



# अखिल भारतीय आयुर्वेद संस्थान ALL INDIA INSTITUTE OF AYURVEDA (AIIA)

(आयुष मंत्रालय, भारत सरकार के अंतर्गत स्वायत्त संस्थान)  
(An Autonomous Organization under the Ministry of AYUSH, Govt. of India)

## SOP for Sthanik Chikitsa (Local Therapies) in Stree Roga

Women always face very common gynaecological problems like white discharge, itching at vulva, foul smelling vaginal discharges, burning micturition etc.

There are some Local Therapies (*Sthanik Chikitsa*) described by Ancient Acharyas that possess outstanding and satisfactory outcomes in the management of *Stree- Rogas*.

*Sthanik Chikitsa* preferably includes:

- 1- *Yonidhawan* (Douche of vagina)
- 2- *Uttar -Basti* ( Medicated oil or decoction is pushed into the uterine cavity through vagina )
- 3- *Yoni- Pichu dharan* (tampon soaked in medicated oil or liquid is placed into the vagina)
- 4- *Yoni -Dhupan* (Fumigation of vagina, with medicated smoke)
- 5- *Yoni-Varti* (Insertion of medicated wick into the vagina)
- 6- *Yoni-Puran* (vaginal packing)
- 7- *Yoni-Lepan* ( vaginal painting)
- 8- *Yoni-Parisheka*
- 9- *Yoni Pinda*

### SOP OF *Yonidhawana*-

1. *Yonidhawana* (vaginal cleaning):

*Dhawana* is deep cleaning of wound under aseptic precautions and making the wound clean and aseptic with water and medicinal preparations. It is a procedure in which the vagina, vaginal passage and mouth of uterus is washed with medicated decoction or other liquids.

**Timing for *Yonidhawana* - *Ritukala*** (From 6th day of menstrual cycle for 7 days)

**Medicines for *Yonidhawana* applicable in the form of Kwath** like Triphla kwath, Dashmool Kwath, Panchvalkal Kwath (Decoction), *Kshirpak* (Medicated Milk), *Siddha Jala* (Purified Medicated water).

**Indications:** 1. *Yoni Kandu* (Vaginal Itching) 2. *Artavdushti* (foul smelling vaginal discharges) 3. Cervical erosion 4. Cervicitis 5. *Yoni Strava* (Vaginal Discharge)

**Treatment Duration:** minimum 7 days

### SOP OF *Uttarbasti*-

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**2. Uttar Basti (Insertion of Medicated oil into intra Uterine cavity):**

The suppression of *vayu* by *Uttarbasti* helps women to conceive immediately. There are medicated oils given through Uttar Basti for removal of Tubal blockage.

It is also indicated in diseases of urinary bladder such as retention of urine, dysuria, utero-vaginal prolapse, severe vaginal pain, various gynaecological disorders (*yonivyapada*), *Asrigadara* (menometrorrhagia), ammenorrhoea, dysenorrhoea.

**A)Uttarbasti in vaginal disorders:**

Vaginal infections- The commonly found vaginal infections are bacterial and fungal infections. The commonly used preparations in such infections are *Jatyadi Ghrita* or *Jatyadi tail*.

**B)Uttarbasti in Cervical disorders:**

Cervical Erosions- The commonly used preparations in cervical erosions are medicated *ghrita* like *Triphala Ghrita*, *Phala Ghrita*, *Shatavari Ghrita*. Cervical Erosions can be treated by using *Ropana* drugs in *Uttarbasti*.

Cervical Mucous disorders- It can be treated with preparations like *Jatyadi Ghrita*, *Shatavari Ghrita*.

These preparations are beneficial in cervical mucous disorders like altered viscosity, increased cellularity etc.

**C) Uttarbasti in Endometrial disorders:** *Uttarbasti* plays magnificent role in treating the endometrial conditions. It helps in improving the texture of endometria. The commonly used preparations include the *Ghritas* prepared from *Brihan dravyas*.

**D)Uttarbasti in Tubal Disorders:**

Tubal block- *Brihan Ghritas* are used if tubal spasm is due to fibrosis. When the Tubal Block is due to adhesions *Kshar taila Uttarbasti* is given.

Hydrosalphinx- The commonly used preparations in this conditions are *Nirgundi Taila*, *Yashtimadhu Taila*, *Til Taila*.

**Time of administration:**

It is given after the administration of two or three *Asthapana and Anuvasna Basties* on alternate day for 3 to 5 days.

It is administered during *Artavakala* or *Ritukala* (after menstrual bleeding stops). It is carried out under aseptic precautions in operation theatre.

Time duration: 3 days per menstrual cycle for 2 months

**Purva Karma :**

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- Patient should be explained about the procedure, its pros and cons and possible complications.
- Patient is asked to take light diet at least two hours prior to the procedure.
- Written consent should be taken.
- Patient should be calm and in relaxed condition.
- Patient is asked to void urine before procedure.
- Thorough pelvic examination should be performed.
- Sthanika snehana and swedana – abhyanga with any vatahara taila for 10 minutes (bala taila/ mahanarayana taila/ dhanwantara taila etc) followed by nadi sweda with dashamoola/ bala/nirgundi patra/ rasna etc on kati, parshwa, prustha, adhodara, sakthi till appearance of samyak swinna lakshana .
- Yoni prakshalana with luke warm 100/ 200/300/500 ml dashamoola, panchavalkala quatha.

### Pradhana Karma

The patient after giving good assurance and encouragement is to be kept in vyabhugnasakthyavastradharakunnamitsakthyah (dorsal supine position with flexed thighs over abdomen and lower legs flexed over thighs and slight hip raised with thick pad of cloths (lithotomy position), with all standard aseptic measures i.e. dress of doctor, attendant and patients having all sterile garments etc.

Yoniprakshalana with luke warm decoction of drugs having antiseptic property like Triphala/Panchavalkala/ Nimbapatra/ Udumbara etc. is to be done slowly for 8-10 min. After cleansing, the vagina is to be swabbed with a sterile swab.

Pelvic examination is to be done to ascertain position of the cervix and direction of uterus. If the cervix is pushed deeply, then it is to be brought forward bimanually. With the help of Cusco's bivalve speculum cervix is exposed keeping the os in the centre. Immobilising the uterus with the left hand over suprapubic region; the drug is to be injected.

10 ml syringe is to be fitted with either no.2 or 3 rubber catheter/ plastic cannula/IUI cannula/infant feeding tube/uttarbasticannula. Its air content should be removed by pushing drug in it. Now this cannula is to be pushed into cervical canal gently reaching upto fundus. Thus having an idea of size of uterus, now slightly withdraw the cannula to bring it slightly below the fundus, then the cannula gets kink due to pressure while pushing the dye. The drug is pushed slowly at the rate of 1ml per 2min. The quantity of drug depends upon approximate volume of uterine cavity in the dose of 3 to 5 ml. Care is taken even at the end that air doesn't enter inside the uterus.

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If the procedure is to be done with Sim's speculum, retract anterior vaginal wall with anterior vaginal wall retractor and then after exposing, the anterior lip of cervix is to be held with Volsellum forceps. Uterine sound is to be inserted length and approximate volume of uterine cavity is to be assessed. Further procedure is to be done as per above method. Patient is kept in head down position in cases of fallopian tubal block. Remove all instruments. After injecting the drug the patient is to rest in supine position for not less than 2 hours. Uttaravasthi is done for 3 consecutive cycles.

**Paschat Karma:**

- Foot end elevation at 45 degree with legs crossed immediately after administration of uttar basti for 2 hrs.
- keeping the patient in pawana muktasana for 20 minutes followed by supine position for 1.30 hrs.
- Patient may be shifted to the ward 15 minutes after the procedure.
- Patients vitals should be checked immediately after the procedure and half hourly for next two hours.
- Hot water fomentation (with hot water bag) to the lower abdomen for 30 minutes.
- Patient is allowed to take light diet in the form of milk or yush or mamsarasa after 2 hours.
- To prevent complications routine administration of chandraprabha vati 2 tab three times a day with kosha jala for 5 days.

**SOP OF Yoni Pichu Dharana-**

**3. Yoni Pichu Dharan** (Placing a Tampon soaked in medicinal oil or liquid):

*Pichu* is made up of cotton swab 2x3 cm (1 inch) is wrapped with gauze piece and tied with long thread. It is immersed in medicated oil or liquid.

**Duration of Pichu dharan:** 5 to 6 hours up to retention of urine.



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1. Yonidaha and Yoni kandu (burning and itching in vagina) 2. Yoni Paka 3. Vivritta Yonivyapada (Perineal laxity) 4. Yoni Paichilya and Yoni Srava 5. Yoni Karkashata (dryness in vagina) 6. Yoni Bhransha (Vaginal prolapsed)

Autoclaved *pichu* is used.  
Treatment duration: minimum 7days

### SOP OF Yonidhupan –

4. Yonidhupan (Fumigation of vagina with medicated smoke):

*Yonidhupan* is the practical procedure in which fumigation of vagina is performed by giving the disinfected and medicated smoke.

**Site of Yonidhupan-** *Bahya yoni* (outer surface of vagina)

**Time limit of Yoni dhuphan-** 3 to 5 minutes

**Indications** 1. *Shweta Pradara (Leucorrhoea)* 2. *Yoni Kandu (itching in vagina)* 3. *Upapluta Yonivyapad (dysmenorrhoea)* 4. *Sutika Paricharya (Puerperal period)*

### Dhupana Drugs:

*Kushta (Saussurea acostus)*, *Agaru (Aquilaria agallocha)*, *Guggul (Comiphora mukul)*, *Vacha (Acorus calamus)* *Vidang (Embelia Ribes)*, *Nimbapatra Azadirachta indica*, *Bruhati phala*, *Daruharidra*, *Haridra*.

### Procedure:

1. A chair having hole in the middle is used for this procedure.
2. Patient is asked to sit on this chair after voiding the urine.
3. The *dhupana dravyas* are lit in *dhupana apparatus* which is placed just below the chair.
4. The smoke coming from the *dhupana drugs* must reach upto the expected genitalia for fumigation.
5. Otherwise even *Nadi Dhupana* can be done by giving fumigation to the expected genital organs.

Treatment duration: minimum 7days

### SOP OF Yoni Lepana

5. Yoni Lepana (vaginal and breast painting):

*Lepas* are used as external application. The finely powdered *churna* is mixed with water or medicated liquid and paste with uniform consistency is made. This paste is then applied to the expected and affected areas locally.

**Types of Lepas.** 1. *Pralepa* - Thin lepa 2. *Pradeha* - Thick lepa - non drying 3. *Alepa* - Medium thick lepa.

**Site -** *Vagina* /Breast

**Time limit -** 3 to 4 hours or until the lepa dries

**Indications:** 1. *Yoni shaithilya*. 2. *Stana vidradhi* 3. *Yoni Arsha* (vaginal Polyp)

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**Procedure:**

1. Painting or the expected part with savlon and betadine.
  2. Freshly prepared *lepa* is applied evenly and uniformly on the affected areas.
  3. The *lepa* is removed immediately after drying as the skin is very sensitive organ.
- Treatment duration: minimum 7days

**SOP OF Yoni Varti-**

**6. Yoni Varti (Yoniwick):**

*Vartis* are wicks made by mixing finely powdered drugs with adhesive drugs or binding agents.  
Time limit of retention of *Yonivarti*- 2 to 3 hours.

**Indications:** 1. *Dushta vrana* 2. *Karnini yonivyapad* (Cervical Erosion) 3. *Upapluta yonivyapad* (dysmenorrhoea) 4. *Rakta pradara* (Menorrhagia) 6. *Anartava* (Amenorrhoea)

**Types of Varti** 1. *Karpas varti* 2. *Kalka varti*

- Procedure.** 1. Painting of the expected area with savlon and betadine  
2. *Varti* is made of size which is equal to the circumference of index finger  
3. *Vartis* should be kept to dry in shade  
4. There after *vartis* are wrapped in gauze piece and thread is tied to it.  
5. *Vartis* used are autoclaved.

6. For good lubrication, to avoid pricking of the *vartis*, these *vartis* are soaked in oil, ghrta, honey or milk.

7. *Vartis* are inserted into the vagina in such a way that the thread remains out of the vagina. As soon as the urgency of micturation occurs the *varti* should be removed and vagina is washed with luke warm water.

Treatment duration: minimum 7days

**SOP OF Yoni Puran**

**7. Yoni Puran (vaginal packing):**

This procedure is defined as filling the cavity of vagina completely with oils, pastes, powder or bolus. The commonly used form of medications in this procedure are the *kalkas* or pastes.

Treatment duration: minimum 7days

**SOP OF Yoni Parishek-**

**8. Yoni Parishek**

It is hot fomentations to all sides of the vagina.

**Site** - *Bahya Yoni* (external part of vagina)

**Time limit of Yoni Parishek**- 5 to 10 min.

**Drugs used for Yoni Parishek** - Oil or medicated oil. **Indications-** *YoniVrana*, *YoniPitika*, *YoniShotha*.

**Procedure:** 1) Patient should be given supine position with the knees flexed. 2) Medicated Oil or lukewarm water is poured from the height of 4 to 5 inch over the vagina.

Treatment duration: minimum 7days

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## SOP OF Yoni Pinda

### 9. Yoni Pinda Chikitsa

This procedure consists of insertion of medicinal boiled drug in the form of circular paste wrapped in disinfectant cloth into the vagina. This chikitsa is *Ushna Veeryatmak* because of actual contact with heat. **Site- Yoni (Vagina)**

**Time limit of Pinda Chikitsa** - 3 to 4 hours (until frequency of micturation)

#### Procedure:

Finely powdered medicinal drug and water mixed thoroughly is boiled.

There after oil is mixed to this mixture.

The heating is stopped after the expected *paka* of prepared mixture is achieved.

This hot semisolid medicinal paste formed is kept in disinfected, sterile cloth and tied in circular shape with thread at the upper end.

This freshly prepared *Pinda* is then inserted in to the *Vagina*.

It should be removed out after 3 to 4 hours.

Treatment duration: minimum 7days

Prof. (Dr.) Sujata Kadam  
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