



Review On Sthanik Chikitsa In Striroga

¹DR. Shreya Diliprao Gulhane , ²DR. Dilip V. Katare

¹ PG Scholar , ² Professor and HOD

Department of Prasuti Tantra Evum Stiroga

Hon. Shree Annasaheb Dange Ayurveda Medical College, Ashta, Dist. Sangli, Maharashtra, India.

ABSTRACT:-

Healthy status of women is very much needed for society. In today's fast and competitive world, there is change in the lifestyle of women which leads to their physical and mental stress, women mostly gets affected by this environment and are prone to Gynaecological problems like vulval itching, white discharge, burning micturition, dyspareunia and vaginal infections. In Ayurveda many local therapies i.e Sthanika Chikitsa are described for the management of common gynecological disorders. These local therapies basically play an important role in the Disorders of TryavartaYoni. Sthanik Chikitsa preferably includes Yonidhawan (Douche of vagina), Yoni-Pichu (Tampooning per vaginum), Yoni Dhoopan (Fumigation of vagina), Yoni-Varti (Vaginal suppository), Yoni- Lepana (Vaginal painting), Yonipuran (Vaginal packing), Yoni Parisheka, Pinda Chikitsa, Uttarbasti (Medicated oil or decoction is pushed into the uterine cavity through vagina), Agnikarma (Cauterization) and Ksharakarma (Chemical cauterization) etc. In the conceptual study all these local therapies are revised through ancient Samhitas, and these therapies are reviewed with their meanings, indications, procedures, application site. The main intend behind it to motivate most of the Ayurveda gynecologists for the use of Sthanika Chikitsa in day to day practice by providing them all the information in brief.

KEYWORD: Sthanik Chikitsa, Ayurveda, Yonivyapad, Streerog.

INTRODUCTION:-

Sthanik Chikitsa (local or topical treatment) plays a crucial role in the management of Streeroga (gynecological disorders) in Ayurveda. The concept is based on the principle that diseases localized in specific areas of the body—especially in the yoni (female reproductive tract)—can be treated effectively through direct or local therapeutic interventions.

Meaning of Sthanik Chikitsa:-

- Sthanik = local or site-specific
- Chikitsa = treatment or therapy
- Thus, Sthanik Chikitsa refers to localized treatments that are applied directly to the affected area.

In Ayurveda, the yoni (female genital tract) is considered a marma sthana (vital area) and is prone to various disorders like infections, inflammation, discharges, prolapse, etc. Due to its unique anatomy and function, many gynecological diseases require local treatment alongside systemic (shodhana or shamana) therapies.

A woman undergoes various physical and physiological changes during her reproductive period i.e. from menarche (onset of menstruation) to menopause (Cessation of menstruation). Awareness and management of these changes are necessary for a woman to remain healthy. Ayurveda has explained woman health and discussed different gynecological disorders under the common heading of Yonivyapada. These Sthanik chikitsa (local therapies) basically play an important role in the disorders of TryavartaYoni. Sthanik Chikitsa preferably includes Yonidhawan (Douche of vagina), Yoni-Pichudharan (tampon soaked in medicated oil or liquid is placed into the vagina), Yoni -Dhupan (Fumigation of vagina, with medicated smoke), Yoni-Varti (Insertion of medicated wick into the vagina), Yoni-Puran (vaginal packing), Yoni-Lepan (vaginal painting), Yoni-Parisheka, Pinda Chikitsa Uttar - Basti (Medicated oil or decoction is pushed into the uterine cavity through vagina), Ksharakarma, Agnikarma etc.

OBJECTIVES:-

1. To study Sthanik Chikitsa from various Ayurvedic Samhita.
2. To motivate most of the Ayurvedic gynecologists for the use of Sthanika Chikitsa in day to day practice .
3. To control local symptoms.
4. To act directly on the diseased area.
5. To Avoid Systemic Side effect.

A) Yoni Dhavana (vaginal douche or washing of the vaginal canal with medicated decoctions) is a highly significant therapeutic procedure in Striroga (gynecological disorders) and Prasuti Tantra (obstetrics) in Ayurveda. It is one of the most effective forms of Stanik Chikitsa (local treatment).

Importance of Yoni Dhavana

1. Local Cleansing and Purification-Yoni Dhavana helps cleanse the vaginal area, removing accumulated secretions, pus, dead tissues, and toxins (Ama), thus preventing infection and supporting healing.

2. Reduces Inflammation and Irritation-Medicated decoctions soothe inflamed tissues, reduce burning sensation (daha), itching (kandu), and discomfort.

3. Controls Vaginal Discharge (Yoni Srava)-It is especially useful in managing conditions like Pradara, Yonikleda, Shwetapradara, where excessive or abnormal vaginal discharge is present.

4. Maintains Vaginal Hygiene and pH Balance-Yoni Dhavana with appropriately chosen herbal decoctions maintains healthy flora and normal pH, which is essential to prevent infections like bacterial vaginosis and candidiasis.

5. Prevents and Treats Infections-It is beneficial in treating infectious conditions such as:

Yoni Vrana (vaginal ulcers)

Yoni Paka (vaginal abscess)

Krichrayoni (painful intercourse)

Vranashotha (swelling, inflammation)

6. Improves Drug Absorption in Local Therapies-It prepares the vaginal mucosa for better absorption of medicines given through other local routes like Pichu or Vasti.

7. Non-Invasive and Safe-As a non-invasive, simple procedure, Yoni Dhavana can be repeated regularly with minimal side effects when appropriate drugs and hygiene are maintained.

Common Herbs Used in Yoni Dhavana:-

Triphala – anti-inflammatory and cleansing

Nimba (Neem) – antimicrobial

Daruharidra – wound healing

Lodhra, Manjistha – astringent and hemostatic

Aragwadh, Guduchi – anti-infective and immune-modulating

B) YONI PURANA

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

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.

C) YONI PARISHEKA

Definition- Hot fomentation to vagina is yoni parishek. Parishek is done on external part of vagina for 5 to 10 minutes. Medicated oil or lukewarm water is poured from the height of 4 to 5 inches over the vagina. It reduces yoni shotha & yonishoola.²⁰

D) PINDA CHIKITSA

This procedure consist 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 indisinfected, sterile cloth and tied in circular shape with thread at the upper end.

E) YONI LEPAN:

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 Lepas:-

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

Site - Prathamavarta /Breast

Time limit - 3 to 4 hours or until the lepa dries

Indications-

1. Yoni Arsha- With powder of Tuttha, Gairika, Lodhra, Ela, Rasanjana, Harenu, Pushpakasis, salt mixed with honey.[14]
2. Vivrutta Yonivyapada - With powder of Palashbeeja and Udambarphala mixed with Tila Taila and honey.[15]

Procedure-

- a. 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.

F) YONI PICHU DHARAN

Yoni Pichu Dharan is a specialized form of Stanik Chikitsa (local therapy) used in Striroga (gynecological disorders) and Prasuti Tantra (obstetrics). It involves placing a cotton swab soaked in medicated oil or ghee into the vaginal canal to provide local healing, nourishment, and doshic balance.

Importance of Yoni Pichu Dharan-1. Direct Local Action on Vaginal and Uterine Tissues The medicated oil directly nourishes and heals vaginal mucosa and indirectly affects the uterus and reproductive system through absorption.

2. Relieves Vaginal Dryness and Atrophy- Especially beneficial in conditions like Shushka Yoni (dry vagina) or atrophic vaginitis in menopausal women. The unctuous (sneha) quality restores lubrication and elasticity.

3. Useful in Painful Intercourse (Krichra Yoni or Dyspareunia)- Pichu helps reduce pain, burning, and discomfort during intercourse by lubricating and softening the vaginal tissues.

4. Promotes Wound Healing- In Yoni Vrana (vaginal ulcers or wounds) or after episiotomy during childbirth, pichu with healing oils (e.g., Jatyadi Taila) supports faster recovery.

5. Balances Vata Dosha in the Pelvic Region-

Since Vata is the main dosha in the pelvic and reproductive areas, pichu helps in pacifying aggravated Vata and prevents disorders like pain, dryness, and uterine cramps.

6. Supportive in Fertility Treatments- In conditions like Vandhyatva (infertility) due to local uterine weakness or dryness, pichu improves yoni snigdhatva (moisture and tone), preparing the reproductive tract for conception.

7. Postpartum and Menstrual Care- After delivery, pichu provides soothing, healing, and strengthening effects on the vaginal canal. It's also helpful in menstrual disorders with pain or dryness.

8. Improves Effectiveness of Internal Treatments- As a part of combined therapy, Pichu enhances the overall effectiveness of internal medicines (Shamana or Shodhana), especially in chronic gynecological conditions.

Common Oils Used for Yoni Pichu

Bala Taila – Strengthening and nourishing

Ashokadi Taila – Uterine tonic

Jatyadi Taila – Wound healing and anti-inflammatory

Shatadhauta Ghrita – Cooling and healing

Yashtimadhu Taila – Moisturizing and soothing

G) YONI DHOOPAN (YONIDHOOPAN)

Yoni Dhoopan is a traditional Ayurvedic fumigation therapy used in Striroga (gynecological disorders) and Prasuti Tantra (obstetrics). It involves exposing the vaginal region to the medicated smoke (Dhooma) of specific herbs. It is a part of Stanik Chikitsa (local therapy) and plays a vital role in promoting vaginal hygiene, healing, and doshic balance.

Importance of Yoni Dhoopan in Striroga:-

1. **Antimicrobial and Disinfectant Action**-The herbal smoke used in Yoni Dhoopan has antibacterial, antifungal, and antiviral properties. It helps in preventing and treating infections like Yoni Paka (inflammation), Shwetapradara (white discharge), or Krimi Yoni (infested vagina).

2. **Promotes Wound Healing**-Dhoopan is very useful post-delivery or post-episiotomy, as it helps in quick healing of sutures, prevents pus formation, and reduces the risk of local infections.

3. **Reduces Vaginal Odor and Discharge**-It helps in controlling foul-smelling discharges, excessive moisture, and maintains dryness in conditions like Yoni Srava and Yonikleda.

4. **Balances Doshas (especially Kapha and Vata)**-The warm, dry, penetrating nature of smoke pacifies Kapha and Vata doshas, which are often responsible for conditions like itching, discharge, and vaginal discomfort.

5. **Postpartum Vaginal Care**-After childbirth, Yoni Dhoopan is traditionally used to sterilize the vaginal area, prevent infections, and promote involution of uterus and vaginal tissues.

6. **Improves Vaginal Tone and Tightness**-Regular use of Yoni Dhoopan with astringent and toning herbs can help in tightening lax vaginal muscles, especially beneficial after multiple deliveries.

7. **Enhances Absorption of Local Medicines**-By drying excessive secretions and preparing the tissues, it can enhance the absorption of medicines used later (like Pichu, Dhavana, etc.).

Common Herbs Used for Yoni Dhoopan:-

Haridra (Turmeric) – Anti-inflammatory and antibacterial

Guggulu – Disinfectant and Vata-Kapha pacifying

Nimba (Neem) – Antifungal and antimicrobial

Lodhra, Daruharidra – Astringent and healing

Rasanjana, Tankana – Antiseptic and cleansing

H) UTTARBASTI

Uttarbasti is an important para surgical procedure among the 60 Karma as told by Acharya Sushruta, Vagabhatt has mentioned Basti as Ardha chikitsa. Basti chikitsa is best for Vata dosha. Insertion of medicated oil decoction into Uttarmarga i.e., true the passage located above or in front part of anus that is vagina or urethra 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 mouth of uterus 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.

Indications:-

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

Practical procedure of Uttarbasti:-

- All routine examination should be done.
- Snehan at Udar, Uru, Prushta should be done with Vatashamaka tail.
- Swedan specially Nadisweda on Udar and Prushta pradesh.
- Patient is asked to lie down on lithotomy.
- Painting and draping should be done.
- Vulva and vagina should be cleaned.
- Proper visualization of cervix by inserting sim's speculum and anterior vaginal wall retractor and catch the lip of cervix with vulsellum.
- Uterine sound is inserted to know the position and length of uterus.

- i. Medicated Ghrita or oil is taken in 5cc syringe and IUI cannula is attached to its end.
- j. Cannula should insert in uterus 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.
- m. Hot fomentation is preferred.
- n. Repeat this procedure for 3 – 5 days.

CONCLUSION-

Stanik Chikitsa, or local treatment, plays a vital role in the management of gynecological disorders in Ayurveda. It focuses on directly addressing the pathology at the site of disease, thereby offering faster and more effective relief from symptoms. This approach not only enhances the efficacy of therapeutic agents but also minimizes systemic side effects by avoiding unnecessary systemic exposure. In Striroga and Prasuti Tantra, where many conditions are localized to the reproductive organs, Stanik Chikitsa provides a targeted, practical, and holistic method of treatment. Procedures such as Yoni Dhavana, Pichu, Dhoopana, and Vasti not only cleanse and heal the local tissues but also restore doshic balance and support reproductive health. Thus, Stanik Chikitsa stands as an essential component of Ayurvedic women's healthcare, promoting both symptomatic relief and long-term wellness by working at the root level of disease.

REFERENCES

1. Tiwari Richa, clinical study to evaluate the efficacy of Agnikarma in Karnini w.s.r. to cervical erosion. International Journal of Ayurveda and Pharma Research, 2020; 8(11): 53-58.
2. Jaymala Shirke, editor. Ayurvediya Strirogavigyan, 1st ed. Pune: Tathagat Prakashan, 2003; 159.
3. Kashyap samhita by P.V. Tewari, Sutra Sthana 22/30
4. Yoga Ratnakara with Vidyotini Hindi Commentary by Vaidya Laxmipati Sastri; Uttarardha Yonivyapada Chikitsa.
5. Charak Samhita, Vidyotini Hindi Com. by Pt. Kashinath Shastri, Part-II, Chikitsa Sthana-30/83.
6. Kaviraj Ambikadutta Shastri, Sushruta Samhita, Part-II, Uttarstahan, 38/25.
7. K. R. Shrikantha Murthy, editor. Ashtangasangraha Sharirasthan, Chap., II: 1/30-32.
8. Harishastri Paradkar Vaidya, editor. Ashtangahridaya Uttarsthana 7th ed. Varanasi: Chaukhambha, Orientalia, 1982; 900.
9. Charak Samhita, Vidyotini Hindi Com. By Pt. Kashinath Shastri, Part-II, Chikitsasthana-30/61, 62, 108.
10. Charak Samhita, Vidyotini Hindi Comm. By Pt. Kashinath Shastri, Part-I, Sharirsthana-8/32, 24, 41.
11. Kaviraj Ambikadutta Shastri, Sushruta Samhita, Part-II, Uttarstahan 38/27.
12. Kaviraj Ambikadutta Shastri, editor, Shushruta Samhita, Part-I, Sutrasthana-11/3, 5.
13. Kaviraj Ambikadutta Shastri, Sushruta Samhita Part-I, Chikitsasthana-6/2.
14. Charak Samhita, Vidyotini Hindi Com. By Pt. Kashinath Shastri, Part-II, Chikitsa Sthana -30/121.
15. Kashyap samhita by P.V. Tewari, Sutra Sthana 22/30
16. Astanga Sangraha by Kaviraj Atridev Gupta, Uttarsthana 39/6.
17. Sharangdhara Samhita by Dr. Bramhanand Tripathi, Uttarsthana 11/110.
18. Charak Samhita, Vidyotini Hindi Com. by Pt. Kashinath Shastri, Part-II, Chikitsa Sthana chap.30/71, 109.
19. Bhavaprakash by Khemraj Shri Krishnadas part 2, Yonirogachikitsa, 70/23.
20. Astanga sangraha by Kaviraj Atridev Gupta, Uttarsthana 39/74.
21. Dr. Hemlatha Kapoorchand, Comprehensive treatise on streeroga Gynaecology, Chokhamba Vishwabharti, 1st Edition, 2018; 686.
22. Kaviraj Ambikadutta Shastri, editor, Shushruta Samhita, Part-I, Sutrasthana-11/3, 5.
23. Kaviraj Ambikadutta Shastri, Sushruta Samhita Part-I, Chikitsasthana-6/2.
24. Neelam, Management of cervical erosion by Ksharakarma, Journal of Ayurveda, Jan-March, 2011; 21.