

# Significance of Sthanika Chikitsa in Kaphaja Yonivyapath: A Review Article

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## ABSTRACT

Females with Kaphaja yonivyapath experiences unctuous discharge with itching and dull pain in vaginal region. Our Acharyas have advised different local treatments, which are being practiced since ancient days. In classics management of Kaphaja yonivyapath through Sthanika chikitsa are Yoni Prakshalana (Vaginal Douching), Yoni Pichu (vaginal tamponing), Yoni Kalkadharana (vaginal packing), Yoni Varti (vaginal suppository), Yoni Dhoopana (vaginal fumigation) has been explained and it is helpful in curing the clinical features of Kaphaja yonivyapath. In this article, management of Kaphaja yonivyapath reviewed through Ayurvedic texts are elaborated in detail. Before understanding management, one needs to study the disease's literature. This study therefore aims to give a conceptual understanding of Kaphaja Yonivyapath and its management through Sthanika chikitsa.

**KEYWORDS:** *Sthanika chikitsa, Kaphaja Yonivyapath, Ayurveda*

## INTRODUCTION

Yoni rogas are explained under 20 Yoni vyapaths. Women indulging in Mitya Ahara-Vihara, leads to dushti in Yoni pradasha which causes Yoni rogas. Among that, Kaphaja yoni vyapath is the one characterized by clinical features of Kapha Vriddhi. It is caused by the intake of abhisyanidi ahara, the aggravated kapha reaches yoni causes Kandu(itching in vulva and vagina), Picchila(unctuous), Sheeta yoni srava(cold discharge), Alpavedana (mild pain) and Panduvarna (woman looks anemic)<sup>1</sup>. The clinical features of Kaphaja Yoni Vyapat appear similar to the features of Vulvo-vaginitis. Vulvo-vaginitis is a condition with inflammation of vulva and vagina, complaining of abnormal vaginal discharge with vulval burning, irritation and itching. The leading causes of symptomatic vaginal discharge are bacterial vaginosis, candidiasis and trichomoniasis<sup>2</sup>.

In classics Acharyas explained about Sthanika chikitsa which are considered beneficial in treating various Yoni roga's. Sthanika Chikitsa in Kaphaja Yonivyapath includes Yoniprakshalana, Yonipichu, Yoni varti, Yoni kalkadharana, Yoni dhoopana. These procedures helps to cure the Kaphaja yoni roga's.

## Aims and objectives

To know significance of different sthanika chikitsa in the treatment of Kaphaja yonivyapath.

## MATERIAL AND METHODS:

This is a conceptual study where textual materials are used from which various references. Many Ayurvedic treatises used in this study includes Charaka Samhita, Sushruta Samhita, Ashtanga sangraha, Yoga Ratnakara, various online journals, articles also have been considered.

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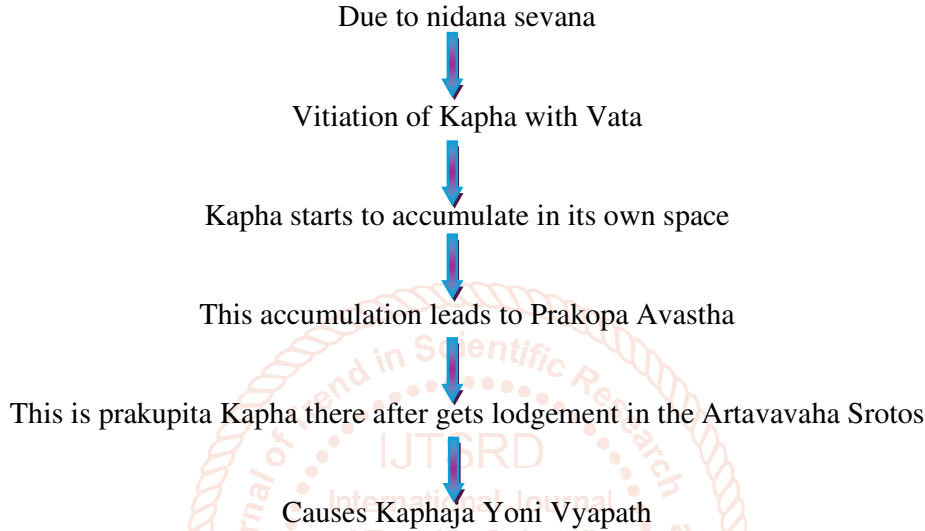


**KAPHAJA YONI VYAPATH:**

**Nidana:**

Charaka <sup>3</sup>	Sushruta <sup>4</sup>	Vagbhata <sup>5</sup>
Mithyachara Pradusta-Artava Bijadosha Daivata	Mithyachara Pradusta-Artava Bijadosha Daivakopa Pravridha linga purusha atisevana	Dustabhojana Visama angasayana Bhrisa Maithuna Sevana Dusta Artava Apadravya Prayoga Bijadosha Daivata

**Samprapti**



**Samprapti Ghataka:**

- Dosha- Vata + Kapha
- Dushya- Rasa, Rakta and Mamsa
- Srotas- Rasavaha, Artavaha, Raktavaha
- Srotodushti Lakshana- Atipravritti
- Adhistan- Yoni
- Rogamarga- Abhyantara
- Sthanasamsraya- Yonimarga and Garbhashaya

**Types of Kaphaja Yoni Vyapada by different Acharyas:**

Charakha <sup>6</sup>	Sushruta <sup>7</sup>	Vagbhata <sup>8</sup>
Sleshmaja	Sleshmaja, Karnini, Acharana Aticharana, Atyananda	Sleshmaja

**Lakshana of sleshmaja yonivyapath**

Lakshana	Charakha <sup>9</sup>	Sushruta <sup>10</sup>	Vagbhata <sup>11</sup>
Yoni Pichchilata	+	+	+
Shitalata	+	+	+
Kandu	+	+	+
Alpavedana Yoni	+	-	-
Avedana Yoni	+	-	+
Pandu Varna Srava	+	-	+

**Chikitsa<sup>12</sup>:**

सर्वा व्यापन्नयोनिं तु कर्मभिर्वमनादिभिः ॥  
 मृदुभिः पञ्चभिर्नारी स्निग्धस्विन्नमुपाचरेद् ।  
 सर्वतः सुविशुद्धायाः शेषं कर्म विधीयते ॥

Sthanika chikitsa (Local treatments) are unique treatment modality of Yoni rogas. In classics, various

such measures have been described for Kaphaja Yonivyapath-

**1. Yoni prakshalana (Vaginal Douching):**

It is a procedure in which medicated decoctions and liquids are used to clean the vagina, vaginal passage and Garbhashaya mukha (cervix). It reduces inflammation and prevents progression of disease.

Position of patient during procedure: Dorsal lithotomy.

**Indication:**

- Panchavalkala Kwatha<sup>13</sup>
- Kariradi kashaya<sup>14</sup>
- Guduchi, Triphla and Danti Kashaya<sup>15</sup>

**Mode of action:**

All Prakshalana drugs contain Tikta, Kashaya Rasa and Laghu, Ruksha Guna. The action includes Vrana Shodhana, Ropana, Srava Kleda Shoshana, Shothahara, Vedana Sthapaka, Kandughna, and Krimighna. Prakshalana primarily has anti-inflammatory and bacteriocidal properties. They eliminate diseased tissue while promoting new tissue growth. They promote healthy vaginal mucosa, regulate vaginal flora, eliminate harmful bacteria, and maintain normal pH.

**2. Yoni pichu (Vaginal Tamponing)**

This treatment involves soaking a sterile swab in medicinal lukewarm oil, ghee before inserting it into the vagina for a period of Aamutra Vega (Urge to urinate).

Position of patient during procedure: Dorsal lithotomy.

**Indication:**

- Dhatakyadi Taila pichu<sup>16</sup>
- Udumbaradi Taila pichu<sup>17</sup>

**Mode of action:**

The mode of action varies depending on the medicine utilized. The tila oil basis is most widely used. The oil contains antiseptic, antibacterial, and Sukshma Yogvahi properties, which nourish and strengthen the uterine muscle. Pichu helps to hold the vaginal wall and keeps the medicine in place for a longer period of time, improving its effectiveness.

**3. Yoni Varti (Vaginal suppository)**

Yoni varti dharana is a treatment that involves placing medicated suppositories in the vagina to treat various gynecological problems. Vartis (suppositories) are manufactured by combining fine powdered medications, adhesives, and binding agents. Varti are elongated with tapering ends, thick in the center and thin at the end.

Size and shape: Tarjani Anguli Pramana (Index finger), Yavakara.

Position of patient during procedure: Dorsal lithotomy

Time duration: 1 Muhurta (48 min).

**Indications:**

- Kaphaja Yoni - Varah Pitta Varti, Yava and Masha Varti<sup>18</sup>

- Pippalyadi Varti<sup>18</sup>
- Palashadi Varti - Picchila Yoni<sup>19</sup>

**Mode of action:** All these drugs contains Laghu Ruksha Guna, Tikshna, Katu Rasa, Katu Vipaka, Ushna Virya, so its action are Vrana Shodhana (Remove Dead Cell), Ropana (promote new tissue growth), Kandu Krimihara (Bacteriocidal). Vartis are hygroscopic. They absorb the Srava. Varti shows the action according to the drugs it contains.

**Precautions:** Varti should be sterilized, tikshna dravya varti kept in vagina for short period. Not use if excessive eroded area on vagina or cervix or if needed used with Sheetala Dravya like Ghrita immersed.

**4. Yoni Dhupana(Fumigation of vagina):**

Yoni Dhupana is the procedure in which fumigation of vagina is performed by giving the disinfected and medicated smoke for various gynecological disorders. This therapeutic procedure the medicated smoke is used to sterilize vulva and vagina.

Time limit: 10-15 min.

Position of patient during procedure: Sitting

**Indications:**

- Yonikandu- Fumigation with Haridra and Bruhati<sup>20</sup>
- Dhupana (Fumigation) with Sarala, Guggulu (Commiphora wightii) and Yava (Hordeum vulgare Linn) mixed with Ghrita should be done after oleating vaginal canal<sup>21</sup>.

**Properties of Dhoopana drugs:**

These medications mainly contain Kandughna, Shothahara, Vranashodhana, Krimighana, Vranaropana and Vedanashamaka properties. Mostly Agni and Vayu Mahabhoota Pradhana Dravyas are used for this procedure.

**Mode of action:**

When Dhupana medications containing Katu-Tikta, Ushna, and aromatic qualities are burned, they release volatile medicinal fumes. These fumes enter the vaginal tract through Sookshma-Srotogami, widen blood vessels, and promote in blood oxidation, resulting in appropriate tissue perfusion.

This antiseptic and sterilized atmosphere disinfects the uterine cavity, vagina, and vulva, reducing pH and pubic muscle laxity. This reduces pain, reduces vaginal discharge, promotes wound healing, and inhibits microbe growth.

**5. Kalka dharana (Application of paste):**

In this procedure paste of drug is applied over affected area. Paste is made by mixing fine powder of drug with water or any other media.

Timing: Until the Lepa dries.

Position of patient during procedure: Dorsal lithotomy

- Local application of paste of syama<sup>22</sup>.
- Use of a bolus of powdered bark of Plaksha (*Ficus microcarpa* Linn) mixed with honey after oleating vaginal canal.

### Mode of action Yoni Lepana:

Maximum drug have Kashaya-Tikta Rasa so their action are anti-inflammatory, anti-ulcer, anti-helminthic, anti-diabetic, astringent, slough of dead cell, improve blood circulation and promote new growth also provide strengthening. It helps in relieving pain and burning when used with Sheeta Drvavya. When applied locally first it stimulate the nerve of local area then relax it.

### DISCUSSION:

Sthanika chikitsa is highly effective local procedure, specifically in Stree roga. Sthanik chikitsa in Kaphaja yonivyapath relieves vaginal itching, and prevents discharge, prevents microbial infection and abnormal vaginal bleeding by using anti-inflammatory and analgesic drugs. It also prevents foul smell and burning sensations. The drugs used for Yoni prakshalana are antiseptic, have bactericidal action, wound healing property, alleviates itching and pain. Bactericidal actions of the drugs prevent bacterial growth. Yoni pichu promotes muscle strength, stretchability and tissue nourishing. Yoni kalkadharana drugs enhances the drug absorption and bioavailability. Its efficacy is based on both potency and penetration of the target tissue. Use of Varti helps to reduce the Srava and helps to provide relief from itching. Dhoopana dravyas helps in Srotoshodhana, Kaphaghna, Kledaghna, and Rakshoghna activities. Dhoopana dravyas can treat deep-seated pathologies due to their Sookshma srotogamitva (ability to reach channels), by this properties yoni dhoopana helps to alleviate the Kaphaja yonivyapath lakshanas.

### CONCLUSION:

Our Acharyas believed that drugs are best absorbed through the vaginal mucosa. Therefore, Acharyas preferred Sthanika chikitsa in treating Kaphaja yonivyapath, they are safe, effective, no adverse effect. Sthanika chikitsa in Kaphaja yonivyapath have its own importance and show excellent results when applied with proper indications and care. Practising Sthanika chikitsa in Kaphaja yonivyapath not only cures yoni rogas, but also helps in their prevention and reoccurrence.

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