

StreeRogas: Healing with Panchakarma

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Abstract:

The *Streeroga* comprises of genital disorders of females starting from menarche (13 years) to menopause (40-50 years). These streerogas include *Arbuda*, *Granthi*, *Yoniroga*, *Pradar*, and *AartavaVyapada* and *Yoni Vyapada*. Ancient *Ayurveda* approaches for the treatment of gynecological disorders with *Shamana* and *Shodhana Therapies*. The therapy which possesses *Tridosahara*, *Balya*, *Medhya*, *Smrittivardhaka* and *Vrishya* properties are suggested for *Streerogas* to control *Apana Vata Dushti* (Deranged *Apanavayu*).

Throughout the journey of life women pass through three stages namely :

- *Bala* (Childhood)
- *Rajasvala* (Menstruation)
- *Vridha* (Menopause).



Amongst these three periods *Rajasvala* period is considered largest and is given much higher importance as this represents the fertile period that is necessary for reproduction. In present era women are working in the corporate world, so with their peaking careers and demanding lifestyle one's health does not get the required attention and time.

Acharya Charaka emphasised the importance of *Panchakarma* as:

“*Doshah kadachitkupyantijitaahlanghanapachanaih |*

jitaahsamshodhanai ye tunateshamapunarudhbhavah” || (Cha.Su.16-20)

In terms of medicine various schools give special considerations to the care of women. The science of *Ayurveda* on the other hand accentuates for need of specialized care. The therapies of *Panchakarma* along with the need of their indications and contraindications also put special emphasis on these major categories of patients, *Bala*, *Vridha*, *Durbala* and *Garbhini*. In spite of falling under these categories, if

therapies are to be given to these individuals then they are administered with appropriate precautions and modifications.

In normal female patient the therapies to be given are not much different from the ones given to male patients as females being soft and tender the therapies to be administered are to be selected wisely and vigorous procedures are avoided. For instance the dose of *Ghritha* during *Snehapana*, the pressure during massage, the degree of heat during *swedana* and height of *Shirodhara*, intensity of *Vamana*, *Virechana*, *Basti* and *Shirovirechana* all need to be of lower intensity.

As we look at the needs of today special attempts are required to develop special methods of *Panchakarma* therapy and *Samshodhana Karma* for various patients.

These days **INFERTILITY** is considered the multi force disease with multi functional etiology from primary deficits and oogenesis to reproductive organs, blockage of fallopian tube, etc in such scenarios the *Panchakarma* treatment is followed by *Samshodhana* therapies. These procedures are believed to bring about bio purification in the body. Similarly patients suffering from cervical erosion and cervical spasm are benefitted by application of medicated *Pichus* and *Uttarbasti*. The process of *Uttarbasti* removes the blockage from tubal lumen by directly acting on obstruction and restores normalcy of endometrium. It acts on cilia and restores their normal functions by stimulating it.

LEUCORRHOEA is another commonly seen disease amongst young females. The etiological factors include nutritional as well as hygienic factors, infections and somewhat hormonal dysfunctions. This can be easily treated using *Panchakarma Samshodhana* and *Matrabasti*. Thus treating the patients using these additional therapies becomes more efficacious.

As females have the ability to reproduce they are considered the most beautiful creation of god. Due to changing lifestyle and improper diet the most commonly seen problem is of infertility. Other than that the commonly witnessed symptoms in *Prasuti Tantra* are pelvic pain, vaginal itching, vaginal discharge, abnormal vaginal bleeding, breast pain, lumps, etc.

As the age advances hormonal changes occur in females. The teenagers who enter menarche their body face many hormonal changes in different organs of the body. Also when one reaches the menopausal age various problems like irregularity of menses, mood swings etc occur.

Ayurvedic Samshodhana therapy helps to balance the hormones, tones the uterus, nourishes the body and hence keeps the whole body and bodily functions in harmony.

DYSMENORRHOEA / AMENORRHOEA: All the ailments that a woman may suffer from during her menses fall under the heading as *Kashtartava*. These are several conditions including *Vatara*, *Vataja Artavdushti*, *Udavarta*, *Suchimukhi* and *Aartava-Kshaya*. There is associated back pain, pain in groin, stiffness etc but there is no other abnormality with menses other than decrease in flow or duration. Use of *Matrabasti* in this condition has shown miraculous results. As this involves role of *Apanavayu*, it is pacified by *Matrabasti*. Also performing *Snehana* and *Swedana* prior to *Matrabasti* helps in *Vata anuloman* and thus makes the *Basti* more efficacious.

POLYCYSTIC OVARIAN SYNDROME: The diagnostic criteria for PCOS according to ESHRE/ ARM (THE ROTTERDAM CRITERIA)- menstrual abnormalities (oligo/anovulation), clinical or biomolecular manifestations of hyper androgenism such as excessive hair or raised acne production and USG showing more than 10 follicles of 3-8 mm diameter in one ovary and increased ovarian volume of more than 10cm cube. The process of *uttarbasti* is considered best amongst all other treatment modalities for this disorder.

A. STHANIKA/LOCAL PANCHAKARMA PROCEDURES

CHIKITSA	STHANA	TIMING	MEDICINES USED	INDICATIONS
Yonidhawan / vaginal douching	Prathamavarta/ vagina ¹	Ritukala (from 6 th day of menstrual cycle for 8 days) Duration : 1-1.5 min	Kwatha/decoction Ksheerpaka / medicated milk Siddha Jala/ medicated water Medicated oil 1 lit of Kwatha/ 250ml of oil	Yoni Kandu/ vaginal itching KunapGandhiArtavdushti ² KaphajaArtavdushti ³ Yonisrava ⁴ /vaginal discharge Yoni Kleda ⁵ Yoni Paichhilya ⁶ Yoni Arsha/ vaginal polyps
Uttarbasti	Intrauterine cavity through vagina /Uttarmarga	Rule out previous infection . Given after giving 2-3 AsthapanaVasthi Administered during Ritukala (after bleeding stops) Duration : Charaka 3 times a day for 3 days	Vaginal disorders : JatyadiGhrita /Jatyadi Oil Cervical disorders : Triphalaghrita , Phalaghrita , Shatavarighrita , Ropana Drugs Endometrial disorders : BrihanaDravyacontainingGhritas Tubal disorders : BrihanaGhrita , Kshartaila Hydrosalphinx : Nirgundi tail, Yashtimadhutaila , Tiltaila	Retention of urine Dysuria Utero-vaginal prolapse Severe vaginal pain YoniVyapada Asrigdara Amenohroea Retention of placenta Cha. ½ Pala Su. - Decoction Male:1 Prasrita Female : 2 Prasrita Sneha Male : 1 Prakuncha Female : 1 Prasrita

<i>Yoni pichudharana / Tamponing</i>	<i>Prathamvarta / Dwityavarta⁷</i>	5-6 hrsupto retention of urine	<i>Jatyadi Oil JatyadiGhrita</i> <i>Pichu should be fully soaked in the medicated oil/ Ghrita</i>	<i>Yoni Daha⁸ Yoni Kandu⁹ Yoni Paka¹⁰ VivrittaYoniVyapada¹¹ Yoni Paichhilya Yoni Srava¹² Yoni Karkashta VatajaYoniVyapada PittajaYoniVyapada Vamini&Upapluta Nine Month Pregnancy¹³ Retained Placenta Yoni Bhramsha</i>
<i>Yonidhupan / fumigation</i>	<i>Bahya yoni / outer surface of vagina</i>	3-5 min	<i>Kushtha Agaru Guggulu Vacha Vidanga Nimbapatra</i>	<i>Sweta Pradara Yoni Kandu Aparasanga Garbhasanga Upapluta SutikaParicharya RaktaGulma Santatipratibandhak</i>
<i>Yoni Lepana / vaginal painting</i>	<i>Prathamvrta Breast</i>	3-5 minutes		<i>Yoni Shaithilya AparaSang StanaVidrathi Yoni Arsha</i>
<i>Yoni Varti / Yoni wick</i>		2-3 hours		<i>Dushtavrana KarniniYoniVyapada KaphajaYoniVyapada</i>

				<i>RaktaPradara</i> <i>Anartava</i>
<i>Yoni Puran/</i> vaginal packing	Filling the cavity of vagina completely with medicine.		<i>Kalka</i> Medicated oil Powder Bolus	
<i>Yoni parishek</i>	Hot fomentation to all sides of vagina / <i>Bahya Yoni</i>	5-10 min	Medicated oil	<i>Yoni Vrana</i> <i>Yoni Pitika</i> <i>Yoni Shotha</i>
<i>Pindachikitsa</i>	Inserting medicated drug in paste wrapped in sterile cloth into vagina .	3- 4 hours until retention of urine		

B. PANCHAKARMA IN VARIOUS FEMALE DISORDERS :

VIKRITI/VYADHI	PANCHAKARMA THERAPY
<i>YoniVyapada</i>	After proper <i>Snehana</i> & <i>Svedana</i> <i>Vamanadi</i> <i>Panchakarma</i> procedures should be used, followed by <i>Uttarabasti</i> and other <i>Sthanika Chikitsa</i>
<i>Artava Vyapada</i>	For all eight varieties of <i>Artava Vyapada</i> here the basic treatment followed should be the <i>Shodhana Karma</i> , <i>Uttarabasti</i> and <i>Sthanika Chikitsa</i> . In <i>Kaphaja</i> <i>Artava</i> dusties especially there is advice for <i>Vamana Karma</i> using <i>Madanaphala Kalka</i> .
<i>Asrigdara</i>	<i>Virechana Karma</i> is very much beneficial followed by <i>Vasti</i> and <i>Uttaravasti</i> . <i>Aasthapan-Chandanadi/Rasnadi AP (Ca.Si.3 & A.H.Ka.4)</i> <i>Kusadi Asthapanvasti (su.chi.38/51)</i> <i>Rasnadi Asthapanvasti (su.chi.38)</i> <i>Lodhradi Asthapanvasti (Gulma & Asrigdar) su.chi.38</i> <i>Anuvasanvasti-Madhukadi Anuvasana Yaapanavasti Rajyapanavasti-(A.S.Ka.4/11)</i>
<i>Yoni Arsha</i>	<i>Shodhana Karma</i> as <i>Purvakarma</i> followed by <i>Shastra Kshara</i> and <i>Agni karma</i> . <i>Virechanottara Shastra Kshara</i> and <i>Agni Karma</i> helps in easy and <i>Samula Nirharana</i> of <i>Arsha</i> , so that it becomes <i>Apunarbhava</i> .
<i>Artavakshaya</i>	<i>Shodhana Karma</i> followed by <i>Agneya Dravya Prayoga</i> . <i>Kashyapa</i> considers it should be treated by <i>Anuvasana Vastikarma</i>

<i>Anartava/nashta-artava</i>	<i>VatakaphanashakaChikitsa</i> <i>Vasti Karma</i> followed by <i>ArtavajanakaPravartana Drugs</i>	
<i>Artvavidhi</i>	<i>Shodhana karma</i> followed by <i>Kshapana Karma</i> <i>Virechana Karma</i> <i>Vasti karma</i> especially <i>Picchabasti, KashmaryaKutjabasti</i>	
<i>Vandhyatava</i>	<i>Panchakarma</i> treatment	Causes of infertility
	<i>Vaman</i>	Ovarian factor , obesity
	<i>Virechan</i>	Fibroid , ovarian tumour, hypothalamus, pituitary tumour
	<i>Nasya</i>	CNS factor, Hypogonadotrophins Hyperprolactinemia conditions
	<i>Asthanabasti</i>	Bad obstetric history, repeated pregnancy loss
	<i>Anuvasanabasti</i>	Hypo estrogenic condition, Malnourishment
	<i>Uttrabasti</i>	Ovarian, Endometrial and Cervical factor
<i>Granthi</i>	<i>Shodhana karma</i> followed by <i>Swedana</i> and <i>Shalyachikitsa (SamulaNirharana)</i> .	
<i>Vidradhi</i>	<i>Sthanakilaka - Snehapana</i> followed by <i>VirechanaKarma</i> . Depending on the <i>Pakva</i> and <i>Apakvaavastha</i> of the <i>VidhradiJaloukaVacharana(Raktamokshana)</i> <i>MruduUpanaha</i> and <i>Shashtra karma (Patana Karma)</i> of <i>Vidhradi</i>	

The commonly seen reasons behind these problems are improper diet and lifestyle, poor quality of food, nuclear family, self medication, society issues, and lack of proper sex education, excessive use of sex related medication and climate changes.

The science of *Ayurveda* has its main emphasis on *Nidanaparivarjana* with the help of bringing about changes in diet, nutrition and lifestyle. As the most commonly seen etiology is because of hormonal disturbance the use of herbs like *Ashokchaal*, *Shatavari*, *Ashwagandha*, *Lodhra*, *Amla*, *Haridra*, *Manjishtha*, *Neem*, etc is recommended to normalize it. These drugs act by the means of both *Samshodhana* and *ShamanKarma*.

Timely diagnosis and early diagnosis are very important for treatment in streerogas. Early diagnosis right away increases the likelihood of success .So one can start treatment before the disease becomes more severe. At the initial stage initiative from patients side also plays an important role.

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