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## A Critical Review on *Yonipichu* (Vaginal Tampon) in *Stree Roga*

Neelam Singh<sup>1\*</sup>, Alok Singh Sengar<sup>2</sup>, Bipin Bihari Khuntia<sup>3</sup>, Manisha<sup>4</sup> and Om Prakash<sup>5</sup>

<sup>1,5</sup>Regional Ayurved Research Institute for Drug development, Amkho, Gwalior, M.P., India

<sup>2</sup>Bundelkhanda Govt. Ayurvedic Medical college & Hospital, Jhansi, U.P., India

<sup>3</sup>Gopabandhu Ayurved Mahavidyalaya, Puri, Odisha, India

<sup>4</sup>CBPACS, New Delhi, India

### ABSTRACT

Sthanika chikitsa or Local treatment plays very crucial role in the management of various gynaecological disorders. In classics, various local therapeutic measures have been described for Yonivyapadas. In Ayurveda there are various forms of local treatments such as Yoni Pichu, Yoni Dhupana, Yoni Dhavana, Yonilepana, YoniVarti, Kshar Karma and Agnikarma have been mentioned for the management of various gynaecological and obstetrical disorders. Although it is more of local treatment but its effect is systemic too and capable of preventing complications of diseases. Yoni Pichu is one of the types of sthanika chikitsa where sterile medicated pichu is kept inside the vagina for a specific period of time. In this article Yoni Pichu chikitsa reviewed through ayurvedic classics with its concept, procedure, probable mode of action and uses.

### KEYWORDS

*Sthanik-Chikitsa, StreeRoga, Yoni Pichu, Yoni-Vyapada*



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## INTRODUCTION

Yoni Pichu is one of the types of Sthanik chikitsa in which pichu is used and is applied locally, so that it releases the drugs constantly at that particular site. It is simplest procedure and after proper instruction it can be done by patients at home. In Ayurveda two types of chikitsa have been mentioned, Abhyantar chikitsa and Sthanik chikitsa. Abhyantar chikitsa breaks dosha- dushya sammurchhana and cures disease while sthanik chikitsa corrects sthanikdosha-dushti. In all types of gynecological disorders after proper oleation and cleansing, other measures i.e. uttarbasti, massage, irrigation, anointments and tampons etc. should be used<sup>1</sup>.

Many types of Sthanik chikitsa like Yoni dhavan(Vaginal Douching), Yoni Pichu (Vaginal Tamponing) ,Yoni dhupan (Vaginal fumigation) ,Yoni lepan(Vaginal painting) ,Yoni varti (Vaginal suppository), Uttarbasti(Intrauterine instillation)etc. have been described in Ayurvedic classics.

### ***Pichu Kalpana***

Pichu kalpana has been described by Acharya Charak for treating the *Gudabhransha*(Rectal prolapse) in Atisara - chikitsaadyay<sup>2</sup>Pichu is made up of cotton ball covered with a gauze piece and tail is made using the gauze. Its shape like a pottali is made. Pichu will be immersed in

medicated oil before insertion in vaginal canal. Mostly oils are preferred for tamponing due to its retention properties.

### ***Types of pichu***

1. Elongated - 4 finger length and 1 finger breadth. 2. Circular – 1-inch in length and breadth<sup>3,4</sup>.

### ***Site***

1.Elongated Pichu kept in Prathamaavarta (vagina) while Circular Pichu placed in Dwitiyawarta (External OS). Circular *Pichu* is used for shallow insertion while elongated *Pichu* is used for deep insertion inside the vagina. It should be kept inside till the retention of urine<sup>3,4</sup>.

### ***Procedure***

The treatment procedure is divided into three parts.

### ***Poorva karma(pre-operative)***

Pichu and Medicinal oil or ghrta sterilized with the help autoclave. After voiding the urine patient should be kept in lithotomy position. Perineal region cleaned with savlon and betadine solution and draped.

### ***Pradhana karma(operative)***

Under aseptic precaution sterile Pichu soaked in medicinal oil should be inserted in vaginal canal with the help of index finger and thumb or by with the help of swab holding forceps in such a way that the thread of Yoni Pichu should be lying out of vagina. These will facilitate its easy removal.



### ***Paschata karma(post-operative)***

Yoni Pichu is retained till she has a sensation of micturition. It is removed by the patient herself by pulling the gauze tail after sitting in squatting position.

### ***Mode of action of yonipichu***

Ayurveda classics describes the action of medicines in three ways i.e. Dravyaprabhava, Gunaprabhava and Dravyaguna prabhava<sup>5</sup>. According to *Sushruta*, Pichu helps in *Lekhana karma* and thus, removes slough<sup>6</sup>. In *Yonipichu*, mostly medicated *Kashaya*, *SarpiandTaila* are used. These preparations have two main functions i. e. Shodhana (purification) and *Ropana*(healing)<sup>7</sup>. Its various mode of action will depend upon the various types of medicine that used, as different medicines have different action. Depending on the drugs yonipichu can act as an antibacterial, controls vaginal discharges, helps in wound healing. Pichu helps the medicine to remain at that particular site for a longer period for better action. It improves the musculature tone of vaginal canal.

### ***Indications of YoniPichu***

1. Vataj Yonivyapada: the oils prepared with the drugs possessing usna(hot) and snigdha (unctuous) properties should be used for pichu(tampons). Due to these properties yoni rukshata, kharata, shaithilyata decreased and mriduta

occurred. Guduchyadi taila pichu will be beneficial vataja yoniorogas<sup>8</sup>. Use of pottali made with kantakari kalka cures this disease<sup>9</sup>.

2. Pittaj Yonivyapada: ghrita or oils prepared with the drugs either having cooling properties or capable of suppressing pitta should be used for pichu(tampons)<sup>10</sup>. Use of pottali made with panchvalkal kalka cures this disease<sup>9</sup>.

3. Kaphaja Yonivyapada- Use of pottali made with shyamadigana kalka alleviates this disease<sup>9</sup>.

4. Vipluta Yonivyapada – pain of Vipluta Yonivyapada is relieved by the continuous use of tampons soaked with the oil of tila medicated with paste of nata, vartakini, kustha, rock salt and amaradaru<sup>1</sup>.

5. Vamini and Uppluta Yonivyapada- after sudation and satiation, application of tampons of oils and vataghna substances in the diet should be used<sup>11</sup>.

6. Paripluta Yonivyapada- tampons of uncting oil treated with bark of sallaki, jingini, jambu, dhawa and Pachavalkal should be used<sup>12</sup>.

7. Yonishathilya- tampons of suramanda cures laxity of vagina<sup>13</sup>.

8. Yonistabdhatta (stiffness) and karkasata(roughness of vagina) - constant use of tampon soaked with the oil medicated with decoction of drugs capable



of suppressing vata or balataila should be done<sup>14</sup>. Tila tail pichu also used<sup>15</sup>.

9. Yonishula (pain in vagina)-Tampons of saindhavaditaila prepared with the oil of tila properly cooked with equal quantity of paste of rock salt, tagara or nata, kustha, brihati and devadaru cures pain in vagina<sup>16</sup>.

10. Yonidourgandhya (foul smell of vagina) – tampons soaked with oil made with sarvagandha drugs cures putrid smell of vagina<sup>17</sup>.

11. Yonipaka (suppuration of vagina) – a tampon dipped in water of candana should be applied<sup>18</sup>.

12. Yonistrava (leucorrhoea) - application of tampon soaked with suramanda cure vaginal discharges. Use of dhatkyaditaila in the form of tampon is beneficial<sup>18</sup>.

13. Yonikanda(uterovaginal prolapse)- use of tampons soaked with mushak oil cures this shameful disease yonikanda<sup>19</sup>.

14. Yoniarsha-use of tampons soaked with mushak oil destroys yoniarsha<sup>20</sup>.

15. Udumbaraditaila- use of this oil cures picchila, vivrta, kaladusta or ciradusta and darunadusta yoni within a week and woman also achieves conception or becomes pregnant<sup>21</sup>.

16. DhatakyadiTaila - use of this oil cures Vipluta, upapluta Yonivyapada, uttana, unnata or suna yoni and the one which is full of sphota (blisters) and pain, yoni

associated with excessive unctuousness or discharges<sup>22</sup>.

17. Hingwadi tail -use of this oil in yonipichu brings menstruation, cures dysmenorrhoea and pelvic pain<sup>23</sup>.

18. Hayamaradi tail-use of this oil curesyonikandu, yonivrana, yonikleda ,yoniarsha and it increases the libido<sup>23</sup>.

#### ***Contraindication of Yoni Pichu***

Pelvic inflammatory disease, urinary tract infection.

#### ***Complication of Yoni Pichu***

If large and thick size of yonipichu is used and if their times of retention will be more, then *Mutrakricha*(Burning and painful micturition), *Yonishotha*(Inflammation in vagina), *Yonishula*(Pain in vagina)etc. will be develop as a complication.

#### ***Formulations used in Yonipichu:***

*Guduchyadi taila, Bala taila, Dhatakyadi taila, Udambaradi taila, Jatyadi taila, Kasisadi tail, Dashmool taila, Taila*<sup>24</sup>, *Ghrita*<sup>25</sup>.

#### ***Taila:***

Oil is fiery, hot, sharp, sweet in rasa and vipaka, bitter and astringent in subsequent taste, growth promoting, satiating, diffusing, minute, clean, heavy, laxative, slackening, spermatogenic, emollient for skin and purifying, increases the suppleness, muscular stability, complexion and strength. It diminishes kapha and vata, vermifugal and somewhat increases the



pitta. It alleviates the pain from the female genitalia and it cleanses the uterus. Sesame oil is useful for application and immersion procedures. Whatever oils from vegetable group all possess the properties of sesame oil and all pacify the vata<sup>24</sup>.

### ***Ghrita:***

Among all sneha *Ghrita* has been described as best sneha because it is the only *Sneha* which occupies all the pharmacological properties of drugs from which it is prepared. Traditionally prepared cow ghee has *Sanshodhna*(detoxifier) and *Sansamana*(palliative) properties. *Ghrita* helps in promotion of quick healing and cure the inflammatory swellings<sup>25</sup>. *Taila* and *Ghrita* preparations used in *Yonipichu* are more effective in curing gynaecological diseases as lipophilic drugs are well absorbed than hydrophilic drugs.

## **CONCLUSION**

Yoni Pichu is an ancient, effective and result oriented ayurvedic treatment for gynaecological disorders. It is safe, effective and inexpensive method without adverse effects. It avoids the use of antimicrobial drugs.



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