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## AYURVEDA ASPECTS ON *STREE ROGA* AND THEIR MANAGEMENT THROUGH *SHAMANA* & *SHODHAN CHIKITSA*

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### Abstract

Ayurveda encompasses great information related on *Stree Roga* and prescribed many therapeutic approaches for curing diseases of women. The *Stree* suffers with many gynecological diseases including itching, foul smelling, vaginal discharge, white discharge, burning micturition, PCOD and *Yoniarsha*, etc. The various Ayurveda approaches like *Yonidhawan*, *Yoni-Pichu*, *Yoni Dhoopan*, *Yoni-Varti*, *Yoni-Lepana* and *Uttarbasti*, etc. are Ayurveda approaches which helps to cure *Stree Rogas*. *Shodhna Karma* (*Vaman*, *Virechana* and *Basti*, etc.) gives several health advantages as purification methods in gynecological disorders. *Panchakarma* pacify vitiated *Doshas*, maintain hygienic condition and detoxify body thus control pathological progression of various *Stree roga*. *Shodhana Karma* along with *Shamana Chikitsa* improves symptoms of female disorders. This article emphasizes role of *Shodhana* and *Shamana Chikitsa* for the management of *Stree Rogas*.

**Keywords:** *Ayurveda, Sthanikchikitsa, Stree Roga, Shamana, Shodhan Chikitsa*

## Introduction

Gynaecological problems described as *Stree roga* in Ayurveda science, in this regards Ayurveda science mentioned many therapeutic approaches including *Panchakarma* and *Sthanik chikitsa*. *Yoni pichu*, *Yoni prakshalanam*, *Uttar basti* and *Kshar karma*, etc. are major therapeutic approaches of Ayurveda which gives several health benefits in Gynaecological problems. Modern life style, stress, menstrual cycle, hormonal changes, sexual misconduct and menopause, etc [1-4]. are major causes of *Stree roga*. The common symptoms of gynaecological disorders are depicted in **Figure 1**. Awareness, proper food and daily regimen along with natural drugs offers health benefits in gynecological disorders. The some specific *Stree Roga Chikitsa* as per Ayurveda is as follows:

- ❖ *Vatadoshahara chikitsa*
- ❖ *Sthanika chikitsa*
- ❖ *Shukrartava dosha chikitsa*
- ❖ *Kleibya chikitsa*
- ❖ *Garbhini pratiroga chikitsa*

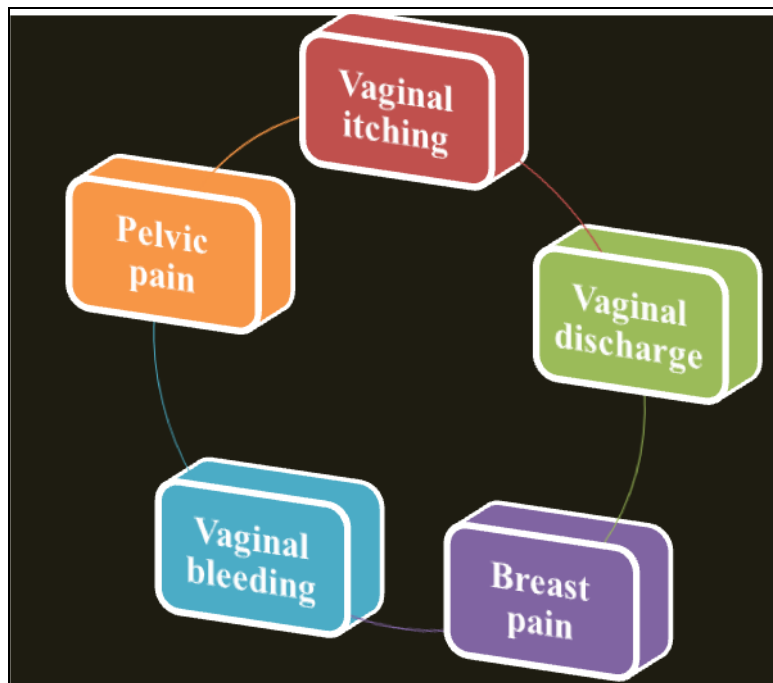
*Shoshanna karma* like *Vaman*, *Virechana* and *Basti karma* can be advocated for *Stree roga* along with *Sthanik karma* like *Yonidhawan*, *Yonipichu* and *Dhupan*, etc. *Panchakarma* performs *Shuddhi* of all vitiated *Dosha* of *Sharira*, maintain clean condition and eliminate toxins thus maintain normal circulation of body [4-6].

### ***Shodhana Chikitsa:***

*Panchakarma chikitsa* involves uses of *Deepana*, *Pachana*, *Snehana* and *Svedana* therapies which nourishes reproductive tissue and maintain physical health. *Vamana Karma*,

*Virechana Karma, Anuvasana Vasti, Asthapana Vasti and Shiro virechana* offers therapeutic relief in many gynecological problems.

*Snehana, Vamana, Virechana, Swedana, Anuvasana basti and Asthapana basti*, etc. can be used to prevent general pathogenesis of gynecological disorders. These approaches also help to maintain optimum health of female belonging from reproductive age groups.



**Figure 1: Common symptoms of gynecological problems**

**Vamana** means therapeutic emesis which removes *Kapha* thus can be used for *Kaphaj Artava dushti*, *Vamana* can also be used for *Soumya Dhatu nirharan* and *Agneya Dhatu vrudhi* thus increases *Artava matra*.

**Virechana** therapy means medicated purgation which removes excess *Pitta*, purifies blood and helps to cure *Artava Dushti*. *Virechana* pacify aggravated factors and relieves symptoms of *Pittaja Yonidosha*.

**Basti** means administration of *Dravya* through *Adhomarga* in the form of enema; this therapy is considered good for vitiated *Vata dosha* and helps to cure *Rakta Dushti*. *Basti* purify *Rakta* thus can be used for problems related to the *Artava*. The most of the *Yoni dosha* arises due to the vitiation of *Vata* or *Vayu* and *Basti Karma* helps to pacify aggravated *Vata* thus prevent disease progression. *Asthapana basti* can be used for condition like *Nastartava*. *Shodhana karma* imparts *Srotoshodhana* effects thus improves circulation of body and maintain nourishment of the tissue. *Niruha basti* is the treatment of choice for *Asrugdara*, *Virechana karma* also cures *Asrugdara* [6-9].

### **STHANIKA CHIKITSA:**

*Yoni Roga* causes vitiation of *Apana Vata* for such types of conditions *Yoni Prakshalana*, *Yoni Pichu*, *Yoni Purana*, *Yoni Lepa*, *Yoni Varti* and *Yoni Dhoopana*, etc. are used in *Sthanika Chikitsa* for curing vitiation of *Vata*.

***Yoni Dhavana*** means *Yoni Prakshalana* to clean vagina, following drugs may be used for the purpose of *Yoni Dhavana* in different types of condition of *Yoni Roga*:

- ❖ *Triphala* and *Guduchi Kashaya* for *Yoni Roga* associated with vitiation of *Vata Dosha*
- ❖ *Panchvalkala* and *Panchtikta Kashaya* in *Yoni Roga* associated with vitiation of *Pitta Dosha*.
- ❖ *Aragwadhadi* and *Nimbadi Kashaya* for *Kapha Dosha* vitiation.
- ❖ *Triphala Kashaya* for sticky white discharge.
- ❖ *Dashmula* for Mucopurulent discharge.
- ❖ *Chandana* for foul smelling discharge.

***Yoni Varti:***

*Yoni varti* means uses of vaginal suppository which can be used for relieving diseases of *Yoni pradesha*. *Shodhana Dravyas* like *Lodhra*, *Jiraka*, *Ashoka Twak*, *Kanjika*, *Saindhava*, *Lavana* and *Kshara*, etc. can be used for their astringent, antiseptic, hygroscopic and wound healing properties [7-10].

**HERBS FOR GYNECOLOGICAL PROBLEMS:**

***Kumari (Aloe vera):***

*Aloe vera* is good for tonic for the female reproductive system, it rejuvenate uterus, helps in painful menstrual cycle and Ayurvedic formulation *Kumariasava* is considered good for female reproductive health.

***Lodhra (Symplocos racemosa):***

*Lodhra* offer anti-androgenic effect, prevents ovarian dysfunction and helps in PCOS. *Lodhra* bark decreases testosterone level, restores estrogen & progesterone level. *Lodhra* is useful for treating inflammatory condition of uterus and cure excessive bleeding. The Ayurvedic formulation *Lodhrasava* is considered good for women.

***Ashoka (Saracca indica):***

*Ashoka* helps repair endometrium and heals damage caused in lining by inflammation. It regulates estrogen levels; offers antimicrobial and antifungal activity thus prevent urinary tract infection. Ayurvedic formulation *Ashokarista* is very useful in treating problem of white discharge and *Muslikhadiradi kashaya*.

***Patranga (Caesalpinia sappan):***

*Patranga (Caesalpinia sappan)* is used for relieving pain during menstruation. This herb is good for curing heavy periods, leucorrhea, fever, anemia and inflammatory conditions, etc. The Ayurvedic formulation *Patrangasava* offers several health benefits in various types of *Stree rogas* [10-12].

**Ayurveda Formulations**

- ❖ *Mandur Bhasma*
- ❖ *Ashokarishta*
- ❖ *Ashwagandha Churna*
- ❖ *Ashvagandha ghrita*
- ❖ *Amalaki Churna*
- ❖ *Nagakesara churna*
- ❖ *Punarnavadi kwatha*
- ❖ *Manjistha Churna*

**Conclusion**

*Stree roga* are common health issues of females mainly belong from the female of reproductive age groups. *Shodhna Chikitsa*, ayurveda herbs & formulation and good conduction of life style, etc. provides relief in *Stree Rogas*. The vaginal itching, foul smelling, white discharge, burning micturition and vaginal discharge, etc. are common symptoms of gynecological problems. *Yonidhawan*, *Yoni Dhoopan*, *Yoni-Varti*, *Yoni-Lepana*, *Uttarbasti* and *Yoni-Pichu*, etc. are Ayurveda approaches which helps to cure several *Stree Rogas*. *Shodhna Karma* like *Vaman*, *Virechana* and *Basti*, etc. helps to pacify vitiated *Doshas* especially *Vata* or

*Vayu* thus control pathological progression of various *Stree rogas*. *Shodhana Karma* along with *Shamana Chikitsa* provides pathological as well as symptomatic relief in different types of *Stree Rogas*.

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