

## Role of Sthanik Chikitsa in Stree Roga: An Ayurveda Review

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### REVIEW ARTICLE

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#### ABSTRACT

Ayurveda put health of women on prime focus and gives detailed description on *Stree Roga* and their management through Ayurveda approaches. The common gynecological problems are *Yonidaha*, *Yonikandu*, *Yoni paicchilya*, *Yoni strava*, *Yoni karkashata*, *Vamini* and *Upapluta yonivyapad*, etc. The disturbed pattern of menstruation also causes many gynecological problems associated with female health. Ayurveda explains many ways for curing gynecological disorders especially *Yoni Roga* requiring local therapeutic measures, *Sthanik Chikitsa* is one of them which offers therapeutic relieves in various *Stree Roga*. *Yoni-Pichu*, *Yoni Dhoopan*, *Yonidhawan*, *Yoni-Lepana*, *Uttarbasti*, *Yoni-Varti* and *Agnikarma*, etc. are common approaches of *Sthanik Chikitsa* which are useful in many gynecological problems. These all approaches of Ayurveda help to maintain good health status of women and relieves symptoms of white discharge, itching, burning micturation, foul smell and discharge, etc. These non-surgical and less invasive techniques offers health benefits to retain reproductive health of female and does not imparts severe side effects. Present article explains role of *Sthanik Chikitsa* in various *Stree Roga*.

**Keywords:** *Gynecological, Ayurveda, Sthanik chikitsa, Stree Roga.*

### 1. Introduction

Women's health is prime concern of medical fraternity; modern as well as traditional medical science put prime focus on women health, in this regards Ayurveda offers several theories and concepts related to the health of women. The good health of female is need of family, society and nation. There are many health issues related to the women health, Ayurveda presented several ways for treating gynecological disorders and *Sthanik Chikitsa* is one such modality of Ayurveda. *Sthanik Chikitsa* means utilization of therapeutic measures for local application to treat *Sthanik Doshadushti*. These local therapies (**Figure 1**) are considered beneficial for various *Stree Rogas* related to the vaginal problems. (1-4)

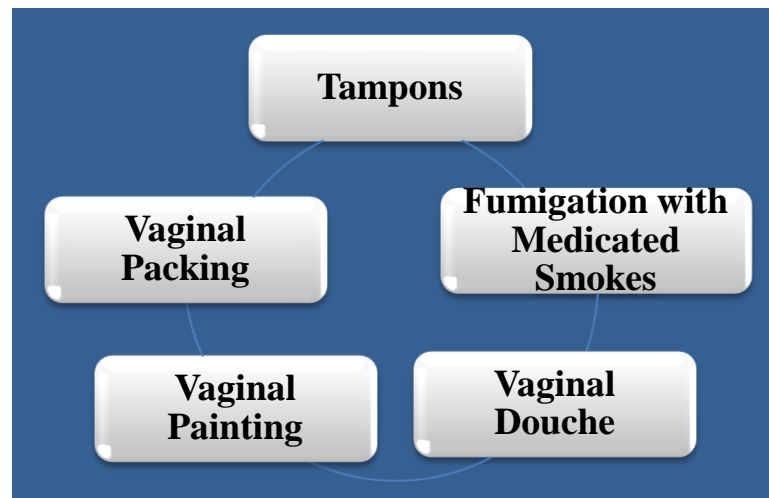
### The general health benefits of *Sthanik Chikitsa* in vaginal disorders are as follows:

- ✓ *Sthanik Chikitsa* offers soothing effects thus relieves vaginal itching.
- ✓ *Sthanik Chikitsa* offer astringent property and prevent vaginal discharge.
- ✓ The anti-inflammatory and analgesic drugs used in *Sthanik Chikitsa* helps to relieve pelvic pain.
- ✓ The anti-bacterial action of drugs used in *Sthanik Chikitsa* prevents microbial infection and control abnormal vaginal bleeding.
- ✓ These therapies prevent foul smell and burning sensation.

### *Yoni Pichu* (Tampons)

This is simple method of delivering drug to the site of action in which *Pichu* of cotton swab wrapped with piece of gauze and tied with thread and immersed in

medicated oil. This *Pichu* of cotton swab inserted inside the vagina to releases medicaments for longer period of time.



**Figure 1: Ayurveda Approaches of Sthanik Chikitsa**

The retention ability of circular and elongated *Pichu* offer advantages of continuous and prolong release of drugs at the site of action. The *Yoni Pichu* can be used for curing condition like; *Yonikandu*, *Yonidaha*, *Yonipaka*, *Yoni strava*, *Yoni karkashata*, *Vataj yonivyapad*, *Vamini* and *Upapluta yonivyapad*, etc. The specific medicines in the form of *Pichu* can be used for particular purposes. Tampon with *Udambar* or *Triphala kwath* is used for *Kaphajayoniroga*. *Pichu* soaked with *Jatyadi Taila* can be used for *Mahayoni* while *Pichu* soaked with *Dashmoolkwath* can be used for *Vataja yonivyapada*.

#### **Yoni Dhawan/Parisheka (Vaginal douche)**

This involves washing of vagina and vaginal passage with decoction/ liquids of medicines. This process helps to clean or purify vagina and improves healing of vaginal wound. Material like *Kshirapak*, *Kwatha*, *Taila* and *Siddha jala*, etc. can be used for *Dhawan* purpose along with water. The aseptic, pain alleviating, wound healing and antimicrobial action of these materials and medicaments offers relieves in painful, infectious condition of vagina. *Yoni Dhawan* is useful for *Yonikandu*,

*Kunapgandhi Artava dushti*, *Yoni paicchilya* and *Yoni strava*, etc. Specific decoction used for particular purposes, i.e.; decoction of *Lodhra* and *Trikatu* is used for *Kaphaja artavadushti* and decoction of *Triphala* is used for *Kunapgandhi artavadushti*.

#### **Yoni Varti (Pessary)**

*Varti* is used for prolonged therapeutic action to cure infections and restore optimum vaginal health. This therapy mainly indicated for *Yoni paicchilya*, *Kaphaj Yonivyapada*, *Karnini Yonivyapada* and *Vipluta Yonivyapada*, etc. Powdered *Varti* made by *Yava* and *Masa* is used for *Kaphaja yonivyapada*.

#### **Yoni Dhupan**

Fumigation of vagina with medicated smoke; mainly indicated for vaginal wound and infection. Fumigation is done for disinfection purpose or to eradicate some specific problems. *Yoni Dhupan* is considered useful for disinfecting genital organs. Mainly indicates for *Yonikandu*, *Aparasanga*, *Sutika paricharya* and *Shwetapradara*, etc. The fumigation with *Haridra* and *Brahti* is considered good for *Yoni kadu* while fumigation with *Kustha*,

*Guggalu* and *Agara* with *Ghrita* is useful for *Sutikaparicharya*.

### ***Yoni Lepana***

*Yoni Lepana* means vaginal painting, this technique offer advantage of higher drug penetration on the vagina, the *Lepana* increases site of drug application therefore improves ability of drug to penetrate the skin effectively. This therapy is considered good for *Vivrutta yoni* and *Yoni arsha*, etc. *Lepana* with *Triphala* and *Ghrita* is useful for *Yoni Arsha*.

### ***Yoni Purana***

*Yonipurana* means vaginal packing in which feeling of vaginal cavity done with *Churna*, *Kalka*, medicated oil or other form of medicaments. This therapy imparts local therapeutic action of medicines. The therapy considered useful when large amount of drug used for longer duration of time. *Yonipurana* is considered good for *Mahayoni* and *Prasansini yoni*, etc. *Yonipurana* with *Vesawara* is useful for *Prasansini yoni*.

### ***Uttara Basti***

*Uttarbasti* is best for *Vata dosha* which mainly involves in gynecological problems. The procedure involves insertion of medicated oil / decoction, etc. into *Uttarmarga* to treat problems related to the female genital tract mainly associated with *Vata Dosha*. It should be carried out under aseptic condition with some expertise. *Uttarbasti* is useful for tubal blockage, for pacifying *Vata*, to treat diseases of urinary bladder, to cure prolapse uterus & pelvic pain, also used for menstrual disorders and other *Yonivyapada*. *Basti* with oil of *Jivaniya* group drug is useful for conditions like *Shushka yoni*, *Aticharana* and *Acharanayoni*, etc.

## **2. Importance of *Sthanik Chikitsa*:**

The female suffers with many health issues and gynecological problems not only hampers their life but also affects life

of family and society. Poverty, illiteracy, social and religious factors, poor hygiene, physical and mental burden, etc. can affects reproductive health of females. Ayurveda offers safe and effective therapy *Sthanik Chikitsa* which helps to treat many reproductive problems. *Yoni pichu*, *Yoni dhawan*, *Uttarbasti*, *Yoni Lepana* and *Yonipurana*, etc. are major approaches of *Sthanik Chikitsa* which can treats various reproductive tract diseases of female.

The *Sthanik Chikitsa* employed medicines locally since vagina shape itself persisted capacity to hold drug *in situ* for a longer duration, therefore effect of therapy observed for prolong period of time. The absorption of drug is very fast through skin of vaginal tract or membrane, moreover longer time holding capacity of vagina allow release of medicines effectively in continuous manner thus quick onset and prolong action of medicines achieved during *Sthanik Chikitsa*.

*Sthanik Chikitsa* helps to deliver medicine for longer period of time and initiate quick response therefore can be given in acute condition. The antiseptic and antibacterial property of *Sthanik Chikitsa* prevents microbial infection in genital tract. The chances of recurrence of diseases are less due to the complete eradication of disease, *Sthanik Chikitsa* provides advantages of less invasion and minimal side effects thus can be used for wide variety of disorders of female genital organs. *Sthanik Chikitsa* provides local therapeutic action, clears blockage and cleans reproductive tract thus maintain optimal health of female genital tract.

## **3. Conclusion**

*Sthanik Chikitsa* is considered safe, effective and cheap therapy for acquiring local therapeutic responses in diseases of female genital tract. The various modalities of *Sthanik Chikitsa* are free from severe adverse effect and can be used easily with no technical expertise requirement. However aseptic condition,

maintenance of general hygiene and patient compliance, etc. is some essential requirements which need to be taken care during *Sthanik chikitsa*. *Sthanika Chikitsa* acts as *Shaman* as well as *Shodhan Chikitsa*, since this therapy offer therapeutic advantages of drugs and also helps to purify or cleans genital tract. Different forms of drug i.e.; *Taila*, *Ghruta*, *Kwatha* and *Dhoom*, etc. is used for *Sthanika Chikitsa* in an aseptic condition to release drug at the site of action. This therapy not only relives symptoms of vaginal disorders but also helps to maintain reproductive health of female. (5-10)

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### Conflict of Interest

The authors declare that there is no conflict of interest regarding the publication of this article.

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