



“Review article on Yoni Shaithilya W.S.R. to Yoni pichu dharan”

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ABSTRACT:

Women make important contributions to society, the economy, and culture in a variety of spheres of life. She neglects her health because she is too busy performing her job. She disregards her health, which results in serious disease. Women's reproductive health can be impacted by a number of illnesses. One of the many diverse old human disciplines is Ayurveda. The many varieties of Yonivyapada are briefly described in Ayurveda. The majority of women nowadays experience stress, anxiety, and emotional behavior. Additionally, a lot of women work, which makes it difficult for them to keep good hygiene. As a result, they suffer from a variety of Yonirogas. Since Yoni Roga cannot arise without Apana Vata vitiation, Vata should be restored before treating the other Doshas. Acharyas described Yonishaithilya, a prevalent ailment, under Yonivyapada roga. In order to cure Yoni roga, ancient Acharyas recommended Sthanika Chikitsa (local remedies) such as Yoni Pichu (putting a tampon soaked in medication in the vagina) and Yoni Prakshalana (cleaning the vagina).

KEYWORDS: Ayurveda, Yoni Pichu Dharan, Yoni Shaithilya, Vaginal laxity.

INTRODUCTION:

Vaginal laxity or looseness, known as Yoni Shaithilya, can cause discomfort, discontent, or a decrease in self-confidence. Overuse, aging, lack of pelvic muscle tone, and repeated delivery are common causes. The words Yoni and Shaithilya combine to form Yoni-Shaithilya.¹ In Ayurvedic texts, the term "Yoni" refers to the entire genital tract, or perineum, which includes the uterus and vaginal canal. The term "shaithilya" refers to the state or trait of being loose or slack. Twenty forms of Yoni Vyapad, which comprise nearly all gynecological illnesses that arise from the vitiation of vata, pitta, and kapha, have been mentioned by ancient Acharyas. But *Yoni Shaithilya* is not described as a disease in Ayurvedic literature.² It is mentioned as a symptom of various types of *Yonivyapads* i.e. *Vatala, Mahayoni, Prasamsini, Andini/Phalini yonivyapad*.



The looseness of the vagina, known as vaginal laxity, is typically brought on by physiological changes in a woman's life, including childbearing, weight changes, and hormonal changes brought on by aging and menopause. It devitalizes the mucosal tone of the vaginal wall and harms the pelvic floor. These occurrences frequently result in the development of dryness, decreased sexual satisfaction, and vaginal shrinkage, which can cause physiological distress and have an impact on a woman's sexuality, self-confidence, and quality of life. It occurs in roughly 24–38% of cases. This primarily affects postmenopausal and multifarious women.³ It is frequently associated with weakened Mamsa Dhatu (muscle tissues) and vitiation of the Vata dosha in Ayurveda. Numerous Sthanik chikitsa, including Yoni pichu (vaginal tampon), Abhyanga (massage), and Seka (vaginal douche), were recommended by ancient Acharyas. A traditional ayurvedic treatment called yoni pichu attempts to resolve this problem and restore the flexibility and tone of the vagina.

According to Acharya Charaka, coitus in an uneven and problematic bed aggravates Vata, which results in stiffness and dilatation of the uterine and vaginal openings. Vatala yonivyapad is characterized by vaginal and loose perineal displacement. Yoni is displaced from its natural position in Prasasmini Yonivyapad, and any irritation results in profuse vaginal discharges because of vitiated pitta dosha.⁴ Women with tiny vaginal canals who had frequent coitus with a large man's penis in Phalini/Andini Yonivyapad experienced extreme laxity of the anterior and posterior vaginal walls, which may protrude outside the introitus in the shape of an egg or fruit. According to all Acharyas in *Mahayoni*, the vagina is very wide and all the three *dosha* are involved in it.⁵

MODERN REVIEW:

Vaginal laxity, which is frequently characterized as a feeling of looseness in the vagina, is the loss of firmness or tightness in the vaginal tissues. For some people, this illness can impact their quality of life, sexual satisfaction, and even physical symptoms. Here's a thorough explanation: A condition known as vaginal laxity is defined by a loosening of the vaginal aperture caused by a loss of rigidity in the vaginal wall. Weakened pelvic floor muscles surrounding the vagina and a lack of connective tissue are common symptoms of this illness. After labor, birth-related injuries, such as surgical scars, and mechanical overstretching of tissues are the main causes of vaginal laxity. Hormonal changes, including those that take place after menopause, can also exacerbate this problem by lowering estrogen levels, which are essential for preserving the suppleness and strength of tissues.⁶

CAUSES OF VAGINAL LAXITY⁷

1. **Childbirth:** The vaginal tissues and surrounding muscles may be stretched during vaginal birth. the degree of laxity may increase with larger babies, longer labor, or more vaginal deliveries.



2. **Aging:** Over time, the vaginal walls' collagen and elastin fibers naturally weaken. Thinning and decreased flexibility of tissue can result from hormonal changes, particularly during menopause.
3. **Hormonal Fluctuations:** The tissues may be weakened by low estrogen levels, such as those that occur after menopause or after giving birth.
4. **Lifestyle Factors:** Persistent strain brought on by excessive lifting or constipation. physical activities with a high impact.
5. **Pelvic Floor Dysfunction:** Lack of vaginal tone may be caused by weak pelvic floor muscles.

SYMPTOMS:⁸

- A sensation of less tightness or looseness in the vaginal region.
- A reduction in pleasure or feeling during intercourse.
- Urinary incontinence due to stress (leakage when coughing, laughing, or sneezing).
- A sense of insufficient pelvic support.

TREATMENT:⁹

1. **Pelvic Floor Exercises:**
 - **Kegel Exercises:** Strengthen the pelvic floor muscles and can improve tone over time.
 - Guided by a pelvic floor physical therapist for better results.
2. **Non-Surgical Therapies:**
 - **Radiofrequency (RF) or Laser Treatments:** Stimulate collagen production and tighten vaginal tissues (e.g., ThermiVa, MonaLisa Touch).
 - **Platelet-Rich Plasma (PRP):** Some providers offer PRP injections to rejuvenate tissues.
3. **Surgical Options:**
 - **Vaginoplasty:** A surgical procedure to restore vaginal tightness.
 - May be combined with perineoplasty or pelvic floor repair if other structures are involved.
4. **Hormonal Therapy:**
 - Vaginal estrogen creams, rings, or tablets can help improve tissue elasticity and hydration, especially post-menopause.
5. **Lifestyle Modifications:**
 - Maintaining a healthy weight to reduce pelvic pressure.
 - Avoiding activities that strain the pelvic floor.

PICHU KALPANA:

Chikitsa performed by Pichu is known as Pichukalpana. Charaka originally described Pichu-kalpana in "Atisarchikitsadhyay."¹⁰



For some illnesses, pichu-kalpana is utilized for Snehana, Swedan, Shaman, Shodhan, and Bhedan. It is more beneficial in Streeroga than in Garbhini and Sutika. Ghrita or Taila is used for Shaman and as a decoction for disease-related Shodhan and Stambhan. Pichu is defined as a beejahin karpas that is tied with cotton thread and stored in a piece of gauze (protam vastram). According to different ailments, this pichu (tampon) is soaked in different taila, ghrita, and kalka and held in the vagina (prathamavarta).^{11,12}

The Samhitas make no reference of Pichu's precise size. Therefore, the size of the Pichu varies depending on the location. A sterile cotton swab is used to make the pichu for clinical trials. It is wrapped in a piece of gauze and fastened with a long thread. Due to their capacity for retention, oils are the most favored medium.¹³

TYPES:¹⁴

1. **Elongated**—Four fingers long and one finger wide.
2. **Circular**—1 inch in width and length. Location: elongated pichu (vagina).

SITE: (vagina)—Elongated pichu.

YONI PICHU DHARAN:

In order to cure gynecological disorders, Yoni Pichu Dharan entails inserting a medicated tampon soaked in medicinal oils or decoctions into the vaginal canal.

TIME OF RETENTION OF PICHU: 5-6 hrs.

PROCEDURE:¹⁵

1. Pichu needs to be autoclaved.
2. Before inserting the pichu, the patient should void.
3. The patient should have their knee flexed and in a supine posture.
4. Sterile pichu soaked in media, such as siddha taila, should be put into the vagina using the index finger or swab holder such that the pichu's thread emerges from the vagina. This makes it easier to remove Pichu after five to six hours.
5. Yoni pichu aids in strengthening the vaginal canal muscles.
6. Depending on the situation, pichu may have antibacterial or wound-healing properties.

THERAPEUTIC ACTIONS:¹⁶

Local Sthambhana (astringent action): aids in tone restoration and tissue tightening.

Vata-Pacifying: Balances the reproductive tract's Vata dosha.

Healing and Strengthening: keeps the vagina healthy and encourages tissue renewal.

MECHANISM OF ACTION IN YONI SHAITHILYA OF YONI PICHU DHARAN:

The Yoni Pichu Dharan utilized for yonidhawana contains antibacterial, antiseptic, and analgesic properties. It aids in vaginal pH restoration and inhibits the growth of bacterial organisms. Yonidhavan medications are absorbed by the mucosa, circulate through the bloodstream, and have an effect on the uterus. Because all of the dravyas in Kwath are kashaya and have bene rasatmak, stambhan and grahi guna, which also have kandughan and krimighan activity, aid to reduce vaginal discharge. Nyagrodha, Udumbara, and Plaksha were discovered to have saponin, whereas Ashwattha Parisha, Plaksha, and



Udumbara were found to contain alkaloids. However, a qualitative examination of the in-process and finished products showed that all samples included tannins and phenols, while Kumari Swarasa and Kashaya Kwatha had alkaloids and saponins, respectively. Panchavalkala Kwatha and Kumari Swarasa use steroids. However, flavonoids were not present in any of the samples.¹⁷

ACTION:¹⁸

Astringent Action- Kashaya Kwatha contracts and firms the tissues to restore vaginal tone.

Tissue Rejuvenation: helps the vaginal walls that are weak or overstretched to recover.

Lubrication and Nourishment: improves local circulation and supplies nutrients to revitalize tissues.

Antiseptic Effect: protects against infections that could result from compromised vaginal tissues.

Application of Kashaya Kwath in Yoni Pichu:¹⁹

Procedure:

- One method is to soak a sterile cotton tampon in warm Kashaya Kwath.
- After being placed into the vaginal canal, the tampon is kept there for a predetermined amount of time typically 20 to 30 minutes.
- Repeated on a regular basis as directed by an Ayurvedic physician.

Benefits:²⁰

1. Quick tightness as a result of Kashaya Rasa.
2. Long-term vaginal muscle strengthening.
3. The avoidance of recurrent infections.
4. Increased patient contentment and comfort.

ADVANTAGES OVER OTHER TREATMENTS²¹

- **Non-Invasive:** stays away from vaginal tightening surgery.
- **Holistic:** treats imbalances that are both doshic and physical.
- **Natural:** uses herbal medicines that have little negative effects.

DISCUSSION-

Yoni Shaithilya (vaginal laxity) and Yoni Pichu Dharan (vaginal tampon therapy), with particular reference to Kashaya dravya Kwath (decoction of five astringent barks), play important roles in Ayurvedic gynecological therapies. Childbirth, aging, hormonal changes, and specific gynecological diseases can all contribute to the laxity or loss of tone in the vaginal muscles, which is known as yoni shaithilya. According to Ayurvedic scriptures, yoni (vaginal) health can be maintained using natural remedies that restore balance, tone, and strength. In order to allow the herbal formulation to directly influence the problematic area, Yoni Pichu Dharan, a localized treatment, entails inserting a medicated tampon into the vaginal canal. The qualities of the decoction (kwath) made from these barks include astringent kashaya rasa, anti-inflammatory shothahara,



hemostatic rakta stambhaka, and wound-healing vrana ropana. One of the main Ayurvedic treatments for Yoni Shaithilya is Yoni Pichu Dharan with Kashaya dravya Kwath. This therapy is a useful way to enhance vaginal tone and general gynecological health by utilizing the herbs' inherent healing, toning, and renewing qualities. Further research and clinical validation can enhance its acceptance and integration into modern therapeutic practices.

CONCLUSION:

An Ayurvedic remedy for Yoni Shaithilya that is both safe and efficient is Yoni Pichu Dharan with Kashaya dravya Kwath. The astringent (kashaya) qualities of Kashaya dravya Kwath aid in vaginal tissue contraction, tone enhancement, and laxity reduction. Through Pichu Dharan, it combines the therapeutic advantages of local medication delivery with the astringent, restorative, and healing qualities of Kashaya dravya Kwath. This method treats vaginal laxity while also improving general reproductive health, which is consistent with Ayurvedic holistic beliefs. Because to Kashaya dravya Kwath's antibacterial qualities, infections that could jeopardize tissue integrity and function are prevented in the vaginal canal. By reducing swelling, discomfort, and redness, Kashaya dravya's anti-inflammatory (shothahara) properties support the general health of the vagina. A healthy microbiota and tissue tone depend on the vagina's natural pH, which is restored and maintained by Kashaya dravya Kwath's astringent and balancing qualities. Vaginal mucosal microtears and injuries can happen after childbirth or for other reasons. Yoni shotha, or vaginal inflammation, can make laxity worse and cause discomfort.

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