

Maharashtra Arogya Mandal's

Sumatibhai Shah Ayurved Mahavidyalaya

* An ISO 9001:2015 Certified Mahavidyalaya
* NABH Accredited & ISO 9001:2015 Certified Hospital

Malwadi, Hadapsar, Pune - 411028

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॥अभ्यासात् प्राप्यते दृष्टिः
कर्मसिद्धिप्रकाशिनी॥

Standard Operating Procedures of Sthanik chikitsa for treating various Streeroga Chikitsa as well as in sutika & garbhini paricharya

• YONI PARISHEK

It can be defined as giving hot fomentation with the help of medicated oil to all sides of vagina.

Site-- BahyaYoni (External part of vagina)

Time period--5 to 10 min.

Drugs-- Oil or medicated oil.

Indications—

1. YoniVrana (Vaginal Ulcer)
2. YoniPitika
3. YoniShotha (Vagina Swelling)

Procedure--

- Patient should be given supine position with flexed knees.
- Lukewarm water or medicated oil is poured from 4 to 5 inch height over vagina

• YONI PICHU - (INSERTION OF TAMPOONS SOAKED IN MEDICINAL OIL OR LIQUID)

Pichu is made up of cotton swab 2×3 cm (1 inch) is wrapped with gauze piece and tied with a long thread. It is dipped in medicated oil/liquid. If powder has to use it is kept in thin layer of cotton and then pichu is made. Pichu is commonly used in treatment of gynaecological disorders. Oils are the most preferred media because of its retention ability.

Types -

1. Elongated - 1 finger breadth and 4 finger long
2. Circular - 1 inch length and breadth.

Site-

Prathamaavarta (vagina)- Elongated Pichu

Dwitiyawarta (External and Internal OS) - Circular Pichu

Time of retention of Pichu-


5 to 6 hours up to retention of micturation.

Indications-

1. Yonikandu
2. Yoni Paichilya / Yoni Srava
3. VivrittaYonivyapada
4. VatajaYonivyapad
5. PittajaYonivyapada
6. UpaplutaYonivyapada
7. Ninth Month pregnancy

Procedure of PichuDharana-




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Procedure of PichuDharana-

- Pichu (Tampoon) should be autoclaved.
- Patient should void urine before pichu insertion.
- Patient should be in supine position with flexed knees.
- Sterile pichu soaked in medicated oil or liquid should be inserted with index finger into vagina in such a way that thread of the pichu should come out of vagina.
- This facilitates easy removal of pichu after 5 to 6 hours .

Karmukatva of Pichu-

The advantage of this procedure is that the lady can carry this procedure by herself at her home. Yoni pichu helps in improving musculature of vaginal canal. Pichu can act as wound healing or antibacterial depending upon the drug used.

YONIDHAWANA (CLEANING OF VAGINA)

Dhawana karma of yoni is termed as Yonidhawan. AcharyaSushruta and Vagbhat consider dhawana as prakshalana. Dhawana means cleaning or purification of wound with water and other medicated material.

Sthana (Site) - Prathamavarta (Vagina)

Duration- 8 days

Timing- Rutukala (After 5th day of menses for 7 days)

Time- 1Min. To 1.5 Min.

Drugs Used- Kwatha (Decoction), Kshirpaka (Medicated Milk), Siddha Jala (Medicated Water), Oil

Quantity- 1 litre of decoction,
250 ml of oil

Indications-

1. Artavdushti
2. KaphajYonivyapad
3. Episiotomy wound

Material- Enema Pot, Catheter

Procedure-

- Proper aseptic measures should be ensured before starting the procedure.
- Patient is given lithotomy position.
- Enema pot filled with decoction is kept at 5 feet distance with luke warm decoction.
- Sterile rubber catheter is inserted into vagina.
- Prathamavarta (Vagina) is washed out.
- In episiotomy , as a post operative from day two onwards can be used.

Karmukatva of Yonidhawan-

Most of the drugs used for Yonidhawana have styptic, wound healing, pain alleviating and bactericidal actions. They prevent growth of bacterial organisms and restore the altered PH of vaginal cavity. Absorption of the drugs through the mucosa and blood circulation also helps to have beneficial effects on the uterus. The oil or decoction once used should not be reused even for same patient.

YONIDHUPAN (VAGINAL FUMIGATION)

Yonidhupan is the therapeutic procedure in which vagina is disinfected by giving medicated smoke.

Site -Bahya Yoni (Outer part of Vagina)

Period for treatment - 3 to 5 min

Types- According to purpose it is divided into 2 types—

1. As a treatment
2. To maintain health

Indications --

1. Yonikandu



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2. UpaplutaYonivyapad
3. SutikaParicharya

Dhupana Drugs—

Kushta (Saussureacostus), Agar (Aqillariaagallocha),
Guggul (ComipheraMukul), Vidanga (EmbeliaRibes),
Vacha (Acoruscalamus), Nimbapatra (Azadirachtaindica)

Procedure –

- A stool or chair having opening at the middle should be used.
 - Patient is made to sit on this chair after voiding the urine.
- OR
- Sitting arrangement is done for patient so that patient can sit in squatting position.
 - The drugs used for Dhupana are lit in the basin placed just below the chair.
- OR
- Specially prepared electric hotplate or induction is used to ignite dhupan drugs.
 - It should be ensured that the smoke originating from the drugs should come in contact with female genitalia.
 - Alternatively NadiDhupana can be done by lighting the drugs in a closed container.
 - The container is connected to pipe which can be used to give dhupana.
 - Since temperature reaches at peak during Dhupana, care should be taken of female genitalia as it is a very sensitive area.
 - Dhupana or fumigation has been used for creating aseptic environment.
 - It helps in killing microbes which in turn prevents infections.

• YONIVARTI (VAGINAL SUPPOSITORY)

Varties of suppositories can be made by mixing powdered drugs with adhesive drugs or binding agents.

Time period – 2 to 3 hours

Indications-AcharanaYonivyapad,
Yonishopha,
KaphajaYonivyapada

Procedure—

- The affected part should be cleaned with proper disinfectant.
 - Size of Vartis should be equal to circumference of index finger.
 - These vartis should be dried in shade.
 - These Vartis should be wrapped with gauze. piece and thread is tied to it.
 - It should be autoclaved. Varties should be smeared with Oil, Ghrita, honey or milk .
 - The varties should be inserted into vagina in such a way that thread should remain outside of vagina.
 - After retention period of urine, the varti should be taken out and yoni prakshalan (washing of vagina) should be carried out with lukewarm water.
 - The used varties should be discarded for new use.
- Varties are helpful in increasing secretion of vagina and does shodhana karma.

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