



ROLE OF SHODHANA KARMA IN STREE ROGA W.S.R. TO STHANIK SHODHNA KARMA

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ABSTRACT

Ayurveda places utmost importance on women's health and provides a comprehensive understanding of *Stree Roga* along with their management through Ayurvedic principles. Some common gynecological issues addressed in Ayurveda include *Yonidaha*, *Yonikandu*, *Yoni paicchilya*, *Yoni strava*, *Yoni karkashata*, *Vamini* and *Upapluta yonivyapad*, etc. The disruption in menstrual patterns also leads to numerous gynecological problems affecting women's health. Ayurveda offers multiple approaches to treat these disorders, particularly *Yoni Roga*, which require localized therapeutic interventions. One such approach is *Sthanik Chikitsa*, which provides therapeutic relief for various *Stree Roga*. *Sthanik Shodhna Karma* includes techniques like *Yoni-Pichu*, *Yoni Dhoopan*, *Yonidhawan*, *Yoni-Lepana*, *Uttarbasti* and *Yoni-Varti*, etc. All these Ayurvedic approaches contribute to maintaining optimal health in women by alleviating symptoms such as itching, white discharge and foul smell, etc. The present article elucidates Role of *Shodhana Karma* in *Stree Roga* W.S.R. to *Sthanik Shodhna Karma*

KEYWORDS: Ayurveda, Shodhana Karma, Stree Roga, Sthanik Chikitsa.

INTRODUCTION

Ayurveda, the ancient Indian system of medicine, places great emphasis on women's health and provides detailed descriptions of *Stree Roga* and their management through Ayurvedic approaches. Common gynecological problems such as vaginal burning sensation, vaginal itching, vaginal dryness, vaginal discharge, vaginal dryness, vaginal ulcers and vaginal prolapsed, etc. are extensively discussed in Ayurvedic texts. Ayurveda offers various therapeutic measures, including *Sthanik Chikitsa* as depicted in **Figure 1**, which provides relief for these gynecological disorders.^[1-4]



Figure 1: Local purification therapies for *Stree Roga*.

Stree Roga encompasses a broad spectrum of health conditions that are exclusive to women. These conditions range from menstrual disorders, reproductive issues, hormonal imbalances, polycystic ovarian syndrome (PCOS), endometriosis and uterine fibroids. Ayurveda views these conditions as a result of an imbalance in the *Doshas* namely; *Vata*, *Pitta*, and *Kapha*. *Shodhana Karma* offers optimal relieves in such types of conditions along with local therapies.

Shodhana Karma refers to the process of detoxification and purification of the body, mind and spirit. It aims to eliminate accumulated toxins and restore balance to the *Doshas*, allowing the body to function optimally. *Shodhana Karma* holds particular significance as it addresses the root causes of *Stree Roga* and promotes overall well-being.^[4-7]

Shodhana Karma for Stree Roga

Panchakarma is a comprehensive Ayurvedic detoxification therapy that combines several *Shodhana Karma* procedures to eliminate toxins from the body. It includes *Vamana*, *Virechana*, *Basti*, *Nasya* and *Raktamokshana*. *Panchakarma* is beneficial in managing various *Stree Roga*, restoring hormonal balance and rejuvenating the reproductive system in female.^[5-7] These therapies works as follows in *Stree Roga*.

1. **Virechana (Purgation):** *Virechana* is a therapeutic cleansing procedure that involves the use of herbal purgatives to eliminate excess *Pitta dosha* and accumulated toxins from the body. It helps in managing conditions such as menstrual irregularities, PCOS and hormonal imbalances.
2. **Basti (Enema Therapy):** *Basti* is an Ayurvedic enema therapy performed using medicated oils or herbal decoctions. It aids in balancing *Vata dosha* and is particularly beneficial for disorders related to the reproductive system, including uterine fibroids, endometriosis and menstrual cramps.
3. **Nasya (Nasal Administration):** *Nasya* involves the administration of herbal oils or powders through the nasal passage. This procedure helps in clearing the nasal passages, balancing the *Doshas* and treating conditions such as sinusitis and hormonal imbalances.

Benefits of Shodhana Karma in Stree Roga

Shodhana Karma eliminates accumulated toxins, purifies the body, and restores optimal functioning of the reproductive system. *Shodhana Karma* helps to regulate hormonal levels, promoting regular menstrual cycles and reducing hormonal imbalances. By purifying the reproductive organs and balancing the *Doshas*, *Shodhana Karma* enhances fertility and increases the chances of conception. *Shodhana Karma* procedures provide relief from symptoms associated with *Stree Roga*, such as menstrual pain, mood swings and heavy bleeding, etc. *Shodhana Karma* not only treats specific diseases but also enhances overall health and vitality, providing a sense of balance and rejuvenation.^[6-8]

Sthanik Chikitsa for Stree Roga

Sthanik Chikitsa involves the application of specific therapies directly to the affected area, providing localized treatment for gynecological problems. These approaches offer effective and non-surgical methods for managing *Stree Roga* and have been used for centuries to promote women's reproductive health. Some common techniques used in *Sthanik Chikitsa* include *Yoni-Pichu*, *Yoni Dhoopan*, *Yonidhawan*, *Yoni-Lepana*, *Uttarbasti* and *Yoni-Varti*, etc.^[7-9]

- ✓ **Yoni-Pichu** is a widely practiced technique in *Sthanik Chikitsa*, wherein a cotton tampon soaked in medicated oils or decoctions is placed in the vagina. This therapy helps in reducing inflammation, soothing irritation, and improving the overall health of the vaginal tissues. It is beneficial in conditions such as *Yonikandu*, *Yonidaha* and *Yoni paicchilya*, etc.
- ✓ **Yoni Dhoopan** involves fumigation of the vagina with medicated smoke, which has antimicrobial and soothing properties. It helps in managing conditions like *Yoni strava*, *Yoni karkashata* and *Yonidaha*, etc. The herbal smoke helps to cleanse the vaginal canal, reduce excessive discharge and alleviate discomfort.
- ✓ **Yonidhawan** is a therapeutic douche performed by introducing herbal decoctions into the vagina. This

technique is a beneficial in managing various gynecological disorders such as *Yonikandu*, *Yoni strava* and *Vamini*. The herbal decoctions possess antimicrobial, anti-inflammatory, and astringent properties, promoting healing and reducing symptoms.

- ✓ **Yoni-Lepana** involves the application of medicated pastes to the vaginal area. The herbal pastes help in relieving symptoms like itching, burning, and inflammation. They also aid in the regeneration of healthy vaginal tissue and provide overall nourishment to the reproductive organs.
- ✓ **Uttarbasti** is an intrauterine instillation of medicated oils or ghee through the vaginal route. It is used to address specific gynecological conditions such as *Upapluta yonivyapad* and menstrual irregularities. *Uttarbasti* helps in toning the reproductive organs, improving hormonal balance and promoting fertility.
- ✓ **Yoni-Varti** refers to the insertion of medicated vaginal suppositories. These herbal preparations have therapeutic effects on the vaginal tissues and help to manage conditions such as vaginal infections, excessive discharge and discomfort.

Sthanik Chikitsa offer several advantages in the management of *Stree Roga*. They provide localized treatment, directly addressing the affected area and its associated symptoms. These techniques are generally non-surgical and less invasive, making them suitable for women who prefer conservative approaches. Moreover, these therapies often have minimal side effects and promote overall reproductive health.^[9-11]

Advantages of Sthanik Chikitsa

Sthanik Chikitsa offers soothing properties that help to alleviate vaginal itching, providing relief from discomfort. The use of astringent substances in *Sthanik Chikitsa* helps in tightening the vaginal tissues, thus reducing excessive vaginal discharge. *Sthanik Chikitsa* employs anti-inflammatory and analgesic drugs, which help in relieving pelvic pain associated with gynecological disorders. The anti-bacterial action of drugs utilized in *Sthanik Chikitsa* helps to prevent microbial infections in the vaginal area, thereby controlling abnormal vaginal bleeding. *Sthanik Chikitsa* effectively addresses issues like foul smell and burning sensation, offering relief and restoring a sense of comfort.

Sthanik Chikitsa, being a part of Ayurvedic medicine, offers a safe and effective therapeutic approach for treating various reproductive problems faced by women. *Sthanik Chikitsa* effectively treats various reproductive tract diseases in females. The shape of the vagina allows *Sthanik Chikitsa* to employ local administration of medicines, ensuring a longer duration of therapeutic effect. The vaginal tract has a quick absorption rate and the vagina's capacity to hold medication facilitates continuous and sustained release of medicines, resulting in quick and prolonged therapeutic action. *Sthanik*

Chikitsa can be particularly beneficial in acute conditions, as it delivers medicine for a longer duration and initiates a rapid response. *Sthanik Chikitsa* employs medicines with antiseptic and antibacterial properties, effectively preventing microbial infections in the genital tract. *Sthanik Chikitsa* provides local therapeutic action, clearing blockages and cleansing the reproductive tract, thereby promoting and maintaining optimal health of the female genital tract.^[8-11]

CONCLUSION

Shodhana Karma, the Ayurvedic practice of purification and detoxification, holds immense importance in promoting women's health and managing *Stree Roga*. *Shodhana Karma* helps in the management of various conditions while rejuvenating the reproductive system. *Sthanik Chikitsa* plays a significant role in managing various *Stree Roga* and empowering women's reproductive health. The localized treatments, such as *Yoni-Pichu*, *Yoni Dhoopan*, *Yonidhawan*, *Yoni-Lepana*, *Uttarbasti* and *Yoni-Varti*, etc. provide relief from gynecological symptoms and help to maintain the overall well-being of women.

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