

A Conceptual Study on Yoni Pichu

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ABSTRACT

There are some sthanika chikitsa (Local Therapies) in Ayurvedic Streeroga described by Ancient acharya's that possess outstanding & satisfactory outcomes in the management of stree rogas.

These extraordinary local therapies should be highlighted & ofcourse used in the management of stree rogas for fruitful outcomes.

The important sthanika chikitsa are

1. Yonidhawana 2. yonipichu 3. Uttara basti 4. Yoni dhupana 5. Yoni Varti 6. Yoni purana 7. yoni lepana 8. yoni prakshalana

KEYWORDS: *sthanika chikitsa, yoni pichu, pratamavarta*

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INTRODUCTION

Stree roga deals with changes that occur during all stages of women's life & also the diseases that occur during these stages. In general gynaecological disorders are treated first by shodana & shaman chikitsa.

Sthanika chikitsa are the procedure in Ayurveda therapeutics which helps in getting rid of different ailments.

Chikitsa described in 2 parts

1. Abhyantara chikitsa 2. Sthanika chikitsa

Abhyantara chikitsa breakdown dosha dushya sammurchana & cures disease but if sthanika dosha dushthi is there sthanika chikitsa cures the disease.

Pichu kalpana: pichu kalpana means chikitsa done by pichu. Pichu kalpana firstly described by charaka in Atisaara chikitsa adhyaya¹. pichu is made up of sterile medicated cotton swab covered with gauze piece it shapes like a pottali. pichu is immersed in medicated oil before insertion in vaginal canal. Oils are preferred for tamponing due to its retention properties. The treatment name is derived from Sanskrit word yoni meaning genital tract. Treatment

involves procedure that cleanses the vaginal area using medicated oils.

Types of pichu: 2 types 1. Elongated 2. Circular

Elongated: it is 4 finger length & 1 finger breadth

Circular: 1 inch in length & breadth^{2,3}

Site: elongated pichu placed in prathamavarta (vagina), pichu used for deep insertion inside the vagina

Circular pichu placed in Dvitiyaavarta (external os), is used for shallow insertion^{2,3}

Benefits of yoni pichu:

1. Vitiated doshas can be nullified
2. Dhatus can be strengthened
3. Subsides pain
4. Improves hygiene
5. prevents fungal & yeast infection
6. Treats recurrent miscarriages
7. Heals ulcers
8. Treats uterine bladder & rectal prolapsed

9. Cures menopausal vaginal dryness
10. Heals the damage done to pelvic tissue during pregnancy & labour
11. Promotes laxity of pelvic floor to enable normal labour.
12. Strengthens the vaginal muscle
13. Treat inflammation erosion & infertility.

AIM: To study the use of sthanika chikitsa yoni pichu in Ayurveda stree rogas

OBJECTIVE:

1. To study sthanika chikitsa from various Ayurvedic texts articles
2. to study the procedure of the sthanika chikitsa yoni pichu
3. to study the probable mode of action of sthanika chikitsa & yoni pichu

MATERIALS & METHODS:

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

PROCEDURE: treatment procedure is divided into 3 parts

1. POORVAKARMA (pre-operative)
Pichu should be autoclaved
patient should void urine before pichu insertion.

Patient should be in supine position with flexed knee.

2. PRADHAANA KARMA (operative)
Sterile pichu soaked in media like sidda taila should be inserted in vaginal canal with index finger in such a way that the thread of pichu should come out of the vagina. This facilitates easy removal of after 5 -6 hours.

3. PASCHAT KARMA (post- operative)
Yoni pichu is retained till she has a sensation of micturition .it is removed by the patient herself by pulling the gauze tail after sitting in squatting position
Pichu kalpana can be used both in stree roga & prasuti tantra,

In stree roga:

1. In vataja yoni vyapat different drugs sidda taila is used for snehana because of this action rukshata kharata & shaithilyata decreases & creates Maardatva, guduchyadi tailas pichu ,ch chi 30⁴
2. In udaavarta & maha yoni nischyottara trvrit sidda taila pichu is used⁴
3. In mahayoni mooshaka taila pichu is used

4. Vipluta yoni vyapat dhatakyadi taila pichu is used⁴
5. In putragni yoni vyapat udumbara sidda taila pichu is used⁴
6. in paripluta yoni vyapat panchavalkala sidd taila pichu for local redness & inflammation jatyaadi taila & yashtimadhu sidda pichu.⁴
7. raktapradara kashya rasa sidda decoction is used for sthambana⁴
8. Kaphaja yoni vyapath –vata & lodhra taila pichu⁴

In prasuti tantra:

1. garbhini paricharya 9 months madhura aushadha sidda taila pichu.⁴
2. garbha sraava yashthi madhu gritha pichu⁴
3. in apara sanga shatapushpa kushta madanaphala hingusidda taila pichu⁴
4. santati pratibhandhaka saindhava taila pichu⁴
5. in sutika there is no specific pichu mentioned but for yoni shithilyatha guda haridra pichu kashya rasa pichu can be used.⁴

MODE OF ACTION:

Tila taila based is most commonly used for pichu. As it has high Antiseptic & anti bacterial property. The yoni pichu is usually used during pregnancy & labour helps to soften the vaginal canal enabling easy delivery easy expulsion of placenta .pregnant women having distension of uterus which causes obstruction to pathway prasuti maruta (apana vayu) resulting in constipation etc. Application of matra basti & yoni pichu medicated within 9 month makes apanavayu normal & acts in a right pathway. Woman can deliver naturally without any complication .pichu also helps in cervical ripening by altering the cervical matrix & helps in releasing prostaglandins which facilitates normal labour.

Pichu in shweta pradara: in yoni pichu oil sustained in vagina for longer time pichu makes the muscle soft & smooth also enhances bala & tanutva so muscle stretches.

Upadrava of pichu: if the size of the pichu & time of dharana are more then mutrasangha yoni shotha & yoni shoola are developed.⁵

CONCLUSION:

In ayurvedic streerogas local therapies (sthanika chikitsa) have very good results. Specially in the gynecological disorders like white dischrge per vagina, vaginitis, pelvic inflammotory diseases, foul smelling etc.

The success results when the vaidyas conduct in proper way considering all aseptic precautions. in this study yoni pichu is discussed in detail with standard operating procedures. If these procedures used in proper way will be helpfull to have name & fame for vaidyas.

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