



“Role Of Sthanika Chikitsa In Rajonivrutti”

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ABSTRACT:

In Ayurveda, a woman's life span is divided into different stages, among which Vriddhavastha corresponds to the geriatric age group. This stage is comparable to menopause i.e, Rajonivrutti, during which Vata dosha becomes predominant. Due to this dominance of Vata, there is an increased susceptibility to Vataja disorders such as rukshata of the yoni, leading to symptoms like vaginal dryness, discomfort, itching -yoni kandu, dyspareunia, burning sensation- yoni daha and recurrent vaginitis. Yoni shaithilya which is commonly encountered condition which may result in urinary complaints like stress and urge incontinence which further contribute to increased frequency of micturition and recurrent urinary tract infections, with advancing age there will be weakening of supports of pelvic organs which increases the risk of genital organ prolapse.

There are various therapeutic approaches to manage these gynecological disorders in Ayurveda, one among them is Sthanika Chikitsa i.e, local therapeutic measures such as Yoni dhavana, Yoni pichu, Yoni dhoopana, Yoni lepana, and Yoni purana which can be employed both as preventive and curative modalities in these gynecological disorders in menopausal women. It helps in relieving discomfort caused by rukshata and manages conditions like mahayoni associated with yoni shaithilya.

Each type of sthanika chikitsa has its own clinical significance and demonstrates better outcomes like, it improves local circulation, enhances tissue nourishment, maintains vaginal health, alleviates symptoms like dryness, burning sensation, dyspareunia and recurrent infections.

The use of medicated oils and ghritas possessing snigdha, vatahara, rasayana, and balya properties supports tissue rejuvenation and slows degenerative changes. Sthanika chikitsa administered with appropriate indications, strict aseptic precautions, and due care when combined with shamana and rasayana therapies, offers a holistic, safe, cost-effective and beneficial in disease management in Menopausal women, thus it plays a crucial supportive role in improving physical comfort, psychological well-being and overall quality of life in postmenopausal women.

Keywords: Rajonivrutti, Post Menopausal women, Sthanika Chikitsa, Quality of life.

INTRODUCTION

Rajonivrutti i.e, Menopause marks a natural transition in a woman's life, but it is often accompanied by a range of health challenges that can affect physical, mental, and social well-being. Hormonal fluctuations during this phase commonly lead to symptoms such as hot flushes, sleep disturbances, mood changes, and urogenital complaints. Over time, the decline in estrogen also increases the risk of chronic conditions including osteoporosis, cardiovascular diseases, metabolic disorders, and cognitive changes. These problems can significantly influence quality of life, daily functioning, and long-term health, highlighting the need for greater awareness and comprehensive care for menopausal women.

The important symptoms and the health concerns of women after menopause are vasomotor symptoms like hot flushes, palpitations, weakness, osteoporosis, anxiety, head ache, insomnia etc. Gynaecological disorders in old age group of women differs from those who are younger or in reproductive age group. The urogenital changes happening after the menopause make the women more prone to gynaecological morbidities. Estrogen plays an important role to maintain the epithelium of vagina, bladder and the urethra. Therefore estrogen deficiency produces atrophic epithelial changes in these organs which causes dyspareunia, dysuria etc. The urinary symptoms like urge incontinence, dysuria and recurrent urinary tract infections and stress incontinence are also common in this age group. Other common gynaecological issues include vulvo vaginal infections, vaginal dryness, pruritis, leucorrhoea, pelvic organ prolapse and postmenopausal bleeding¹.

OBJECTIVES

- To study about different Sthanika Chikitsas used in Post menopausal women.
- To study mode of action of Sthanika Chikitsa used in Post menopausal women

MATERIALS AND METHODS

This is a conceptual type of study. Textual materials are used for study from which various references have been collected. Ayurvedic classical texts, online journals, research papers, articles from pubmed etc are referred for this study.

STHANIKA CHIKITSA² IN POST MENOPAUSAL WOMEN

Local application of ayurvedic formulations like kalkas, decoctions, medicated oils, ghee is as important as internal rejuvenating formulations. Local symptoms will resolve more rapidly with local application of drug as high concentration of drug is expected to act at target organ than internal medication. Drugs show faster and efficient action on local organs when applied locally.

सर्वतः सुविशुद्धायाः शेषं कर्म विधीयते ।

वस्त्यभ्यङ्ग परिषेकप्रलेपपिचुधारणम् ॥ (A.S.Ut 39/53)³.

The commonly practiced sthanika chikitsa or local therapies in streeroga are Yoni prakshalana, Yoni Pichu, Yoni Varti, Yoni Dhoopana, Yoni Lepana, Yoni Poorana, Yoni Abhyanga, Avagaham and Uttara Vasthi⁴.

- Sthanika chikitsa has been enumerated as an important part of yoni vyapad chikitsa.
- After undergoing shodhana chikitsa, the woman with yoni vyapad should be subjected to local treatment, which includes vasti, abhyanga, parisheka, pralepa and pichu dharana etc.

BENEFITS OF STHANIKA CHIKITSA⁵

- Avoidance of hepatic first pass effect, thus prevention of hepatic toxicity
- Easy to administer and possible self-insertion and removal.
- Good acting on the local region and on reproductive system to get better results.
- Protection of drug against gastrointestinal enzymes
- Avoidance of parenteral route associated inconvenience

YONI PRAKSHALANA / DHAWANA⁶

Yoni prakshalana/ dhawana is the procedure of cleaning Yoni and Apathyamarga with kwatha or any other drava dravyas. Prakshalana dravyas having Tikta, Kashaya Rasas and Laghu, Ruksha gunas are selected, so that their action is Vrana Shodhana, Ropana, Srava, kleda- shoshana, Kandughna, Krimighna, Sothahara and Vedanasthapana.

The commonly used drugs for yoni dhawana are having anti-microbial, anti-inflammatory and healing properties with the benefit of washing out the accumulated secretions.

It is effective in leucorrhoea or vaginal discharge, vulval or vaginal itching, genito urinary infections, vaginal polyp etc.

DIESEASE CONDITION	DHAVANA DRAVA DRAVYA
Yoni paicchilya, dourgandhya	Triphala kwatha, Panchavalkala kwatha
Yoni kleda	Triphala kwatha, Panchavalkala kwatha
Yoni shaithilya	Dashamoola kwatha
Yoni kandu, Yoni shula	Kashaya of Guduchi, Triphala and Danti

YONI PICHU

Vaginal tampon (cotton swab wrapped in a gauze piece and tied with long thread) soaked in Taila/ Ghrutha/ Kashaya is termed as Pichu, when placed in yoni i.e, inside the vaginal cavity it is called Yoni Pichu. The tampon may also be filled with other medicated preparations like powders (choorna) / crushed raw drugs (kalka) / mamsa according to the condition. Veshavara is a modified form of pichu indicated in Mahayoni.

It is used in gynaecological conditions like vaginal itching, burning sensation, pelvic organ prolapse, vaginal discharge, genito urinary infection etc.

पचु तैलं पचुना तुलकेन तैलं वातहर द्रव्य काथ सद्ग योनिषु धारयेत्। (सु.सं. उ. 37/27, डल्ह. टी)⁷

Sneha in pichu does the brimhana of Garbhashaya and Yoni. Vata shamaka property of the drugs helps in correcting Apana vayu.

DIIESEASE CONDITION	PICHU DRAVYA
Yoni rukshata	Guduchyadi taila ⁸
Yoni karkashata	Bala taila, Dhatakyadi taila
Yoni shula	Saindhava taila, Dhatakyadi taila
Prasramsini	Phala grita pichu
Mahayoni	Changeryadi ghrta pichu, Veshavara

YONI PURANA

Yoni poorana is the filling of Yoni with either Taila, Kalka, Pinda, Churna etc made into compact mass and inserted into Yoni. It is usually done when large quantity of drug is required to be retained at the site of action.

Sneha poorana is Balya in action, thus strengthens the yoni. Kalka and choorna dharana which is mainly of Tikta-Kashaya rasa pradhana acts as Ropana, Sravahara, Kledahara.

DIIESEASE CONDITION	PURANA DRAVYAS
Vataja Yoni vyapat	Himsra kalka
Yoni shula	Lasuna, Grhadhuma, Visala, Vayuvidanga, Kankari
Yoni kandu, Yoni sparshaashtwa	Bruhata Phala+Dwiharidra kalka
Mahayoni	Vasa of Risha and Varaha processed with Madhura gana dravyas ⁹

YONI LEPANA

Medicines in the form of Kalka applied externally in Yoni is called as Yoni Lepana¹⁰. Lepa is Vata hara hence relieves Yoni shoola. Tikta –Kashaya Rasa pradhana of the lepa dravyas acts as Vrana shodhaka, Vrana ropaka and Sophahara

DIIESEASE CONDITION	LEPANA DRAVYA
Yoni Gadikarana	<ul style="list-style-type: none"> • Palashabeeja, Udumbara, Tila taila, Madhu • Makandha phala, Madhu, Karpooram
Yoni Shula	<ul style="list-style-type: none"> • Lasuna, Grihadhooma, Visala, Vayu vidanga, Kantakari

YONI DHOOPANA¹¹

Fumigation of Yoni with Oushada yuktha Dhuma is called Yoni Dhupana Site of Dhoopana- Bahya Yoni

Dhoopa is Sroto shodaka, Kaphaghna, Kledaghna and Srava sthambaka

DIIESEASE CONDITION	DHOOPANA DRAVYAS
Yoni sparshaasahatva	Daruharidra, Brihati phala
Yoni kandu	Haridra, Dviharidra, Brihatiphala
Sweta pradara	Sarala, Guggulu, Yava with Ghrita Katu matsyaka with taila

YONI VARTI

Vartis are wicks made by mixing finely powdered drugs with adhesive drugs or binding agents. It is effective in chronic vaginal discharge, genital infections, amenorrhoea etc. and it does yoni shodhana.

It is made using shodana dravyas like Ashoka tvak, Lodhra, Jeeraka, Kanjika, Kshara, Saindhava lavana.

DIIESEASE CONDITION	VARTI DRAVYAS
Yoni Sopha	Go pitta, Matsya pitta
Yoni kleda, Yoni kandu	Kinwa, Madhu
Yoni paicchilya	Palasha twak, Sarjarasa, Jambhu twak, Lajjalu.

Before introducing varti, the yoni and varti are made unctuous by Ksheera, Ghrita, Taila etc and then slowly introduced into yoni.

YONI ABHYANGAM¹¹

This procedure consists of abhyanga of yoni (genital tract). Here luke warm medicated oil or ghrita are used for doing abhyanga in Yoni pradesha for a specific time in a consistant pressure which does snehana of yoni. This helps in nourishment and strengthening of the local musculature. The main indications are pelvic organ prolapse and stress incontinence.

DISEASE CONDITION	SNEHANA DRAVYAS USED
Mahayoni yoni vyapad	Trivrut Taila
Prasramsini yoni vyapad	Ghrita

YONI SWEDANA / AVAGAHAM¹²

The word 'Avagaha' means to immerse. Avagaha sweda is a type of sudation therapy which is included in drava sweda, in which the patient is made to sit/lie in a tub containing medicated drava dravya to produce fomentation to the body.

After Yoni Abhyanga with the help of vata shamaka dravyas swedana is done in Yoni Pradesha to pacify vata dosha which is leading to conditions like Yoni karkashata, Yoni sthabdatha, Yoni shula.

DISEASE CONDITION	SWEDA/ AVAGAHA DRAVYAS USED
Yoni karkashata, Yoni sthabdatha	Ushna veshavara, Payasa, Krshara – Pottali prepared and pinda sweda is given
Prasramsini Yoni Vyapad	Sukhoshna Ksheera

UTHARA VASTI

Vasti which is given through uthara marga i.e through the upper passages (urethra and vagina) is known as utharavasti i.e, Insertion of medicated oil or decoction into intra uterine cavity / urinary bladder. It is indicated in the following gynaecological diseases like retention of urine, dysuria, dyspareunia¹³.

COMMON GYNAECOLOGICAL DISORDERS IN GERIATRIC WOMEN & POSSIBLE STHANIKA CHIKITSA

GYNAECOLOGICAL SYMPTOMS/ DISORDERS	STHANIKA CHIKITSAS	FORMULATIONS
Vaginal discharge (Vaginitis, Cervicitis)	Yoni varti	Pippalyadi varti
	Yoni Prakshalana	Panchavalkala Kwatha, Aaragwadha Kwatha, Triphala Kwatha
	Yoni Dhupana	Guggulu, Kushta, Agar, Ghrita
	Yoni Purana	Shyamadi Kalka, Panchatikta Kalka
	Yoni Pichu	Yashtimadhu Taila, Jatyadi Taila
Pruritis (Vulvo vaginitis)	Yoni Lepana	Triphala Churna

	Avagaha	Aragwadha Kwatha, Triphala Kwatha
Vaginal Dryness	Yoni Lepana	Phala Sarpi, Sukumara Ghrta, Jatyadi Ghrta
	Yoni Abhyanga	Phala Sarpi, Sukumara Ghrta, Bala Taila
	Yoni Pichu	Phala Sarpi, Sukumara Ghrta, Yashtimadhu Taila
Urinary symptoms (dysuria, incontinence, incomplete emptying, increased frequency, urinary tract infections)	Avagaha	Panchavalkala Kwatha, Guduchyadi Kwatha, Dashamoola Kwatha.
	Yoni Prakshalana	Panchavalkala Kwatha, Guduchyadi Kwatha, Bruhatyadi Kwatha
	Yoni Pichu	Yashtimadhu Taila
Pelvic organ prolapse (cystocele, rectocele, uterine prolapse)	Yoni Abhyanga	Bala Taila, Phala Sarpi, Sukumara Ghrta
	Yoni Pichu	Yashtimadhu Taila, Bala Taila, Sukumara Ghrta
	Yoni Purana	Lajjalu Kalka, Veshavara
	Yoni Prakshalana	Panchavalkala Kwatha, Guduchyadi Kwatha, Triphala Kwatha

DISCUSSION:

The common reasons for discharge per vaginum (yoni srava) in old age women are vaginitis and cervicitis for which teekshna, ushna drugs like pippalyadi varti can be used which will help in draining the discharge and promote healing. Yoni prakshalana with the kwatha preparations according to the dosha predominance can also be done which drains out the abnormal discharge.

Yoni prakshalana or vaginal douche can be done in conditions characterised with per vaginal discharge. The appropriate kwathas like Triphala kwatha, Panchavalkala kwatha, Aragwadha kwatha according to the dosha predominance should be selected will help in draining out the discharge, cleansing the vaginal cavity and there by promote the healing. In conditions of recurrent urinary tract infection and itching in the genital region also, the process of yoni prakshalana will be beneficial. Pelvic organ prolapse especially with decubitus ulcer like conditions also douche with medicated decoctions are very much effective.

Yoni pichu or vaginal tampon soaked with oil or vatahara decoctions diminishes the chances of infection in the genital tract and urinary tract, softens the vaginal canal, supports pelvic structures in pelvic organ prolapse¹⁴.

Yoni poorana or filling up of the vaginal cavity with medicated kalka, choorna, veshavara, pinda etc is also indicated in pelvic organ prolapse, per vaginal discharge.

Acharya Sushruta mentions that just as water extinguishes fire instantly likewise lepana cures vrana shoola, cleanses wound or infection and reduces swelling or inflammation¹⁵. Therefore *Yoni Lepana* will be effective in conditions like yoni arsha, srasta yoni.

Yoni dhoopana or fumigation of genital region with medicated smoke using Guguulu, Agar, Haridra etc drugs acts as sroto shodhaka, kaphaghna, kledaghna and srava stambhaka. Therefore it is also indicated in yoni kandu or pruritis, vaginal infections.

Insertion of *vartis* like Pippalyadi varti made of appropriate powdered drugs into the vaginal cavity is another effective method for the infections like trichomoniasis, moniliasis, cervicitis etc. This varti absorb the sravas as it is hygroscopic in nature.

Yoni abhyanga or gentle massage done in the genital tract or vaginal wall after administration of bala taila or sukumara ghrita or phala sarpi increases the tone and strength of perineal musculature so that it will be beneficial for genital prolapse as well as stress incontinence.

Avagaha sveda or sitz bath with herbal kashayas will provide local sudation effect, anti-inflammatory action and promote ropana of the tissues. Hence it can be practiced for the conditions like pruritis vulvae, vulvovaginitis, recurrent urinary tract infections etc. Avagaha with vatahara kashayas like dashamoola kashaya also provides strength to the pelvic musculature.

CONCLUSION

The practice of sthanika chikitsas or local therapies in an appropriate judicial manner with all aseptic precautions is very much beneficial for urogenital issues. In this age group of geriatric women especially during the estrogen deprivation period after menopause along with the shamana chikitsa, with herbs having phytoestrogenic effects, Shodhana, Panchakarma chikitsa, Rasayana chikitsa, administration of Sthanika chikitsas will provide wonderful results and there by improves the quality of life of geriatric women with maintaining pH in vaginal flora to get rid of various diseases.

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