



Review Article

MODE OF ACTION OF *STHANIK CHIKITSA* IN COMMONLY USED IN *STREE ROGA*

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KEYWORDS: *Sthanika Chikitsa, Seka, Pichu, Purana, Dhoopana, Lepana, Uttarbasti.*

ABSTRACT

Yoni Roga do not occur without vitiation of *Apana Vata*, thus first of all *Vata* should be normalized then treatment of other *Doshas* should be done. *Sthanika Chikitsa* (local therapies) prescribed by ancient *Acharyas* as *Yoni Prakshalana* (cleansing of vagina), *Yoni Pichu* (medication soaked tampon place in the vagina), *Yoni Purana* (vaginal packing), *Yoni Lepa* (semisolid drug applied in vaginal wall), *Yoni Varti* (vaginal suppository), *Yoni Dhoopana* (vaginal fumigation) & *Uttarbasti* (medicated oil/*Ghrita* pushed in the uterine cavity). For better result of this therapy the appropriate knowledge of mode of action of drug ought to be important. Our *Acharyas* very well know the mode of action of this *Sthanika Chikitsa* and describe the specific *Sthanika Chikista* according to different *Yoni-Vyapada* or vitiated *Doshas*. The reason behind for chosen the vaginal route because of the rugae of the vaginal epithelium create a involuted surface and results in a large surface area provide, this large surface area allows the trans-epithelial absorption of medications via the vaginal route & the posterior fornix have rich blood supply so actively absorption of drug. The main objective of this literature to find out the probable mode of action of special drug in specific *Sthanik Chikitsa*.

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INTRODUCTION

नहि वातादृते योनिर्नारीणां संप्रदुष्यति ।

शमयित्वा तमन्यस्य कुर्यात्दोषस्य भेषजं ॥ (च०चि०-30/115)^[1]

वातार्तानां च योनीनां सेकाभयङ्गपिचुक्रिया । (च०चि०-30/61)^[2]

Yoni Roga do not occur without vitiation of *Vata*, thus first of all *Vata* should be normalized then treatment of other *Doshas* should be done. *Sthanika Chikitsa* (local therapies) prescribed by ancient *Acharyas* as *Seka* (*Yoni Prakshalana*), *Abhyangga*, *Pichu Kriya* for treatment of vitiated *Dosha*.

Our *Acharyas* very well know the mode of action of this *Sthanika Chikitsa* and describe the specific *Sthanika Chikista* according to different *Yoni-Vyapad* or vitiated *Doshas*. These *Sthanik Chikitsa* (local therapies) are as follows.

- *Yoni Prakshalana*
- *Yoni Pichu*
- *Yoni Lepa*
- *Yoni Poorana*

- *Yoni Dhoopana*
- *Yoni Swedana*
- *Uttarbasti*

Yoni Prakshalana: *Yoni Prakshalana* is deep cleansing of vagina under aseptic precautions. It is a procedure in which the vagina, vaginal passage and *Garbhashaya Mukha* (cervix) clean with medicated *Kashaya* or oils.

Sthana: *Prathamavra Yoni* (vagina)

Duration: 7 to 14 days after cessation of menses.

Position of patient during procedure: Dorsal lithotomy.

Procedure

The patient is advised to lie down in dorsal lithotomy position. The douching pan is filled with lukewarm *Kashaya*, 4-5 feet rubber pipe is connected with douching pan and attach the nozzle (7- 8 cm length), which is inserted in *Prathamavart Yoni* (vagina) and wash out for 10-15 min. After the procedure the patient is asked for squatting

position and advised mild straining, so the remaining *Kwatha* removed and vulva is dried by gauze piece.

Indications

- *Yoni Daurgandhya, Yoni Kleda- Aargwadhadhi Kashaya.*
- *Yoni Srava*-decoction of *Triphla*.
- *Yoni Kandu*- decoction of *Guduchi, Triphla* and *Danti*.
- *Yoni Paichhilya- Raj Vrikshadi Kashaya.*
- *Yoni Daurgandhya - Tuvarak.* [3]
- *Sarala (Vatakaphahara), Mudagparni (Tridosh Nashak) – Vataj Artava Dushti.*
- *Gairika (Rakta stambhak) and Nimba- Pittaj Artava Dusti.*
- *Lodhra (Stambhan) and Trikatu (Lekhana)- Kaphaj Artava Dushti.*

Mode of action: All *Prakshalana* drug have *Tikta Kashaya Rasa, Laghu Ruksha Guna*; so their action are *Vrana Shodhana, Ropana, Srava Kleda Shoshana, Shothahara, Vedna Sthapaka, Kandughna, Krimighna*. It is clear that the main action of *Prakshalana* is bacteriocidal, and anti-inflammatory. They remove the debris and unhealthy tissue and promote new tissue growth. So they heal unhealthy vaginal mucosa, maintain normal vaginal flora, remove harmful bacterial growth, maintain normal vaginal pH.

Precautions: The nozzle should be sterile in every event. The *Kwatha* is not so hot or cold.

Yoni Pichu: Placing of cotton ball/ tampon soaked in medicated oil or *Kashaya* in vagina. *Pichu* is made up of cotton swab 2-3 cm is wrapped with gauze piece and tied with long thread, it immersed in medicated oil or *Kashaya* and placed in vagina.

Place: *Pratham Avarta Yoni* (Vaginal canal)

Position of patient during procedure: Dorsal lithotomy

Pichu Dharana Kala: *Aamutra Vega* (Urge to urinate)

Duration of therapy: 7-14 days after cessation of menses.

Indications

Vataja Yoni Vyapad

- *Guduchyadi Tail Pichu* [4]
- *Saindhavadi Tail Pichu* [5]
- *Tila Taila Pichu*
- *Dashmoola Tail Pichu*

Mode of action: These entire drug are *Vata Sahamaka*, anti-inflammatory, nervine tonic. *Tila Tail* penetrate the tissue and also helps in absorption of other drug and due to its *Sukshma Vyavayi Guna* and lipophilic property and nourish the pelvic tissue. *Pichu* remains the medicine in

vagina for longer period for better action; so it helps to normalize *Apana Vata* and maintain healthy environment.

Pittaj Yoni Vyapad

- *Ghrata* soaked *Pichu*
- *Chandana & Usheer* decoction soaked *Pichu*

Mode of action: *Chandana* and *Ushir* have *Laghu, Ruksha Guna* it absorbed the excessive moisture, soothe burning sensation; due to *Tikta- Madhura Rasa, Katu Vipaka, Shita Virya* and have anti-inflammatory, astringent, bacteriocidal, dead cell removal properties which promote new tissue growth.

Kaphaja Yoni Vyapad

Kaphaj Yoni- Triphla Kashaya/Udumbara Kashay soaked *Pichu*.

Uppluta, Vipluta - Dhatkyadi Tail Pichu [6]

Uppluta, Vipluta, Vamini - Shallaki, Jingini, Jambu, Dhav & Panchvalkala Sidha Tail Pichu. [7]

Mode of action: These drug have *Kashaya Rasa, Ruksha Guna Sheeta Virya*, so the action are *Kapha Shamana* and *Stambhana*. Other property is anti-inflammatory, astringent, bacteriocidal so it cure infection and heal wound.

During pregnancy - To softening vaginal canal enabling easy delivery.

Labour (retained placenta)- *Pichu* is capable of making well uterine contractions

Puerperal period - *Yoni Pichu* with *Bala Tail* to correct the damage pelvic tissue.

Uterovaginal prolapse-

Udumbaradi Tail Pichu- Vivrata Yoni - All drug have *Kashaya Rasa Pradhana, Sheet Virya So Stambhana Karma, Mamsa Dhatu Vridhikara*, extract-anti-inflammatory, antiulcer and *Tila Tail* provide strengthening of pelvic musculature.

Laghu Phala Ghrata, Changeri Ghrara Pichu- Prasramsini Yoni - Maximum drug are Immuno-modulator, *Nadi Samsthana Balya, Shotha Hara*, those drug widely used in urinary tract disease/*Mutrakrachhra, Garbhashaya Balya*. (all drug have *Amla Rasa Pradhana* so it helps in wound healing. *Ghrata* is *Vattapitta Shamaka* and it nourish the body tissue promote new collagen tissue growth. *Jatyadi Tail/ Ghrata Pichu- Maha Yoni* - for healing of decubitus ulcer.

The mode of action depends on the medicine used

The *Tila* oil base is most commonly used and it has highly antiseptic and antibacterial & *Sukshma Yogvahi* property, the oil helps to nourish & strengthen the uterine muscle. *Pichu* helps to hold

uterus / wall of vagina upward and remains in vagina for long duration for better action of drug.

Precautions: The *Pichu* and oil must be sterilize. Not inserted excessive heated oil immersed *Pichu*. *Pichu* should made according to vaginal size as bigger *Pichu* needed for uterovaginal prolapse because there is increased genital hiatus.

Yoni Varti

Varti are wicks made by mixing finely powdered drugs with adhesive drugs or binding agent.

Size & shape: *Tarjani Anguli Pramana* (Index finger), *Yavakara*.^[8]

Site: *Prathamavart Yoni* (Vaginal canal).

Position of patient during procedure: Dorsal lithotomy

Time duration: 1 *Muhurta* (48 min) or for short time period.^[9]

Paschat Karma: Wash with luke warm water after 1 *Muhurt* (48 min).^[10]

Indications

- *Kaphaj Yoni - Varah Pitta Varti, Yava and Masha Varti*.^[11]
- *Yoni Vishodhana- Pippalyadi Varti (Pippli, Marich, Masha, Shatavha, Kushtha, Romak Lavan Varti)* ^[12]
- *Palashadi Varti - Pichchhil Yoni* ^[13]
- *Karnini Yoni -Kushtha, Pippli, Arkagra, Saindhava, Vasta Mutra Varti*. ^[14] *Vipluta Yoni- Gopitta/ Matsya Pitta Varti/ Kinva and Madhu Mishrita Varti*.^[15]
- *Anartava - Ikshvaku, Danti, Madan Phala, Kinva, Yav Shooka, Snuhi Ksheer Varti*

Mode of action of Yoni Varti: All these drug have *Laghu Ruksha Guna, Tikshna, Katu Rasa, Katu Vipaka, Ushna Virya*, so its action are *Vrana Shodhana* (Remove Dead Cell), *Ropana* (promote new tissue growth), *Kandu Krimihara* (Bactericidal), *Sneh Kled Nashaka* (Astringent).

Precautions: *Varti* should be sterilize, *Tikshna Dravya Varti* kept in vagina for short period. Not use if excessive eroded area on vagina or cervix or if needed used with *Sheetal Dravya* like *Grita* immersed.

Yoni Lepana

The finely powdered is mixed with water or medicated liquid and paste with uniform consistency is made, and applied at affected area locally.

Type: *Pradeh, Pralep, Aalep*.

Timing: Until the *Lepa* dries.

Position of patient during procedure: Dorsal lithotomy

Indications

- Application of Paste of *Palasha, Udumbara* mix with honey and *Til Tail* in *Vivrata Yoni*.^[16]

Lepa (Paste) of *Makand Phala Karpura* mix with *Madhu* and apply on *Vivrata Yoni*.

Mode of action Yoni Lepana: Maximum drug have. *Kashaya Tikta Rasa* so their action are anti-inflammatory, antiulcer, anti-helminthic, anti-diabetic, astringent, slough of dead cell, improve blood circulation and promote new growth also provide strengthening. It helps in relieving pain and burning use with *Sheeta Dravya*. When applied locally it firstly stimulate the nerve of local area then relax it.

Some scraping properties drug are mentioned for **Yoni Arsha** that is application of *Tuttha, Gairik, Lodhra* (Astringent action), *Ela (Dah Prashaman) Rasanjan, Hrenu, Pushpakashish, Lavana* mixed with *Madhu*.

Yoni Poorana- This procedure is defined as filling the cavity of vagina completely with oils, paste, powder or bolus.

Site : *Prathamavart Yoni*.

Time: after cessation of menses for 7 -14 days.

Position of patient during procedure: Dorsal lithotomy

Duration: *Aamutra vega* (Urge to urinate).^[17]

Indications

Maha Yoni- Riksha, Kuleer, Kukkuta, Varaha Vasa Poorana/ Goghrita Poorana.^[18]

- *Vataj Artav Dushti- Priyangu, Tilkalka Poorana.*
- *Pittaj Artav Dushti- Chandan, Paysya Kalka Poorana.*
- *Kaphj Artava Dushti- Madanphala Kalka Poorana.*

Mode of action Yoni Poorana: Drug used for *Mahayoni* are fat of animals *Acharya Chaaka* says that "*Sarvada Sarvabhavana Samanyam Vrriddhi karnam*" so this theory prove that animal fat nourish or helps in new tissue growth and strengthen pelvic musculature and also specify animal fat for *Bhrista Yoni* (uterovaginal prolapse). In this procedure vaginal completely filled with medicinal *Dravyas* it indicates when more dose of drugs are needed *Yoni Purana* should be applied.

Yoni Dhoopana- *Yoni Dhoopana* is a procedure in which fumigation of vagina is performed by giving the disinfected and medicated smoke.

Site: *Prathamavrt yoni*

Time limit: 10-15 min.

Position of patient during procedure: Sitting
Procedure

A chair having hole in the middle is used and patient is asked to sit on this chair after voiding the urine, the *Dhoopana Dravya* are lit in *Dhoopan* apparatus which is placed just below the chair, the

smoke coming from *Dhoopana* drugs must reach upto external genitalia.

Indications

- *Haridra* and *Brahati Dhoopana- Yoni Kandu*.
- *Dhoopana* by *Saral, Guggul, Yava, Ghrata - Shweta Pradara*
- *Dhoopana* by *Sarp Nirmok* and *Katuk Alabu- Garbh Sanga*.
- *Dhoopana* with *Bhoj Patra, Kachmani, Katuk Alabu, Krit Vedhana, Sarsap- Apra Sang*.
- *Dhoopana* with *Kushtha, Guggul, Agar, Ghrita- Sutika Paricharya*.

Mode of action *Yoni Dhoopana*: These entire drug have *Laghu, Ruksha Guna, Kashay, Tikta Rasa*. *Pradhana, Vata-Pittahara, Shothahara, Vrana Shodhana- Ropana, Vedna Sthapaka*. Hence its fumes have volatile oils which act anti-inflammatory & analgesic effect as well as *Dhoopana* increase vaginal temperature so increase blood supply & this rise temperature soothing effect which helpful in pain relief. *Dhoopana* also has drying effect; which causes reducing vaginal discharge & antimicrobial action thus helping in prevention infection. Drugs used in *Garbhasang & Aprasang* indicating its oxytocic action.

Uttarbasti

"*Uttarena Margena Va Diyate Va Shreshtham Api Uttarbasti*" (ch.si. 9)

Dose: according to *Charak* -

According to Ayurvedic text - In adult women:

Yoni Marga-2 Pala (96 gm), 4angul.

Mutra Marga- 1 Pala (48 gm), 2 Angul. [19]

For girl (*Kanya*) *Mutra Marga: ½ Pala (24 gm), 1 Angul.* [20]

Clinically - 3-5 ml.

Duration: Total 2,3,4 *Basti* should be given continued for 3 days with gradual increase in quantity of drug. [21]

Interval: after giving rest for 3 days (*त्रयमेव च विश्राम्ये*), the procedure should be repeated for another 3 days. [22]

Procedure:

The patient is advised in dorsal lithotomy position. Cleaning with antiseptic solution done, cervix visualized with cusco's bivalve speculum, the IUI (Intrauterine insemination) cannula connected with 5 ml syringe and filled with Medicated *Grita/ oil* and very slowly the medicated oil or *Ghrata* inserted in uterine cavity.

Timing of insertion: After cessation of menses (*Riukala*).

Indications

- *Vataja Yoni Roga - Uttarbasti* with *Tail and Amala drug, Pittaja Yoni Roga Uttarbasti* with *Madhura drug* or medicated milk, in *Kahaja Yoni Roga Uttarbasti* with *Gomutra Kshaya* and *Katu Rasa drug*. [23]
- *Phala Ghrata, Shatpushpa tail, Lashuna tail,* [24] *Traivrat, Shatpak tail, Bala tail, Narayana tail Basti* [25]- *Bandhtva* [26].
- *Guduchyadi Tail Basti- Vataj Yonivyapad.* [27]
- *Jivniya Gana Sidhh Bati- Karnini Yonivyapad.* [28]
- *Traivrata/ Sneh Basti, Dashmool Tail- Udavarta, Vatala, Mahayoni/ Srasta Yonivyapad.* [29]
- *Kashmarya Kutaj Sidhh Basti- Rakta Yoni.* [30]
- *Sukumara Tail, Bala Tail, Shrishha Tail Basti- Prasramsini Yoni.* [31]
- Intra-cervical *Uttarbasti* with *Bhringhana* drugs may stimulate the secretion of cervical mucus leading to ascent of sperm in uterine cavity.
- Intrauterine *Uttarbasti Ghrita* based *Snehan & Brahan* drug helps in rejuvenation of endometrium.
- In cases of menorrhagia due to hyperplastic endometrium, intrauterine *Uttarbasti* with *Lekhna Dravya* should be used.
- *Uttarbasti* with *Lekhna Dravya* removes the blockage of tubal lumen by directly action on obstruction mechanically and restores the normal function of tubal cilia.
- Intra-vaginal *Uttarbasti* helps in removing the infection, if gives with antiseptic drugs
- Intra-vaginal *Uttarbasti*, they are also facilitated the absorption of drugs.
- Intra cervical *Uttarbasti* with oil based drugs helps to remove the cervical stenosis and restore the function of cervix.

Mode of action of vaginal therapy through intra-vaginal drug delivery system

- Anatomist has described the epithelium as consist as many as 40 distinct layers. The rugae of the epithelium create a involuted surface and results in a large surface area that covers 360 cm, this large surface area allows the trans-epithelial absorption of medications via the vaginal rout.
- The post Fornix has rich blood supply so actively absorption of drug.
- In oral rout some medicine's active ingredient metabolized in liver and degrades as a result the effect of drug reduced.
- The presence of dense network of blood vessels has made the vagina an excellent route of drug delivery for both systemic and local effects. The

main advantages of vaginal drug delivery over conventional drug delivery are the ability to bypass, first pass metabolism, ease of administration and high permeability for low molecular weight drugs. Blood leaving the vagina enters the peripheral circulation via a rich venous plexus, which empties primarily into the internal iliac veins.

- Vaginal permeability is much greater to lipophilic drug than to hydrophilic drug. However, it is generally accepted that low molecular weight lipophilic drugs are likely to be absorbed more than large molecular weight lipophilic or hydrophilic drugs.^[32]

DISCUSSION

So the probable mode of action of *Sthanik Chikitsa*-

- *Prakshalana* means cleansing, their all drug have cleansing, bacteriocidal and healing property.
- *Pichu* provide muscle strength, stretchability & tissues nourishment, *Yoni Purana* is advised for where the whole vaginal epithelium affected and required large amount drug and prevent the uterus to descent from its position.
- *Yoni Lepana* provide more surface area for absorption of drug, better increase bio-availability of drug due to semisolid consistency efficacy of *Lepana* relates to both inherent potency and the ability of drug to penetrate the deeper tissue.
- *Varti* for cleansing pH maintain, *Dhoopana* for disinfection.
- *Uttarbasti* for nourish endometrium, stimulate essential cervical secretion, remove obstruction. So all these local therapies having above these property and rich blood supply in posterior fornix *Sthanika Chikitsa* effective in *Yoni Vyapada* and other *Stree Roga*.
- Drug absorbed easily through vaginal route due highly permeable vaginal mucosa and rich blood supply on posterior fornix which clear by Intra-vaginal Drug delivery system.

CONCLUSION

Our ancient *Acharya* concept was clear, they very well know that drug easily absorb through vaginal route and some drug are degrade through other route, so they prefer *Sthanika Chikitsa* for maximum reproductive disorders. In all local therapy specific drug used for specific purpose i.e. cleansing, wound healing, strengthening, nourishing, astringent, disinfection and regenerate new tissue growth.

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