



Review Article

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IMPORTANCE OF STHANIKA CHIKITSA IN STRI ROGA: A REVIEW

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ABSTRACT

Ayurveda has always given utmost importance to the care of female in every phase of her life. Sthanika chikitsa are the specialised treatment procedures that deal with the disorders of Tryavarta yoni. These procedures preferably include - Yoni Pichu, Yoni Dhupana, Yoni Dhavana, Yoni Varti, Yoni purana etc. In the present study all these local procedures has been critically reviewed through classic texts. These therapies are reviewed with their meanings, indications and procedures. This study will definitely prove to be helpful in the management of female disorders.

Keywords: Sthanika Chikitsa, Yoni Pichu, Yoni Dhupana, Yoni Dhavana, Yoni Varti

INTRODUCTION

Woman has been the torchbearer for centuries. She is the epitome and embodiment of morality. Somebody has rightly said that "Being powerful is like being a lady," because she is blessed with the power of procreation. For this purpose her body starts preparing itself from age of puberty. So in the body of women various anatomical, physiological changes occur in different phases of her life. In Ayurveda Sthanika Chikitsa has been enumerated as an important part of Stri Roga Chikitsa . Local treatment or Sthanika Chikitsa have a very important role to play in ensuring success in the treatment of various gynaecological disorders. The scope of Sthanika Chikitsa is very vast. In Ayurveda there are various forms of local treatments which are used in the treatment of various gynaecological and obstetrical disorders such as Yoni Pichu, Yoni Dhupana, Yoni Dhavana, Yoni Varti etc. Although it is mode of local treatment but their effect is systemic and capable of preventing the complications of disease. This is a concept based study. Various Ayurvedic texts has been referred for this study such as Charaka, Sushruta, Ashtaanga Samgraha along with commentaries. Following are the Sthanika Chikitsa described.

Yoni Pichu

A substance which is made up of cotton is known as Pichu (Tampon). Taila is the most preferred medium for Pichu because of retention ability. Sterile Pichu soaked in specific Taila is kept in vagina. No any specific duration has been mentioned for the retention of Pichu. Practically 3-4 hours of Pichu dharana is seen to produce desired results.

Indications

- Vataja Yonivyapada¹
- Yoni Paicchilya and Vivrita Yoni ²
- Yoni Karkashata³
- Vipluta Yoni⁴
- Alpasparsha Yoni⁴
- Apra Sanga⁵
- Ninth month of pregnancy⁶

Procedure

- Patient is made to empty her bladder and part preparation is done
- Lie down the patient on dorsal position with knees flexed.
- Clean the external genitalia with sponge holding forceps.
- Insert sterile autoclaved Pichu soaked in Taila with gloved index finger into the vagina.
- Keep the Pichu inside the vagina up to 3-4 hours

Yoni Varti

Yoni Varti - Vartis are the suppositories made by mixing powders of drugs with adhesive drugs or binding agents. The Vartis are inserted into the vaginal cavity and retained for a certain period. The size of Varti should be equal to the circumference of index finger.

Indications

- Kaphaja Yonivyapada ⁷
- Karnini Yonivyapada ⁸
- Acharna Yonivyapada
- Yoni Shopha, Yoni Kleda
- Yoni Paichilaya

Procedure

- The Varti is smeared with Taila, Ghrita, Madhu or Dugdha.
- After cleaning the external genitalia Varti should be inserted deep into the vagina.
- After the retention period of one Muhurta Varti should be taken out and Yoni Prakshalan should be carried out with luke warm water. The used Varti should be discarded.

Yoni Lepana

Lepas are a form of medication in which the drugs are mixed with water or any suitable medium. This paste is then applied locally to the affected area.

Indications

- Vivruta Yonivyapada
- Yoni Arsha

Procedure

- After the part preparation and cleaning the external genitalia Lepa should be applied in Yoni.
- Lepa should be immediately removed after drying as dried paste may irritate the skin. According to Sushruta lepa should not applied at night.

Yoni Dhupana

Dhupana (fumigation) is the therapeutic procedure in which medicated smoke is used for the treatment. In Yoni Dhupana fumigation of external genitalia is done with the Dhupana dravya. Dhupana has been used for creating aseptic environment. It helps to kill microbes thus preventing the infections.

Indications

- Yoni Kandu⁹
- Aparasanga⁵
- Garbha Sanga¹⁰

Procedure

- A stool or chair with an opening in the middle is used.
- The patient is made to sit on this chair after voiding the urine.
- The drugs used for Dhupana are lit in a basin placed just below the chair.
- It should that the Dhupa emanating from the drugs come in contact with the female genitalia.
- Periods of rest can be given in each sitting so that excessive heat is avoided.

Yoni Dhavana (douche)

It is the procedure in which Yoni or vaginal canal is washed with decoctions or oils. Most of the drugs used for Yoni Dhavana have styptic, healing, pain alleviating and bactericidal actions. They prevent the growth of bacterial organisms and restore the altered pH of vagina.

Indications

- Yoni Srava²
- Kaphaja Artava dushti¹¹
- Vataja Artava dushti¹²
- Yoni Kleda¹³
- Yoni Paichilaya¹⁴
- Yoni Arsha

Procedure

- After the part preparation external genitalia is cleaned.
- Approximately one litre of Kashaya (decoction) is filled into a syringe attached with catheter. With the help of gloved left hand labia is separated and with right gloved hand washing of the vaginal cavity and external genitalia is done with the help of rubber catheter.

Yoni Purana

It is the procedure in which vaginal cavity is filled with powders or paste of Aushadha Dravyas. Kalkas are more frequently used than other forms.

Indications

1. Kalka purana
 - Yoni Sparsha asahatva and Yoni Kandu⁹
 - Vataja Artava dushti¹²
 - Pittaj Artava dushti¹⁵
 - Kaphaja Artava dushti¹¹
 - Vataja, Pittaj, Kaphaja Yonivyapada¹⁶
2. Churana Purana
 - Yoni dourgandhaya¹⁴

CONCLUSION

Sthanika Chikitsa have a lot of potential in treating Stri Roga. It is safe, effective and cheap method with no adverse effects. It limits the irrational and unnecessary use of antimicrobial drugs. There is no need of anaesthetic and analgesic drugs during and after the procedure. So this is the time to look into the traditional and time tested knowledge of Ayurveda and its specific procedures.

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