



A CLINICAL APPROACH TOWARD THE SAMPRAMPTI OF COMMON STRI ROGA DISEASES AND THEIR POSSIBLE TREATMENT THROUGH SURGICAL MANAGEMENT

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ABSTRACT

Ayurveda the system of traditional Indian heritage paid huge attention towards the health management of female. The health of female gets affected during different age of her life cycle; puberty and menopause are important causative factors which hampers female health significantly. Disturbed menstrual cycle, hormonal changes, physical stress and awful conduction of daily & dietary regimen, etc. play important role towards the reproductive health problems of female. Ayurveda explores several preventive & therapeutic measures for restoring female health and *Shalya Chikitsa* is one of the branches of Ayurveda which helps greatly in this regards. The minor and para-surgical intervention of Ayurveda provides therapeutic regimen for treating some gynecological problems. Present article summarizes etiopathogenesis of common *Stree Roga* and their possible management through surgical intervention.

KEYWORDS: Ayurveda, Stree Roga, Nidana, Pathogenesis, Shalya Chikitsa.

INTRODUCTION

Ayurveda as sciences of disease management works for health promotion and overall well being. Ayurveda mentioned causes, pathogenesis and management of many types of disorders including gynecological health issues. Ayurveda considered female health on prime concern therefore described prevention and treatment of many gynecological disorders.^[1-3] These disorders mainly related to the female reproductive system and disturbances in menstrual cycle.

Modern science described different gynecological disorders and their management such as; uterine prolapse, PCOD, uterine bleeding, white discharge, menstrual abnormalities, infertility and uterine fibroid, etc. The common symptoms of gynecological disorders are depression, anxiety, itching & burning sensations in

genital organ, loss of libido, painful discharge and insomnia, etc.

The common causes of gynecological disorders as per modern science are as follows

- ❖ Endometriosis and ovarian cysts
- ❖ Menopause and obesity
- ❖ Miscarriage and multiple abortions
- ❖ Constipation, diarrhea and bloating
- ❖ Bacterial infection
- ❖ Unnatural sex
- ❖ Puberty
- ❖ Unhealthy lifestyle and presence of other diseases
- ❖ Hormonal changes, adverse effects of therapy & surgery and drug abuse.

Nidana and Samprapti of Stree Rogas

As per Ayurveda Aharaja and Viharaja along with Manasika Nidana, etc. can play vital role towards the

pathogenesis of Stree Rogas. The Samprapti of these diseases mainly involves vitiation of Vata & Kapha Doshas along with vitiation of Rasa Dhatu. The major pathological events involved in Stree Rogas are Jataragnimandya, vitiation of Apanavata, vitiation of Pitta & Kledakakapha, Margavarodha in Artavavahasrothas and Artavakshaya, etc. The common Stree Rogas as per Ayurveda includes Artava Dushti, Yoni Kandu, Yoni Kleda, Yoni Paicchilya, Yoni Strava, Yoni Arsha, Alpaartavadarshana & Vibandha, etc.

As mentioned above Vata prakopaka nidana and Kapha prakopaka nidana are mainly associated with pathogenesis of disease. Vata prakopaka ahara vihara first aggravates Vata which further causes Sthanika vata prakopa leading to the Sthanasamshraya in Yoni Pradesh, vitiation of Rasa dhatu and obstruction of Srotas, etc. becomes triggering factors of Stree Rogas.

Kapha prakopaka ahara vihara can also initiates pathogenesis of such types of diseases, in case of Kapha Nidana, Ama formation take places due to the Mandagni which further obstruct Srotas that causes aggravation of Vata in Yoni. Vata further vitiates Sthanik kapha in Yoni pradesha which along with Dushit Ras dhatu leads manifestation of Stree Rogas.

Pitta prakopaka ahara vihara mainly associated with impaired digestive functioning and responsible for nutritional insufficiency that ultimately leads many reproductive health issues in female. The vitiation of Pitta first causes formation of Ama which obstructs Rasavaha Srotas and finally manifested as lack of menstruation or disturbed menstrual cycle. Moreover Dhatus get depleted due to the lack of nutritional supply and this condition affects reproductive health significantly.

The consumption of Ruksha, Laghu and Sheeta, etc. Ahara can vitiates Vata and disturbed Jatharagni which leads formation of Ama, aggravation of Kapha associated with vitiated Vata causes Sanchaya of Nidana and obstruction of Rasavaha Srotas. These all factors when accumulated for longer period of time in Yoni & Garbhashaya then various gynecological abnormalities observed.

Management of Stree Rogas

As per ayurveda the major therapeutic principles involved in the management of Stree Rogas are pacification of Vata Doshas, removal of Ama, clearing obstruction of Srotas, boost up Agni and Dhatus, maintenance of nutritional supply and stress management. Samshodhana, Shamana and Rasayana Chikitsa mainly advised for managing common gynecological problems. These therapies help in Samprapti Vighatana of Stree Rogas, open blocked channels, regularizes circulations, control hormonal activities, removes aggravated Doshas and imparts Vata Shaman effects, therefore helps to suppress pathogenesis

of Stree Rogas. Ayurveda as well as modern medical science emphasizes importance of surgical interventions in gynecological disorders since surgical and para-surgical procedures helps greatly to manage some gynecological health issues.

Shalya Chikitsa in Stree Rogas

Shalya Chikitsa can be employed effectively to cure different obstetrics and gynecological problems. The disorders like; Arbuda, Stanarogas, Granthi and Arshas, etc. requires surgical assistance and medical emergency related to the female health can also be cured using Shalya Chikitsa where surgical intervention is possible. Shastrakarma play important role in Streeroga; however Shalya Chikitsa in Streeroga only performed whenever it is required and other non-invasive options are not available.

Surgical instruments (Yantra & Shastra) such as forceps, speculums, needles, dilators, lancets and scissor, etc. commonly employed in minor interventions. Ayurveda also described role of some instruments for surgical purpose such as Shalaka Yantra, Sandamsha Yantra, Naadi Yantra, Mandalagra Shastra, Suchi, Shararimukha Shastra and Vetasapatra Shastra, etc. The blunt and sharp instruments made by plant and animal origin used to perform various procedures in Stree Roga. The specific purpose of surgical instruments in gynecological health issues are as follows:

- ✓ Gandupadmukhi Shalaka is used for dilating cervix and examining uterus.
- ✓ Badishmukhi Shalaka & Badisha can be used for extracting Mudhagarbha.
- ✓ Badisha also considered useful for holding up Arbudas.
- ✓ Sarpaphanamukhi Shalaka used for cesarean purposes.
- ✓ Jambavavadana Shalaka is recommended for Dahana karma in Streerog.
- ✓ Vishodhini Shalya Tantra is recommended for dilating urethral passage.
- ✓ Mandalagrashastra is considered useful for extracting Mudhagarbha.
- ✓ Ardhashandra Shastra is used for extracting dead fetus similarly Mudrika tied with thread is used for excising obstructed fetal head in Mudhagarbha.
- ✓ Aattimukha is advised for Raktavisravana.
- ✓ Shastra Karmas can be used to restore normal position of displaced Yoni similarly para-surgical approaches helps to dilate Samvruta Yoni.

Specific surgical intervention for gynecological problems

- ✚ Ayurveda described role of Chedana karma in Yoni Arsha.
- ✚ Granthi & Arbuda can also be managed by Chedana karma
- ✚ Lekhana karma suggested for Apakvagranthi.
- ✚ Pakwa Granthi can be treated by Patana Karma and Vatajagranthi requires Siravyadha Chikitsa.

- ✚ Kshara & Shashtra karma described by Sushruta for managing Arbuda and these therapies reduces chances of reoccurrence.
- ✚ Shastrakarma also considered useful for Stana Roga including Stana Vidradhi.

Modern medical science also explains several surgical interventions for the treatment of gynecological problems, the common surgical procedures used in modern medical science for this purpose includes cervical cryosurgery, colposcopy, dilation and curettage, hysteroscopy, leep procedure and pelvic laparoscopy. The roles of these surgical interventions in gynecology are as follows:

- ❖ Tubal ligation and removal of ovarian cysts
- ❖ Removal of fibroids in the uterus and removal of growths from the cervix
- ❖ Uterine artery embolization
- ❖ Removal of the uterus, ovaries and other parts of reproductive system for health purpose
- ❖ Surgical treatment of cervical and ovarian cancers, etc.

CONCLUSION

Artava Dushti, Yoni Kleda, Yoni Paicchilya, Yoni Arsha, Yoni Kandu, Yoni Strava, Vibandha and Alpaartavadarshana, etc. are common gynecological problems associated with female reproductive system. Aharaja, Viharaja and Manasika Nidana play triggering role in the pathogenesis of Stree Rogas. Vitiating of Vata & Kapha, Rasa Dhatu Dushti and Margavarodha in Artavavahasrothas, etc. are majorly involves in the Samprapti of Stree Rogas. Ayurveda Shalya Tantra offers great therapeutic utility in Prasuti Tantra and Stree Roga, the surgical and para-surgical approaches of Ayurveda are considered useful for conditions like Arbuda, Arshas and Granthi, etc. Scalpels, saws, lancets, scissors, hooks, directors, forceps, rectal & vaginal speculae, etc. are major instruments used in minor surgical interventions associated with female reproductive system.

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