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# Concept of *Stambhana Upakrama* as *Chikitsa*

Savita Metri,<sup>1</sup> Prashanth A.S.<sup>2</sup>

<sup>1</sup>Post Graduate Scholar, <sup>2</sup>Professor And HOD, Department Of Kayachikitsa, Ayurveda Mahavidyalaya, Hubli, Karnataka, India.

## ABSTRACT

The perennial science of life Ayurveda has indicated various types of *Chikitsa* for the management of disease. Amongst the *Chikitsa* mentioned, *Shadvidopakrama* bears lot of significance. In this context the knowledge of *Stambhana* among *Shadvidopakrama* plans to act by balancing the *Dosha*, *Dhatu* and *Mala* in equilibrium condition. In *Shadvidhopakrama* *Stambhana* has been explained as a last *Upakrama*, so in any end of the disease or in any uncontrolled disease, *Stambhana* plays important role. In conditions like *Rajayakshma*, *Atisara* etc. *Stambhana* helps in preventing complicated conditions. *Stambhana Chikitsa* can be considered a part of *Yuktivyapashraya Chikitsa* of *Chaturvidha Chikitsa*. In day to day clinical practice it requires proper planning and expertise of the physician for its successful implementation for health and prosperity of mankind as a whole.

**Key words:** *Stambhana Upakrama*. *Shadvidhopakrama*, *Yuktivyapashraya Chikitsa*.

## INTRODUCTION

The perennial since of life Ayurveda has indicated various types of *Chikitsa* for the management of disease. Amongst the *Chikitsa* mentioned, *Shadvidopakrama* bears lot of significance. In *Shadvidhopakrama* *Stambhana* is also one *Upakrama*<sup>[1]</sup> as explained by *Charaka* but according to *Vagbhata* he explained in *Dwividopakramaniya*.<sup>[2]</sup> *Vagbhata's* concept of *Dwividopakrama* emprises the importance as it includes *Shadvidhopakrama* under heading of two modalities. *Snehna*, *Rukshna*, *Swedna* and *Stambhna* all these four *Karmas* are taken under *Santarpana* and *Apatarpana* according to their *Gunas*. Because *Parthivaadi Pancha Mahabhutas* are also divided into *Santarpana* and *Apatarpana* according to their *Gunas*.

### Address for correspondence:

Dr. Savita Metri

Post Graduate Scholar, Department Of Kayachikitsa, Ayurveda Mahavidyalaya, Hubli, Karnataka, India.

E-mail: rani9742@gmail.com

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## Stambhana

*Stambha Iha Kriyanirodhah Iti Bhoumah* |<sup>[3]</sup>

That which makes the opposition to the movements is called *Stambhana*.

*Stambham Karoti Iti Stambhakaari* |

The substance which makes the *Stambhana* is a *Stambhakaari*

*Stambhanam Stambhayati Yatt Gatimantam Chalam Druvam* |<sup>[4]</sup>

The procedure or drugs which arrest the mobility of a moving substance or restrict the flow of substances is called as *Stambhana*.

## Stambhana Dravya<sup>[5]</sup>

The *Dravya* which are *Drava*, *Tanu*, *Stira* and that which produced *Sheetalata*.

- **Madhura Rasa:** *Snigdha Sheeta Laghu*. *Sandhana Kara*, *Pittaghna*, *Vishaghna*, *Marutagna*, *Sarva Dhatu Vardhana*.
- **Tikta Rasa:** *Bhoutika* - *Vayu* and *Akasha*, *Guna* - *Ruksha Sheeta Laghu*, *Kleda Meda Vasa Majja Shakrta Mutra Shoshana*.
- **Kashaya Rasa:** *Bhoutika* - *Vayu* and *Prithvi*. *Guna* - *Guru Sheeta Laghu Rasadi Kriyayam Mandam*

Karoti, Srotasam Vibhandam means does Avarodha of Srotas. Rasa and Rakta Sangrahaka Shakti get increased by Kashaya Rasa.

**Table 1: Stambhana Drvaya Guna's**

Sheeta	Aahladakara and Stambhakaraka
Manda	Chirakaari (make the Gati of Dosha slow)
Mrudu	Mardavakara
Slakshna	Pichila samana (Balya, Sandhanakaaraka)
Ruksha	Shoshana Karaka
Sukshma	Anusadrusha
Drava	which makes the Kledana
Sthira	Dadyarthakara, Balakara
Laghu	Laghavakaraka

**Table 2: Difference between Grahi and Stambhana**

Grahi	Stambhana
Ushna Virya	Sheeta Virya
Ama Pachana	Ama Apachana
Agni Vruddhi	Vata Karaka
Shoshana	Stambhana
Agni Mahabhuta	Aapa And Prithvi Mahabhuta's
Known as Ushna Grahi, Pakwa Sangrahaka, Eg : Nagarmotha, Shunti, Jeeraka, Gajapippli etc.	Known as Sheeta Grahi, Ama Sangrahaka

### Stambhaniya Purusha<sup>[6]</sup>

Pitta Dagda, Kshara Dadga, Agni Dagda, Chardi, Atisaara, Visha Ativega, Sweda Ativega.

### Stambhana Chikitsa Varga

- Shonita Stapanam:** That which eliminates the Vikruti of Rakta and attends Prakruti, makes Shonita Vruddhi and Sthirata or Stambhana.
  - Eg: Madhuka, Mocha Rasa, Mrutkapala, Lodra, Gairika, Priyangu, Sharkara, Laja, Sphatika.
  - In Shalya Tantra, the Dravya which stops Rakta Srava are Shonita Stapanam Dravya. Eg: Sheeta Parisheka, Bandana, Agni Karma.
  - Shonita Stapanam Chaturvidam, 1) Sadhana 2)Dahana 3)Pachana 4) Skandana
- Vedana Stapanam:** Vedana Sthapayati Ati Pravruttam Stambhayati Iti Vedana Sthapana. Eg : Katphala, Kadamba, Padma, Shirisha etc.
- Shukra Stambhana:** The Dravya which does Shukra Stambhana. Eg: Jathiphala, Akarakabha.
- Pitta Sangrahaka :** Shoshana of Pitta. Eg: Kutaja Phala, Kashmari Phala, Utpala, Kumuda, Ananta.
- Purisha Sangrahana:** Puresha Sangrahanm Pureeshasya Stambhanam Tasmehi Hitam||Eg : Priyangu, Katvanga, Lodra, Mocharasa, Samanga, Dhataki
- Mutra Sangrahak:** Makes Mutra Ghada. Eg: Jambu, Plaksha, Vata, Udumbara, Aswata, Somavalka.
- Swedopanayana:** Atiswedana Lakshana : Pitta Asruk Kopa, Trshna Murcha Aswara Angasadana Bhrama. Mode of treatment is Stambhana /Swedopanayana. Eg: Kharpara Bhasma, Yashada Bhasma, Kaparda, Bhasma, Kupilu, Ushira, Lodhra, Datura, Vamsalochana.
- Sleshma Sangrahaneya :** Shoshana of Drava Bhaga of Kapha : Kashaya Rasa, Amruta, Kutaja Twak.

### Concept of Stambhana in Atisara<sup>[7]</sup>

In the first stage of Amatisara Stambhana drugs should not be administered. If done so, Dosas get further aggravated and cause several others conditions like edema, anemia, spleen disorders, Kusta etc.

**Caution:** If the patient has become emaciated and weak, and if *Dosas* are eliminated in excess through *Atisara*, then even in *Ama* stage, *Stambhana Chikitsa* should be administered, the *Pachana Chikitsa* to such a person might cause death.

#### Time of administration of *Sangrahak Bhesaja*

Because of softness of *Grahani* (small intestine), the *Mala* comes out in *Pakva* form (free from *Ama*). In that case *Sangrahika Chikitsa* should immediately administered.

#### *Dosha Dushya Samurchana*

- *Dosha: Pachaka Pitta Vriddhi (Sara, Drava Guna), Apana Vata Karma Vriddhi.*
- *Dusya : Apakwa Ahara Rasa, Purisha*
- *Dusti : Atipravrutti.*

#### *Stambhana in Atisara*

- *Kutajarista*
- *Lokanath Rasa*
- *Jatiphaladi Vati.*
- *Gudena Khadita Bilvam Raktatisara Nashanam.*
- *Aja Dugdha* used in *Atisara* as it is *Kashaya, Madhura, Grahi* and *Laghu Paki*, so in *Ksheena* person it increase the *Jeevana Shakti* or *Bala*.

#### *Sangrahika Basti*

1. *Jivanti, Agnimantha, Dhataki Puspa, Vatsaka.*
2. *Amlatasa, Kadhira, Kusta, Shami, Pinditaka, Yava.*
3. *Priyangu, Raktamooli, Taruni, Svarnayutika.*
4. *Vatadi Ksheera, Vruksa, Kimshuka, Lodra.*

*Kwatha* prepared by these are used in *Atisara* and *Grahani* as *Stambhaka*.

#### *Pravahika Nashaka Basti*

1. *Shalmali Kalka + Dugdha + Ghrita*
2. *Mocha Rasa + Dugdha + Ghrita*

#### *Raktatisara*

*Navanita* along with ½ part of sugar + ¼ part of *Madhu* along with *Pathya Sevana* acts as *Rakta Stambhaka*.

#### Concept of *Stambhana in Chardi*<sup>[8]</sup>

On continuance of vomiting, *Vayu* also gets aggravated definitely due to loss of *Dhatu*s. Hence in case of vomiting continuing since long duration then *Stambhana* and *Brumhana Chikitsa* should be applied. *Sarpigud, Tryusana* and *Jivaniya Kalyanak Ghrita Vrushya Mamsa Rasa Leha's* controle the vomiting continue since long.

#### Concept of *Stambhana In Rajyakshma*<sup>[9]</sup>

In *Rajyakshma Rogi Purisha Samrakshna* have to be done because there is a *Kshaya* of all *Dhatu*s in *Rajyakshma* then the *Rogi Bala* is *Aasrita* on *Purisha*.

#### Concept of *Stambhana in Prameha* as *Mutrasangrahaniya*

In *Prameha* excessive amount of urine is produced so in *Prameha Rogi* excessive loss of *Jaliya Dhatu* takes place for this purpose *Mutrasamgrahniya Dravyas* are used these *Dravyas* are having *Ushna Guna* and *Kshaya Rasa Pradhana* so due these features lesser amount of urine is produced to decreases the loss of *Jaliya Datu*.

#### Concept of *Stambhana in Raktapitta*<sup>[10]</sup>

*Rakta Pitta* occurs as a result of over nourishment (*Santarpana*) and if the strength and the muscle of patient are not reduced, then stoppage of bleeding by the administration of haemostatic measure is not desirable because the vitiated *Dosas* in the patient have a tendency at that time to come out (get eliminated), if the *Stambhana* is done in beginning then it may cause *Galagraha, Putinasya, Murcha, Aruchi, Jwara, Gulma, Pleeharoga, Aanah, Kilaas, Mutrakrucrata, Kusta, Sanyasa, Visarpa, Varna Nasha, Bhagandara, Budhi Indriyoparodha*, so in *Raktapitta* after seeing *Doshavasta* and *Bala* of the patient initial treatment should start.

**Nasagata Raktapitta**

Avapida Nasya

1. Nilotpala, Gairika, Shankha, Chandana, Sita and Jala.
2. Nasya with Amrashti Rasa, Samanga, Dhataki, Mocha Rasa and Lodra.

**Mutramarga Raktapitta**

- Siddha Gritha prepared with Gokshura, Shatavari, Shalaparni, Prsnaparni, Mudgaparni, Mashaparni.
- Shatavari Ksheera
- Shatavari + Gokshura Kwath + Kalka prepared with Ksheera.

**Vit Marga Raktapitta**

- Mocha Rasa Siddha Dugdha.
- Godugdha, Mocha Rasa Kalka, Sugandha Bala, Nilotpala, Shunti Sadhita Dugdha.

**Ghrita Kalpana's**

- Vatsaka Ghrita Lodhra, Kamala, Manjista, Trayamana, Laja, Godhuma, Madhuka, Sita, Peya.
- Shanadi Ghrita : Sanapuspa, Kovidara, Vasa and Ghrita
- Kushmandapaka
- Nagabala Ghrita
- Aatarushadhi Ghrita

**Basti Prayoga in Adhoga Raktapitta**

**Niruha Basti:** Madhuka, Anjana, Manjista, Mrunala, Utpala, Gairika, Nagakesara, Lodra, Amra, Rakta Chandana, Kamala, Kalka Shankha Bhasma, Madhu, Ghrita and Dugdha.

**Peya:** Kamala, Utpala, Prshnaparni, Priyangu, Usheeradi Peya, Priyanguvadi Peya.

**Concept of Stambhana in Raktajagulma**

After Shastra Kriya of Raktaja Gulma, If Adhika Rakta Srava occurs then Adhogami Raktapitta Chikitsa has to be done.

- Later Jeevaniya Gana Siddha Ghrita Uttara Basti is given or Anuvasana Basti is given.
- As per Charak Chikitsastana 5/18, improper Stambhana Chikitsa.
- In women leads to Raktaja Gulma (altered periods).

**Concept Of Stambhana In Raktarsha <sup>[11]</sup>**

Charaka says to use Tikta Rasa Dravya in Raktarsha.

**Dosha Dusya Samurchana**

- Dosha: Apana Vata Karma Vriddhi, Alpakriya Pachaka Pitta (Ushna, Tikna Guna Vriddhi)
- Dushya: Mamsa, Sira, Dhamani, Rakta
- Dusti: Vimarga Gamana

**Raktavarodhaka Yoga**

1. Kutaja Twak + Shunti Samabhaga Kwath prepared + Go Ghrita
2. Dadima Twak + Shunti + Rakta Chandana + Go Ghrita
3. Rakta Chandana + Kiratatikta + Dhanvayavasa + Nagara Kwath
4. Laja + Go Ghrita + Madhu.

**Bhaahya Prayoga in Raktaarshas which does Sthambhana Karma**

- Tender leaves of Kadali Vruksha, Kamala Patra, Neela Utpala taken together is to be applied to the Arshaankura by sprinkling cold water over leaves. By applying this the Rakta Sraava occurring from Arshaankura gets ceased.

**Concept of Stambhana after Raktamokshana (Siravyadavidhi) <sup>[12]</sup>**

After the Sira Vyadana if blood flow is not stopped then immediatly do the Stambhan Karma by Stambhaniya Dravyas those are, Lodhra, Priyangu, Patanga, Masha, Yastimadhu, Gairika, Mrutkapala, Anjana, Kshauma Mashi, Vatankura, Ksheeri Churna are applied over Vruna Mukha and drinking the Padmakadi Sadhita Sheeta Kashaya.

**Swedana and Stambhana Guna**

Swedana Guna	Stambhana Guna
Guru	Laghu
Tikshna	Manda
Ushna	Sheeta
Drava	Drava
Sthira	Sara
Sara	Slakshna
Snigdha	Ruksha
Ruksa	Sukshma
Sukshma	Kashaya Tikta Madhura

**Swedana Atiyoga**<sup>[13]</sup>**Lakshanas**

- Rakta pitta prakopa
- Chardi, Murcha, Moha
- Sadana, Bramah
- Sandipeeda, Jwara
- Shavarakta, Mandala Darshanam

**Chikitsa**

Sheeta Upakrama and Stambhana Chikitsa

**Chikitsa in Vamana Atiyoga**<sup>[14]</sup>

In Vamana Atiyoga Sitambhu Parisechana should be done initially, then Kaphahara Mantha along with ghee, honey and sugar. If bulging is present, if patient may develop Murcha then Dhanyaka and Musta Prayoga should be done, and Madhuka, Anjana Churna with Honey prepared Lehya should be given.

**Chikitsa of Ati Virechana**<sup>[15]</sup>

- Padmaka Ushira Nagahva Chandanani Prayojayet||
- Pana Alepa Sechana
- Sauvira Pishta Amra Valkala Abhilepo Atisara. (Acc To Chakradatta)

- Basti : Ashwavarohika Kakanasa Rajakasairuka Kalka Madhu Anjana Ghrita Sadhita Dugdha.
- Nyagrodadi Kalka Madhu Anjana Grihta Siddha Dugdha.

**Nasya Atiyoga**

**Lakshana:** Mustulunga Agama, Vata Vruddi, Indriya Vibrama, Shira Shoonyata

**Chikitsa:** Nasagata Raktapitta Chikitsa has to be done.

**Stambhaniya Aoushadi Gana**<sup>[16]</sup>

Sarivadi Gana, Anjanadi Gana, Lodradi Gana, Ambastadi Gana, Utpaladi Gana, Lakshadi Gana, Nyagrodadi Gana.

**Peya's**

- Payasya Arddhodake Chage Hribera Utpala Nagarai | Peya Raktaatisaraghi Prshnaparni Cha Sadhita ||
- Kamala Utpala Prshnaparni Priyangu Peya.
- Ushira Lodra Shringabera Kuchandana
- Hribera Dhataki Pushpa Bilwa Majja Duralabha Peya used in Raktapitta.

**Mahakashaya**<sup>[17]</sup>

- Sandhaniya Mahakashaya
- Shonitastapana Mahakashaya
- Rajastapana Mahakashaya : Yendri Brahmi Shatavari Sahasra Veerya Amogha Avyatha Shiva Arista Vatyapusphi .
- Purisha Sangrahaneya, Mutra Sangrahaniya.

**Shamanoushadi's which does Stambhana**

Asava Arista	Vati
Ushirasva	Shukrastambana Vati
Chandanasav	Pradarantaka Vati
Kutajarista	Saubhagya Shunti
Asokarista	Kutaja Ghana Vati
Patrangasav	Eladi Vati

Rasoushadhi	Churna
<ul style="list-style-type: none"> <li>▪ Loknath Ras</li> <li>▪ Kamadugda Ras</li> <li>▪ Pradarantaka Rasa</li> <li>▪ Gangadhar Ras</li> <li>▪ Chandrakala Ras</li> <li>▪ Kutaja Parpati</li> <li>▪ Bola Parpati</li> <li>▪ Panchamruta Parpati</li> <li>▪ Bola Baddha Ras</li> </ul>	<ul style="list-style-type: none"> <li>▪ Pushyanuga Churna</li> <li>▪ Brht Gangadhar Churna</li> <li>▪ Chandanadi Churna</li> <li>▪ Stambana Churna</li> </ul>

### Basti Yoga

- Picha Basti
- Grahi Basti

### Stambhita Ati Yoga Lakshana<sup>[18]</sup>

- Tvak , Snayu Sankoch
- Kampana
- Obsruction in Gati of Hrudaya, Vaak, Hanugraha
- Shava Varna in both lower and upper limbs, in Osta and in Tvacha and in nails.

### Samyak Stambhita Lakshana<sup>[19]</sup>

By the proper administration of *Stambhana* treatment, the patient gains strength and the indicated diseases get subsides.

### CONCLUSION

In *Chikitsa Vidhi Stambhana Chikitsa* plays an important role to maintain the *Dosha, Dhatu, Mala* in equilibrium condition. In *Shadvidhopakrama Stambhana* explained as a last *Upakrama* so in any end of the disease or in any uncontrolled disease, or in *Atiyoga* of any *Shodana, Stambhana* plays important role. *Stambhana* is utmost essential to protect patient's *Bala, Prana* and when there is *Atipravrutti* in any of *Dosha* and *Dushya*.

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