

**A Review on Role of Sthanik Chikitsa (Local Therapies) in Yonivyapad****Dr. Ashwini Metangale 1 Dr. Anita Bombarde 2**

1. Phd Scholar, Associate Professor, Dept. of Prasutitantra-strirog, Shri Ayurved College, Nagpur

2. Phd Guide, HOD &amp; Professor, Dept. of Prasutitantra-strirog, Govt. Ayurved College, Nagpur

Email- [dr.ashwinibarai@gmail.com](mailto:dr.ashwinibarai@gmail.com)**Abstract**

*A woman undergoes various physical and physiological changes during her reproductive period. These physiological changes make her prone to pathological disorders and she faces very common gynecological problems like white discharge, itching at vulva, foul smelling vaginal discharge, burning micturition etc. Ayurveda has explained Woman health and discussed different gynecological disorders under the umbrella of Yonivyapad. In classics for various Yonivyapadas different Sthanik Chikitsa (local therapies) were explained by Acharya.*

*Aim and Objectives: 1. To review the role of sthanik chikitsa in various Yonivyapad and To find out the mode of action of different Sthanik chikitsa.*

*Material and Methods: Literary references are compiled from various samhitas, textbooks and research articles.*

*Result & Discussion: Sthanik chikitsa includes Yonidhawan (Douching), Yoni-Pichu (Tampoon), Yoni Dhoopan (Fumigation), Yoni-Varti (Vaginal suppository), Yoni-Lepana (Vaginal painting), Uttarbasti (Intra uterine instillation of medicated ghee and kwath), Our Acharyas describe the specific Sthanika Chikitsa according to different Yoni- Vyapada. In the present study all these local therapies (Sthanik Chikitsa) are reviewed with their meanings, indications, procedures, application site and probable mode of actions. The vagina is often ideal route for drug administration as it allows lower doses, continuous dosing which results in stable drug level and less side effect and improves patient compliance. These benefits are useful to patient to overcome the diseased condition. Sthannik chikitsa shown excellent results hence these therapies should be practiced widely.*

*Key words: Sthanik chikitsa, Yonivyapad, Vaginal route.*

**Introduction:**

**W**omen's health is a prime priority to have healthy society. In today's competitive world due to change in lifestyle, physical and mental stress women face various gynecological problems. Woman undergoes various physical and physiological changes during her reproductive period i.e., from menarche (onset of menstruation) to menopause. Awareness and management of these changes are necessary for a woman to remain healthy. In Ayurveda gynecological disorders are described under the umbrella of Yonivyapad. Various gynecological disorder can be treated by understanding the underlying causative factor. Ayurveda has given different modes of treatment for these gynecological issues like Shamana chikitsa, shodhana chikitsa and sthanik chikitsa. Sthanik

chikitsa includes Yoni dhawan, Yonipichu, Yonidhoopan, Yoni-varti, Yonilepan, Yonipurana, Yonipariseka, Ksharkarma, Uttar basti. These local therapies are very beneficial in various Yonivyapada.

The word Yoni is derived from the root 'Yu' with 'Nit' pratyaya. Yoni means the womb, uterus, vulva, vagina, female reproductive organs. [1] The word "vyapad" derived from the root word 'vi + vyap' with 'lyut' pratyaya Vyapad means injury or make worse or destroy.

Charaka Samhita describes twenty Yonivyapad in Yonivyapad Chikistitama Adhyaya of Chikitsa Sthana. [2] Sushruta describes in Yonivyapad Pratishedha Adhyaya of Uttarantra. [3] Astanga Hridaya [4] and Astanga Sangraha [5] describes in Guhyaroga Vignaneeya Adhyaya of Uttarantra. Description is available in Madhava Nidana Yonivyapad Nidanamadhyaya. Bhavaprakasha describes in Madyamkhanda Yoni rogadhikara

Adhyaya of Chikitsa Sthana. Sharangadhara Samhita has mentions number of Yonivyapad as twenty in Roga Ganana Adhyaya of PurvaKhanda. Description available in Yogaratnakara Yoniogadhikara Adhyaya.

Sthanik Chikitsa means specific treatment given locally. Sthanik Chikitsa is beneficial when Sthanik Dosh-dushti is more and it gives strength to respective Sthana. These local therapies have proved greatly beneficial in Striroga if performed accurately. For this purpose, this conceptual study is prepared to understand procedure, indications, probable mode of actions, precautions etc. regarding these local procedures.

**Objectives:**

1. To study the literary view of Sthanik Chikitsa from various Ayurvedic texts.
2. To study the role of Sthanik chikitsa in Yonivyapad.
3. To study the probable mode of action of different Sthanik Chikitsa

**Materials And Methods:**

The Sthanik Chikitsa (local therapies) are described as follows:

**1. YONIDHAWAN (Douching per vaginum):**

Dhawana mean cleaning with water or any other medicated preparations. Yoni Dhawana is a procedure of cleaning vagina and vaginal passage with Kwath (Decotion), Oil, Ksheerpak (Medicated milk), Siddhjala (Medicated water). [6]

<b>1</b>	<b>Application Site</b>	<b>Prathamavarta(Vagina).</b>
<b>2</b>	Duration	8 days
<b>3</b>	Time of Yonidhawan	Rutukala
<b>4</b>	Time limit	1 to 1.5 min.

**Indications:**

1. Yoni Srava –Decoction of Triphala[7]
2. Yoni Paicchilya - Decoction of Rajavraksadi group of drugs.[8]
3. Yoni Dourgandhya - Decoction of Aragvadhadi group of drugs. [9]

4. Yoni Kandu - Decoction of Guduchi, Triphala, and Danti. [10]
5. Vatajaartvadáshti - Decoction of Sarala and Mudgaparni[11]
6. Pittjaartvadáshti - Decoction of Gairika and Nimb.[11]
7. Kaphajartvadáshti - Decoction of Lodhra and Tinduka. [11]

**Materials** - Enema pot, Sterile Catheter, Cotton.

**Procedure of Yonidhawan:**

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

**Probable mode of action :**

The drugs used for Dhawana are antiseptic, have bactericidal action, wound healing property, alleviates pain. Drugs are absorbed through mucosa and blood circulation of vagina. Bactericidal actions of the drugs prevent bacterial growth and maintain the pH of vagina.

**2. YONIPICHU (Tamponing per vaginum):**

Pichu or tamoon is made up of cotton swab of size 2×3 cm (1 inch), wrapped with gauze piece and tied with long thread. In Yonipichu mostly medicated Kwatha, Ghrita and Taila are used. These preparations have two main functions Shodhana (purification) and Ropana (healing). [12]

<b>1</b>	<b>Application Site</b>	<b>Prathamavarta (Vagina).</b>
<b>2</b>	Duration	8 days
<b>3</b>	Time of administration	Rutukala
<b>4</b>	Duration of retention of Pichu-	5-6 hours (up to retention of urine)

**Indications:**

**1. Streeroga ▪**

Vataja Yonivyapada - Guduchyadi Taila Pichu[13]

Pittaja Yonivyapada - Pachavalkal Siddha Taila Pichu [13]

Putraghni Yonivyapada - Udumbar Siddha Taila Pichu[13]

**2. Garbhini -**

Garbhini Paricharya – In 9th month -Madhur Aushadh Siddha Taila Pichu[14]

Garbhasrava - Yashtimadhu Ghrita Pichu [14]

Aparasang – Shatpushpa, Kushtha, Madanphal, Hingu Siddha Taila Pichu [14]

**Procedure of Yonipichu:**

- a. All the material used for pichu dharan should be autoclaved.
- b. Ask the patient to pass urine before procedure.
- c. Ask the patient to lie in supine position with knees flexed.
- d. Pichu soaked in medicated oil or liquid should be inserted into vagina with index finger of gloved hands.
- e. Thread of Pichu should remain outside the vagina so that Pichu can be removed easily.

**Probable mode of action** - Pichu helps in Lekhana karma and thus removes slough. Oil used for Pichu strengthens the musculature of vaginal canal along with healing of wound.

**3. YONIDHOOPAN (fumigation of vagina):**

In this therapeutic procedure the medicated smoke is used to sterilize vulva and vagina.

**Site-** Bahyayoni (outer surface of vagina)

**Duration** - 3 to 5 minutes.

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

**Indications:**

- 1. Yonikandu- Fumigation with Haridra and Brahti [15]
- 2. Shweta Pradara- Fumigation with Sarala, Guggalu, Yava mixed with Ghrita [16]
- 3. Sutika Paricharya- Fumigation with Kushtha, Guggalu, Agara mixed with Ghrita [17]

**Procedure of Yonidhoopan:**

- a. Dhoopan chair or stool is prepared for this procedure having a hole in its middle.
- b. Ask the Patient to sit on the stool or chair after voiding the urine.

c. Dhoopan Dravyas are lit and placed in Dhoopan Yantra which is placed below the stool.

d. One has to make sure that Dhoopan coming from Dhoopan Dravyas should reach up to the desired part of female genitalia.

e. Procedure should be performed very carefully because the temperature rises during the procedure may cause irritation and burning of genitalia.

**Probable mode of action:**

Fumigation creates an aseptic environment, kills microbes thereby prevent infections. It dilates blood vessels and helps in oxidation of blood. It leads to adequate tissue perfusion and oxygenation. Thus, reduces inflammation, itching and eliminates infection. [18]

**4. YONIVARTI (Vaginal suppository) :**

Vartis (suppositories) are prepared by adding fine powder of drugs with adhesive or binding agents. Varti should be prepared in a size of circumference of index finger and dried in shade. Prepared and well dried Vartis are wrapped in gauze piece and a thread is tied to it. Duration- For 2-3 hours.

**Indications:**

- 1. Kaphaja Yonivyapada- Arkadi Varti prepared with powdered Yava, Saindhav and Arkaksheer. [19]
- 2. Karnini Yonivyapada- Kushthadi varti prepared with Kustha, Pippali, Arka, rock salt and Aja Mootra.[19]
- 3. Anartava- Varti prepared with Ikshvaku, Danti, Madanphala, Kinva, Yavashooka, and Snuhiksheera.[20]
- 4. Yoni paichhilya–Kasisadi varti prepared with Kasis, Triphala, Sphatika, Samnga, Lajjalu, Amrasthi, Dhatakipushpa. [21]. And Palashadi varti prepared with Palash, Sarja, Jambu, Samanga, Dhataki, Mochras.

**Procedure of Yonivarti:**

- a. Autoclaved Varti should be used for procedure.
- b. Yoni Dhawana with lukewarm water should be done in lithotomy position after voiding of urine.
- c. Varti should be inserted in such a way that the thread should remain outside.
- d. Varti should be retained till urge of urination.

**Probable mode of Action:**

Varti is prolonged and long lasting. Varti can be effectively used in moderate vaginal infections and help to avoid recurrence of infection and re-create the vaginal flora to maintain healthy vagina.

**5. YONILEPAN (Vaginal Painting):**

Lepas are used as external application. The finely powdered churna is mixed with water or medicated liquid and paste with uniform consistency is made. This paste is then applied to the expected and affected areas locally.

**Types of Lepa:**

1. Pralepa - Thin lepa
2. Pradeha - Thick lepa - non drying
3. Alepa - Medium thick lepa.

<b>1</b>	<b>Site</b>	<b>Prathamavarta</b>
<b>2</b>	<b>Time limit</b>	<b>Untill lepa dries (3-4hrs)</b>

**Indications:**

1. Yonyarsha- With powder of Tuttha, Gairika, Lodhra, Ela, Rasanjana, Harenu, Pushpakasis, salt mixed with honey. [22]
2. Vivrutta Yoni - With powder of Palashbeeja and Udambarphala mixed with Tila Taila and honey.[23]

**Procedure:**

- a. Under all aseptic precaution affected part should be cleaned.
- b. Lepa should be prepared fresh and applied over affected part uniformly.
- c. Immediately after drying, Lepa should be removed as it may irritate the skin and can cause rashes or itching.

**Probable mode of action:**

In lepana the drug penetration is higher on the vagina, the efficacy of lepana relates to both its inherent potency and the ability of the drug to penetrate the skin, muscles and mucosa.

**6. YONI PURAN:**

Yoni purana or yoni dharana means filling the yoni or retaining dravyas in the vaginal canal.[24] 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.

**7. YONI PARISHEK:**

Medicated oil or lukewarm water is poured from the height of 4 to 5 inches over the vagina for hot fomentation purpose. Parishek is done on external part of vagina for 5 to 10 minutes. It reduces yoni shotha & yonishoola.[25]

**8. KSHARA KARMA (Chemical cauterization):**

Kshara is the substance that acts as a corrosive agent for any growth when used externally. Kshara karma is said to be superior to any other surgical or parasurgical measures due to its functions like Chedana, Bhedana, Lekhana and Patana karma. It can be applied in a narrowest place and internally where surgical procedures cannot be performed. [26]

**Indication:**

1. Yoni Arsha (Genital warts)[27]
2. Cervical erosion [28]

**Procedure:**

Lithotomy position given to the patient. Vulva and vagina should be cleaned. Cervix is exposed using cusco's speculum.

Kshara is applied with a cotton swab stick over the eroded area and kept in contact for 2 minutes. Thereafter Yoni Prakshalana will be done water followed by Jatyadi Taila Picchu.

Patient is advised to keep the Pichu for approximately 2 hrs.

**Probable mode of action –**

Kshara has Tikshna Guna and Ushna Virya with predominance of Vayu and Teja Mahabhuta. Vayu helps in fast action while Teja produces caustic effect. Kshara (Apamarga, Snuhi) applied on cervical erosion cause death of superficial cells (due to vasoconstriction) regeneration of basal cells (formation of granulation tissue) growth of squamous epithelium in cervical erosion. [28]

**9. UTTARBASTI:**

Uttarbasti is an important para surgical procedure used in Stirog.. Basti chikitsa is best for Vata dosha and considered as Ardhachikitsa. Insertion of medicated oil, ghee, decoction into Uttarmarga i.e., true the passage located above or in front part of anus that is vagina (Garbhashaygat) or

urethra (Mutrashaygata) is known as Uttar Basti. It is important to treat previous infections completely before giving Uttarbasti.

**Time of administered** - Ritukala (after menstrual bleeding stops). Because during this period the Garbhashaymukh(cervix) is open and it readily receives the fluid injected. It is usually carried out under aseptic precaution in minor OT, no need of any anaesthetic agent or analgesic during and after the procedure. [29]

**Indications:**

Uttarbasti is indicated in yonirog, vandhyatv (infertility), yoni vibhransha (uterine prolapse), Mutraghat, Mutrakruchha, Garbhashaya rog, Asrugdar (dysfunctional uterine bleeding), yonishula, Artava vikar (anovulatory menstrual cycle).[30]

**Yonivyapada Chikitsa**

Udavarta & Vatala - Uttarbasti with Traivritasneha.[31]

Arajaska & Putraghni - Uttarbasti with Ghrita medicated with the Kwath of Kashmari & Kutaja.[31]

**Aparasang-** Sidharathakadi Tail Uttarbasti.[32]

**Tubal disorder** Tubal block- If block is due to adhesions Kshartaila Uttarbasti is beneficial.[33]

**Hydro-salphinx-** Nirgundi Taila, Yashtimadhu Taila, Til Taila are used to manage this inflammatory condition.

**Endometrial condition-** Sneha prepared from Bruhana Dravyas helps in improving endometrial thickness.

**Cervical erosion-** Triphala ghrita, Shatavari ghrita, Phala ghrita are the commonly used.

**Practical procedure of Uttarbasti**

- a. All routine examination should be done.
- b. Part preparation should be done.
- c. Kati – Udargat snehan Swedan should be done as a Purvakarma. Well prepared patient taken in minor OT after voiding urine.
- d. Lithotomy position given to the patient.
- e. Painting and draping should be done
- f. Vulva and vagina should be cleaned with betadine.
- g. Cervix is visualised by inserting sim’s speculum and anterior vaginal wall retractor and catch the anterior lip of cervix with vulsellum.

h. Uterine sound is inserted to know the position and length of uterus. IUI canula kob is adjusted as per uterine length

i. Medicated Ghrita or oil is taken in 5cc syringe and IUI cannula is attached to its end.

j. Cannula should be inserted in uterine cavity through cervix and slowly push the medicine in cavity with steady hand. Instruments should be removed.

k. Pichu is placed in vagina for 2 hours. l. Head low position should be given to patient and rest for half an hour.

n. Repeat this procedure for 3 – 5 days. 10.

**Probable mode of action:**

Uttar Basti removes the srotosangha and corrects the artavagni so it regulates the menstrual cycle improves the ovulation by increasing the receptor receiving capacity of Ovaries from H-P-O axis.. UttarBasti is an ideal local treatment in tubal blockage as the drug is reaches at the site of pathology. Hence Uttar Basti relieves tubal block by lysis of adhesions and relieves obstruction. In cervical factor, drug administered locally in the cervix and absorbed by cervical epithelium due to sukshma property of drug. The lipid soluble drug is passively diffused across the membrane in the direction of its concentration gradient. The rate of transport is proportional to lipid: water partition coefficient of the drug. The more lipid soluble, higher is the concentration and quicker diffusion. In this way altered cervical pH can be corrected by Uttar Basti ttar Basti helps in endometrial conditions by improving thickness of endometrium, improves the quality of endo-metrium, helps in curing endometriosis, absorption is very fast gives quicker result.[34]

**Conclusion:**

Sthanik Chikitsa (local therapies) has proven to be greatly efficient treatment because it is potent, safe and cost effective. in Stree Roga, it plays a major role as it directly acts on targeted area and pathology can be rectified. Different drug forms such as Kwatha, Taila, Ghrita, Dhoom etc. are used but the benefits of these procedures will be more effective when these procedures will be performed in a correct manner under strict aseptic precautions and for

proper indication. So it is encouraging and admirable treatment in various Yonivyapad. It can be successfully combined with oral therapies on the basis of diagnosis, pathological status and proper identification of the drug to be used.

**References:**

1. Dr. Sushila Sharma, abhinavastri roga vigyana, edition 1st, Ayurveda sanskrita hindi pustakabhandar, Jaipur, 2016
2. Agnivesha, Charaka, Dridhabala, CharakaSamhita with the Ayurvedadipika Commentary by Chakrapanidutta, edited by Jadavji Ttrikambaji Acharya, Choukhamba Surbharati Prakashana, Varanasi, 2013.
3. Sushruta, SushrutaSamhita with Nibandha Samgraha Commentary by Sri Dalhanaacharya, edited by Jadavji Trikambaji Achaarya, from the beginning of 9th Adhyaya of Chikitsa Sthana And the rest by Narayan Ram Acharya Kavyatirtha, edition 2013, Chaukhamba Surbharati Prakashan, Varanasi.
4. Vagbhata, Ashtanga Hridaya, with commentaries of Arunadatta & Hemadri, edited by Bhishgaacharya Harishastri Paradakara, 9th edition, Choukhamba Orientalia, Varanasi, 2005.
5. Vagbhata, Ashtanga Samgraha with Hindi Commentary, by Kaviraj Atrideva Gupta, edition 2011, Chaukhamba Krishnadas Academy.
6. Jaymala Shirke, editor. Ayurvediya Strirogavigyan, 1st ed. Pune: Tathagat Prakashan, 2003; 159.
7. Charak Samhita, Vidyotini Hindi Com. by Pt. Kashinath Shastri, Part-II, Chikitsa Sthana-30/83.
8. Kaviraj Ambikadutta Shastri, Sushruta Samhita, Part-II, Uttarstahan, 38/25.
9. Harishastri Paradkar Vaidya, editor. AshtangahridayaUttarsthana 7th ed. Varanasi: Chaukhambha, Orientalia, 1982; 900.
10. Yoga Ratnakara with Vidyotini Hindi Commentary by Vaidya Laxmipati Sastri; Uttarardha Yonivyapada Chikitsa.
11. K. R. Shrikantha Murthy, editor. Ashtangasangraha Sharirasthan, Chap., II: 1/30-32. 8. Jaymala Shirke, editor. Ayurvediya.
12. Jaymala Shirke, editor. Ayurvediya Strirogavigyan, 1st ed, Pune: Tathagat Prakashan, 2003; 164.
13. Charak Samhita, Vidyotini Hindi Com. By Pt. Kashinath Shastri, Part-II, Chikitsasthana-30/61, 62, 108. 14. Charak Samhita, Vidyotini Hindi Comm. By Pt. Kashinath Shastri, Part-I, Sharirsthana-8/32, 24,41
15. Kaviraj Ambikadutta Shastri, Sushruta Samhita, Part-II, Uttarstahan 38/27.
16. Charak Samhita, Vidyotini Hindi Com. By Pt. Kashinath Shastri, Part-II, Chikitsa Sthana - 30/121.
17. Kashyap samhita by P.V. Tewari, Sutra Sthana 22/30.
18. Vijaypall Shanti, Sthanika chikitsa in Yonivyapada, Yoni Dhupana, Ayurvedline, Published by Dr. Seetharam Prasad, Bangalore, 12th edition, 2012, P150
19. Charak Samhita, Vidyotini Hindi Com. by Pt. Kashinath Shastri, Part-II, Chikitsa Sthana chap.30/71,109.
20. Bhavaprakash by Khemraj Shri Krishnadas part 2, Yonirogachikitsa, 70/23.
21. Astanga sangraha by Kaviraj Atridev Gupta, Uttarsthana 39/74.
22. Astanga Sangraha by Kaviraj Atridev Gupta, Uttarsthana 39/6.
23. Sharangdhara Samhita by Dr. Bramhanand Tripathi, Uttarsthana 11/110.
24. Dr. Hemlatha Kapoorchand, Comprehensive treatise on streeroga Gynaecology, Chokhamba Vishwabharti, 1st Edition, 2018; 686.
25. Thorat Priti, et-al, Article on Sthanik Chikitsa a boon – Streeroga in Ayurved, Ayurlog National Journal of Research in Ayurveda Science, 2014; 3(2): 11.
26. Kaviraj Ambikadutta Shastri, editor, Shushruta Samhita, Part-I, Sutrasthana-11/3, 5.
27. Kaviraj Ambikadutta Shastri, Sushruta Samhita Part-I, Chikitsasthana-6/2.
28. Neelam, Management of cervical erosion by Ksharakarma, Journal of Ayurveda, Jan-March, 2011; 21.
29. Kamayani Shukla, Kaumadi Karungoda. Effect of Kumari Taila Uttar Basti On fallopian tube blockage, Ayu., Oct-Dec, 2010; 31(4): 424-429.
30. Dr. Marlewar S, Dr. Ambekar S, Conceptual study of Uttar basti ( Intra Uterine Instillation), WJPR, ISSN 2277 – 7105, 2017; 6: 414-418. [www.wjpr.net](http://www.wjpr.net)

31. Charak Samhita, Vidyotini Hindi Com. by Pt. Kashinath Shastri, Part-II, Chikitsa Sthana-30/111, 101.
32. Ambika dutta (2016), Sushruta Samhit, Part-I, Sharirasthana-10/21.
33. Effect of Apamarg Kshar Tail Uttarbasti in management of infertility w.s.r. Tubal blockage. <https://doi.org/iamj.v6i1.537> .
34. Susheela Chaudhary *et.al*, Role of Sthanik Chikitsa in Stri Roga, International Journal of Research & Review ([www.ijrjournal.com](http://www.ijrjournal.com)) Vol.5; Issue: 3; March 2018, Pg 143-147

