



A WIDE VIEW OF STREE ROGAS; PATHOLOGICAL CORRELATIONS AND AYURVEDA CHIKITSA

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ABSTRACT

The conventional Indian health care system According to Ayurveda, women's health should be society's first priority. It is thought that a woman has a variety of health issues at different stages of her life, mostly as a result of menopause and puberty. Women are more likely to experience these kinds of illnesses because the menstrual cycle, hormonal fluctuations, and a variety of physical stresses, including sexual activity, can negatively impact the health of a woman's vaginal organs and reproductive system. Gynaecological problems requiring medical professionals' attention in order to identify novel treatment modalities for these kinds of illnesses. The present essay discussed various aspects of gynaecological problems from an Ayurvedic perspective. Ayurveda also detailed gynaecological disorders and their therapy.

KEYWORDS: Ayurveda, Gynaecological disorders, Yoni vyapad, Stree Rogas.

INTRODUCTION

According to Ayurveda, illnesses pertaining to the female reproductive system fall within the Yoni vyapad group. The Ayurvedic The aetiology, symptoms, and management of Stree Rogas, including Sthanik Chikitsa, as seen in figure 1, were discussed by Acharyas. Many gynaecological illnesses, including uterine haemorrhage, uterine prolapse, PCOD, white discharge, uterine fibroid, monthly issues, infertility, etc., have also been classified by modern science as Stree Rogas.



Figure 1: Various approaches of Sthanik Chikitsa utilize for the management of Yoni vyapad.

The Samprapti of this type of ailment is Dosha vitiation, namely vitiation of Vata and Kapha Doshas in female genital issues; vitiation of Rasa Dhatu also causes numerous Stree Rogas, including Artavakshaya. Pathogenesis of Stree Rogas can be initiated by variables such as Viharaja, Aharaja, and Manasika. The pathological processes of female genital diseases are multifaceted and include the following pathological elements of gynaecological disorders:

- ✓ Jataragnimandya
- ✓ Vitiated Apanavata
- ✓ Vitiation of Samara Vata
- ✓ Vitiation of Pachaka Pitta
- ✓ Aggravation of Kledakakapha
- ✓ Dhataagnimandya
- ✓ Margavarodha in Artavavahasrothas
- ✓ Artavakshaya
- ✓ Abhighataja

Some common stree rogas as per ayurveda are as follows

- ✓ Yoni Kandu
- ✓ Kaphaja Artava Dushti
- ✓ Yoni Strava
- ✓ Yoni Kleda
- ✓ Yoni Paicchilya
- ✓ Yoni arsha

Symptoms of common stree rogas

- ✓ Alpaartavadarshana
- ✓ Yonivedana & Vibandha
- ✓ Oligomenorrhea and hypomeorrhoea
- ✓ Aruchi & Anidra
- ✓ Depression and anxiety
- ✓ Itching and burning sensations around genital organ
- ✓ Lack of sexual desire
- ✓ Painful discharge, etc.

Chikitsa

Ayurvedic formulations and herbs are utilised in Samshodhana and Sameshamana Chikitsa, which aid in Samprapti Vighatana of Stree Rogas. Panchakarma can be utilised in Samashodhana Chikitsa.

Samashodhana chikitsa

Shodhana therapy eliminates exacerbated Doshas, opens blocked channels, normalises circulation, and increases hormone activity.

Mridu panchakarma can be performed in following specific conditions

- ✓ When Stree Rogas involves predominance of Kapha Prakopa the Vamana can be recommended.
- ✓ Virechana can be performed when Vata is predominant.
- ✓ Basti recommend as Sthanik Chikitsa when Vata is predominant, Yoga basti, Matra basti and Uttarbasti can be performed.
- ✓ Pittaj Yonivyapad can be relief using Basti with milk
- ✓ Sneha Basti can be used for Vipluta Yonivyapad
- ✓ It is suggested to use Tail Anuvasana Basti for
- ✓ Sphotayukata Yoni

Shamana chikitsa

Vata Shaman is mostly advised for the treatment of common Stree Rogas since Vata Dosha has a significant role in the aetiology of these conditions. Drugs used in Stree Rogas's Shamana Chikitsa aid to maintain nutritional supply, empower Dhatu, especially Rasa, remove Ama, enhance digestion, and balance Doshas.

- ✓ Agneya Dravyas like; Tila, Sura, Kulattha, Amla, Kanji and Shukta etc. can be recommended in Avarodha of genital pathways.
- ✓ Dashmoolarishta, Rajapravartini vati, Kumariasava, Rajapravartini vati and Shatavari ghrita can be used for the management of menstrual disorders.
- ✓ Natural supplements such as; Khajoor, Draksha and
- ✓ Manooka with milk help during pregnancy.
- ✓ Drugs which provides mineral supplements, control hormonal activities and optimizes process of metabolism recommended during menstrual period.

Recommended exercise or daily regimen/Vihara

- ✓ Extensive physical exercise need to be avoided.
- ✓ Excessive sexual intercourse during disease condition should be avoided.
- ✓ Yoga specified to particular Vyapad under

supervision recommended.

- ✓ Morning walk along with Pranayama in morning should perform.
- ✓ Consumption of junk food/spicy or excessively salty diet not recommended.
- ✓ Late night awakening and sleeping day time should be avoided.
- ✓ Smoking and drinking can affect sexual life.
- ✓ Anger, grief and anxiety need to keep away to maintain reproductive health.

CONCLUSION

Ayurveda took into account a variety of health issues related to gynaecological problems, including treatment and prophylactic measures. The main pathogenic factors contributing to female genital issues are the vitiation of the Vata and Kapha Doshas and the diminishing state of Dhatu. Factors related to Viharaja, Aharaja, and Manasika may start the pathogenesis of Stree Rogas. Sameshamana Chikitsa and Samshodhana assist in running Stree Rogas. Samashodhana Chikitsa can be performed with Panchakarma, but Samshamana Chikitsa uses ayurvedic formulas and herbs. To control the prevalence of such disorders, disciplinary diet and daily regimen implementation is also advised.

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