

**YONIPICHU KALPANA IN STRIROGA AND PRASUTITANTRA**<sup>1</sup>\*Vd. Shital R. Patil and <sup>2</sup>Vd. Vishala Turlapati<sup>1</sup>P.G. Scholar Dept. of Striroga and Prasutitantra Yashwant Ayurvedic College, Kodoli (Kolhapur).<sup>2</sup>Head of The Dept. of Striroga and Prasutitantra Yashwant Ayurvedic College, Kodoli (Kolhapur).**\*Corresponding Author: Dr. Vd. Shital R. Patil**

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**ABSTRACT**

Healthy state of women is very much needed for society, its growth and prosperity. Ayurveda, one of the oldest systems of health, gives a detailed description of striroga vyadhis. Women always face very common gynecological problems like, itching at vulva, genital prolapse, white discharge, burning micturition, vaginal discharge etc. In such problems, sthanic chikitsa has given excellent results. Yonipichu is one of them, which is more useful than sthanic chikitsa in striroga and prasutitantra. Different taila, ghrita, medicated liquids are used for yonipichu. This procedure is simple and no sophisticated instrument, anesthesia required. This is a conceptual study, for this study textual materials are used from which various references are collected.

**KEYWORD:** Sthanic chikitsa, Yonipichu, Ayurveda, Striroga, Taila, Ghrita.**INTRODUCTION**

Striroga 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 gynecological disorders are treated first by shaman and shodhan chikitsa i.e. application of five therapies known as panchakarma. Besides these therapies there are some sthanic chikitsa which works excellent if followed properly.

Sthanic chikitsa involves

1. Yonipichu-vaginal tampon
2. Yonilepana-vaginal painting
3. Yonidhupana-vaginal fumigation
4. Yonidhawan-cleaning of vagina
5. Yonivarti-vaginal pessary

Out of these yonipichu is one of the simple and cost effective chikitsa. This is one of the simplest presurgical procedure that ensures the continuous drug delivery to the target organ. It is one of the safe and effective procedure.

**AIMS AND OBJECTIVES**

1. To study the literary view of yonipichu Kalpana mentioned in sthanic chikitsa from various ayurvedic texts.
2. To study the probable mode of action and importance of yonipichu Kalpana.

**YONIPICHU KALPANA**

Definition-Vaginal tampons made of cotton and gauze soaked in medicated taila ghrita and medicated liquids when placed in vagina it is called yonipichu.

Besides garbhini and sutika it is more useful in striroga.

It is used for snehan, swedan, shodhan, shaman and bhedan for various diseases.

For shaman of the disease taila or ghrita are used and for shodhan and stambhan decoction used.

Pichu is made up of cotton swab is wrapped with gauze piece and tied with long thread.

It should be immersed in medicated oil or liquid.

Oils are mostly preferred due to its retention ability.

According to the shape of pichu there are two types of pichu.<sup>[1]</sup>

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

**Sites of Yonipichu Dharan<sup>[1]</sup>**

1. Prathamavarta-elongated pichu dharan
2. Dwitiyavarta-circular pichu dharan

**Duration<sup>[1]</sup>**

5 to 6 hours up to retention of urine.

**Indications**

- Yonidaha and yonikandu<sup>[3]</sup>
- Yonipaka<sup>[3]</sup>
- Vivritta yonivyapada<sup>[3]</sup>
- Yonipaichilya and yonistrava<sup>[4]</sup>
- Vamini and upapluta yonivyapada<sup>[8]</sup>
- Yonikarkashata<sup>[5]</sup>
- Pittaj yonivyapada<sup>[7]</sup>

- Yonibhransha<sup>[11]</sup>
- Nine months pregnancy<sup>[9]</sup>
- Retained placenta<sup>[10]</sup>

### Procedure<sup>[2]</sup>

- 1) Patient should void urine before pichu insertion.
- 2) Patient should be given supine position with knee flexed.
- 3) Autoclaved pichu should be used.
- 4) Aseptic sterile pichu soaked in oil or ghrita or liquid inserted into vagina with index finger of gloved hand.
- 5) Thread of pichu should come out of vagina which helps in early removal of pichu after 5 to 6 hours.

### Yonipichu Used In

- 1) Vataja yonivyapada-Guduchyadi taila pichu, Tila taila pichu, Dashamula kwath pichu
- 2) Pittaj yonivyapada-Pittashamak aushadhisiddha ghrita pichu, ushir siddha taila
- 3) Udavarta and mahayoni-Nishottar siddha taila pichu
- 4) Kaphaj yoniroga-Udumbaradi taila siddha pichu
- 5) Vivritta yoni-Udumbaradi siddha taila pichu
- 6) Vipluta, Upapluta, Uttan, Unnata-Dhatakyadi taila siddha pichu
- 7) Yonishool-Saindhawadi siddha taila pichu
- 8) Raktagulma-Tikshna dravya siddha pichu
- 9) Madhur aushadhi siddha taila pichu, til taila pichu-In garbhini during 9 month of pregnancy
- 10) Garbhanirodhak-Nimba taila pichu
- 11) Aparasanga-Shatapushpa, kustha, madanphal, hingu siddha taila pichu

### Mode of Action of Yonipichu

- 1) Pichu helps the medicine to remain at the site for a longer period for better action
- 2) The mode of action depends on the medicine used, as different medicines have different mode of action.
- 3) The pichu used during pregnancy and labor helps to soften the vaginal canal enabling easy delivery and easy expulsion of placenta.

### DISCUSSION

The vagina is a potential space that connects the lower portion of uterus to the outside environment. It has been explained under bahirkarmendriya and is one of the bahya strotas in women.

Drug transport across the vaginal membrane may occur by a number of different mechanism.

1. Diffusion through the cell due to a concentration gradient means transcellular rout.
2. Vesicular or receptor mediated transport mechanism.
3. Diffusion between cells through the tight junctions means intercellular rout.

In some cases drug given by intra vaginal rout have a higher bioavailability compaired to the oral rout as it bypasses the liver. The vaginal wall is very well suited for the absorption of drug for systemic use, since it contains a vast network of blood vessels, moreover the

anatomically backward position of the drug thereby holding it in situ for a longer duration.

### CONCLUSION

1. This procedure is safe, cost effective with no adverse effect if used properly with all aseptic precautions.
2. Yonipichu helps in improving musculature of vaginal canal.
3. In this study yonipichu Kalpana is discussed in details and standard procedure is given.
4. Study of yonipichu definitely prove to be helpful.
5. Thus we conclude that the holistic approach of ayurvedic system of medicine gives completely relief to the patient from yonirogas.

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