



YONIDHAVANA A BOON IN STREEROGA

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Article Received on: 29/11/2017

Accepted on: 20/12/2017

ABSTRACT:

There are some *Sthanik chikitsa* explained by ancient *acharyas in streeroga*, that possess outstanding and satisfactory outcome in management of *streerogaa* shows amazing results in the management of *streerogaa* like shwetpradar, yonikleda, yonistrava etc. In the present study Yonidhavana are revised through ancient *Samhitas* and are reviewed with their meanings, indication, application, procedures and application site of Yonidhavana, mode of action of Yonidhavana. Through this study it is my hopeful and truthful effort to motivate most of *Vaidyas* towards *Sthanik chikitsa* in the management of *streerogaa*. The use of absolute Yonidhavana (vaginal douche) skillfully in the management of *streerogaa* would surely prove to be boon to *streerogaa*.

KEY WORDS: *Prathamavarta, Sthanik Chikitsa, Yonidhavana.*

INTRODUCTION:

A women in her life has to go through different stages to turn in to a mature women and even thereafter. The women who takes the extreme care of her family members is always found to be carless about her own health. These women who are busy in their household as well as career issues face many gynaecological problems and even after the diagnosis of this gynaecological problems these women don't go for regular follow up to doctor at regular intervals. Women always face very common gynaecological problems like white discharge, itching at vulva, foul smelling, vaginal discharge etc. In such problems Yonidhavana given excellent results and this therapy should be practiced for admirable results in the above mentioned gynaecological problems.

Aim:

To Study and adopt the usefulness of Yonidhavana in *streerogaa*.

Objectives:

To study Yonidhavana from various text books in ayurveda.

To study the operating procedure of Yonidhavana in details.

MATERIALS AND METHODS:

This is a conceptual type of study. Textual materials are used for the study from which various references have been collected. Main ayurvedic texts used in this study are *Charaka Samhita*, *Sushrut Samhita*, *Ashtangaa Sangraha*. Comments are also included in it.

'Yonidhavana' is described as follows.

Yonidhavana (vaginal cleaning)

Dhavana is deep cleaning of wound under aseptic precaution and making the wound clean, 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. Dhavana means cleaning or purification of wound with water and other medicated material.

Sthana: (Application site of Yonidhavana)

Prathamavarta (vagina)

Duration: 7-9 days

Time for Yonidhavana: *Rutukala* (from 6th days of menstruation cycle for 7-9 days)

Time limit of Yonidhavana: 1 to 1.5 minutes.

Medicine for Yonidhavana applicable in the form of:

1. Kwatha (decoction),
2. Kshirpak (medicated milk),
3. Siddha Jala (purified medicated water),
4. oil.

Indication:

1. Yoni kandu (vaginal itching).
(ast.hri.uttar.sth.34/56,57)
2. Yoni Strava (vaginal discharge).
(cha.san.chi.30/82-84)
3. Yoni Kleda. (cha.san.chi.30/103)
4. Kunap Gandhi Artavdushti (ast.san.sha.1/38)
5. Kaphaj Artavdushti (ast.san.shar.1/32)
6. Yoni Arsha (vaginal polyp)(ast.san.utta.39/5-8)
7. Yoni Paichhailya .(su.san.uttar sth.38/25.page120)

Amount of Medicine used for Yonidhavana:

1 liter of *kwatha*, 250ml of oil.

Instruments required:

1. Enema Pot.
2. Sterile Catheter
3. Cotton
4. Meinentosh
5. Hand gloves

Procedure:Poorva Karma:

The patient is advised to lie down on bed in lithotomy position. The enema pot is filled with leuk warm decoction to which catheter is connected.

The rubber meinentosh is placed underneath patient waste, one end of which lies in the bucket.

Minimum 2 litres of decoction is required to wash the vaginal passage.

Pradhan Karma:

Sterile rubber catheter is inserted in to vagina.

Enema pot is filled with decoction is kept at 5 feet distance and with leuk warm decoction prathamavarta(Vagina) is washed out for a given time.

Pashchat Karma:

After the procedure the vulva is dried with cotton.

The procedure is repeated on the respective drugs. The drug used for Yonidhavana are aseptic and have the benefite of healing the wound.

MODE OF ACTION:

It washes off the abnormal and excessive secretions of vagina and the action is mainly by the drugs used for the preperation of the medicated decoction.

It alters the vaginal pH which is unfavorable for invasion of microorganisms.

Different types of douching medicines have various antimicrobial effects and antibacterial effects.

Advise to patient - Personal hygiene

CONCLUSION: *Yonidhavana* is seen really effective in *streerogaa* like *yonikled*, *shwetstrav*, *yonikandu* etc. so, it proved to be a boon in *streerogaa*.

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Cite this article as:

Amol Shirguppe, K. C. mule, Vishala T., Yonidhavana a boon in streeroga, ADJIM, 2017, 2(4): 193-194