

# Role of Sthanik Chikitsa in Geriatric Disease Management

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**Abstract:** Geriatrics is a progressive phenomenon of the body. Geriatric women are not a just old age women they become structurally, functionally and mentally different from what they were in their young age. As the age progresses women attains menopause, vata plays major role and shows its effect (degenerative) on all the body organs including reproductive system further leads to disease conditions like Sushka yoni, Prasamsrini Yoni, Karnini, Pariplutha, Swethapradara, Andini, Mahayoni etc., By altering the vaginal PH, Hormonal imbalance and Apanavata dusti. Acharyas explained vriddhaavastha as a swabhavaja vyadi. In old age agni bala is reduced both in its jarana shakti and abhyavarana shakti. Hence oral administration of drugs shows minimal effect on above said diseases. Sthanika chikitsa like (yoni dhavana, yoni pichu, yoni varti, yoni poorana, yoni lepana etc) gives best results as yoni is having rich blood supply and presence of mucous membrane having good absorption capacity. In the present topic "Role of Sthanik Chikitsa in Geriatric Disease Management" is taken to give a brief elaborated information regarding sthanik chikitsa in preventing and cure of the geriatric diseases.

**Keywords:** Sthanik Chikitsa, Yoni Prakshalana, Yoni Pichu, Yoni Purana, Geriatric Diseases.

## 1. Introduction

Aging is a natural process in which body shows continuous degeneration process as like explained by Acharya's i.e shiryate iti shariram. Vriddhavastha is grouped under natural disease that is caused due to swabhava (nature) and depends on kala (time). Natural diseases are hunger, thirst, jaravastha, death etc. Geriatrics are a natural phenomenon it's an important task to escape from it, but by following dinacharya, ruthucharya and sthanika chikitsa one can delay the process of aging up to some extent. As the aim of the Ayurveda is "swasthasya swastha rakshanam athurasya vikara prashamanam" sthanika chikitsa plays a major role in maintaining the health of the healthy person and curing of the diseased one.

As the age advances, several changes take place in the body i.e in (Dosha, Dathu, Mala, Agni and Ojas etc). Vata dosha plays a major role in old age and it leads to continuous degeneration process, agni bala reduced in it jarana Shakthi and

abhyavarana shakthi. It's the physiology that when aahara is taken it comes in contact with agni and aahara get digested followed by formation of rasa which is divided into prasadah baga and kitta baga, from Prasadah baga uttarottara dathus are produced. Oral administration of drugs also got in contact with agni and digestion and absorption takes place. But in old age agnibala is in ksheena avastha and less chances of proper digestion and absorption of the drugs taken through oral route. Hence sthanika chikitsa plays a great role in Gynaecological geriatric care.

Due to vata vitiation there will be formation of different types of diseases in representative system like (yoni srava, swethapradara, yoni shoola, yoni daha, pariplutha etc) of women by alteration in hormonal balance, vaginal ph and apanavata dusti. The above conditions are best cured with sthanika chikitsas like (Yoni Dhavan (Vaginal Douching), Yoni Pichu (Vaginal Tamponing), Yoni Dhupan (Vaginal Fumigation), Yoni Lapan (Vaginal Painting), Yoni Varti (Vaginal Suppository).

## 2. Aims and Objectives

1. To study the probable mode of action of Sthanik Chikitsa in geriatric diseases
2. Importance of sthanika chikitsa in geriatric care

## 3. Materials and methods

Sthanika chikitsa in geriatric care

### 1) Yoni prakshalana

Yoni dhava or prakshalana means cleansing of vagina. It is one of the treatment procedures amongst sixty types of vrana chikitsa. The drugs used in the form of following formulations kwatha, kshirapaka, siddha jala, oil, ghrita etc.

**Indications:** yoni srava, yoni daha, yoni picchilya, yoni kandu etc Drugs used for yoni prakshalana:

1. In Vata Dosha involvement- triphala, guduchi kashaya or sarala mudgaparni kashaya should be used.
2. In Pitta Dosha involvement- panchvalkala or panchtikta kashaya should be used.

3. In Kapha Dosha involvement- aragwadhadi or nimbadi kashaya should be used.
4. Yoni Dourgandhya - aragwadhadi, sarvagandha dravya kashaya are used
5. Yoni Shoola - guduchi, triphala and danti kashaya are used
6. Yoni Daha - Chandana or lodhradi kashaya.
7. Yoni shrava - Triphala kwatha.

#### 2) *Mode of action*

It cleanses the vaginal area and helps to cure from infection. As yoni prakshalana is doing with Kashaya of the drugs having vranaropana, vrana shodhana, sthambana, shothaghna etc properties it cures local infections and helps to maintain vaginal hygiene.

#### 3) *Yoni pichu*

Vaginal tampon made of cotton or gauze soaked in taila/ghrita/kshara/kashaya is termed as pichu, when placed in vagina it is called yoni pichu.

*Indications:* Yonidaha, yoni kanda, prasamsini yoni, mahayoni, viplutha, upaplutha, karnini etc.

#### 4) *Drugs used for pichu dharana*

1. Yoni daha - chandanadi taila
2. Yoni paka - chandanadi taila
3. Yoni dourgandhya - sarva dravya siddha taila
4. Yoni shoola - saindhavadhi taila or dhatakyadi taila
5. Yonishathilya- suramanda
6. Yonikanda - mushak taila

In general the following oils are used Guduchyadi taila, Bala taila, Dhatakyadi Taila, Udambaradi Taila, Jatyadi Taila, Kasisadi Tail, Dashmool Taila, Taila, Ghrita

#### 5) *Time duration for pichu dharana*

2 to 3 hours is the time limit for pichu dharana but in some conditions where the pichu is advised for hemostasis pichu can be kept for the maximum duration of 40 hours. If pichu remains in vaginal region for more than 48 hours it may lead to Mutrakricha (Burning and painful micturition), Yonishotha (Inflammation in vagina), Yonishula (Pain in

vagina) etc. will be developed as a complication.

#### 6) *Mode of action*

According to Sushruta, Pichu helps in Lekhana karma and thus, removes slough. In Yonipichu, mostly medicated Kashaya, Sarpi and taila are used. These preparations have two main functions i. e. Shodhana (purification) and Ropana (healing). Its various mode of action will depend upon the various types of medicine that are used, as different medicines have different actions. Depending on the drugs yonipichu can act as an antibacterial, anti-inflammatory, control vaginal discharges, helps in wound healing.

### 4. Conclusion

Thus it is to be concluded that the sthanik chikitsa of ayurvedic system of medicine gives excellent results to the patients suffering from geriatric diseases (Gynaecological). As intra vaginal controlled release drug delivery system is an effective means for achieving continuous delivery of drug and it not only acts on local level but also acts on systemic level because due to the presence of dense network of blood vessels in the vaginal wall. Medicines used here are cheap, effective and easily available. Each Sthanik Chikitsa holds its own importance and shows marvelous results when applied with proper indications, strict aseptic precautions.

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