



Review Article

SHODHANA CHIKITSA AND STHANIK CHIKITSA IN STREE ROGA**Reshma Dattatraya Nangare^{1*}, Vijay Nawale², Salim Mulla³**¹P.G.Scholar, ²Associate Professor and Guide, ³Professor and Head, Dept. of Stree Rog Avum Prasutitantra, S.M.B.T's Ayurved College and Hospital, Nandi Hills, Dhamangaon Tal. Igatpuri, Dist. Nashik, Maharashtra State, India.**KEYWORDS:** *Stree rog, Shoshana karma, Sthanik chikitsa.***ABSTRACT**

Healthy status of women is very much needed for society. In today's fast and competitive world, there is change in the lifestyle of women which leads to their physical and mental stress, women mostly gets affected by this environment and are prone to gynaecological problems. She always face many more very common health problem or gynaecological problem like white discharge, foul smell discharge, itching at vulval region, burning micturation etc., which are described detail in *Stree rog vyadhi*. As *Ayurveda* oldest system of health gives various *Panchakarma* and *Sthanik chikitsa* for such gynecologic problems and it gives an excellent result in above mentioned gynaecological problem. *Sthanik chikitsa* is cheap, easy, non surgical procedure.

Anushastra Karma or parasurgical procedures means surgical procedure performed by non-surgical items or in absence of surgical instruments. Acharya Sushruta has described 60 *Upkarma*, 25 *Upanyantra* and 14 *Anushastra* for the management of wound in different conditions. *Shasti upkarma* includes *Kshara karma*, *Agni karma* and *Uttar basti* etc., *Kshar* has given utmost importance and it is included under *Shasti Upkarma upyantra* and *Anushastra*, whereas *Agnikarma* is under *Uyantra* and *Anushastra*. *Uttar basti* is included under *Shasti upkarma* and *Anushastra*. *Jaulaka* is classified under *Anushstra*. Regarding *Stree roga Yoni pichu*, *Yoni prakshalanam*, *Kshar karma*, *Uttar basti karma*, are quite popular due to its excellent result and no adverse effect if followed properly.

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drreshmashinde56@gmail.com**INTRODUCTION**

Woman undergoes various physical and physiological changes during her reproductive period i.e., from menarche (onset of menstruation) to menopause. Awareness and management of these changes are necessary for a woman to remain healthy. Most of the female related diseases belongs from the disturb functioning of genital tract. Diseases of women arise as a result of improper food and regimen. This results in the arrangement of three *Doshas Vata, Pitta* and *Kapha*. Blood, situated in the reproductive organ is giving rise to several diseases. The most common symptoms of gynaecological disorders include pelvic pain, vaginal itching, vaginal discharge, abnormal vaginal bleeding and breast pain and lumps. Depending upon the combination of the *Doshas* involved the diseases exhibit characteristic symptoms.

Management of *Stree Roga* is by *Shoshanna karma (Vaman, Virechana, Basti)* *Sthanik karma (Yonidhawan, Yonipichu, Dhupan* etc) purification methods. *Panchakarma* does *Shuddhi* of *Sharir* from all vitiated *Dosha*. *Ayurveda* mentioned that purification therapy (*Shodhana Karma*) helps to manage various *Stree Rog* related to unhygienic condition. *Shodhana Karma* that helps to maintain clean condition and remove toxins and pacify aggravated *Doshas* thus reduces pathological progression of various *Stree roga* related to unhygienic condition of genital tract. Literary study revealed that *Shodhana Karma* along with *Shaman* and *Sthanik Chikitsa* significant improvement in symptoms of female disorders. This article want to emphasize the concept and contribution of *Ayurveda* such as *Shoshana chikitsa, Sthanik*

Chikitsa (Yoni Pichu, Yoni Dhavan, Uttarbasti) etc these are certain procedure mentioned in Ayurvedic text to treat various medical and surgical illnesses of female reproductive track.^[1-3] Although it is more of local treatment but their effect is systemic and capable of preventing complications of diseases consequently these are parasurgical because it doesn't involve the sharp instrument it helps to avoid impending major surgery consequently to diseases. *Anushastra karma* (para surgical procedure) can be performed with least complication and enlist complicated facility.

OBJECTIVES

1. To study the literary view of *Shodhan Chikitsa* from various Ayurvedic texts.
2. To study the literary view of *Sthanik Chikitsa* from various Ayurvedic texts.
3. To study the probable mode of action of *Shodhan Chikitsa*.
4. To study the probable mode of action of *Sthanik Chikitsa*.

MATERIAL AND METHODS

This is a conceptual type of study. Textual materials are used for study from which various references have been collected. Many Ayurvedic text used in this study are *Charaka Samhita, Sushruta Samhita, Ashtanga sangraha, Ashtanga hrudayam*, commentaries also included in it, various online journals, research papers, articles have been searched from PubMed etc., internet media to collect the information.

Ayurvedic Treatment for Gynecology Includes:

Shodhana Chikitsa for Streerog Vamana

Vamana, therapeutic vomiting is a medicated emesis therapy. *Vamana* removes *Kapha* toxins accumulated in the body, *Kaphaj* predominant *Artava dushti* may be treated with *Vaman Karma*, *Vamana* also recommended for *Soumya Dhatu nirharan* and *Agneya Dhatu vrudhhi* does increases *Artava matra*.

Virechana

Virechana therapy is medicated purification therapy, cleansing the body from excess *Pitta* accumulation, purifying blood and clearing toxins. Vitiated *Pitta dosha* along with *Dushan* of *Rakta* and *Artava* are major factors associated with *Yoni dosha*. *Virechana Karma* helps to pacify these aggravated factors and thus reduce disease progression. *Virechana Karma* offers beneficial effect in *Pittaja Yonidosha*.

Basti

Medicated *Dravya* given through *Adhomarga* i.e., enema, vitiated *Vata dosha* along with *Dushan* of *Rakta* and *Artava* are the major factors associated with *Yoni dosha*. *Basti Karma* helps to pacify aggravated *Vata* and reduced disease progression. *Basti karma* offers relief in vitiated *Vata dosha* associated with gynaecological disorder.

Sthanik Chikitsa

1) Yoni Pichu (tampons)

'*Vatartanam cha yoninam sekabhyanga pichu Kriya*'.^[4] This is one of the simplest *Sthanik Karma* that gives the continuous drug delivery to the target organ another advantage is that there is no need of sophisticated instruments and trained expert rather than patient can do itself after little instruction. *Pichu* is made up of cotton swab wrapped with gauze piece and tied with long thread it should be immersed in medicated oil or liquid oil are mostly prepared due to its retention ability circular and elongated *Pichu* is used for shallow and deep insertion inside vagina respectively it should be kept for 5 to 6 hours upto retention of urine.^[5-6]

Mode of action depending upon the medicine used as different medicines have different mode of action. *Pichu* used in pregnancy And Labour helps to soften the vaginal canal enabling easy delivery and easy expulsion of placenta.

Example

1. Tampon soaked with *Udambar* or *Triphala kwath* is used in *Kaphajayoniroga*.
2. Tampon soaked with *Jatyadi Taila* or *Ghrita* is used in *Mahayoni*.
3. Tampon soaked with *Dashmoolkwath* or *Ghrita* is used in *Vataja yonivyapada*.

Indications

1. *Yonidaha, Yonikandu, Yonipaka*.
2. *Vivrutta Yonivyapad*^[7]
3. *Yoni paicchilya* and *Yoni strava*^[8]
4. *Yoni karkashata*^[9]
5. *Vataj yonivyapad*
6. *Pittaj yonivyapada*
7. *Vamini, Upapluta yonivyapad*^[10]
8. Nine months of pregnancy
9. Retained placenta

2) Yoni Dhawan/Parisheka- (Vaginal douche)

It is a procedure in which the vagina, vaginal passage, and mouth of uterus is washed with medicated decoction or other liquids. *Dhawan* means cleaning or purification of wound with water or other medicated material, *Kwatha, Kshirapak, Siddha jala, Taila* are have aseptic, wound healing,

pain alleviating, and bactericidal action. They prevent growth of bacterial organism and restore the altered pH of vaginal cavity. It gives quality to vaginal muscles. This is general purifying measures of genital organs to maintain a strategic distance from parasitic or yeast diseases. Absorption of drug through the mucus and blood circulation also helps to have beneficial effect on the uterus it should be performed in *Ritukala* from 6th day of menses for 8 day and duration is 1-1.5min.^[11]

Example

1. With decoction of *Lodhra* and *Trikatu* is used in *Kaphaja artavadushti*.
2. With decoction of *Triphala*^[11] is used in *Kunapgandhi artavadushti*.

Indications

1. *Yonikandu*
2. *Kunapgandhi Artava dushti*
3. *Kaphaj Artava dushti*
4. *Yoni paicchilya* and *Yoni strava*
5. *Yoni arsha*
6. *Leucorrhoea*^[12]

3) *Yoni Varti*^[13] (pessary)

Varti is prolonged and long lasting worthy can be used effectively in infections and dealing with their recurrence, University helps to clear vagina and also provides the opportunity to recreate the optimum vaginal health.

Example

Pessary prepared with powdered *Yava* (barley) and *Masa* (a type of bean) is used in *Kaphaja yonivyapada*.

Indications

Yoni paicchilya, Kaphaj Yonivyapada, Vipluta Yonivyapada, Karnini Yonivyapada, Anartava.

4) *Yoni Dhupan*^[14] - (fumigation of vagina with medicated smokes)

Medicines which are used in the form of smoke by burning are called as *Dhupana*. Fumigation is done on wound, a part of the body or on the whole body depending on the need. Fumigation is the exposure till the action of smoke or of fumes of any kind as a means of disinfection or eradication. The fumigation carried out using fine powder of selected drugs with the intention of *Nirjantukaran* (disinfection) is called as *Dhupana*. *Dhupana* is process explained from time immemorial from the period of *Samhita*. It is widely used not just in Ayurveda pharmaceuticals from disinfecting drug stores to prevent degradation of raw drug, but also as pre-processing in various *Kalpans*. Different *Dhupakalpas* are explained in

treatises that are used in various elements for curative purpose and also *Dhupas* are employed for prevention of disease.

Yoni Dhupan is also used for local disinfection of genital organs.

Example

Fumigation with *Haridra* and *Brahti* is used in *Yoni kadu*.

Fumigation with *Kustha, Guggalu, Agara* mixed with *Ghrta* is used in *Sutikaparicharya*.

Indications

Yonikandu, Shwetapradara, Garbhsanga, Aparasanga, Sutika paricharya.

5) *Yoni Lapan* (vaginal painting)

In *Lapan* the drug penetration is higher on the vagina, the efficacy of *Lepana* relates to both its inherent potency and the ability of the drug to penetrate the skin, muscle and mucosa.

Example

With powder of burnt broken earthen pots and *Triphala* mixed with *Ghrta* is used in *Yoni Arsha*.

Indications: *Vivrutta yoni, Yoni arsha* etc.

6) *Yoni Purana* (vaginal packing)

Yonipurana involves feeling of vaginal cavity using *Churna, Kalka* and medicated oil. It offers local therapeutic action. This therapy employed when large amount of drug needs to be employed for longer duration of time.

Example

With *Vesawara* (minced meat or oleo mixed with drug) is used in *Prasansini yoni*.

Indications

Mahayoni, Prasansini yoni etc

7) *Uttara Basti*

Uttarbasti is an important para surgical procedure among the 60 Karma as told by Acharya Sushruta, Vagabhatt has mentioned *Basti* as *Ardha chikitsa*. *Basti chikitsa* is best for *Vata dosha*. Insertion of medicated oil decoction into *Uttarmarga* i.e., true the passage located above or in front part of anus that is vagina or urethra is known as *Uttar Basti*. Entire technique used in *Uttar Basti chikitsa* is more or less similar to the Hysterosalpingography (HSG) and cystourethrography done now days as important investigation of female infertility. It is important to treat previous infections completely before giving *Uttarbasti*. It is administered during *Ritukala* (after menstrual bleeding stops). Because during this period the mouth of uterus is open and it readily receives the fluid injected. It is usually carried out under aseptic

precaution in minor OT, no need of any anaesthetic agent or analgesic during and after the procedure.

Example

Basti with oil medicated with *Jivaniya* group of drug. (*Shushka yoni, Acharanayoni, Aticharana, karnini yonivyapada*).

Indications

Tubal Blockage^[15]

For conception, for pacifying *Vata*, diseases of urinary bladder, prolapse uterus, severe pelvic pain, *Asrugdara*, menstrual disorders, pathological amenorrhea, for all reproductive tract disorders, all 20 types of *Yonivyapada*.

Contraindications

Cervical cancer, virginity vesico vaginal fistula hypersensitivity disorder.

8) Kshara karma

Kshara Karma is said to be superior to any other surgical or parasurgical measures due to its function like *Chedan, Bhedan, Lekhan, Patan Karma*^[16]. It can be applied in the narrowest place and internally where surgical procedure cannot be performed. *Kshara* acts as a corrosive or caustic agent and generates healthy base for healing. Application of *Kshara* in case of cervical erosion is an effective form of herbal cauterization (incision and excision). This therapy clears the erosion with minimal recurrence and complications. *Kshara* is of two types namely *Paniya kshara and Pratisaraneeya Kshara*.

Kshara karma is considered as satisfactory approach to treat cervical erosion instead of electro cauterization in which chances of recurrence and complications are more, like secondary hemorrhage, infertility, cervical stenosis etc.^[17]

Example

Depending upon its origin they are *Khanija* (mineral origin) e.g., *Tankana kshara, Sarja kshara*, etc., *Pranija* (animal origin) e.g., *Shankha, Kapardika* etc., *Vrukshaja* (plant origin) e.g., *Apamarga kshara, Yavakshara* etc.

Indication

Genital warts, cervical erosion, cervical polyp, Nabothian follicle, Chronic non healing cervical ulcer.

DISCUSSION

Poverty, illiteracy, poor hygiene, social and religious factors imposes more challenges to the reproductive health of females in developing countries. Today the increasing burden of cost on Healthcare sector demand to search simple cost effective, non recurrent, with no adverse effect, acceptable, effective therapy. Ayurvedic

parasurgical procedure are safe and effective, reduce hospital stay. *Vaman Virechana, Basti, Yoni pichu, Yoni dhawan /Prakshalan, Kshara karma, Agnikarma, Uttarbasti* are the important parasurgical procedure of Ayurveda to treat various reproductive tract diseases of female. Multicentered clinical trial and Proper training to present human resources of healthcare sector can produce lot of changes in present situation. The vagina is a potential space that connects the lower portion of the uterus cervix to the outside environment. it is one of the *Bahya Strotas* in women. Drug transport across the vaginal membrane may occur by transcellular route or intercellular route. The vaginal wall is well suited for the absorption of drug for systemic use, since it contains a vast network of blood vessels. Moreover the automatically backward position of the vagina may help in self containing of drug thereby holding it in situ for a longer duration. *Uttarbasti* helps in endometrial conditions by improving thickness of endometrium, improve the quality of endometrium, helps in curing endometriosis etc., absorption is very fast gives quicker result.

CONCLUSION

Shoshana karma, Sthanik karma Chikitsa are cheap, safe, effective and with no adverse effect.

This can be helpful to prove like a boon to *Stree rog* in Ayurveda when the *Vaidya* supply this therapies in there gynaecological practice logically and carefully and under aseptic precautions. Each *Shodhan karma, Sthanik chikitsa* holds its own importance and show tremendous results when applied with proper indications, strict aseptic precaution and extreme carefulness.

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