



## A Literature Review of Sthanik Chikitsa Yonivarti in Stree Roga.

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### Abstract-

In Ayurveda *sthanik chikitsa* has important role in treatment of stree rogas. *Sthanik chikitsa* deals with disorders of *travartayoni*. The health of women is important because womenhood represents whole society and their health. But majority of women faces problems like white discharge, *kandhu*, soreness, dysuria etc. *Yoni varti* is *sthanik chikitsa* which is useful in many stree roga. *Varti* of medicinal drugs are made and used.

**Keywords-** *stree Roga, Sthanik chikitsa, Yonivarti*

### Introduction

The health of women is important because women is promise of a healthy family. Women represents the capacity to bare the foetus in the womb and to delivered it in a

healthy status. Moreover, she has to bring up the child properly and thus she contribute to overall health of society. The different phase of life, from puberty to menopause, the concepts of healthy yoni has been mentioned in ayurveda as well as in modern. Gynecological disorders has found its immense important in the field of medicine due to fact that women have a unique function of giving birth. In ayurveda women health care is related in separate section, where the term *yoni vyapada* includes majority of gynecological disorders. Lack of proper nutrients, rest and *dharan* of *adharaniya vega* due to busy life style leads to many gynecological problems<sup>1</sup>. Any disorder that hampers the general and mental as well as reproductive health of women should be considered with care and required medical attention.

20 *Yonirogas* has been described in *ayurveda samhitas* by different acharya. *Yoni dourgandhya*, *yonikandu*, *yonipacchilya*, *yonistrav*, *aartavdusti* found as symptoms in so many *yonivyapad*<sup>2</sup>. In *ayurveda sthanik chikitsa* described in *samhita* has important role in treatment. *Yonidhavan*, *yonivarti*, *yonipurana*, *basti*, *uttarbasti* etc has been used. Most of *yonivyapadas* has been cured by above treatment. So in this field efforts has to be put forth to

study all *yonirogas* and their appropriate treatment. This procedures basically deal with the disorder of *tryavarta yoni*.<sup>3</sup>

### **Aims and Objectives-**

1) To study the literary view of *yonivarti* from various *ayurvedic* texts by different acharya. 2) to study the probable mode of action of *yonivarti*

### **Material and Methods**

All information in this article is collected from *ayurvedic* texts, modern texts and journals.

### **Yonivarti(vaginal pessary)**

Mode of action-*varti* is used in *sodhan karma* of *yonis*, it reduces the *strava* and *pichilata of yoni*.

### **Indication-**

1) *Kaphaj yonivyapad* 2) *karnini yonivyapad*  
3) *Acharna yonivyapad*

4) *yonishoph* 5) *yonikladh* 6) *yonikandhu*  
7) *yonipaichhilya* 8) *yonigat shweta strav*  
9) *anartava* 10) *upapluta*

### **Contraindication-**

- 1) Invasive carcinoma, 2) unmarried women,
- 3) past h/o radio or chemotherapy
- 4) Infected wound, 5) During menses

Procedure of administration of *yonivarti-*

### **A) Informed and written consent of patient**

### **B) Materials/instruments-**

- Examination Table
- Light Source
- Drape
- Pair Of Gloves
- Applicator
- Cotton, Swab, Gauze
- Betadine Liquid
- *Yonivarti* Made From *Ayurvedic* Medicine.

### **C) Duration of procedure-5 to 7 days**

### **D) Insertion site-yoni (vagina canal)**

### **E) Selection of drug- 1) single drug**

2) mixed drugs and named it according to its content.

**F) Preparation of varti-** Fine powder of medicinal drugs is mixed uniformly in *madhu* or other binding agents and modulated in required size and shape. In *varti* preparation, *madhu* should be taken in equal quantity of medicinal drug. *Varti kalpana* is a type of *Vati kalpana*. It is a solid medication in shape of

yava(barly)with both ends tapered and thick in middle. The parimana of varti is similar to the measurement of index finger. The weight of varti should be till 10 gms.

**G)Pre-requisites of procedure protocol-**

- Patient is asked to void urine
- Patient is made to lie on table in lithotomy position.
- Painting and drapping done under aap.
- Patient is advised for abstinence during procedure.

**H)Mid procedure protocol-**

- *Varti* is inserted in vagina with the help of applicator or with the help of fingers.

**I)Post procedure protocol-**

- Patient advice to lie down on table

for 5-10 min

- The *varti* is kept for short period of time that is for *muhur* and after that vagina should beirrigated with lukewarm water.

**Precautions -**

- Patient is advice for abstinence during and after procedure.
- Avoid *ahitakar ahar vihar*
- *Dharan of adharaniyavegas*

Investigation- CBC, HIV ,BSL , HbsAg , vaginal PH, urine R and M.Complication-

-increase vaginal discharge

-itching

-fever

**Literature review on different Drugs used in different yonivyapad.**

<i>Yonivyapad</i>	Drugs used in preparation of <i>Yoni varti</i> by different Acharya in different  <i>Yonivyapads.</i>
<i>Kaphaj Yoni vyapad</i>	1)varti prepare with a piece of cloth soaked several times in bile of hog <sup>4,5</sup> 2) varti prepare with powdered yava and masa mixed with rock salt and pestled with
	latex of arka should be placed either repeatedly for short time or should follow theirrigation vaginal canal with likewarm water <sup>6</sup> .
<i>Vipluta Yonivyapad</i>	1)varti prepared with a piece of linen cloth dipped twentyone times in the bile of cowor fish or else with kinva mixed with honey <sup>7,8</sup>

<i>Karnini Yonivyapad</i>	1) <i>Varti</i> prepared with kustha,pippali,arka leaves or tip of twig of arka and rock saltpestled with urine of goat should be applied locally. <sup>9</sup> 2) <i>Varti</i> with sodhana drugs should be used <sup>10,11</sup>
<i>Yonisopha</i>	1)vaginal insertion of a <i>Varti</i> prepared with a piece of linen soaked twenty one timeswith bile of cow or fish <sup>12</sup> . 2)kinwa and honey applied twentyone times over a piece of linen. <sup>13</sup>
<i>Yonikleda</i>	1) <i>Varti</i> prepare with piece if linen cloth soaked for twentyone times bile of cow or fishor else with powered kinva and honey <sup>14</sup>
<i>Yonikandhu</i>	1) <i>Varti</i> prepared with piece of linen cloth soaked twentyone times with cow or fish bileor with powdered kinva and honey <sup>14</sup>
<i>Yonipaicchilya</i>	1)powdered kasisa, triphala, kanshi, samanga or kernel of jambu, kernel of amra andflowers of dhataki mixed with honey <sup>15</sup>
<i>Anartava</i>	1) <i>Varti</i> made up of powdered seeds of ikswaku, danti ,capala, jiggery, madanphala,kinva and yavasuka triturated with latex of snuhi <sup>17</sup>
<i>Kaphaj Aartavdusti</i>	1)Sodhan <i>varti</i> is used <sup>18</sup>
<i>Shweta pradara</i>	1) <i>Varti</i> made up of lodhra,priyangu,madhuka mixed with honey <sup>19,20</sup>

### Mode of action-

Yoni *varti* can be consider safe and convenient option for treatment. The *varti* clears and restores the vaginal flora .It also help to sustain the relief for longer duration by improving the sterilizing ability of vagina thereby providing purification effect. It reduces the symptoms like white discharge, *kandhu*, soreness etc. Mainly used in *khaphaj yonivyapadas*<sup>21,22</sup>.They work faster then orally because drug absorb directly into vaginal wall and reduces the symptoms of disease. Mainly *varti* is of *kashaya* rasa which absord the excess secretion from

vagina, and also interfere in growth organism cycle, therefore results into relief from the symptoms<sup>23</sup>.

### Discussion-

The vagina is a potential space that connects the lower portion of the uterus to the outside environment. It is *bahyastrotas* explained in *ayurveda* texts. Drug transport across the vaginal membrane may occur by a number of different mechanism.

1)diffusion through the cells due to a concentration gradient (transcellular route)

2)vesicular or receptor-mediated transport mechanism.

3)Diffusion between cell through the tight junctions(intercellular routes).

The vaginal wall is very well suited for absorption of drugs for systemic use, since it contains a vast network of blood vessels. Drugs given by vaginal route have high bioavailability as compare to oral route.

### Conclusion-

So we concluded that *yonivarti* is beneficial in many *yonivyapadas*. Drugs used in preparation of *varti* is easily available , cheap and effective. *Yoni varti* shows its own importance and results when applied with proper indication, strict aseptic precaution and carefullness. And it is easy to use .

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