EFFECT OF STHANIK CHIKITSA (W.S.R. YONI VARTI) IN KARNINI YONI VYAPAD - A REVIEW

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ABSTRACT

Women is the centre point of a family, society, nation and world so health of the nation depends upon the health of a woman and the real worship of women is nothing but to provide better health by eradication of every disease and make them healthy. A woman’s health status is a complex arrangement controlled by a wide range of factors headed by her reproductive system. Yoni Vyapad is a compilation of various disorders of the genital tract ranging from vulva till the uterus. Local infectious conditions like cervical erosion have also been described. Among the various treatment modalities described for Yoni Vyapad, the emphasis given to Sthanika Chikitsa is noteworthy. The mode of approach through local route (with or without oral treatment) is with the aim to give instantaneous relief to the suffering woman. Varti Prayoga is one such intervention among which “Shodhani” Varti has been specifically mentioned in the context of karnini yonivyapad. Varaha Pitta Varti, Arka Varti, Pippalyadi Yoni Varti have been explained under the same. Among these Pippalyadi Yoni Varti has been described in treatment of the karnini yonivyapad. They have Teekshna Ushna properties and are also Kaphahara in nature. The use of a topical medicine like Varti will act directly on the vaginal mucosa and enable easier and target specific action. Therefore it will help to combat the local disease causing agent and simultaneously strengthen the vagina as well as prevent recurrence.

KEYWORDS: Cervical Erosion, karnini Yonivyapad, Pippalyadi yoni varti, Sthani Chikitsa, Yoni varti.
INTRODUCTION
A woman goes through various physical and physiological changes during her reproductive period, which make her more prone to pathological disorders. Women are subjected to a large number of complaints regarding their genital organs but due to their profession and household chores they are not that attended to their health. Ayurveda stresses on the importance of health of a woman, as she only, can procreate, thereby laying the foundation of a healthy society.

In Ayurvedic literature these diseases are broadly classified as twenty Yoni Vyapadas. Certain diseases may not be life threatening but troublesome and irritating to a female in day to day life like Karnini Yoni Vyapad. In classical texts, it is said that main cause of Karnini Yoni Vyapad is over straining during labour in absence of labour pain and due to vitiation of Kapha, unctuousness, excessive mucoid discharges and itching are present. Due to association of Rakta with Kapha, area appears red in colour sometimes blood stained discharge might be present. In modern text one of the causes of cervical erosion is non healing cervical ulcers during postnatal period where columnar epithelium of endocervix replaces squamous epithelium of infravaginal portion of cervix and cervix becomes bright red in colour often with thick white mucoid discharges and itching. Due to this association of etiopathology of Karnini Yoni Vyapad is considered here as Cervical Erosion. Cervical erosion with symptoms of discharge per vagina, itching vulva, burning vulva, backache, infertility and ultimately leads to psychological problems.[1] About 85% women suffer from the cervical erosion i.e. benign condition of female genital tract during their lifetime.[2] It is asymptomatic in initial stage but later on it progresses to show many symptoms like white discharge, itching vulva, dyspareunia etc. It adversely affects the physiological & psychological health of women & even interferes in their professional life. It may even lead to infertility.[3] It can show malignant changes in chronic stage.[4] Majority of symptoms present in Cervical erosion are described under Yoniroga (Yonivyapad) and Vrana in Ayurveda.

Cervical erosion can be considered as Garbhashaya Grivamukhagata Vrana as it resembles the features of Vrana as explained in the classics. In Ayurvedic classics no direct description of Garbhashaya Grivamukhagata Vrana is available, but Ashtanga Sangraha has described it in reference of Yoni Vranekshana Yantra.[5]
Aims
To study and adopt the usefulness of Sthanik Chikitsa (Local Therapies) in Stri Rogas.

OBJECTIVES
- To study the mode of action of varti kalpana on the vaginal mucosa.
- To study pippalyadi yoni varti as Sthanik Chikitsa from various Ayurvedic texts.
- To study the operating procedure of pippalyadi yoni varti in detail.

MATERIAL AND METHODS
This is a review study. Textual materials are used for the study from which various references have been collected. Main Ayurvedic texts used in this study are Charak Samhita, Sushrata Samhita, Ashtang-Sangraha. Commentaries are also included in it. The procured theses were studied in detail and scientific review was done.

Sthanika chikitsa
The vagina is a potential space that connects the lower portion of the uterus (cervix) to the outside environment. It has been explained under Bahirkarmendriya and is one of the Bahya Srotas in women. As with other mucosal drug delivery routes, drug transport across the vaginal membrane may occur by a number of different mechanisms:
- a. Diffusion through the cell due to a concentration gradient (transcellular route),
- b. Vesicular or receptor-mediated transport mechanism, or
- c. Diffusion between cells through the tight junctions (intercellular route).

In some cases, drugs given by the intravaginal route have a higher bioavailability compared to the oral route as it bypasses the liver. The vaginal wall is very well suited for the absorption of drugs for systemic use, since it contains a vast network of blood vessels. Moreover the anatomically backward position of the vagina may help in self-containing of the drug thereby holding it in situ for a longer duration. In Ayurveda, the concept of Sthanika Chikitsa (local treatment procedures) has been mentioned in the context of Yoni Vyapat Chikitsa under various instances thereby highlighting the significance of a local route of approach to the local vaginal pathology apart from the routine treatment options. In the types of Sthanika Chikitsa, commonly used are Yoni Dhavana/Prakshalana (vulval & perineal toileting), Pichu (tampon), Varti (wick), Lepa (paste), Dhoopana (fumigation), Yoni Purana (filling), Uttara Vasti and Kshara Karm. Among them Varti Kalpana does not need any special precautionary measures or intense supervision during its administration and the patient can
administer it herself without any aid, thus making it an acceptable treatment modality both for the physician as well as the patient. Unfortunately, it is not widely practised owing to lack of availability of these Varti in a ready to use form and also the fear of patient compliance as well as probable side effects. This validates the need to initiate further research work on this medicine form in the field of Stri Roga (Gynaecology).

**Shodhani Yoni Varti**

The Varti that have been described are Varaha Pitta Varti, Arka Varti and Pippalyadi Varti.\[10\] Yoni Varti Kalpana has been explained under the category of Phala Varti.

Pippalyadi Varti: Pippali (Piper longum), Maricha (Piper nigrum), Kushta (Saussurea lappa), Shatahva (Anethum sowa), Masha (Vigna mungo) and Saindhava (rock salt) should be given repeated Bhavana and made into varti.

**SOP For Yonivarti (Vaginal Suppository)** Varties are suppositories made by mixing powdered drugs with adhesive drugs or binding agents.

**Time period** – 45 minutes

**Indications**

- Karnini Yonivyapad\[11\]
- Acharana Yonivyapad
- Yonishopha, Yonikleda, Yonikandu
- Yoni paichilya
- Kaphaja Yonivyapada\[12\]
- Anartava

**Procedure**

- The affected part should be cleaned with proper disinfectant
- Size of Vartis should be equal to circumference of index finger.
- 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
Yoni varti should be kept for 45 minutes after that the _varti_ should be taken out and yoni _Prakshalan_ (washing of vagina) should be carried out with lukewarm water.

**Tarjani Pramana**

The definitive size of the _Varti_ has not been specified, but it has been mentioned that the wick must be of _Tarjani Pramana_. _Tarjani_ is referred to as the index finger. An observational study was carried out to assess the average size of the index finger at the SDM College of Ayurveda, Hassan.

**Dosage**

It can be understood from the commentaries of _Charaka_ and _Ashtanga Sangraha_ that the drug has to be administered _Muhurdharya/Kshanam Dharya_. The commentator says that the _Varti_ should not be kept in the vagina for a longer time as the drug has _Teekshna_ (sharp) properties which can cause undue complications. Removal and washing of the area with lukewarm water has been mentioned for similar reasons.

**DISCUSSION**

_Shodhani Varti_ has been mentioned as one of the prime treatment procedures of _karnini yonivyapad_. The drugs are _Katu Pradhana_ which causes _Sroto Shodhana_ (clearing of the channels) and also are _Kaphapaham_ (reducing _Kapha_). Extract and essential oils of _Pippali_ (Piper longum) is said to have known antifungal and antibacterial activity. _Maricha_ (Piper nigrum) has antifungal, antimicrobial and lipolytic actions. _Kushta_ (Saussurea lappa) has pharmacological activities like antimycotic and anti inflammatory. _Shatahva_ (Antheum sowa) has anti-inflammatory, anti hyperlipidemic actions. _Masha_ (Vigna mungo) has antifungal, antibacterial and hypolipidemic actions. _Saindhava Lavana_ has _Sukshma_ properties which will help the easier absorption of the drug. The absence of any other binding agents required repeated _Bhavana_ to attain the _Samyak Lakshana_.

Therefore the _Sukshmata_ is attained which will provide quick absorption with more bio availability. The local application of dried _Varti will_ act as a hygroscopic substance thereby providing quick relief in symptoms of Cervical erosion when compared to oral treatment.

**CONCLUSION**

_Yoni Varti_ can be considered as a safe and convenient option in conditions of vaginitis especially in conditions dominated by _Kapha Dosha_. It can help in providing spontaneous
relief to the patients which becomes the need of the hour. Though oral medications can help to accelerate the treatment, the intense pruritis and irritating discharge needs to be tackled effectively as it hampers the everyday life of the woman. Yoni Varti helps to clear the vagina and also provides the opportunity to re-create the optimum vaginal health.

REFERENCES