to bacterial and fungal infections. *Jatyadi taila* or *Jatyadi ghrta* are used in these conditions due to its bactericidal or antifungal property.
- Vaginal mucosal defects- It includes changes in pH of vagina, altered vaginal secretions or inflamed vaginal walls. In case of pH variations *triphala*, *dashmoola*, *panchvalkal* etc. are advised as *uttarbasti dravyas*. To increase vaginal secretions *ghrita* preparations are advised as they possess *snigdha* and *pichchhil* properties while *kashaya rasa dravyas*

are advised to decrease vaginal secretions. *Nirgundi*, *Dashmoola*, *Ashwagandha* are advised in case of inflammation of vaginal walls.

**[B] Uttarbasti in cervical disorders**

- Cervical erosion- *Triphala Ghrita*, *Shatavari Ghrita*, *Phala Ghrita* are the commonly used formulations in case of eroded cervix. Erosion with cervicitis can be managed by *ropana* drugs used for *uttarbasti*.
- Cervical mucus- Less quantity of CM can be managed by using medicated *ghrita* having *snigdha* and *pichchhil guna*. Altered viscosity, increased cellularity etc. can be managed with *jatyadi ghrita*, *shatavari ghrita* etc.

**[C] Uttarbasti in endometrial condition**

- *Uttarbasti* shows very good result in different endometrial disorders. It improves quality of endometrium by direct absorption of *sneha dravyas*. *Sneha* prepared from *Bruhana Dravyas* helps in improving endometrial thickness.

**[D] Uttarbasti in tubal disorders**

- Tubal block- If block is due to adhesions *kshar taila uttarbasti* is beneficial while if spasm is due to fibrosis *Bruhana Ghritas* are best.
- Hydro-salpinx- *Nirgundi Taila*, *Yashtimadhu Taila*, *Til Taila* are used to manage this inflammatory condition.

**Time of administration-**

Firstly if any previous infection is there, it should be cured completely before administration of *uttarbasti*. There should be proper cleansing of women's body by two or three *asthapana basti* before *uttarbasti* administration. *Artavakala* or *ritukala* is the best time for this procedure as in this period mouth of uterus is open so the medicine can be easily injected.<sup>29</sup>

**Uttarbasti yantra-**

It has two parts a bag and a nozzle. Bag is to hold fluid while nozzle for injecting medicine. 14 *angula* (patient's finger) should be the total length of nozzle with pipe. Tip of nozzle should resemble with a pedicle of jasmine flower and mustard seed should pass through the opening.<sup>30-</sup>  
<sup>31</sup> Length of *pushpa* (nozzle or catheter) for women is 10 *angula*. Circumference should be of size of their urethral canal. *Acharyas* have explained to use bladder of goat, sheep or pig. In their absence skin of bird's neck or bottom of leather water bag or any soft skin can be used.<sup>32</sup> According to Acharya *Charaka*, *Ajabasti* should be used.<sup>[33]</sup> In adult women 4 *angula* nozzle should be inserted in yoni and 2 *angula* in urethral passage while in young girls one *angula* should be inserted in urethral passage.<sup>31</sup>

**Basti Dravya-**

*Sushrutaacharya* told both *kashaya* or *taila* can be used for *uttarbasti* while Acharya *Charaka* insists the use of *taila*.<sup>33</sup>

### Quantity and frequency-

There is different opinion of *Acharyas* regarding quantity of *basti dravya*. *Charakahas* suggested *uttarbasti* should be given three times a day for three consecutive days. Half *pala* (20 gms) is the quantity of *basti dravya*.<sup>33</sup> *Sushruta* has explained quantity of *taila* and *kashaya* for both sexes.<sup>34</sup>

*Kashaya*- Male- 1 *prasrita* (96gms)

Female- 2 *prasrita* (192 gms)

*Sneha*- Male- 1 *prakuncha* (48 gms)

Female- 1 *Prasrita* (96 gms)

For *Garbhashya-shodhan*, quantity of *sneha* should make double i.e. 2 *prasrita*.

### Method of administration (according to texts)-

A woman is asked to lie down on bed in supine position with flexed thighs and elevated knees. Nozzle is inserted in vaginal or urinary passage slowly and with steady hands in the direction of passage. *Karnikas* (rings) should be introduced and vaginal orifices pressed properly, then bag of *basti* should be compressed properly. In 1 day i.e. 24 hours two, three or four *bastis* should be given. Then 3 days rest should be given to patient and again procedure should be repeated for three days.<sup>35-37</sup>

### Practical procedure of *Uttarbasti*-

#### Instruments-

- Sterile painting and draping materials
- Sponge holder
- Sim's speculum
- Anterior vaginal wall retractor
- Vulsellum
- Uterine sound
- IUI cannula/infant feeding tube
- 5 cc syringe
- *Phalagrita* or any other *ghrita*
- Cotton
- Gauze pieces
- Kidney tray
- Gloves
- Towel clips

#### *Poorvakarma*-

- Proper *shodhan* should be done before *uttarbasti* either by *vaman* or *virechana*.
- One *anuvasana* and two *niruha bastis* should be given.

**Pradhan karma-**

- Procedure should be carried out in operation theatre under all aseptic precautions.
- Some practitioners give Inj. Atropine 0.6 mg IM half an hour before the procedure.
- Patient is asked to lie on bed and lithotomy position is given.
- Painting and draping should be done. Vulva and vagina should be cleaned with savlon and betadine.
- Proper visualisation of cervix by inserting sim's speculum and anterior vaginal wall retractor.
- Catch the lip of cervix with vulsellum.
- Uterine sound is inserted to know the position and length of uterus.
- *Phalaghrita* is taken in 5cc syringe and IUI cannula is attached to its end.
- Cannula is inserted in uterus through cervix and slowly push the medicine in cavity with steady hand.
- Cannula and vulsellum removed.
- *Pichu* is placed in vagina for 2 hours.
- Speculum is removed.
- Head low position should be given to patient. Ask the patient to take rest for half an hour.

**Paschat karma-**

- Avoid travelling just after the procedure.
- Hot water bag given to patient to keep over abdomen.
- Light diet including soup or gruel should be given to patient in evening.
- Tell the patient to remove *pichu* after 2 hours.

**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 *choorna* of drug with water or any other media.

**Types-**

1. *Pralepa*- Thin lepa
2. *Pradeha*-Very thick lepa
3. *Alepa*- Medium thick lepa

**Site-** *Prathamavart*, Breast

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

**Indications-**

1. *Yoni shaithilya*
2. *Yoni Arsha*
3. *Vivrutta Yonivyapad*
4. *Stana vidradhi*



### Procedure-

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

### YONIVARTI (Vaginal suppository or Yoniwick)

*Vartis* are suppositories which are made by mixing fine *choorna* of drugs, adhesive drugs or binding agents.

**Time-** For 2-3 hours

### Indications-

- *Upapluta yonivyapad*
- *Kaphaja yonivyapad*<sup>38</sup>
- *Karnini yonivyapad*<sup>39</sup>
- *Anartava*
- *Dushta vrana*
- *Yonikandu, Yonishopha*

### Procedure-

- *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.
- Autoclaved *varti* should be used for procedure.
- Expected part should be cleaned well.
- Before insertion *varti* should be smeared with oil, *ghrita*, honey or milk to make insertion smooth and easy.
- *Varti* should be inserted in such a way that the thread should remain outside.
- Up to retention period of urine *varti* should be kept inside. As soon as urge of urine felt *varti* should be removed.
- *Yoni prakshalan* with lukewarm water should be done.
- *Varti* once used should be discarded.

### YONIPURANA (Vaginal packing)

In this procedure vaginal cavity is filled with powders, oils, pastes or bolus. Due to more local therapeutic action *kalkas* or pastes are more frequently used for this procedure.

### YONI PARISEKA

In this procedure hot fomentation is given to all sides of vagina with the help of medicated oil or water.

**Site-** *Bahya yoni*

**Time period-** 5-10 mints

**Drugs-** Oil or medicated oil

**Indications-** *YoniShoetha, Yonivrana, YoniPitika*

**Procedure-**

- Patient should be given supine position with flexed knees.
- Medicated oil or lukewarm water is poured from a height of 4-5 inch over vagina.

#### **PINDA CHIKITSA-**

In this procedure circular paste of boiled drugs wrapped in cloth is inserted in vagina. Due to direct contact with heat this procedure is *Ushna Veeryatmak*.

**Site-** *Prathamavarta*

**Time period-** 3-4 hours or until frequency of micturition

**Procedure-**

- Fine powder of drugs is boiled with water, after some time oil should be added.
- Proper *paka* should be done upto required consistency and heating should be stopped.
- This hot semisolid paste is taken in a sterile cloth and tied in circular shape with thread at its upper end.
- *Pinda* should be inserted in vagina and removed after 3-4 hours.

#### **CONCLUSION**

*Sthanika-chikitsa* (Local procedures) are as much important in treatment as shaman or *shodhan chikitsa*. Especially in *stree roga*, *sthanika chikitsa* plays important role as they directly act on effected area and pathology can be corrected with these procedures. Different procedure need 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. This study will definitely be helpful for *vaidyas* in their practice.

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