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"ROLE OF STHANIK CHIKITSA IN PRASRAMSINI YONIVYAPADWITH SPECIALREFERENCE TO POP PEVLIC ORGAN PROLAPSE (1ST AND 2ND DEGREE UTERINE PROLAPSE) – A CONCEPTUAL STUDY"

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ABSTRACT:-

In the present era, uterine prolapse is one of the most common clinical condition, which is observed in day to day gynaecological practice .

Prolapse or POP (Pelvic Organ Prolapse) as a whole includes descent of the vaginal wall and the uterus, i.e. Herniation of pelvic organ from their normal site of attachment.

Pelvic organ prolapse maybe develop due to following conditions:-

After child birth, Progression of age, Injury to the muscles and organs situated in the pelvis The main reason for pelvic organ prolapse is increase pressure in the abdomen^[1]

In ayurveda all genital organs conditions comes under different types of *yonivyapads* among all the conditions –*Prasramsini Yonivyapad* can be suitably correlated with uterine prolapse, to be specific 1^{st} and 2^{nd} degree uterine prolapse^[2].

According to *Ayurveda, Sthanik chikitsa* (local therapies) that is applied directly on genital to treat any diseased conditions, it plays an important in *Prasramsini yonivyapad* and also in uterine prolapse. These alternative procedures help in prevention of the advancement of the condition.

Keywords:- Prasramsini yonivyapad, Pelvic organ prolapse, Sthanik chikitsa.

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INTRODUCTION:-

Prasramsini yonivyapad is one among the 20 *yonivyapads* described by our acharya in ancient texts.

Studies have estimated that 50% of parous women have some degree of urogenital prolapse and of this condition 10-20% of are symptomatic.^[3]

Initial degrees of uterine prolapse can be correlated to*prasramsini yoni*narrated in *Ayury*

Sthanika chikitsa which can be tried in this condition of *prasramsini* are as follow,

- Yoni prakshalan vaginal douching.
- *Yoni pichu* medicated tempon placed in vagina.
- *Yonipuran* vaginal packing.
- *Yonilepa* drug application in the vaginal wall.
- *Yonidhoopan* -vaginal fumigation.
- *Uttarbasti* medicated *taila/ghrita* pushed into uterine cavity.

Our acharya have very well known knowledge of pelvic organ prolapse, conservative management and the mode of action of *sthanik chikitsa* and describe the specific *sthanik chikitsa* according to different *yonivyapad* and vitiated *doshas*^[4]. *Sthanik chikitsa*helps to give strength to pelvic organs and remove *shaithilya*which is the basic defect in prolapse. *Ayurvedic* review:- *Prasramsini yonivyapad*is caused by vitiated *pitta dosha*.

Prasramsini yonivyapad comes under dushtaprajata roga (caused by due to asamyak prasav) as explained in kashyap samhita.

MadhavNidan, bhavaprakash, vangsen and yogratnakar described similar to sushruta samhita .The word yoni refers to vaginal canal and uterus, prasramsana- means displacement of vaginal canal from its original place

Pathogensis:-

Prasramsini yonivyapad caused due to vitiated *pitta dosha*.

Mittyachara leads to pitta parkop which further leads in – rasa, mamsadushti leading to sthan sanshray in yoni/ Garbhashaya causing symptoms like discharge, descent, difficulty in labour which leads to prasramsini yonivyapad^[5]. Samprapti ghatak^[6]:-

Dosha – pitta vata.

Dushya – rasa , rakta, and mamsa. Srothas- rasavha, raktavha , mamsavaha, and arthavavaha srothas.

Vyakthasthana- yoni. Udbhavasthana- Garbhashaya.

Sancharsthan- Garbhashaya, arthavavaha srothas Adhisthana- Garbhashaya and yonirogamarga' Rupa^[7]:-

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Spina	
bifida	

DEGREES OF UTERINE PROLAPSE (CLINICAL)^[10]:-

- Normal External os Lies at the ischial spines. No prolapse next line.
- First degree– The Uterus descends down from it's normal anatomical position but the external os still remains above the introitus.
- Second degree -The extern os protrudes outside the vaginal introitus but the uterine body still rema inside the vagina.
- Third degree –The uterine cervix and body and the fundus descends to lie outside the introitus.
- Procidentia Involves prolapse of the uterus with eversion of the entire vagina

CLINICAL FEATURES^[11]:-

- Vaginal:- Feeling of something coming down per vaginam, sensation of Pelvic pressure of vaginal bulge.
- Pain:- Backache or dragging pain in the pelvis.
- Sexual:- Dyspareunia, loss of sexual activity.
- Urinary symptoms (in presence of Cystocele)Difficulty in passage of urine, more of strenuous effort, the less effective

is the evacuation. Incomplete evacuation main lead to frequent desire to pass urine. Urine and frequency of maturation also may be due to cystitis

Painful maturation due to infection Stress incontinence usually associated with urethrocele

Retention of urine may rarely occur.

• Bowel symptoms(presence of rectocele) Difficulty in passage of stool, Constipation and straining.

STHANIK CHIK<mark>I</mark>TSA OF PRASRAMSINI YONIVYAPAD:-

Sthanik chikitsa means a form of treatment to be applied locally in or on the reproductive organ to recover from any disease.

When the prolapse is mild, Ayurvedic treatment works most effectively and gives mental relief to the patient from the fear of surgery^[12].

1. YONIPURAN :-

The main sthanik chikitsa in Prasramsini yonivyapad according to Acharya Charaka, Sushruta, Vagbhata, Bhavprakasha, Yogaratnakaraisvehsawar pinda^[13]

Veshawar = minced meat or solidoleo mixed with certain drugs

Pinda= ball Veshwaraconsisting of shunthi, maricha, krishna dhanyaka, ajaji,

*dadima and pippalimula*etc. drugs should be used .

Preparation of veshwara pinda^[14]

- A boiled pinda of medicine is wrapped in a cloth and placed in the vagina.
- Location Prathamavarta.
- Equipment Steel vessels, knife, spoon, vastra/manjarpat(cloth), gas cylinder.
- Ingredients- Meat devoid of bone 1 part, water 2 parts, *churna* of *maricha, krshna*
- *Dhanyaka, ajaji, dadima, pippalimula* in equal quantity.
- Methods of preparation- Take the meat devoid of bone, chopped well, steamed, and smashed.
- To this add *churna* of all dravyas mentioned above. The mixture is boiled well again for a while to obtain *veshawar*
- After cooking, wrap it in sterile cloth and tie a rope. This formed *pinda* is then placed in*yoni*.
- The *pinda* should be removed when the patient has desire or feeling of micturition or after 2 hours.

Procedure of veshwara pinda^[15]

- After anointing the *Prasrashta Yoni* with *ghee* and then applying sudation with milk, it should be inserted inside the vaginal canal with hand.
- Now a ball of *Veshwara* (minced meat or solidoleo mixed with certain drugs)

should be inserted in the canal and a bandage should be applied.

• The bandage should be removed when the patient has a desire or feeling of micturition.

2.YONILEPAN^[16]:-

Drug application in the vaginal wall. Oleation with *Traivrutasneha*

Ghruta(clarified butter), *Taila*

Medicated *Taila*/ghrita pushed into cavity. In uterovaginal prolapse or disorders arising due to uterovaginal prolapse, after two or three

Asthapan bastis, medicated *Uttarbasti* is beneficial.

Uttarbastiwith Traivruta snehashould be given.

Uttarbasti with *sukumara*, bala or shirisatail should be given

Local douching, irrigation, anointment, massage and tampons prepared with thedrugs either having coolingproperties or capable of *Pitta shaman*

DISCUSSION^[18]:-

Laxity of vaginal musculature and fibromuscular ligaments supporting the uterus and to certainextent vagina is main cause of displacement of vagina and/or uterus.

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The role of *Apan vayu* is to regulate the process of excretion mainly all the pelvic organs of

excretion depend on the quality of Apan vavu, if this dosha is vitiated It may exert downward force and can dislodge the organ gradually. Saman vayu controls and the process of digestion aids and metabolism and helps in releasing the pressure and stress on the pelvic floor muscles in its normal state but if vitiated it may increase pressure and heaviness in pelvic region. In other words uterovaginal displacement occurs due to abnormality or kshaya (loss) of mamsa dhatu of these structures. Mamsa dhatu consists mainly of prithvi mahabhuta. Goat meat is slightly guru,snigdha and sheeta potency, tridoshahar, nutritious and anabhishy and i due to its similarity to human flesh. Samanya vishesh siddhanant plays significant role. Balya, bruhana properties provide strength and stability to muscles due to guru snigdha guna, it helps in vata shaman. The mamsa gives bala and does bruhanato the uterine supports thereby reduces the laxity of the muscles. Conclusion^[19]:-

Internal use of *sneha* increases the strength of not only body as well as increase the tone of supports (ligaments and muscles), it also reaches to smallest elements of body. External use of *ghrita* by doing *yoni abhyanga* it decreases the hardness of displaced organ, firmness of soft tissues to facilitate correction of organ. It also enhances the

strength of local muscles and ligaments by mobilization of organ. *Sedana karma* with *ksheera* provides *bala* to the uterine muscles and relieve pain. *Pichu dharana* with *veshawara pinda* helps in prolapsed condition by giving strength to the vaginal muscles and *dhatu*, subsides the vitiated *doshas*, cures pain and heals the damage occurred to the pelvic tissues and also prevents from further fungal and yeast infection.

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