

STHANIK CHIKITSA

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Acharya Sushruta has described 60 Upakarma for the management of wound in different conditions. This shasti upakarma included Pichu, Dhawan, Dhupan, Uttarbasti karma are quite popular due to its excellent result & no adverse effect if followed properly.

These parasurgical procedures are simple & no sophisticated instruments, devices, anesthesia & analgesia required. Ayurvedic parasurgical procedures have great role to fight against the chronic infectious & non infectious diseases of genital tract.

- “*Sthanik chikitsa*” means specific treatment given locally.

Chikitsa described in two parts—

1. Abhyantar Chikitsa and

2. Sthanik Chikitsa.

In streerog yonivyapada and yonirog are described. As compred yonivyapada, palpable pathology is more observed in Yoniroga. Abhyantar chikitsa breaks

Doshdushyasammurchhana and cures disease. But if Sthanik Dosh-Dushti is more then Sthanikchikitsa is more beneficial. It gives strength to respective sthana.

● Following are the *Sthanik chikitsa*

1. *Yoni Pichu* (insertion of tampon soaked in medicinal oil or liquid)
2. *Yoni dhavan* (cleaning of vagina)
3. *Yoni dhupan* (Vaginal fumigation)
4. *Yoni lepan*(Vaginal painting)
5. **Yoni varti** (Vaginal suppository) –
6. **Yoni Abhyanga** . 7. **Yoni Puran** (Filling the cavity of vagina with oil, paste, veshwar etc.
8. **Uttarbasti**

1. Pichu Kalpana:

Pichukalpana means Chikitsa done by pichu. Pichu-kalpana firstly described by Charaka in “Atisarchikitsadhyay.” 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 beejah in 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.*



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.

- **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**

● 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 swab holder 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 creates Mardavta. Guduchyadi taila pichu (cha chi 30).*

2.Udavarta and Mahayoni: **Nishottar trivrutta siddha taila pichu** (Cha chi 20/110).

3.Mahayoni: Mushak taila pichu

4.Pittaj yonivyapada: Pachavalkal siddha taila pichu (cha chi30/62). For Local redness and inflammation, Jatyadi Taila and Yashtimadhu siddha pichu.

5. Vipluta Yonivyapada: Dhatakyadi Taila pichu.(cha chi 30/78).

6. Putraghni Yonivyapada: Udumbar siddha taila pichu. (cha chi.30/108).

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).

2. **Garbhasrava:-** *Yashtimadhu ghrita pichu Nagrodhadishrung siddha pichu (cha chi30).*

- **Aparasang:-** *Shatpushpa + Kushtha + madanphal + hingu siddha taila pichu (cha sharir 8/41)*
- **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)
- **Upadrava of pichu:** **If the size of pichu and time of pichu dharana are more then Mutrasang, yonishoth, yonishul etc. are developed.**

2. Yonidhawana (Cleaning of Vagina):

Synonyms: Yoni kshalan, Yoni Prakshalan, Yoni Parishek.

Dhawana karma of yoni is termed as Yonidhawan.

Acharya sushruta and Vagbhat consider dhawana as prakshalana. Dhawana means cleaning or purification of wound with water and other medicated material.

- ***Sthana: Prathamavarta (Vagina)***
- **Duration: 8 days**
- **Timing: Ritukala (After 5th day of menses for 8 days)**
- **Time: 1 to 1.5 Min.**



- **Drugs Used:** *Kwatha (Decoction)*, *Kshirpaka* (Medicated Milk), *Siddha Jala (Medicated Water)*, Oil

- **Quantity:** 1 litre of decoction, 250 ml of oil

- **Indications**

1. *Kunapgandhi Artavdushti*

2. *Kaphaja Artava Dushti*

3. *Yoni Srava (Vaginal Discharge)*

4. *Yoni Kleda*

5. *Yoni Paicchilya*

6. *Yoni Kandū (Vaginal Itching)*

7. *Yoni Arsha (Vaginal Polyps)*

8. Kaphaj yonivyapad

- **Procedure**

- Proper aseptic measures should be ensured before starting the procedure.
- Patient is given lithotomy position.
- Sterile rubber catheter is inserted into vagina.
- Enema pot filled with decoction is kept at 5 feet distance with luke warm decoction *prathamavarta (Vagina) is washed out.*

- Most of the drugs used for *Yonidhavana* have styptic, wound healing, pain alleviating and bactericidal actions. They prevent growth of bacterial organisms and restore the altered PH of vaginal cavity. Absorption of the drugs through the mucosa and blood circulation also helps to have beneficial effects on the uterus. The oil or decoction once used should not be reused even for same patient.

3. Yonidhupan (Vaginal Fumigation):

- *Yonidhupan is the therapeutic procedure in which vagina is disinfected by giving medicated smoke.*
- **Site: *Bahya Yoni (Outer part of Vagina)***
- **Period for Treatment: 3 to 5 min**
- **Types: According to purpose it is divided into 2 types**
 1. As a treatment
 2. To maintain health
- **Indications**
 1. *Yonikandu*
 2. *Shweta Pradar*

3. *Apara Sanga*

4. *Garbha Sanga*

5. *Upapluta Yonivyapad*

6. *Raktagulma*

7. *Sutika Paricharya*

8. *Santati Pratibandhak (as a Contraceptive Measure)*

- ***Dhupana Drugs:*** *Kushta (Saussurea costus), Agaru (Aquillaria agallocha), Guggul (Comiphora Mukul), Vidanga (Embelia Ribes), Vacha(Acorus calamus), Nimbapatra (Azadirachta indica)*



● Procedure

- A stool or chair having opening at the middle should be used
- Patient is made to sit on this chair after voiding the urine. The drugs used for *Dhupana* are lit in the basin placed just below the chair
- It should be ensured that the smoke originating from the drugs should come in contact with female genitalia.
- Alternatively *Nadi Dhupana* can be done by lighting the drugs in a closed container. The container is connected to pipe which can be used to give *dhupana*.
- Since temperature reaches at peak during *Dhupana*, care should be taken of female genitalia as it is a very sensitive area.
- *Dhupana* or fumigation has been used for creating aseptic environment. It helps in killing microbes which in turn prevents infections.

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**

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

5. Yonivarti (Vaginal Suppository): Varties are suppositories

made by mixing powdered drugs with adhesive drugs or binding agents.

- **Time Period: 2 to 3 hours**
- **Indications**
- *Karnini Yonivyapad*
- *Acharana Yonivyapad*
- *Yonishopha, Yonikleada, Yonikandu*
- *Yoni paichilya*
- *Kaphaja Yonivyapada*

- *Anartava*

Procedure

- The affected part should be cleaned with proper disinfectant
- **Size of Vartis should be equal to** circumference of index finger. [**1 Angula** Acc. to. Bhaish. Ra.]
- These *vartis should be dried in shade.*
- These *Vartis should be wrapped with gauze* piece and thread is tied to it.
- It should be autoclaved.
- *Varties should be smeared with Oil, Ghrita, honey or milk.*

- The *varties* should be inserted into vagina in such a way that thread should remain outside of vagina
- After retention period of urine, the *varti* should be taken out and *yoni Prakshalan* (washing of vagina) should be carried out with lukewarm water.
- The used *varties* should be discarded for new use. *Varties* are helpful in increasing secretion of vagina and does *shodhana karma*.



6. Yoniabhyanga:-

- Used in Dusthit Yoni Chikitsa.
- स्निग्ध स्विन्नं तथा योनिं दुःस्थितान् स्थापयेत् समाम्....[अ.ह.उ.34/24]
- पित्तलानां तु योनिनां सेक अभ्यङ्ग..... [अ.ह.उ.]
- It increases the perineal muscle tone & strength.
- **Procedure :-**
- Lithotomy position should be given to patient.
- 5 cc syringe filled with lukewarm oil inserted into the vagina with a sterile rubber catheter.
- Gloved finger inserted into the vagina, abhyanga done on

abhyanga done on the vaginal wall.

- Patient to lie for 15 min.
- Gauze pad should be applied to avoid the spillage of oil.
- **Time duration:- 15 to 20 min.**
- It acts as Mardavkar, Mansa sthairyakar, Balakar, Vatahar, Shaithilyahar.

7. Yonipuran:-

- **Definition** – Filling the cavity of vagina completely with oils, paste, powder, veshwar.
- **Pinda-** Insertion of medicinal boiled drug in the form of circular paste wrapped in disinfectant cloth into the vagina.
- Commonly used is **kalka**.
- Done when retention of large quantity drug is required to be retained at the site of action.
- **Procedure:-**
- Dorsal position with knee flexed.

- Application of **Puran** dravya inside the vagina with a sterile glove worn hand.
- Wait till urge for micturition.
- If needed **sukhambu kshalan**.
- Drawback of kalka puran is there could be difficulty in removal of kalka.
- **Indications:-**
- Kaphaj Yonivyapad – **Kalka puran** – Shyamadi kalka puran [cha.chi.30]
- Yonidourgandhya – **Panchatiktak churna** [su.sa.u.38]

- Vamini Yonivyapad – Shatapushpa, yav, gomutra.....

aadinpasun tayar keleli **Utkarika**

- Yonikarkashata – Madhur aushadhi nimit veshwar – Veshwar with Payas or Krushara [su.sa.u.38]

- **Benefits:-**

- Mechanical support
- Raktasthambhan
- Poshan, Ropan
- Yonidosahar
- Beejadhan

8. Uttarbasti:-

- **Definition:-**

उत्तरमार्गदीयमानतयाः उत्तरबस्तिः ॥ [च.सि.9/50, चक्र.टीका]

स निरुहादुत्तरमुत्तरेण वा मार्गेण दीयत इति उत्तरबस्तिः ॥

[अ.सं.सू.28/9]

उत्तरमार्ग means urinary & vaginal orifice.

- **Indications:-**

शुक्रं दुष्टं शोणितं चाङ्गनानां, पुष्पोद्रेकं: तस्य नाशं च कष्टम् ।

..... ॥ [सु.सं.चि.37]

- बस्तौ रोगेषु नारीणां योनिगर्भाशयेषु च ।
योनिविभ्रंशशूलेषु योनिव्यापद्यसृग्दरे ॥
..... ॥ [अ.स.सू.28/62]

- गर्भधारणार्थ
- बस्तिविकार
- मूत्राघात
- मूत्रकृच्छ्र
- बस्ति एवं वंक्षण शूल
- योनिभ्रंश
- योनिशूल
- असृग्दर
- आर्तवनाश, कष्टार्तव, आर्तवदोष
- अपरा अनिर्गमन

• उत्तरबस्ति यन्त्रः-

1. द्रवग्रहणार्थ बस्तिपुटक - लघु, मृदु, अजा, मेष/ शूकर बस्ति श्रेष्ठ.
2. औषधी प्रवेशार्थ बस्तिनेत्र/ पुष्पनेत्र- स्वर्ण, रजत आदि धातुनिर्मित
शलक्ष्ण, गोपुच्छसदृश.

अवस्था	मार्ग	पुष्पनेत्र परिणाह	प्रविष्ट कर्णिका स्थान
बाला	मूत्र	मालतीपुष्पवृन्तावत् । आकृती सर्षप निर्गमन योग्य छिद्र	1 अंगुल
युवती	मूत्र	मूत्रस्रोत सदृश आकृती मुद्ग निर्गमन योग्य छिद्र	2 अंगुल
युवती	योनि	कनिष्ठिका अंगुल सदृश आकृती मुद्ग निर्गमन योग्य छिद्र	4 अंगुल

- बस्तिदान काल:-

2 / 3 आस्थापन बस्ति दिल्यनन्तर पुन्हा शोधन करुन आर्तवकाल / ऋतुकालमध्ये द्यावा. आत्ययिक अवस्था असताना ऋतुकाल नसतानाही देउ शकतो. [अ.सं.]

- प्रमाण :-

- सु- अनुवासन व निरुह बस्तिसाठी स्नेह व क्वाथ प्रमाण
- मूत्रमार्ग - अंगुलीमूलसंमित- 1 प्रसृत प्रमाण
- गर्भाशय शोधनार्थ- 2 प्रसृत प्रमाण

● Procedure:-

➤ पूर्वकर्म –

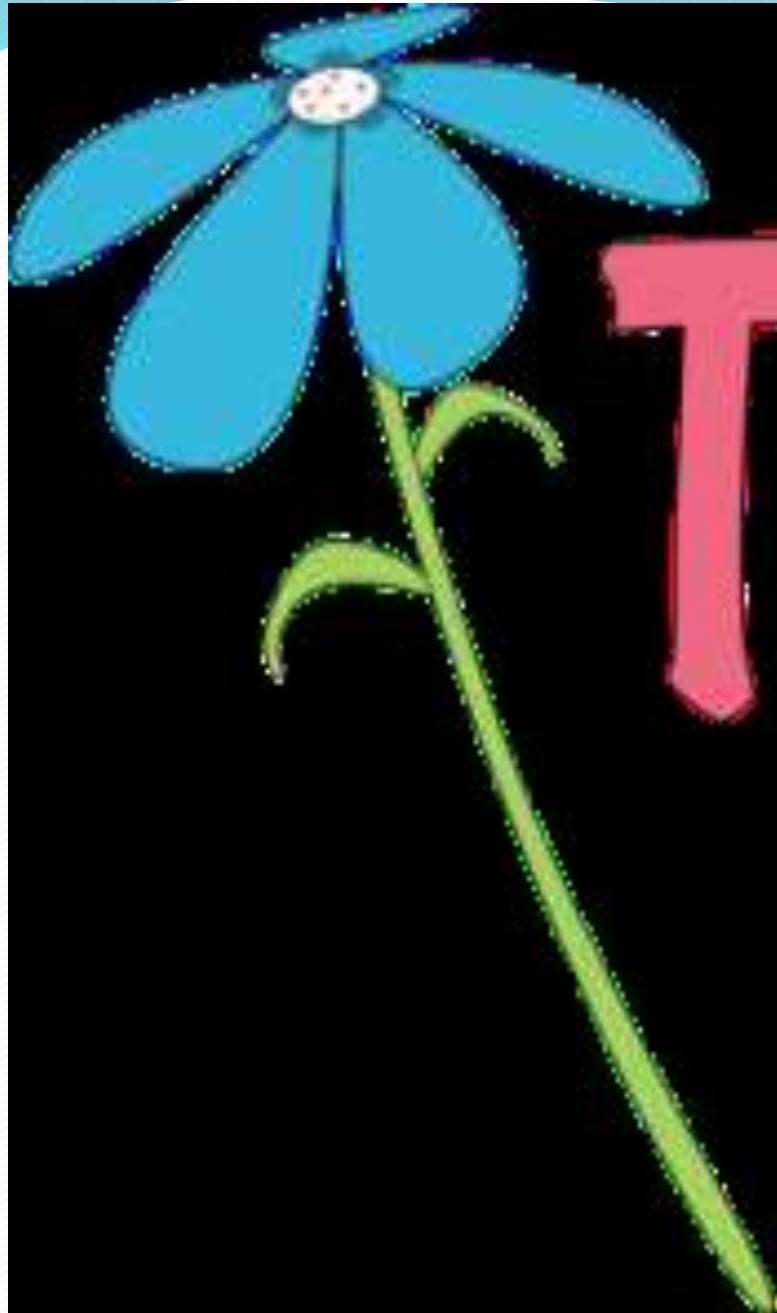
- द्वित्रास्थापन शुध्येभ्यो विदध्यात् बस्तिमुत्तरं । [अ.ह.19/70]
- अथातुरं उपस्निग्धं स्विन्नं प्रशिथिलाशयं ।
- यवागुं सघृतं क्षीरं पीतवन्तं यथाबलम् । [सु.चि.37/108]

➤ प्रधानकर्म –

- आभुग्न सक्रिथ अवस्था
- संपूर्ण 1 दिवसरात्रीत 2,3,4 बस्ति द्यावे. स्नेहाची मात्रा वाढवून 3 रात्रीपर्यंत बस्ति प्रयोग करावा.
- 3 दिवस थांबून पुनः 3 दिवस बस्ति प्रयोग करावा.

➤ पश्चात कर्म –

- Lie in knee chest posture
- Observe for uttarbasti vyapat if any
- In the evening patient can be given मांसरस / पायस / यूष



Thank
You!