Importance of *pichu kalpana* in *streeroga* and *prasuti tantra*

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**ABSTRACT:**
At the different stages of life anatomical, physiological, emotional, hormonal changes occur in the body of women. Now a days due to busy lifestyle women suffering from various common gynecological problems like itching at vulva, white discharge, burning micturation, vaginal discharge etc. Ayurvedic treatment include *abhyanantar chikitsa* and *sthanik chikitsa*. There are different types of *sthanik chikitsa* mentioned in *ayurveda* which are helpful in *streerog* and *prasuti tantra*. Those are *yonipichu, yoniprakshalan, uttarbasti, yoni dhpun, yonilepana, yonivarti, yoniparishek* etc. Among those various types *pichu kalpana* is one of the important and useful *sthanik chikitsa*. Different *taila, ghrita*, medicated liquids are used for *Pichu kalpana*. It gives excellent result and no adverse effect if followed properly. This procedure is simple and no sophisticated instruments, anaesthesia required. It is having great role in *yooniroga* and *yonivyapada*. This is conceptual study. For this study, textual materials are used from which various references are collected. By this article I want to emphasize the concept and importance of *Pichu kalpana* in *streeroga* and *prasuti tantra*. In today's era, illiteracy, poor hygiene, poverty, social factors imposes more challenges to the reproductive health of females in developing countries. Simple, cost effective therapies are easily acceptable. *Pichu kalpana* mentioned in *ayurveda* under *sthanik chikitsa* is one of the safe and effective procedure.

**Keyword:** Ayurveda, Streeroga, Sthanik chikitsa, Yoni Pichu, Tampon

**INTRODUCTION**
Female body undergoes different anatomical, physiological, hormonal, emotional changes at various stages of life. eg. puberty, reproductive age, menopause etc. Recently due to busy lifestyle, working load, lack of proper diet and exercise women suffering from various common gynaecological problems, such as vaginal discharge, itching at vulva, burning
micturation, white discharge etc. In Ayurveda, Acharyas explained abhyantar as well as sthanik chikitsa for different yoniroga and yonivyapada. In general, various gynaecological diseases are treated by Shaman and Shodhan chikitsa, i.e. application of five purificatory therapies known as Panchakarma. Besides this therapies there are some sthanik chikitsa which works excellent if followed properly. Sthanik chikitsa means specific treatment given locally. Sthanik chikitsa involve yonipichu (tampon soaked in medicated oil or liquid placed into the vagina), yonilepa (vaginal painting), uttarbast i (medicated oil or decoction is pushed into the uterine cavity through vagina), yoni varti (insertion of medicated wick into the vagina), yonidhawan (douche of vagina), yonidhupan (fumigation of vagina with medicated smoke), Yonipur <br>an (vaginal packing) etc. Out of these Pichu kalpana is one of the simple and cost effective chikitsa. It gives excellent result if followed properly. This is one of the simplest parasurgical procedure that ensures the continues drug delivery to the target organ. By this article I want to emphasize literally view of pichu kalpana, it's mode of action and importance in streeroga and prasutitantra. Simple, cost effective therapies are easily acceptable. Pichu kalpana mentioned in Ayurveda under sthanik chikitsa is one of the safe and effective procedure.

AIMS AND OBJECTS
1) To study the literally view of Pichu kalpana mentioned in sthanik chikitsa from various ayurveda acharyas.
2) To study the mode of action and importance of Pichu kalpana.

MATERIAL AND METHODS
This is conceptual study. For this study, textual materials are used from which various references are collected.

Pichu Kalpana-
- It is one of the sthanik chikitsa useful in streeroga and prasutitantra.
- Besides Garbhini and Sutika, it is more useful in Streeroga.
- Pichu Kalpana is used for Snehan, Swedan, Shaman, Shodhan and Bhedan for various diseases.
- For Shaman of the disease Taila or Ghrita are used and for Shodhan and Stambhan decoction used.
- Pichu is made up of cotton swab 2×3 cm (1 inch) is 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.

Types of Pichu (According to shape) ¹
1) Elongated- 1 finger breadth and 4 finger long
2) Circular- 1 inch length and breadth

Site of Pichu Dharan ¹-
1) Prathamavarta- Elongated Pichu Dharan
2) Dwitiyavarta- Circular Pichu Dharan

Duration of Pichu Dharan ¹
5-6 hours upto retention of urine

Procedure of Pichu Dharan ²
1) Patient should be given supine position with knees flexed.
2) Patient should void urine before Pichu insertion.
3) Autoclaved Pichu should be used.
4) The aseptic, sterile Pichu soaked in oil or liquid is inserted into vagina with index finger of gloved hands in such a way that thread of Pichu should come out of vagina which helps in early removal of Pichu after 5-6 hours.

**Indications of Pichu dharan**-

1) Yonidaha and Yoni kandu  
2) Yoni Paka  
3) Vivritta Yonivyapada  
4) Yoni Paichilya and Yoni Strava  
5) Yoni Karkashata  
6) Vataja Yonivyapada  
7) Pittaja Yonivyapada  
8) Vamini and Upapluta Yonivyapada  
9) Nine months Pregnancy  
10) Retained Placenta  
11) Yonibhransha

**Examples of Pichu Dharan**-

- In Vataj Yonivyapada different aushadhi siddha taila is used for Snehana. Because of this action Rukshata, Kharata and Shaithilya decrease and Mardavta developed. Guduchyadi taila pichu used.  
- In Pittaj Yonivyapada Pittashamak Aushadhisiddha Ghrit Pichu is used.  
- In Udavarta and Mahayoni Nishottar sidhha tail pichu used.  
- Udumbaradi Tailsiddha Pichu, Udumbartailsiddha pichu used in Pischhilayoni, Vivrittayoni, kaldushtayoni, darunyoni nirog.  
- Dhatkyadi tail siddha pichu- used in Vipluta yoni, Upapluta yoni, Uttan yoni, Unnata yoni, shoona yoni, shulyukta yoni.  
- Saindhavadi tail siddha pichu used in yonishool.

- Tikshna dravya sidhha Pichu used in Raktagulma.  
- In Garbhini during 9 month of pregnancy madhur aushadhi siddha taila pichu,tila taila pichu used.  
- Nimbataila Pichu is used as Garbhinirodhak.  
- In Aparasang Shatpushpa + Kushtha + Madanphal + Hingusiddhataila pichu used.

**Upadraava of Pichu Dharan**-

**Stravadushti, Yonidushti**

**DISCUSSION:**

- In today's era, illiteracy, poor hygiene, poverty, social factors imposes more challenges to the reproductive health of females in developing countries.
- Simple, cost effective therapies are easily acceptable.
- Pichu kalpana mentioned in ayurveda under sthanik chikitsa is one of the safe and effective procedure.

**CONCLUSION:**

Pichu kalpana is simple therapy and it is advantage for women of developing and poor countries because of its low cost and quite simple. Yoni pichu helps in improving musculature of vaginal canal. It promotes the female hygiene which is important to prevent sexually transmitted diseases and other communicable diseases. This procedure is safe, cost effective with no adverse effect if used properly. There is no need of anesthesia for this procedure.

**References:**


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