



## INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY HEALTH SCIENCES

ISSN: 2394 9406

### “ROLE OF *STHANIK CHIKITSA* IN *PRASRAMSINI YONIVYAPAD* WITH SPECIAL REFERENCE TO POP PEVLIC ORGAN PROLAPSE ( 1<sup>ST</sup> AND 2<sup>ND</sup> DEGREE UTERINE PROLAPSE ) – A CONCEPTUAL STUDY”

Dr. Gauri Shivaji Thokal<sup>1</sup> Dr.Sachin Patil<sup>2</sup> Dr.Hemalata Kongi<sup>3</sup>

<sup>1</sup> P.G Sholar, Department of *Striroga* and *Prasutitantra*

<sup>2</sup> Professor, Department of *Striroga* and *Prasutitantra*

<sup>3</sup> HOD And Professor, Department of *Striroga* and *Prasutitantra*

L.R.P. Ayurvedic Medical College, P.G. Institute And Research Center , Islampur ,Tal-  
Walwa, Dist –Sangli ,Maharashtra

Corresponding Author's Mail ID:- [gaurithokal1996@gmail.com](mailto:gaurithokal1996@gmail.com)

#### 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<sup>[1]</sup>

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<sup>st</sup> and 2<sup>nd</sup> degree uterine prolapse<sup>[2]</sup>.

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*.

## 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.<sup>[3]</sup>

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

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

- *Yoni prakshalan* – vaginal douching.
- *Yoni pichu* – medicated tampon 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*<sup>[4]</sup>.

*Sthanik chikitsa* helps to give strength to pelvic organs and remove *shaitilya* 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, vangsena* and *yogratnakar* described similar to *sushruta samhita*. The word *yonis* refers to vaginal canal and uterus, *prasramsana-* means displacement of vaginal canal from its original place

Pathogenesis:-

*Prasramsini yonivyapad* caused due to vitiated *pitta dosha*.

*Mittiyachara* leads to *pitta parkop* which further leads in – *rasa, mamsadushti* leading to *sthan sanshray* in *yonis/ Garbhashaya* causing symptoms like discharge, descent, difficulty in labour which leads to *prasramsini yonivyapad*<sup>[5]</sup>.

*Samprapti ghata*<sup>[6]</sup>:-

*Dosha* – *pitta vata*.

*Dushya* – *rasa, rakta, and mamsa*.

*Srothas-* *rasavaha, raktavaha, mamsavaha, and arthavavaha srothas*.

*Vyakthasthana-* *yonis*.

*Udbhavasthana-* *Garbhashaya*.

*Sancharsthan-* *Garbhashaya, arthavavaha srothas Adhithana-* *Garbhashaya and yonirogamarga'*

*Rupa*<sup>[7]</sup>:-

Features of *pitta vitiati*oni.e. burning sensation, suppuration, fever can be seen Along with irritation, excessive vaginal discharge, displacement and

Difficulty in labour

Modern review<sup>[8]</sup>:-

Pelvic organ prolapse (POP) includes descent of the vaginal wall and/or the uterus.

The prolapse occurs due to weakness of structures supporting the organs in the position,

The supporting structure to the pelvic organs are divided into 3 tiers

1. Upper tier : Endopelvic fascia covering the uterus Round ligament Broad ligament with intervening pelvic cellular tissues .

2. Middle tier: Strongest support Pericervical ring, cardinal ligament, uterosacral ligament, rectovaginal septum posteriorly, pelvic cellular tissues.

3. Inferior tier : gives indirect support of the uterus .

**PELVIC ORGAN PROLAPSE POP**

(According To Compartment Defects)

ANTERIOR MIDDLE POSTERIOR

Bladder. Uterus Pouch of Douglas

Urethra Vaginal vault Rectum

Paravaginal. Perineum

Etiology<sup>[9]</sup>:-

Anatomical factors	Predisposing factors	Aggravating factors
Gravitational stress Anterior inclination of pelvis Stress of parturition (internal rotation) Urogenital hiatus Inherent weakness	Acquired Trauma of vaginal delivery using injury to - ligaments, Endopelvic fascia, levator muscle , perineal body, nerves ( pudendal )	Post menopausal atrophy Poor collagen tissue repair with age Increased intra abdominal pressure COPD Occupation Athenia Obesity, smoking Multiparity
	Congenital Genetic ( connective tissue disorder) Women with Marfan and Ehlers-Danilos Syndrome	

	Spina bifida	
--	-----------------	--

### DEGREES OF UTERINE PROLAPSE ( CLINICAL)<sup>[10]</sup>:-

- 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 external os protrudes outside the vaginal introitus but the uterine body still remains 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<sup>[11]</sup>:-

- 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 micturition also may be due to cystitis

Painful micturition 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 CHIKITSA 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<sup>[12]</sup>.

#### 1. *YONIPURAN* :-

The main *sthanik chikitsa* in *Prasramsini yonivyapad* according to Acharya Charaka, Sushruta, Vagbhata, Bhavprakash, Yogaratnakaraisvehsawar *pinda*<sup>[13]</sup>

*Veshawar* = minced meat or solidoleo mixed with certain drugs

*Pinda* = ball *Veshwara* consisting of *shunthi, maricha, krishna dhanyaka, ajaji,*

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

Preparation of *veshwara pinda*<sup>[14]</sup>

- 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*<sup>[15]</sup>

- After anointing the *Prasrashta Yoni* with *ghree* 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*<sup>[16]</sup>:-

Drug application in the vaginal wall.

Oleation with *Traivrutasneha* – *Ghruta*(clarified butter), *Taila*

### 3. *UTTARBASTI*<sup>[17]</sup>:-

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.

*Uttarbasti* with *Traivruta sneha* should be given.

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

Local douching, irrigation, anointment, massage and tampons prepared with the drugs either having cooling properties or capable of *Pitta shaman*

### DISCUSSION<sup>[18]</sup>:-

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

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 vayu*, if this *dosha* is vitiated It may exert downward force and can dislodge the organ gradually. *Saman vayu* controls and aids the process of digestion 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, *tridosahar*, nutritious and *andanabhishtyandi* 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<sup>[19]</sup>:-

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.

#### REFERENCES:-

1. [www.wjpr.net](http://www.wjpr.net)

A Review of *veshawar pinda* in *prasramsini yonivyapad*, World journal of Pharmaceutical research, volume -13, issue 7, ISSN-2277-7105.

2. A Critical review of *prasramsini yonivyapad*, World journal of Pharmaceutical research, volume -11, issue 9, ISSN-2277-7105.

3. Raafat S Barsoom, MD; Chief Editor: Bruce M Lo, MD, MBA, CPE, RDMS, FACEP, FAAEM, FACHE Uterine Prolapse in Emergency Medicine, Aug 15, 2018.

4. Mode of Action of Sthanik chikitsa in commonly used in Streerog, AYUSHDHARA, An International journal of research in Ayush and Allied system, sept-oct 2020, volume 7, ISSN-2393-7583(P).
5. A Comprehensive treatise on striroga gynaecology written and Illustrated by Dr. Hemalatha Kapoorchand, Chaukhambha vishvabharti academy, 2018; 282: 283.
6. A Review of veshawar pinda in prasramsini yonivyapad ,World journal of Pharmaceutical research, volume -13, issue 7 ,ISSN-2277-7105
7. A Review of veshawar pinda in prasramsini yonivyapad ,World journal of Pharmaceutical research, volume -13, issue 7 ,ISSN-2277-7105
8. DC Dutta's Textbook of Gynaecology ,8<sup>th</sup> edition, chapter 16<sup>th</sup>, Displacement of the uterus.
9. DC Dutta's Textbook of Gynaecology ,8<sup>th</sup> edition, chapter 16<sup>th</sup>, Displacement of the uterus.
10. DC Dutta's Textbook of Gynaecology ,8<sup>th</sup> edition, chapter 16<sup>th</sup>, Displacement of the uterus.
11. DC Dutta's Textbook of Gynaecology ,8<sup>th</sup> edition, chapter 16<sup>th</sup>, Displacement of the uterus.
12. A Review of veshawar pinda in prasramsini yonivyapad ,World journal of Pharmaceutical research, volume -13, issue 7 ,ISSN-2277-7105.
13. Agnivesha, Charaka Samhita revised by Charaka & Dridhabala, with Ayurveda Dipika commentary by Chakrapani Dutta, edited by Acharya Yadavji Trikamji, Varanasi: Choukhamba Surabharathi prakashana, Varanasi, 2011.
14. A Review of veshawar pinda in prasramsini yonivyapad ,World journal of Pharmaceutical research, volume -13, issue 7 ,ISSN-2277-7105.
15. A Critical review of prasramsini yonivyapad, World journal of Pharmaceutical research, volume -11, issue 9, ISSN-2277-7105.
16. Sushruta, Sushruta Samhita, with the Nibandh Sangraha commentary of Sri Dalhanacharya, edited by Vaidya Yadavji Trikamji Acharya, Chaukhambha Surbharati Prakashana, Varanasi, Reprint, 2010.
17. Agnivesha, Charaka Samhita revised by Charaka & Dridhabala, with Ayurveda Dipika commentary by Chakrapani Dutta, edited by Acharya Yadavji Trikamji, Varanasi. Choukhamba Surabharathi Prakashana, Varanasi, edition, 2011.
18. A Review of veshawar pinda in prasramsini yonivyapad ,World journal of

Pharmaceutical research, volume -13, issue  
7, ISSN-2277-7105.

**19.** A Review of veshawar pinda in  
prasramsini yonivyapad ,World journal of  
Pharmaceutical research, volume -13, issue  
7, ISSN-2277-7105.

