



eISSN - 2348-0173

Vol-2 / Issue-3 - May - June - 2014

www.ijaam.org



INTERNATIONAL JOURNAL OF AYURVEDA & ALTERNATIVE MEDICINE

Bi-Monthly Peer Reviewed International Journal

A CRITICAL REVIEW ON *STHANIK CHIKITSA* (Local Therapies) ADOPTED IN *STREE ROGA*

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Article Received on	-	11 th May 2014
Article Revised on	-	16 th June 2014
Article Accepted on	-	30 th June 2014

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**A CRITICAL REVIEW ON *STHANIK CHIKITSA* (Local Therapies)
ADOPTED IN *STREE ROGA******Corresponding Author**

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QR Code IJAAM**ABSTRACT:**

In *Ayurvedic* Gynaecology *Sthanik Chikitsa* (Local therapies) are the specialized treatment procedures. These procedures basically deal with the disorders of *Tryavarta Yoni* (Three coverings of Vagina). These includes mainly. *Yonidhawan* (Cleaning of Vagina), *Uttar-Basti* (Insertion of Medicated oil, decoction into Intra Uterine Cavity through Vagina), *Yoni-Pichu dharan* (Insertion of Tampons soaked in medicinal oil or liquid), *Yoni-Dhupan* (Vaginal Fumigation); *Yoni-Lepan* (Vaginal painting), *Yonivarti* (Vaginal Suppository), *Yoni-Puran* (Vaginal Packing), *YoniParishek*, *Pinda Chikitsa* etc. In this Study all these Local therapies are reviewed through ancient texts and discussed with respect to their definitions, Sites of application, duration of time, Indications, Procedures. The Standard Operating Procedures (SOP) of each Local Therapies are given. The SOP is set of written instructions that document a routine or repetitive activity. In SOP, the activities performed are described in a clear, logical, sequential and methodical manner. This study will definitely prove to be helpful to *Ayurvedic vaidyas* in understanding concept of these Local Procedures and in carrying out these procedures in their clinics legitimately.

Key Words: *Sthanik Chikitsa*, Standard Operating Procedures, *Tryavarta Yoni*, *uttarbasti*, *Ayurvedic* Gynaecology

INTRODUCTION

Stree roga (Gynecology) deals with the changes that occur during all stages of a woman's life such as puberty, reproductive age and menopause and also the diseases that occur during these stages. In General, Gynaecological Disorders are treated first by *Shaman Chikitsa* (Medicinal Treatment) and then *Shodhan Chikitsa* (Biopurification Procedures) i.e. application of the five Purificatory Therapies - what is known as the *Panchakarma*. These are the procedures in *Ayurvedic* therapeutics which helps in getting rid of different ailments. These procedures are done by following specific protocols of *Purva Karma* (Pre-operative), *Pradhan Karma* (Operative) and *Pashchat Karma* (Post-Operative).

Besides these procedures there are some *Sthanik Chikitsa* (Local therapies) in *Ayurvedic* Gynaecology prescribed by Ancient *Acharyas* e.g. *Yonidhawan* (Cleaning of Vagina), *Uttar-Basti* (Insertion of Medicated oil, decoction into Intra Uterine Cavity through Vagina), *Yoni-Pichu dharan* (Insertion of Tampons soaked in medicinal oil or liquid), *Yoni-Dhupan* (Vaginal Fumigation) ; *Yoni-Lepan* (Vaginal painting), *Yonivarti* (Vaginal Suppository), *Yoni-Puran* (Vaginal Packing), *Yoni Parishek* , *Pinda Chikitsa* etc. These procedures are practiced Local therapies for vaginal disorders,

pre-requisite of *Panchakarma* in *stree Rog*, Or in specific local or systemic disorders in gynecology. In this study, these procedures are studied with respect to their theoretical review and Standard Operating Procedure of each process is given. The Standard Operating Procedures (SOP) of each Local Therapies are given. Standard Operating Procedure (SOP) is a set of instructions having the force of a directive, covering those features of operation that lend themselves to a definite or standardized procedure without loss of effectiveness. Standard Operating Procedure of should not be confused with establishment of unique standard. It is not expected that this is the only method which can be called standard. On the contrary it is restricted to detail documentation of procedure followed. This study will definitely helpful in understanding the importance of this *Sthanik Chikitsa* (Local Therapies). Moreover the SOP'S of these procedures will definitely prove to be helpful to *Ayurvedic* Physicians who use these procedures in their day to day practice.

AIM

- To study *Sthanik Chikitsa* (Local Therapies) practised in *Ayurvedic* gynaecology.

OBJECTIVES

- To study *Sthanik Chikitsa* (Local Therapies) from different *Ayurvedic* texts

- To develop a Standard Operating Procedure of each *Sthanik Chikitsa* (Local Therapies)

The *Sthanik Chikitsa* (Local Therapies) are described as follows

1) *Yonidhawana* (Cleaning of Vagina)

Dhawana karma of *yonis* is termed as *Yonidhawan*. *Acharya sushruta* and *Vagbhat* consider *dhawana* as *prakshalana*. *Dhawana* means cleaning or purification of wound with water and other medicated material.^{[1] [2]}

Sthana (Site) - *Prathamavarta* (Vagina) ^[3]

Duration - 8 days ^[3]

Timing - *Rutukala* (After 5th day of menses for 8 days)

Time - 1 to 1.5 Min. ^[3]

Drugs Used - *Kwatha* (Decoction), *Kshirpaka* (Medicated Milk), *Siddha Jala* (Medicated Water), Oil ^[3]

Quantity - 1litre of decoction, 250 ml of oil

Indications -

1. *Kunapganghi Artavdushti* ^[4]
1. *Kaphaja Artava Dushti* ^[5]
2. *Yoni Srava* ^[6] (Vaginal Discharge)
3. *4.Yoni Kleda* ^[7]
4. *Yoni Paicchilya* ^[8]
5. *Yoni Kandu* (Vaginal Itching)
6. *Yoni Arsha* ^[9] (Vaginal Polyps)

Material: Enema Pot, Catheter

Procedure:

- Proper aseptic measures should be ensured before starting the procedure.
- Patient is given lithotomy position.
- Sterile rubber catheter is inserted into vagina.
- Enema pot filled with decoction is kept at 5 feet distance with luke warm decoction *prathamavarta* (Vagina) is washed out^[3]

Most of the drugs used for *Yonidhana* have styptic, wound healing, pain alleviating and bactericidal actions. They prevent growth of bacterial organisms and restore the altered PH of vaginal cavity. Absorption of the drugs through the mucosa and blood circulation also helps to have beneficial effects on the uterus. The oil or decoction once used should not be reused even for same patient.

2) *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 (urethra or vagina) of anus (where routine *basti* is given) is known as *Uttarbasti*^[10] *Basti* possessing superior qualities is termed as *uttarbasti*^[11]

Indications

Due to suppression of *vayu* by *uttarbasti*, woman conceives immediately.^[12] It is also beneficial in diseases of urinary bladder such as retention of urine, dysuria, utero-vaginal prolapsed, severe vaginal pain, other gynaecological disorders (*yonivyapada*), *Asrigadara* (menometrorrhagia) ammenorrhoea, dysmenorrhoea other menstrual disorders which are difficult to cure and retention of placenta.^[13]

The standard Operating Procedure of *Uttarbasti* can be explained as follows

A) *Uttarbasti* in vaginal condition

- Vaginal infections – Bacterial and fungal infections are commonly found in vagina. Drugs used for these conditions should be bactericidal or bacteriostatic or antifungal in nature. *Jatyai Ghrita* or *Jatyadi tail* prove to be beneficial in these conditions.
- Vaginal Mucosal defects – The vaginal mucosal defects may be explained under following headings

○ **Vaginal milieu pH.**

Generally vaginal PH remain in between 3 & 4. This acidic PH prevents vaginal infections. In case of PH variations appropriate drugs should be administered to restore normal PH. Commonly used drugs for this purpose are *Triphala*, *Panchavalkal*, *Dashamula* etc.

○ **Vaginal Secrecion**

Uttarbasti with suitable drugs can be administered either to increase or decrease vaginal mucosal secretions. *Ghrita* preparation possessing *snigdha* and *pichchhil* properties can be used to improve vaginal mucosal secretions. Similarly formulations predominantly having *kashaya* rasa are useful to decrease vaginal secretions.

○ **Inflammation of vaginal walls –**

Drugs possessing anti-inflammatory properties can be best administered in the form of *uttarbasti* in case of vaginal Inflammation. Preparations with *Nirgundi*

(*Vitex Nigundo*), *Dashamula*, *Ashwagandha* (*Withania Somnifera*) can be selected for this purpose.

B) *Uttarbasti* in Cervical conditions

- Cervical Erosions – Chronic Cervicitis associated with erosions can be easily treated with *Uttarbasti* by using *Ropana* drugs (Wound healing drugs). Medicated *Ghrita* like *Triphala Ghrita*, *Shatavari* (*Asparagus Racemoses*) *Ghrita*, *Phala Ghrita*, etc are being used commonly.
- Cervical Mucous - Cervical Mucous (CM) is the vehicle for transport of sperms and also works against infections. Quantitatively less CM is observed in individuals having *vata prakriti* predominance, short cervical canals, small cervical OS. It can be improved by using medicated *Ghrita* having *snigdha* and *pichchhil guna*.
- Cervical Mucous pH – The pH of cervical mucous plays an important role as it provides transport media for spermatozoa. Normal range of PH of CM falls in between 6 and 7. Any variation in this range may lead to non survivability of spermatozoa. Altered Cervical PH can be corrected by using appropriate drugs.
- Cervical Mucous Disorders – Altered Viscosity, increased cellularity etc can be treated with *Jatyadi Ghrita*, *Shatavari Ghrita* etc.

C) *Uttarbasti* in endometrial condition

Uttarbasti plays a vital role in recuperating thickness of endometrium and improving quality of endometrim. *Snehas* prepared from *Brihan dravyas* administered through *uttarbasti* plays a vital role in maintaining above conditions. The absorption of these *sneha dravyas* is very rapid which gives results quite fast.

D) *Uttarbasti* in Tubal Disorders

- Hydrosalpinx – An inflammatory condition can be effectively combated with the help of administration of *Nirgundi Taila* (Medicated oil with *Vitex Nigundo*), *Yashtimadhu Taila* (Medicated oil with *Glacrrhiza Gabra*), *Til Taila* (Sesame Oil) etc through *Uttarbasti*
- Tubal Block – *Kshar taila* can be used in *uttarbasti* if Tubal Block is due to adhesions but in cases of spasm due to fibrosis *Brimhan Snehas* can be used

Contraindication

Uttarbasti is contraindicated in Hypersensitivity, Carcinoma of Cervix, Heavy bleeding, Virginity, Vesicovaginal fistula etc.

Time of administration

Before administration of *Uttarbasti* previous infections should be cleared thoroughly. It should be administered after cleansing of women's body by two or three *Asthapana Basties*, It should be administered preferably during *Artavakala* or *Ritukala* (Just after menstrual bleeding is over). In this period uterus and vagina are free from coverings and their orifices are open. This facilitates easy entry of medicinal preparations into vagina and uterus. [13]

Apparatus (*Uttarbastyantra*)

Uttarbastyantra consists of a bag for holding the fluid and a nozzle for injecting the fluid. The total length of nozzle with pipe should be of 14 *angula* measured by patient's fingers. The tip should resemble with a pedicle of *jasmine* flower and through the opening mustard seed should paas. [14][15] The *Pushpa* (nozzle or catheter) for woman should be 10 *angulas* in length. Circumference should be of size of their urethral canal. Ancient *Acharyas* have recommended bladder of sheep, pig or goat. In their absence skin of bird's neck or bottom of leather water bag or any soft skin can be used. [16] The use of *Ajabasti* (Goat Bladder) by *Charakacharya* is highly significant here. [17] In case of adult woman the nozzle should be inserted upto four *angula* (finger breadth) and two *angulas* in urethral passage. In case of young girls it should be one *angula* in urethral passage. [15]

Basti Dravya

Kashaya (decoction), *Taila* (oil) and only oil/*kashaya* are used simultaneously as *basti dravya* for *Niruha*, *Anuvasana*, and *Uttarbasti* respectively. As per *Sushruta* either *kashaya* or *taila* can be used as *uttarbasti dravyas*. In *charak samhita* only *taila* is used in *uttarbasti* procedures. [17]

Quantity and Frequency

Charaka suggests administration of *Uttarbasti* three times a day on three consecutive days. The quantity mentioned is half *pala* (20gms). [17] *Sushruta* and *Vagbhata* differ with this dose opinion. *Sushruta* has mentioned definite quantity of *kashaya* (decoction) and *taila* to both sexes separately. The quantity of decoction should be one *Prasrita* (96gms) for males and two *Prasrita* (192gms) for adult females [17]. For cleansing of uterus *sneha* should be taken in double quantity. [18]

Sneha: Male – 1 *Prakuncha* (48 gms)
Female - 1 *Prasrita* (96gms)

Decoction: Male- 1 *Prasrita* (96gms)
Female - 2 *Prasrita* (192gms)

Method of Uttarbasti Administration

The woman should be in positioned supine posture with flexed thighs and elevated knees. The nozzle should be inserted in urinary or vaginal passage slowly with steady hands following direction of the passage. In day and night i.e. in 24 hours total two, three or four *bastis* should be given. Procedure should be continued for three nights (day and night) with gradual increase in oleaginous substance. After giving rest for three days, the procedure should be repeated for another three days. *Karnikas* (Rings) should be introduced and vaginal orifices pressed properly, then bag of *basti* should be compressed properly [19] [20] [21]

Practical/ Procedure of Uttarbasti

Instruments: Dispovan 10cc, Insemination cannula or infant feeding tube no.6, Sim's Speculum, Anterior Vaginal Wall Retractor, Volsellum, Uterine sound, *Pichu* (Tampoon)

Procedure

- Before *uttarbasti* one *anuvasan* and two *niruha bastis* should be given
- Inj Atropine 0.6 mg IM is given half hour before *Uttarbasti* to prevent vasovagal shock.
- Procedure can be carried out in Operation Theatre with all aseptic precautions.
- Lithotomy position is given to patient
- Painting and dressing should be done
- Cervix should be visualised by retracting anterior and posterior vaginal wall by Anterior vaginal wall retractor and Sim's speculum respectively
- Cervix is caught with Volsellum
- Uterine Sound is inserted to measure the length of uterus.
- Infant Feeding tube No.6 should be taken and it should be cut about 1 to 2 cm at its proximal end. This end is attached to 10cc Syringe. In this syringe 5 to 7 ml of drug should be taken.
- Proximal cut end should be into uterus upto uterine length measured before and slowly drugs should be pushed
- Tampoon is kept in vagina for 2 hours and patient should be given head low position.
- This procedure is repeated for 3 to 5 days.

3) Yoni Pichu (Insertion of Tampons soaked in medicinal oil or liquid)

Pichu is made up of cotton swab 2×3 cm (1 inch) is wrapped with gauze piece and tied with a long thread. It is dipped in medicated oil/liquid. If powder has to use it is kept in thin layer of cotton and then *pichu* is made. *Pichu* is commonly used in treatment of gynaecological disorders. Oils are the

most preferred media because of its retention ability.

Types [22]

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

Site [22]

Prathamaavarta (vagina)- Elongated *Pichu*
Dwitiyawarta (External and Internal OS) - Circular *Pichu*

Time of retention of Pichu [22]

5 to 6 hours up to retention of micturation.

1. *Yonidaha* and *Yonikandu* [23]
2. *Yoni Paichilya* and *Yoni Srava* [24]
3. *Yoni Paka* [23]
4. *Yoni Karkashata* [25]
5. *Vivritta Yonivyapada* [23]
6. *Vataja Yonivyapad* [26]
7. *Pittaja Yonivyapada* [27]
8. *Vamini* and *Upapluta Yonivyapada* [28]
9. Ninth Month pregnancy [29]
10. Retained Placenta [30]
11. *Yoni Bhransha* after parturition [31]

Procedure of Pichu Dharana

- *Pichu* (Tampoon) should be autoclaved
- Patient should void urine before *pichu* insertion
- Patient should be in supine position with flexed knees
- Sterile *pichu* soaked in medicated oil or liquid should be inserted with index finger into vagina in such a way that thread of the *pichu* should come out of vagina. This facilitates easy removal of *pichu* after 5 to 6 hours

The advantage of this procedure is that the lady can carry this procedure by herself at her home. *Yoni pichu* helps in improving musculature of vaginal canal. *Pichu* can act as wound healing or antibacterial depending upon the drug used.

4) Yonidhupan (Vaginal Fumigation)

Yonidhupan is the therapeutic procedure in which vagina is disinfected by giving medicated smoke.

Site - Bahya Yoni (Outer part of Vagina)**Period for treatment - 3 to 5 min**

Types- According to purpose it is divided into 2 types

1. As a treatment
2. To maintain health

Indications

1. *Yonikandu* [32]
2. *Shweta Pradar*
3. *Apara Sanga* [33]
4. *Garbha Sanga* [34]
5. *Upapluta Yonivyapad* [35]
6. *Raktagulma* [35]
7. *Sutika Paricharya* [35]
8. *Santati Pratibandhak* (as a Contraceptive Measure) [35]

Dhupana Drugs

Kushta (*Saussurea costus*), *Agaru* (*Aquilaria agallocha*), *Guggul* (*Comiphora Mukul*), *Vidanga* (*Embelia Ribes*), *Vacha* (*Acorus calamus*), *Nimbapatra* (*Azadirachta indica*)

Procedure

- A stool or chair having opening at the middle should be used
- Patient is made to sit on this chair after voiding the urine
- The drugs used for *Dhupana* are lit in the basin placed just below the chair
- It should be ensured that the smoke originating from the drugs should come in contact with female genitalia.
- Alternatively *Nadi Dhupana* can be done by lighting the drugs in a closed container
- The container is connected to pipe which can be used to give *dhupana*
- Since temperature reaches at peak during *Dhupana*, care should be taken of female genitalia as it is a very sensitive area. *Dhupana* or fumigation has been used for creating aseptic environment. It helps in killing microbes which in turn prevents infections.

5) Yoni Lepana (Vaginal Painting)

Lepas are the external application dosage form in which the required drugs are mixed with water or any suitable media. The paste made from this mixture is applied locally to the affected area.

Types

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

Site: *Prathamavarta* and Breast

Time Duration: 3 to 4 hours or upto drying of *lepa*.

Indication

1. *Vivrutta Yonivyapada*

2. Yoni Arsha (Vaginal Polyp)**Procedure**

- The affected part should be cleaned with proper disinfectant
- Prepared *lepa* should be applied to affected area
- The *lepa* should be removed immediately after drying as the dry paste may irritate the skin causing itching or erosions

6) Yonivarti (Vaginal Suppository)

Varties are suppositories made by mixing powdered drugs with adhesive drugs or binding agents.

Time period - 2 to 3 hours

Indications

- *Karnini Yonivyapad* [36]
- *Acharana Yonivyapad*
- *Yonishopha*, *Yonikleda*, *Yonikandu*
- *Yoni paichilya*
- *Kaphaja Yonivyapada* [37]
- *Anartava*

Procedure

- The affected part should be cleaned with proper disinfectant
- Size of *Vartis* should be equal to circumference of index finger.
- These *vartis* should be dried in shade
- These *Vartis* should be wrapped with gauze piece and thread is tied to it.
- It should be autoclaved
- *Varties* should be smeared with Oil, *Ghrita*, honey or milk
- The *vartis* should be inserted into vagina in such a way that thread should remain outside of vagina
- After retention period of urine, the *varti* should be taken out and *Yoni Prakshalan* (washing of vagina) should be carried out with lukewarm water
- The used *varties* should be discarded for new use. *Varties* are helpful in increasing secretion of vagina and does *shodhana karma*.

7) YoniPuran (Vaginal Packing)

Yonipuran can be defined as filling of vaginal cavity with powders, pastes, oils or bolus. Generally pastes or *kalkas* are used more frequently than other forms. It has a predominant local therapeutic action.

When retention of drug in large quantity is required then this therapy is commonly preferred.

8) *Yoni Parishek*

It can be defined as giving hot fomentation with the help of medicated oil to all sides of vagina.

Site: *BahyaYoni* (External part of vagina)

Time period: 5 to 10 min.

Drugs: Oil or medicated oil.

Indications

1. *YoniVrana* (Vaginal Ulcer)
2. *YoniPitika*
3. *YoniShotha* (Vagina Swelling)

Procedure

- Patient should be given supine position with flexed knees
- Lukewarm water or medicated oil is poured from 4 to 5 inch height over vagina

9) *Pinda Chikitsa*

Insertion of circular paste of boiled drugs wrapped in cloth into vagina is called as *Pinda Chikitsa*. It is *Ushna Veeryatmak* (hot potency) due to direct contact with heat.

Site: *Prathamavarta*

Time Period: 3 to 4 hours

Procedure

- Mixture of Fine powder of medicinal drugs and water should be boiled
- After some time oil should be added to this mixture.
- After proper *paka* of above mixture heating should be stopped
- This hot semisolid paste formed is kept in sterile cloth and should be tied in circular shape with thread at the upper end (*Pinda*)
- This prepared *Pinda* should be inserted in *Prathamavarta*
- It should be removed out after 3 to 4 hours

CONCLUSION

In *Ayurvedic Gynaecology Sthanik Chikitsa* (Local therapies) have lot of prospective in treating Gynaecological disorders. After reviewing all these local therapies it seems that these are described according to disorders of *Tryavarta Yoni* (Vagina). Different dosage forms are used in the form of medicated smoke, medicated tampons, medicated oil, *kalka* according to necessity of the treatment. The success of these procedures totally depends upon how well these procedures are being adopted by *vaidyas* on the patients. In this Study all these

Local therapies are discussed in detail and Standard Operating Procedure of each procedure is given. This study will definitely prove to be helpful to *Ayurvedic vaidyas* in understanding concept of these Local Procedures and in carrying out these procedures in their clinics genuinely.

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CITE THIS ARTICLE AS –

Dhanashri H. Mahajan et.al., A critical review on Sthanik Chikitsa (local therapies) Adopted in Stree Roga, Int. J. Ayu. Alt. Med., 2014; 2(3):28-35

Source of Support – Nil

Conflict of Interest – None Declared



INTERNATIONAL JOURNAL OF AYURVEDA & ALTERNATIVE MEDICINE

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