

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

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Article Received on
17 June 2018,

Revised on 08 July 2018,
Accepted on 29 July 2018,

DOI: 10.20959/wjpr201815-12782

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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 Vyapat* 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 Vyapat*, 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 yonivyapat*. *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 yonivyapat*. 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 Yonivyapat*, *Pippalyadi yoni varti*, *Sthanik 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*, *Sushruta 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.^[5] 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.^[6,7] Moreover the anatomically backward position of the vagina^[8] 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*.^[9] 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.^[13] An observational study was carried out to assess the average size of the index finger at the SDM College of Ayurveda, Hassan.^[14]

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*).^[15] Extract and essential oils of *Pippali* (*Piper longum*) is said to have known antifungal and antibacterial activity.^[16] *Maricha* (*Piper nigrum*) has antifungal, antimicrobial and lipolytic actions.^[17] *Kushta* (*Saussurea lappa*) has pharmacological activities like antimycotic and anti inflammatory.^[18] *Shatahva* (*Antheum sowa*) has anti-inflammatory, anti hyperlipidemic actions.^[19] *Masha* (*Vigna mungo*) has antifungal, antibacterial and hypolipidemic actions.^[20] *Saindhava Lavana* has *Sukshma* properties which will help the easier absorption of the drug.^[21,22] 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.

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