

“CONCEPTUAL STUDY ON MODE OF ACTION OF STHANIK CHIKITSA IN STREEROGA”**Dr. Trupti Kalyan Gawade^{1*}, Dr. Kamala Lakshmi Ranganathan² and Dr. Jayashri Patil³**

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ABSTRACT

In Ayurvedic classics all gynecological conditions are described under the heading of Yonivyapada & is related to travarta yoni. Yoniroga do not occur without vitiation of apan vayu, thus first of all vata should be normalized then treatment of other doshas should be done. Acharya sushruta has described 60 upakrama for the management of wound [Sthanik Chikitsa] in diff ways like pichu, dhawan, dhupan, uttarbasti etc. these are quite popular due to its excellent results, have no side effects & play an important role in the disorders of Tryavarta yoni also. The reason behind for chosen the vaginal route because of the rugae of the vaginal epithelium create a involutioned surface & results in large surface area provide, this large surface area allows the trans epithelium absorption of medications via the vaginal route & posterior fornix have rich blood supply so actively absorption of drug. The use of absolute sthanik chikitsa [Local therapy] skillfully in the management of streeroga would surely prove to be boon to streeroga.

KEYWORDS: Sthanik chikitsa, Streeroga, Uttarbasti, Yonivyapada, Tryavarta Yoni.**INTRODUCTION**

Yoni Roga does not occur without vitiation of *Vata*, thus first of all *Vata* should be normalized then treatment of other *Doshas* should be done. *Sthanika Chikitsa* (local therapies) prescribed by ancient *Acharyas* as *Seka* (*Yoni Prakshalana*), *Abhyanga*, *Pichu Kriya* for treatment of vitiated *Dosha*.

These Sthanik chikitsa (loacal therapies) basically play an important role in the disorders of TryavartaYoni. Sthanik Chikitsa preferably includes Yonidhawan (Douche of vagina), Yoni- Pichudharan (tampoon soaked in medicated oil or liquid is placed into the vagina), Yoni - Dhupan (Fumigation of vagina, with medicated smoke), Yoni-Varti (Insertion of medicated wickinto the vagina), Yoni-Puran (vaginal packing), Yoni-Lepan (vaginal painting), Yoni-Parisheka, PindaChikitsa Uttar -Basti (Medicated oil or decoction is pushed into the uterine cavity through vagina)

These are certain procedure mentioned in Ayurvedic text to treat various medical and surgical illnesses of female reproductive tract. Although it is more of local treatment but their effect is systemic and capable of preventing

complications of diseases consequently these are parasurgical because it doesn't involve the sharp instrument it helps to avoid impending major surgery consequently to diseases.

AIM AND OBJECTIVES

1. To study the literary view of Sthanik Chikitsa from various Ayurvedic texts.
2. To study the probable mode of action of Sthanik Chikitsa.
3. To motivate most of the Ayurveda gynecologists for the use of Sthanika Chikitsa in day to daypractice by providing them all the information in brief.

MATERIALS AND METHODS

Various references from different texts are used for this study. *Charaka samhita*, *Sushruta samhita*, *Ashtang Sangraha* and commentaries over them is the main Sources. *Sthanikchikitsa* in various *stree roga* in classical texts described as follows:

1. PICHU KALPANA

Pichukalpana means *Chikitsa* done by *pichu*. *Pichu-kalpana* firstly described by Charaka in “*Atisarchikitsadhyay*.”^[1] *Pichu-kalpana* is used for

Snehan, Swedan, Shaman, Shodhan and Bhedan for specific diseases. Besides *Garbhini* and *Sutika* it is more useful in *Streeroga*. *Taila* or *Ghrita* is used for *Shaman* and decoction for *Shodhan* and *Stambhan* of diseases.

Definition: *Pichu* is described as a *beejahn karpas* which is kept in gauze piece (*protam vastram*) and tied with cotton thread. This *pichu* (tampon) soaked in different *taila*, *Ghrita*, *kalka* according to various diseases and kept in *vagina* (*prathamavarta*).^[2,3,4,5,6] There is no specific size of *Pichu* mentioned, in *Samhitas*. So depending on site where it is used size of *Pichu* varies. For clinical trial *pichu* is made of sterile cotton swab and wrapped with gauze piece and tied with a long thread. Oils are the most preferred media because of its retention ability.^[7]

Types

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

Site: (vagina)—Elongated *pichu*.

Time of Retention of Pichu: 5-6 hrs [*Aamutra Vega* (Urge to urinate)]

Procedure

1. *Pichu* should be autoclaved.
2. Patient should void urine before *pichu* insertion.
3. Patient should be in supine position with flexed knee.
4. Sterile *pichu* soaked in *media like siddha taila* should be inserted with index finger or swabholder into *vagina* in such a way that the thread of *Pichu* should come out of *vagina*. This facilitates easy removal of *Pichu* after 5-6 hrs.
5. *Yoni pichu* helps in improving musculature of vaginal canal.
6. *Pichu* can act as wound healing or antibacterial depending.

Pichu-kalpana Used in Streeroga

1. **Vataj Yonivyapada:** Different drug *siddha taila* is used for *snehana*. Because of this action *Rukshata*, *Kharata* and *Shaithilya* decrease and create *Mardavta*. *Guduchyadi taila pichu* (chachi 30).^[1]
2. **Udavarta and Mahayoni:** *Nishottar trivrutta siddha taila pichu* (Cha chi 20/110).^[1]
3. **Mahayoni:** *Mushak taila pichu*
4. **Pittaj yonivyapada:** *Pachavalkal siddha taila pichu* (cha chi 30/62).^[1] For Local redness and inflammation, *Jatyadi Taila* and *Yashtimadhu siddha pichu*.
5. **Vipluta Yonivyapada:** *Dhatakyadi Taila pichu*. (Cha chi 30/78).^[1]
6. **Putraghni Yonivyapada:** *Udumbar siddhataila pichu*. (Cha chi.30/108).^[1]
7. **Rakta-pradar:** *Kashay ras siddha decoction* is used for *stambhan*.
8. **Kaphaja Yonivyapada:** *Vat and Lodhra taila pichu*.

9. **Rakt-gulma:** *Tikshna-Ushna dravya siddha taila pichu*.

Garbhini

1. **Garbhini Paricharya:** (9 month) *Madhur aushadhi siddha taila pichu* (cha sha 30).^[1]
2. **Garbhasrava:-** *Yashtimadhu ghrita pichu Nagroddhadishrung siddha pichu* (cha chi 30).^[1]

Aparasang

Shatpushpa + Kushtha + madanphal + hingu siddha taila pichu (cha sharir 8/41)^[1]

Santati pratibandhanarth

Saidhav taila pichu (*Yogratnakar streerog chikitsa*)

Sutika: There is no specific *pichu* is described but for *yoni shaithilya*, *Gud-Haridra pichu* and *kashay rasa pichu* is used. (cha chi 30)^[1]

Upadrava of pichu: If the size of *pichu* and time of *pichu dharana* are more than *Mutrasang*, *yonishoth*, *yonishul* etc. are developed.^[8]

The mode of action depends on the medicine used

The *Tila* oil base is most commonly used and it has highly antiseptic and antibacterial & *Sukshma Yogvahi* property, the oil helps to nourish & strengthen the uterine muscle. *Pichu* helps to hold uterus / wall of *vagina* upward and remains in *vagina* for long duration for better action of drug.

Precautions: The *Pichu* and oil must be sterilized. Not inserted excessive heated oil immersed *Pichu*. *Pichu* should make according to vaginal size as bigger *Pichu* needed for *uterovaginal prolapse* because there is increased genital hiatus.

2. YONI DHAWANA: (Douching per vaginum)

Dhawana mean cleaning of wound with water or any other medicated preparations. *Yoni Dhawana* is a procedure of cleaning *vagina* and *vaginal passage* with *Kwath* or any other liquid.^[1]

Application Site- *Prathamavarta* (*Vagina*).^[2]

Duration – 8^[2]

Time of administration- *Rutukala* (from 6th to 13th Day of menstrual cycle)

Time limit- 1 to 1.5 min.^[2]

Drugs used in the form of- *Kwatha* (Decoction), *Oil*, *Kshirpaka* (Medicated milk), *Siddhjala* (Medicated water).

Indications

1. Yoni Srava – Yoni Dhawana with decoction of Triphala.^[3]
2. Yoni Paicchilya – Decoction of Rajavratsadi Group of drugs.^[4]
3. Yoni Dourgandhya – Decoction of Aragvadhadi Group of drugs.^[5]
4. Yoni Kandu – Decoction of Guduchi, Triphala, And Danti.^[6]
5. Vatajartvadushti – Decoction of Sarala and Mudgaparni.^[7]
6. Pittjartvadushti - Decoction of Gairika and Nimb.^[7]
7. Kaphajartvadushti - Decoction of Lodhra and Tinduka.^[7]

Materials - Enema pot, Sterile Catheter, Cotton.

Procedure

1. All aseptic measures should be ensured before starting procedure.
2. Lithotomy position given to the patient.
3. Lukewarm decoction is filled in enema pot and pot is placed at 5 feet distance and Prathamavarta is washed out by inserting sterile rubber catheter into vagina.
4. Vulva is cleaned and dried with cotton after procedure.
5. Procedure is repeated on the respective days according to the severity of diseases.
6. Oil or Kwatha once used should be discarded.

Mode of action: All dhawan drugs have *Tikta Kashaya Rasa, Laghu Ruksha Guna*; so their action is *Vrana Shodhana, Ropana, Srava Kleda Shoshana, Shothahara, Vedna Sthapaka, Kandughna, Krimighna*. It is clear that the main action of *Prakshalana* is bacteriocidal, and anti-inflammatory. They remove the debris and unhealthy tissue and promote new tissue growth. So they heal unhealthy vaginal mucosa, maintain normal vaginal flora, remove harmful bacterial growth, maintain normal vaginal pH.

3. YONI DHOOPAN: (Fumigation of vagina with medicated smoke)

Yonidhoopan is the practical procedure in which fumigation of vagina is performed by giving the disinfected and medicated smoke.

Site of Yonidhoopan - Bhaya yoni (outer Surface of vagina)

Time limit of Yoni dhoopan - 3 to 5 minutes

Types of Yoni dhoopan

1. In the form of treatment
2. For the protection of health.

Indications

1. *Yonikandu*- Fumigation with Haridra and Brahti^[11]
2. *Shweta Pradara*- Fumigation with Sarala, Guggalu, Yava mixed with Ghrita.^[12]
3. *Sutika Paricharya*- Fumigation with Kustha,

Guggalu, Agara mixed with Ghrita.^[13]

4. Dhoopan drugs - Kushta, Guggulu, Agar, Vacha, Vidanga, Nimba etc.

Procedure

1. A chair having hole in the middle is used for this procedure.
2. Patient is asked to sit on this chair after voiding the urine.
3. The dhoopan dravyas are lit in dhoopan apparatus which is placed just below the chair.
4. The smoke coming from the dhoopan drugs must reach upto the expected genitalia for fumigation.
5. Otherwise even Nadi Dhoopan can be done by giving fumigation to the expected genital organs.
6. We should be very careful while performing this procedure because the temperature rises and there may be danger of burn of the genital organs from the fumes of the smoke.

Mode of action Yoni Dhoopana

These entire drugs have *Laghu, Ruksha Guna, Kashay, Tikta Rasa Pradhana, Vata-Pittahara, Shothahara, Vrana Shodhana- Ropana, Vedna Sthapaka*. Hence its fumes have volatile oils which act anti-inflammatory & analgesic effect as well as *Dhoopana* increase vaginal temperature so increase blood supply & this raise temperature soothing effect which helpful in pain relief. *Dhoopana* also has drying effect; which causes reducing vaginal discharge & antimicrobial action thus helping in prevention infection. Drugs used in *Garbhasang & Aprasang* indicating its oxytocic action.

4. 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. *Pralep*–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

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

Mode of action Yoni Lepana

Maximum drug have. *Kashaya Tikta Rasa* so their action are anti-inflammatory, antiulcer, anti-helminthic, anti-diabetic, astringent, slough of dead cell, improve blood circulation and promote new growth also provide strengthening. It helps in relieving pain and burning use with *Sheeta Dravya*. When applied locally it firstly stimulates the nerve of local area then relaxes it.

5. YONIVARTI: (Vaginal Suppository)

Vartis are wicks made by mixing finely powdered drugs with adhesive drugs or binding agents.

Time limit of retention of Yonivarti - 2 to 3 hours.

Indications

1. Kaphaja Yonivyapada- suppository prepared with powdered Yava, Saindhav and Arkaksheer.^[16]
2. Karnini Yonivyapada- suppository prepared with Kustha, Pippali, Arka, rock salt and Ajamootra.^[16]
3. Anartava- suppository prepared with Ikshvaku, Danti, Madanphala, Kinva, Yavashooka, and Snuhiksheera.^[17]
4. Yoni paichhilya- suppository prepared with Kasis, Triphala, Sphatika, Samnga, Lajjalu, Amrasthi, Dhatakipushpa.^[18]

Procedure

1. Autoclaved Varti should be used for procedure.
2. Expected part should be cleaned well.
3. Oil smeared Varti should be inserted in such a way that the thread should remain outside.
4. Up to retention period of urine Varti should be kept inside. As soon as urge of urine felt Vartishould be removed.
5. Yoni Dhawana with lukewarm water should be done.
6. Varti once used should be discarded.

Mode of action of Yoni Varti

All these drug have *Laghu Ruksha Guna, Tikshna, Katu Rasa, Katu Vipaka, UshnaVirya*, so its action are *Vrana Shodhana* (Remove Dead Cell), *Ropana* (promote new tissue growth), *Kandu Krimihara* (Bactericidal), *Sneh Kled Nashaka* (Astringent).

Precautions: Varti should be sterilize, *Tikshna Dravya* Varti kept in vagina for short period. Not use if excessive eroded area on vagina or cervix or if needed used with *Sheetal Dravya* like *Grita* immersed.

6. YONI PURANA

Definition- Yoni purana or yoni dharana means filling the yoni or retaining dravyas in the vaginal canal.^[19]

Drugs used in the form of churna, kalka, veshvara, pinda, bolus etc. made into compact mass and Inserted into the yoni. The active principles are absorbed through vaginal or cervical epithelium thereby producing the necessary action. It is not much in practice.

Site: Prathamavart Yoni.

Time: after cessation of menses for 7 -14 days.

Position of patient during procedure: Dorsal lithotomy.**Duration:** *Aamutra vega* (Urge to urinate).^[17]

Indications

1. *Maha Yoni- Riksha, Kuleer, Kukkuta, Varaha Vasa Poorana/ Goghrita Poorana.*^[18]
2. *Vataj Artav Dushti- Priyangu, Tilkalka Poorana.*
3. *Pittaj Artav Dushti- Chandan, Paysya Kalka Poorana.*
4. *Kaphj Artava Dushti- Madanphala Kalka Poorana.*

Mode of action Yoni Poorana

Drug used for *Mahayoni* are fat of animals *Acharya Chaaka* says that "*Sarvada Sarvabhavana Samanyam Vrriddhi karnam*" so this theory prove that animal fat nourish or helps in new tissue growth and strengthen pelvic musculature and also specify animal fat for *Bhrista Yoni* (uterovaginal prolapse). In this procedure vaginal completely filled with medicinal *Dravyas* it indicates when more dose of drugs are needed *Yoni Purana* should be applied.

7. PINDA CHIKITSA

1. This procedure consists of insertion of medicinal boiled drug in the form of circular paste wrapped in disinfectant cloth into the vagina. This chikitsa is *ushna Veeryatmak* because of actual contact with heat.

Site- Prathamavarta.

Time limit of Pinda Chikitsa - 3 to 4 hours (until frequency of micturation)

Procedure

1. Finely powdered medicinal drug and water mixed thoroughly should be boiled.
2. There after oil should be mixed to this mixture.
3. The heating should be stopped after the expected paka of prepared mixture is achieved.
4. This hot semisolid medicinal paste formed is kept in disinfected, sterile cloth and tied in circular shape with thread at the upper end.

8. UTTARBASTI

"Uttarena Margena Va Diyate Va Shreshtham Api Uttarbasti" (ch.si. 9)

Dose: according to *Charak* - According to Ayurvedic text - **In adult women:** *Yoni Marga-2 Pala (96 gm), 4angul. Mutra Marga- 1 Pala (48 gm), 2 Angul.*^[19] For girl (*Kanya*) *Mutra Marga: ½ Pala (24 gm), 1 Angul.*^[20] Clinically - 3-5 ml.

Duration: Total 2, 3, 4 *Basti* should be given continued for 3 days with gradual increase in quantity of drug.^[21]

Interval: after giving rest for 3 days, the procedure should be repeated for another 3 days.^[22]

Indications

- *Vataja Yoni Roga - Uttarbasti with Tail and Amala drug, Pittaja Yoni Roga Uttarbasti with Madhura drug or medicated milk, in Kahaja Yoni Roga Uttarbasti with Gomutra Kshaya and Katu Rasa drug.*^[23]
- *Phala Ghrata, Shatpushpa tail, Lashuna tail,*^[24] *Traivrat, Shatpak tail, Bala tail, Narayana tail Basti*^[25] *- Bandhtva.*^[26]
- *Guduchyadi Tail Basti- Vataj Yonivyapad.*^[27]
- *Jivniya Gana Sidhh Bati- Karnini Yonivyapad.*^[28]
- *Traivrata/ Sneh Basti, Dashmool Tail- Udavarta, Vatala, Mahayoni/ Srasta Yonivyapad.*^[29]
- *Kashmarya Kutaj Sidhh Basti- Rakta Yoni.*^[30]
- *Sukumara Tail, Bala Tail, Shrisha Tail Basti- Prasramsini Yoni.*^[31]
- Intra-cervical *Uttarbasti* with *Bhringhana* drugs may stimulate the secretion of cervical mucus leading to ascent of sperm in uterine cavity.
- Intrauterine *Uttarbasti Ghrta* based *Snehan & Brahan* drug helps in rejuvenation of endometrium.
- In cases of menorrhagia due to hyperplastic endometrium, intrauterine *Uttarbasti* with *Lekhna Dravya* should be used.
- *Uttarbasti* with *Lekhna Dravya* removes the blockage of tubal lumen by directly action on obstruction mechanically and restores the normal function of tubal cilia.
- Intra-vaginal *Uttarbasti* helps in removing the infection, if gives with antiseptic drugs
- Intra-vaginal *Uttarbasti*, they are also facilitated the absorption of drugs.
- Intra cervical *Uttarbasti* with oil based drugs helps to remove the cervical stenosis and restore the function of cervix.

Procedure

1. All routine examination should be done.
2. *Snehan* at Udar, Uru, Prushta should be done with *Vatashamaka* tail.
3. *Swedan* specially *Nadisweda* on Udar and Prushta pradesh.
4. Patient is asked to lie down on lithotomy.
5. Painting and draping should be done.
6. Vulva and vagina should be cleaned.
7. Proper visualization of cervix by inserting sim's speculum and anterior vaginal wall retractor and catch the lip of cervix with vulsellum.
8. Uterine sound is inserted to know the position and length of uterus.
9. Medicated *Ghrta* or oil is taken in 5cc syringe and IUI cannula is attached to its end.
10. Cannula should insert in uterus through cervix and slowly push the medicine in cavity with steady hand. Instruments should be removed.

11. *Pichu* is placed in vagina for 2 hours.
12. Head low position should be given to patient and rest for half an hour.
13. Hot fomentation is preferred.
14. Repeat this procedure for 3 – 5 days.

Timing of insertion: After cessation of menses (*Riukala*).

Mode of action of vaginal therapy through intra-vaginal drug delivery system

- Anatomist has described the epithelium as consist as many as 40 distinct layers. The rugae of the epithelium create an invaulted surface and results in a large surface area that covers 360 cm; this large surface area allows the trans-epithelial absorption of medications via the vaginal rout.
- The post Fornix has rich blood supply so actively absorption of drug.
- In oral rout some medicine's active ingredient metabolized in liver and degrades as a result the effect of drug reduced.
- The presence of dense network of blood vessels has made the vagina an excellent route of drug delivery for both systemic and local effects.
- The main advantages of vaginal drug delivery over conventional drug delivery are the ability to by-pass, first pass metabolism, ease of administration and high permeability for low molecular weight drugs. Blood leaving the vagina enters the peripheral circulation via a rich venous plexus, which empties primarily into the internal iliac veins.
- Vaginal permeability is much greater to lipophilic drug than to hydrophilic drug. However, it is generally accepted that low molecular weight lipophilic drugs are likely to be absorbed more than large molecular weight lipophilic or hydrophilic drugs.^[32]

DISCUSSION

So the probable mode of action of *Sthanik Chikitsa*-

- *Dhawan* means cleansing, their all drug have cleansing, bacteriocidal and healing property.
- *Pichu* provide muscle strength, stretchability & tissues nourishment, *Yoni Purana* is advised for where the whole vaginal epithelium affected and required large amount drug and prevent the uterus to descent from its position.
- *Yoni Lepana* provide more surface area for absorption of drug, better increase bio-availability of drug due to semisolid consistency efficacy of *Lepana* relates to both inherent potency and the ability of drug to penetrate the deeper tissue.
- *Varti* for cleansing pH maintain, *Dhoopana* for disinfection.
- *Uttarbasti* for nourish endometrium, stimulate essential cervical secretion, remove obstruction. So all these local therapies having above these property and rich blood supply in posterior fornix *Sthanika*

Chikitsa effective in *Yoni Vyapada* and other *Stree Roga*.

- Drug absorbed easily through vaginal route due highly permeable vaginal mucosa and rich blood supply on posterior fornix which clear by Intra-vaginal Drug delivery system.

CONCLUSION

Our ancient *Acharya* concept was clear, they very well know that drug easily absorb through vaginal route and some drug are degrade through other route, so they prefer *Sthanika Chikitsa* for maximum reproductive disorders. In all local therapy specific drugs used for specific purpose i.e. cleansing, wound healing, strengthening, nourishing, astringent, disinfection and regenerate new tissue growth.

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