

A Review on Yoni Dhupana

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ABSTRACT

Women are the most beautiful gorgeous creature in the world. Health state of women is very important for the society for its growth & prosperity.

Due to lack of time, house hold work & pressure from the family many women suffer with different gynaecological disorder like white discharge per vagina, foul smell, itching, redness swelling etc. In such condition sthanika chikitsa explained in ayurveda works wonderful, can maintain genitals healthy. Sthanika chikitsa done with care will help to have the name & fame for vaidyas.

KEYWORDS: Yoni Dhoopana, Sthanika chikitsa, Yoni vyapad

INTRODUCTION

Women suffer with different gynaecological disorder in different phases of her life so the health of women especially reproductive organs have to be healthy & strong at every stage of life. To maintain female reproductive organs healthy sthanika chikitsa (Local treatment has been explained in ayurveda.

Many genital disorders occur during reproductive life, it may be due to hormonal imbalance, sexual acts, and unhygienic conditions during or after child birth. Many diseases like vaginitis, cervicitis candidiasis, itching, soariness, PID etc may arise in women's reproductive life & even in peri menopause women. All most all the genital disorders come under yonivyapad.

Charaka has explained yonivyapat nidana, samprapti & chikitsa in yonivyapad chikitsa.¹

Acharya sushruta also explained about yonivyapad in yonivyapad pratishedha adhyaya of utara tantra.²

Asthanaga sangraha, ashtanga hridaya, bhavaprakasha, yogaratnakara etc also contains description of yonivyapad.

How to cite this paper: Dr. Laxmi Metri "A Review on Yoni Dhupana" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-7 | Issue-1, February 2023, pp.162-164, URL: www.ijtsrd.com/papers/ijtsrd52652.pdf



IJTSRD52652

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AIMS & OBJECTIVES

AIM

To study the use of shatanika chikitsa yonidhoopana in ayurvedic stree rogas

OBJECTIVES

To study shatnika chikitsa from various ayurvedic texts articles

To study the procedure of sthanika chikitsa yonidhupana

To study probable mode of action of sthanika chikitsa

To study probable mode of action of yoni dhupana

MATERIALS & METHODS

It is a conceptual type of study. Textual material are used for the study like charaka, sushruta asthanga hridaya, sangraha & commentaries.

YONI DHUPANA

Yoni dhoopana is fumigation of vulva & vagina with medicated disinfected smoke. A separate dhoopan table is required which has sufficient sized hole in its middle from which smoke can be felt on vulva & vagina while sitting on it.

Fumigation of yoni with aushadha yukta dhuma is called as yoni dhoopana

Site of yoni; yoni dhoopana in outer surface of vagina & whole of the vulva (bahi yoni)

PROCEDURE /STAGES /STEPS

Patient is asked for voiding urine

Dhoopana dravyas are lit in dhoopana apparatus & placed under the dhoopana table.

Patient is allowed to sit on the table with exposing genitals over the hole of dhoopana table so that smoke can touch the exposed vulva & outer vagina

This procedure should be carefully performed to avoid any danger of burning external genitalia.

Some of the medicines for yoni dhoopana with their indications mentioned in classics.³

1. sutika paricharya: For episiotomy wound fumigation is done with kushta, guggulu, agaru mixed with gritha
2. Aparasanga: for retention of placenta fumigation with bhojapatra, kakamachi, sarshapa kritavedana
3. Garbha sangha: for obstructed labour fumigation with Krishna sarpanirokanda kateelabu is advised
4. yoni kandu: fumigation with haridra & brihatpahala, fumigation with katu taila with apluta matsya, Fumigation with gritha apluto sarala guggulu & yava
5. shweta pradara: fumigation with sarala guggulu yava mixed with gritha.
6. in yoni kandu: fumigation with katu taila apluta matsya.⁴
7. yoni kandu: fumigation with gritha apluto sarala guggulu & Yava.⁴

PROPERTIES OF DHOOPANA DRUGS:⁵

GUNA- laghu. Ruksha, tikshna, vikasi, ugragandhi, volatile.

RASA – katu, tikta

VEERYA- ushna, vipaka katu

KARMA- shotahara, krimighna, kandughna, vranashodana, vrana ropana, vedanashamaka.

MAHABHOOTA PRADHANA: Akasha vayu.

DISCUSSION

PURPOSE OF DHOOPANA:

Rakshoghna karma⁶: Dhoopana of bhashajagaara, kumaraagara, sutikagara, shastra karma grugha.

Vyadhinashana⁷: for vrana shodhana, vrana ropana, kledanashana krimihara, vedanashamaka, durgandhahara etc sterilization of asava/ arishta.

Kaala⁸: Dhoopana is advised in morning & evening for 10 days for 3-5 min

Amount for dhoopana drug⁹: is taken for 3-5 gm resins like guggulu & ral are taken in an amount of 3 gms while powdered form is taken as 5 gm

MODE OF ACTION: Dhoopana drugs with katu tikta, ushna & aromatic properties when put on fire get converted into volatile medicated fumes.

These fumes enter into smallest units of tissues of genital tract (due to sukshma srotogami) dilates the blood vessels & helps in oxidation of blood that leads to adequate tissue perfusion.¹⁰ This antiseptic & sterilized environment helps in disinfection of uterine cavity vagina & vulva reduces Ph & laxity of public muscles¹¹

Thus helps in reducing pain, decreasing vaginal discharge, Healing of wound & prevents growth of microorganism.

Different dhoopakalpas are explained in treatise that are used in various ailments for curative purpose & also dhoopana is also used for prevention of diseases. yoni dhoopana is also used for local disinfection of genital organs.

CONCLUSION:

women have all the rights to be healthy & Happy. Shtanika chikitsa explained in ayurveda works as boon to all gynaecological disorders (yoni rogas) when given in proper manner.

Shtanika chikitsa mentioned in ayurveda shows wonderful results when given with proper indications with all aseptic precautions & extreme care as each shtanika chikitsa has its own importance in different diseases. Thus to conclude that the approach of shtanika chikitsa of ayurvedic system of medicines gives complete relief to the patients from yoni rogas.

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