

Review Article

Ayurvedic Parasurgical Procedures Commonly Used in Female Reproductive Diseases

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ABSTRACT

Anushastra Karma or Parasurgical procedures means surgical procedure performed by non-surgical items or in absence of surgical instruments. Acharya Sushruta has described 60 upkarma, 25 upyantra and 14 Anushastra for the management of wound in different conditions.

Shasti upkarma includes kshara karma, agni karma and uttar basti etc. Kshar has given utmost importance and it is included under shasti upkarma upyantra and anushastra, whereas agnikarma is under uyantra and anushastra. Uttar basti is included under shasti upkarma and anushastra. Jaulaka is classified under anushastra. Regarding Stri roga Yoni pichu, Yoni prakshalanam, Kshar karma, Uttar Basti karma, are quite popular due to its excellent result and no adverse effect if followed properly.

These parasurgical procedures are simple and no sophisticated instruments, devices, anaesthesia and analgesia is required. Ayurvedic Parasurgical procedures have great role to fight against the chronic infectious and non infectious disease of female genital tract. Many researches have proved their significant importance in infertility and atypical cell cervical ulcer and also to the other ailments of female reproductive tract.

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 Charak Samhita, Sushruta Samhita, Ashtang-Sangraha. Commentaries are also included in it. Various online journals, Research papers magazines have been searched from Pubmed and NCBI to collect the valuable related information.

Conclusion: Today the increasing burden of cost on healthcare system, demand to search simple cost effective, non recurrent, with no adverse effect, acceptable and effective therapy to combat the challenges of female reproductive health. Female infertility and CA. cervix are the major challenge for female health due to poor availability expensive and sophisticated treatment procedure existing today. This is the time to look in the traditional and time- tested knowledge of Ayurveda and their specific procedure.

Key words: Parasurgical, Infertility, Shasti upkarma, Anushastra karma, Kshar karma, Uttar Basti karma.

INTRODUCTION

No one can deny the revolutionary changes made by modern sophisticated tools and techniques in understanding and management of female reproductive disorders such as Hysterosalpingography (H.S.G), Cystoscopy, colposcopy and laproscopy. By this article I want to emphasise the concept and contribution of

ayurveda such as yoni pichu, yoni prakshalanam, kshar karma, uttar basti karma, these are certain parasurgical procedures mentioned in ayurvedic text to treat various medical and surgical illness of female reproductive tract. [1-3] These procedure are also known as “Sthanik Chikitsa”, although it is mode of local treatment but their effect is systemic and

capable of preventing the complications of disease consequently; now why, these are parasurgical because it do not involve the sharp instruments it help to avoid impending major surgery consequently to diseases. It is parasurgical because of its application in pre operative or post operative management. Anushastra karma (Parasurgical procedure) can be performed with least complication and in least complicated facility. The World Health Organization (WHO) estimates that 60 to 80 million couples worldwide currently suffer from infertility. [4] The WHO estimates the overall prevalence of primary infertility in India to be between 3.9 and 16.8 percent. [5] Every year in India, 122,844 women are diagnosed with cervical cancer and 67,477 die from the disease. India has a population of 432.2 million women aged 15 years and older who are at risk of developing cancer. [6]

MATERIALS AND METHODS

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Yoni Pichu: “Vatartanam cha yoninam sekabhyanga pichu kria” [7] This is one of the simplest parasurgical procedure that ensures the continuous drug delivery to the target organ, another advantage is that there is no need of sophisticated instruments and trained expert rather than patient can do itself after a little instruction. *Pichu* (Tampoon) is made up of cotton swab wrapped with gauze piece and tied with long thread. It should be immersed in medicated oil or liquid. Oils are mostly preferred due to its retention ability. Circular and elongated pichu is used for shallow and deep insertion in side vagina respectively pichu should be kept for 5 to 6 hour up to retention of urine. [8,9]

Indications:

1. Yonidaha, Yoni kandu, Yoni paka, Vivritta yonivyapada. [10]
2. Yoni paichilya and Yoni srava [11]
3. Yoni karkashata [12]
4. Vataja yonivyapada [13]
5. Pittaja yonivyapada [14]
6. Vamini and Upapluta yonivyapada. [15]
7. Nine Month Pregnancy. [16]
8. Retained Placenta. [17]

Yoni Prakshalanam: It is a procedure in which the vagina, vaginal passage and mouth of uterus is washed with medicated decoction or other liquids.

Prakshalanam means cleaning or purification of wound with water and other medicated material. [18,19] Kwatha (Decoction), Kshirpak (Medicated Milk), Siddha Jala (Purified Medicated water), Oil, are used 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. It should be performed in Rutukala from 6th day of menses for 8 day and duration is 1 to 1.5 min. [20]

Indications:

1. Yoni Kandu (Vaginal Itching)
2. Kunap Gandhi Artavdushti [21]
3. Kaphaja Artava Dushti [22]
4. Yoni Srava
5. Yoni Paicchilya
6. Yoni Arsha (Vaginal Polyps). [23]

Uttar Basti: Uttar Basti is an important parasurgical procedure among the sixty karma as told by acharya sushrut, Vagbhata has mentioned Basti as ardhachikitsa. [24] Basti chikitsa is best for the vaat dosha. Insertion of Medicated oil, decoction in to uttarmarga i.e. through the passages located above or in front part of anus i.e. vagina or urethra of is known as uttarbasti. [25]

Entire technique used in uttar basti chikitsa is more or less similar to the Hysterosalpingography (HSG) and Cystourethrography done now days as important investigation of female infertility

to rule out tubal and anatomical factors and urological disorder respectively.

It is noteworthy to treat previous infections completely before giving Uttar basti. It is administered during Artavakala or Ritukala (after menstrual bleeding stops). During this period the mouth of uterus is open and it readily receives the fluids injected. [26] It is usually carried out under aseptic precautions in minor o.T. no need of any anaesthetic agents or analgesic during and after the procedure.

Indications:

1. For conception.
2. For pacifying vata.
3. Disease of urinary bladder.
4. Prolapse uterus.
5. Severe pelvic pain.
6. Asrigdhara.
7. Retention of urine.
8. Incontinence of urine.
9. Menstrual disorders.
10. Pathological amenorrhoea.
11. Dysmenorrhoea.
12. Mutradosha.
13. Urinary disorders.
14. Retention of placenta.
15. For all reproductive tract disorders.
16. All 20 types of yonivyapads. [27,28]

Contraindications:

1. Cervical cancer
2. Virginity
3. Vesicovaginal fistula
4. Hypersensitivity disorders.

Kshar Karma: Kshara karma is said to be superior to any other surgical or parasurgical measures due to its functions like chedana, bhedana, lekhana and patna karma. [29] It can be applied in the narrowest place and internally where surgical procedures cannot be performed. Kshara acts as a corrosive or caustic agent and generates healthy base for healing.

In Ayurvedic classics no direct description of Garbhashaya Grivamukhagata Vrana is available, but Ashtanga Sangraha has described it in reference of Yoni-Vranekshana Yantra. [30] Considering the features of cervical erosion, it can be stated that it is usually

Nija/Agantuja, Kapha-Pittaja, Twaka-Mamsaja type of Vrana which occurs at Griva of Garbhashaya (cervix). Application of kshar in case of cervical erosion is an effective form of herbal cauterization (incision and excision). This therapy cures the erosion with minimal recurrences and complications. Kshara is of two types namely Paniya kshara and pratisaraneeya kshara. [31]

Depending upon its origin they are khanija (mineral origin) E.g. Tankana kshara, Sarja kshara etc., Praniya (animal origin) E.g. Shankha, Karpadika etc. Vrukshaja (plant origin) E.g. Apamarga kshara, Yava kshar etc.

Kshara karma is considered as a satisfactory approach to treat cervical erosion instead of electrocauterization in which chances of recurrences and complications are more, like: secondary haemorrhage, infertility, cervical stenosis etc. [32]

Indication: Genital warts, Cervical erosion, Cervical polyp, Nabothian follicle, Chronic non healing cervical ulcer.

DISCUSSION

Poverty, illiteracy, poor hygiene, social and religious factors imposes more challenges to the reproductive health of females in developing countries. Today the increasing burden of cost on healthcare sector demand to search simple cost effective, non recurrent, with no adverse effect, acceptable, effective therapy. Ayurvedic parasurgical procedures are safe and effective, day care procedures. Kshar karma, agni karma, jaulka, uttar basti, yoni pichu, yoni prakshlanam are the important parasurgical procedure of ayurveda to treat the various reproductive tract diseases of female. Multicentered clinical trial and Proper training to present human resources of health care sector can produce lot of changes in the present situation.

CONCLUSION

Ayurvedic parasurgical procedure can do very well in female reproductive

tract diseases here are some major benefits as follows -

1. It helps to reduce the total cost burden spent on chronic debilitating diseases of females reproductive tract by the health care system.
2. Total cost of parasurgical procedures is very less in comparison to the therapy available today.
3. These simple treatment technique is boon for the women of developing and poor country because of its low cost and quite simple.
4. It limits the hospital stay and mostly they are day care procedure.
5. Reduce hospital stay cuts the economic burden to the individual and their family and ultimately to the country.
6. It limits the irrational improper and unnecessary use of antimicrobial drugs that result in Antimicrobial resistance.
7. Increasing incidence of female infertility (due to tubal factor or unknown etiology) and cervical cancer (chronic non healing cervical ulcer) uttarbasti karma and kshar karma respectively are very effective mode of treatment the minimum recurrence.
8. It promotes the female hygiene which is utmost important to prevent the STD and other communicable diseases.
9. These procedure are cheap, safe, effective and with no adverse effect.
10. No need of anaesthetic and analgesic agents during and after the procedure.

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