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## Role of Uttara Vasti in Female Reproductive Disorders

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### ABSTRACT

In Ayurvedic Gynaecology, Sthanik Chikitsa are the specialized treatment procedures. These procedures basically deal with the disorders of Tryavarta yoni. Among these Uttara Vasti takes a specific place. In this study the role of Uttar Vasti in female reproductive disorders is reviewed through ancient texts along with modern interpretation.

### KEYWORDS

*Sthanik Chikitsa, Tryavarta yoni, Uttara Vasti*



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## INTRODUCTION

In Ayurveda, Sthanik chikitsa are the specialized treatment procedures. Sthanik chikitsa includes uttar vasti, yoni dhawan, yoni picchu dharan, yoni dhoopan etc. among these, uttura vasti is a type of vasti upakrama, a mode of administration of drug. Vasti which is given through the uttar marga i.e. either through the passages located above or in the front part of anus is known as uttura vasti and which is superior in quality.

**Types:** there are two types of uttura vasti as per the main area of action

- a. Yonigata uttura vasti.
- b. Garbhasaya gata uttura vasti.

Another classification of uttura vasti is as per the choice of drug,

- a. Anuvasan uttura vasti.
- b. Niruha uttura vasti.

### INDICATION:

1. Vasti vikara<sup>1</sup>
2. Mutraghat<sup>1</sup>
3. Mutrakriccha<sup>2,3,4</sup>
4. Vastishoola<sup>2</sup>
5. Vinduvat mutra srava<sup>2</sup>
6. Yonibhramsa<sup>1</sup>
7. Yoni shoola<sup>1</sup>
8. Yoni vyapad<sup>1,3</sup>
9. Asrigdar<sup>2,3</sup>
10. Puspa udreka<sup>2</sup>
11. Artava nasha<sup>2</sup>

12. Kasta artava<sup>2,3,4</sup>
13. Kasta sadhya artava dosa<sup>2,3,4</sup>
14. Anirgaman of apara<sup>2</sup>
15. Vandhatya<sup>1</sup>

**Vasti vikara:** there are 13 types of vasti rogas and uttura vasti given through mutra marga is very much effective in those conditions.

**Mutraghaat:** in all the 12 types of mutraghaat uttura vasti plays a significant role in curing those conditions.

**Mutrakriccha:** drugs are administered through mutramarga to cure those conditions.

**Vasti shoola:** it denotes pain in bladder region.

**Vamshana shoola:** it denotes pelvic pain.

**Vinduvat mutra srava:** it means dribbling of urine.

**Yonibhramsa:** in cases of uterogenital prolapsed, certain ghrita preparations may be administered in the form of uttaravasti. the commonly used ghrita preparations for these purpose are brihat chagalyadi ghrita, vidaryadi ghrita etc.

**Yoni shoola:** here, vata is the predominant dosha and taila prepared with nirgundi, dasamoola, rasna etc. are use to relieve these conditions.

**Yoni vyapad:** ayurveda includes all the gynecological disorders under vimshati yoni vyapad. Uttara vasti plays an important role in treating yoni vyapad.



**Asrigdar:** utara vasti is contraindicated during menstruation but in case of heavy menstrual flow, it may be administered with haemostatic drugs to arrest the heavy bleeding.

**Puspa udreka:** there is no clear explanation for this condition. Puspa denotes ovum. Puspa udreka may refer to ovarian hyperstimulation syndrome.

**Artava nasha:** anovulatory condition may be considered as artava nasha.

**Kasta artava:** dysmenorrhoea is considered as kasta artava. Utara vasti with dasamoola, nirgundi, Rasna etc. are very much effective.

**Kasta sadhya artava dosa:** in almost all the artava dosa, apana vayu dusti is there and for apana vayu dusti uttaravasti plays an important role.

**Anirgaman of apara:** in cases of retained placenta, uttaravasti with taila prepared with siddharthak, kustha, langali, mahavriksha, etc. and uttaravasti with katu taila is very much beneficial.

**Vandhatya:** the niruha type of utara vasti acts as a nectar to the infertile women.

The application of utara vasti may be explained as follows:

### 1. Utara vasti in vaginal conditions:<sup>5</sup>

a. Vaginal infections: bacterial and fungal infections are common in vagina, gardnerella, candida, trichomonas, monilia

etc. are common pathogens. So the drugs selected for the intravaginal administration should be bactericidal or bacteriostatic or antifungal in nature. Jatyadi taila or jatyadi ghrita etc. may be selected for this purpose.

### b. Vaginal mucosal defects include<sup>5</sup>

**Vaginal milieu ph:** in general vaginal ph will be between 3 and 4. The acidic ph is essential to prevent infections. To restore the normal vaginal ph various drugs like panchavalkala, triphala, dasamoola etc. are used.

**Vaginal secretions:** utara vasti with ghrita preparations possessing snigdha and picchila properties are to be used to improve vaginal mucosal secretions. Similarly preparations predominant of kashaya rasa are useful to decrease vaginal secretions.

Inflammation of vaginal wall: drugs with anti-inflammatory properties like nirgundi, dasamoola, aswagandha, rasna etc. may be selected for this purpose.

### 2. Utara vasti in cervical conditions:<sup>5</sup>

**Cervical erosions:** chronic cervicitis associated with erosions may be easily treated by utara vasti. Utara vasti given with ropana drugs may be helpful. Drugs may be selected on the basis of dosa predominance. Triphala ghrita, satavari ghrita, phala ghrita etc. are being used commonly.



**Cervical mucus quantity:** cervical mucus is a vehicle for the transport of sperms and also works against the infections. In case of less cervical mucus, the condition can be improved by ghrita prepared out of snigdha and picchila guna dravyas like kokilaksa, satavari etc.

**Cervical mucus pH:** the pH of cervical mucus is very important as it provides the transport media for spermatozoa. The sperms cannot survive in acidic ph. Any alterations in the ph may lead to non survivability of spermatozoa. Altered cervical ph may be corrected by utara vasti using appropriate drugs.

**Cervical mucus disorders:** altered viscosity, increased cellularity etc. can be treated with jatyadi ghrita, satavari ghrita, amrita prasa ghrita etc.

### **3. Utara vasti in endometrial conditions:<sup>5</sup>**

- a. To improve the thickness of endometrium.
- b. To improve the quality of endometrium.
- c. Endometriosis.

### **4. Utara vasti in tubal disorders:<sup>5</sup>**

- a. **Hydrosalpinx:** the inflammatory condition can be combined with the help of nirgundi taila, yastimadhu taila, tila taila etc.
- b. **Tubal block:** if the tubal block is due to adhesions then kshara taila can be

used but in cases of spasm due to fibrosis, there is a need for brimhana snehana.

### **CONTRAINDICATION:**

1. For intrauterine uttaravasti the contraindications are
  - a. Hypersensitivity.
  - b. Carcinoma cervix.
  - c. Menstruation
  - d. Menorrhagia
  - e. Virginity
  - f. Vesico-vaginal fistula etc.
2. Contraindications for intravaginal utara vasti are
  - a. Hypersensitivity
  - b. Menorrhagia
  - c. Rectovaginal fistula etc.

### **Complication:**

- a. Per vaginal bleeding.
- b. Lower abdominal pain.
- c. Urogenital infection.

### **TIME OF ADMINISTRATION AND DURATION OF ADMINISTRATION:<sup>6</sup>**

Utara vasti should be administered during ritukala as during this time the yonimukha remains open and it receives the drugs easily continuously for three days for three consecutive cycle.

### **PROBABLE MODE OF ACTION:**

The lower part of the body is governed by apana vayu. Its centres of control are colon, pelvis, urinary bladder, uterus and lower



limbs. Hence the medicines administered through vaginal or urethral route helps to balance apana vata and its associated other sub dosas, thereby leading to cure or relief from the respective disorders.

The niruha uttara vasti has a cleansing action. By cleansing action of uttara vasti in the urinary bladder, uterus and other genital passages, the process of urination, menstruation and sexual functions will be restored.

The anuvasana type of uttara vasti is nutritive in function and will improve the blood circulation, nerve conduction and immunity of the organs. Anuvasana vasti given in the form of uttara vasti is very much useful in infertility.

## CONCLUSION

Uttaravasti has a lot of therapeutic potential. Proper selection of drug and time of administration is very essential for getting the desired result. It is a boon for those suffering from diseases of urinary and genital organs. It fortifies the concerned organs, cures the diseases, enhances immunity and keeps the organs healthy. Thus uttara vasti is a gift of ayurveda for those who are suffering from infertility.



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