



“Role of “yonipichu” in stree roga and prasutitantra.”

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Abstract: There are some Sthanik Chikitsa (Local Therapies) in Ayurvedic Stree Rogas described by Ancient Acharyas that possess outstanding and satisfactory outcomes in the management of Stree -Rogas. Some of these local therapies show amazing results in the management of Stree Rogas. ‘These extraordinary local therapies should be highlighted and of course used in the management of Stree Rogas for the fruitful outcomes. Sthanik Chikitsa preferably includes Yonidhawan (Douche of vagina), Yoni-Pichudharan (tampon soaked in medicated oil or liquid is placed into the vagina), Uttar - Basti (Medicated oil or decoction is pushed into the uterine cavity through 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 etc. In the present study all these local therapies are revised through ancient samhitas and these therapies are reviewed with their meanings, indications, application procedure and application site of the local therapy. The procedure of local therapy is discussed considering aseptic precautions. Through this study it is my hopeful and truthful effort to motivate most of the vaidyas towards Sthanik Chikitsa in the management of Stree Rogas. This study with its simple and appropriate terms will definitely help the Vaidyas to reach to the depth of the concept and will subsequently prove to

be helpful to give admirable and satisfactory outcomes to Vaidyas.

Keywords: Sthanik Chikitsa, Stree Roga, Uttar basti, Yoni-Vyapada, Prathamavarta.

INTRODUCTION :

Stree roga deals with changes that occur during all stages of women's life such as puberty, reproductive age, menopause and also the diseases that occur during these stages. In general, gynecological disorders are treated first by SHAMAN and SHODHAN chikitsa. These are the procedures in Ayurvedic therapeutics which help in getting rid of different ailments.

Chikitsa described in two parts-

1. ABHYANTAAR CHIKITSA
2. STHANIK CHIKITSA

In streeroga, Yonivyapad and Yoniroga are described. As compared to yonivyapada, palpable pathology more observed in yoniroga.

Abhyantar chikitsa breaks Doshdushyasammurchhana and cures disease. But if sthanik Dosh -Dushti is more, then sthanik chikitsa is more important. It gives strength to respective sthana.

Following are the sthanik chikitsa.

1. Yoni pichu

2. Yonidhavan (Cleaning of vagina)
3. Yonidhupan (Vaginal fumigation)
4. Yoni lepana (Vaginal painting)
5. Yoni varti (Vaginal suppository)
6. Yoni puran
7. Yoni parishek
8. Uttarbasti

Yonipichu chikitsa is described as follows.

Pichu Kalpana: Pichukalpana means Chikitsa done by pichu. Pichu-kalpana firstly described by Charaka in "Atisar-chikitsadhyay."^[1] 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 beejahin 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 (prathamavarta)^[2,3,4,5,6].

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. [7]

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) [1].

2. **Udavarta and Mahayoni:** Nishottar trivrutta siddha taila pichu (Cha chi 20/110)[1].
3. **Mahayoni:** Mushak taila pichu
4. **Pittaj yonivyapada:** Pachavalkal siddha taila pichu (cha chi30/62)[1]. For Local redness and inflammation, Jatyadi Taila and Yashtimadhu siddha pichu.
5. **Vipluta Yonivyapada:** Dhatakyadi Taila pichu.(cha chi 30/78)[1].
6. **Putraghni Yonivyapada:** Udumbar siddha taila pichu. (cha chi.30/108)[1].
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)[1].
2. **Garbhasrava:-** Yashtimadhu ghrita pichu Nagrodhadishrung siddha pichu (cha chi30)[1].

Aparasang

Shatpushpa + Kushtha + madanphal + hingu siddha taila pichu (cha sharir 8/41)[1]

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)^[1]

Upadrava of pichu: If the size of pichu and time of pichu dharana are more then Mutrasang, yonishoth, yonishul etc. are developed ^[8].

CONCLUSION

In Ayurvedic Gynaecology Sthanik Chikitsa (Local therapies) have lot of prospective in treating Gynaecological disorders The success of this procedures totally depends upon how well this procedures is adopted by vaidyas on the patients. In this Study yonipichu is discussed in detail and Standard Operating Procedure is given. This study will definitely prove to be helpful to Ayurvedic vaidyas

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