



A DESCRIPTIVE STUDY ON ROLE OF FEMALE UTTARA VASTI

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ABSTRACT

UTTARA VASTI, which involves the administration of medicated ghee, oil, or decoction into the genital tract via intrauterine or intravaginal route plays a vital role in managing gynecological disorders. For this study anovulatory cycle, low AMH, fibroid, spontaneous abortions, tubal blockage, DUB, and Dysmenorrhea were selected. According to observations, *Satapuhspa taila* and *Narayana taila* in the anovulatory cycle, *Dashamoola taila* and *Mahanarayana taila* in low AMH, *Kshara-kasisadi taila* in uterine fibroid, *Kumari taila*, *Yavakshara taila* and *Apa-margakshara taila* in tubal blockages, *Kashmarya-kutaja taila* in DUB, *Trivrit-lasuna taila* in dysmenorrhea were found a significant effect. Hence, it is concluded that *UTTARA VASTI* can be said as a Boon of Ayurveda for managing *Prasuti* and *Stree Roga* in the current era, and because of its multifunctional action and effectiveness, its popularity and uses are increasing day by day in clinical practices.

Keywords: *Prasuti* and *Stree Roga*, *Vasti*, *Uttara vasti*.

INTRODUCTION

Gynecology and obstetrics (*Prasuti* and *stree roga*) are a speciality of medicine that deals with women's health and treatment of gynecology disorders and also care in different phases of pregnancy and birth, to beget a

healthy progeny. In the modern era due to unhealthy life style, social, psychological, etc. factors incidence of gynecological and obstetrics cases is increasing day to day like PCOS (4-20%)^[1], uterine fibroid (20-

40%)^[2], tubal blockage (19.1-28.7%)^[3], recurrent abortion (1-2%)^[4], dysmenorrhea (28-71%)^[5] and DUB (9-14%)^[6]. In ayurveda, for the treatment of diseases *Samana* (pacifying) and *Sodhana* (purificatory) modalities have been described. Among them *Uttara vasti*, in which administration of medicated ghee, oil, or decoction into the genital tract via intravaginal or intrauterine routes are done acts as both *Samana* and *Sodhana* of diseases by regulating HPO axis (Normalcy of *Tridosha*) and local action respectively. While describing *Uttara vasti*, all acharyas mentioned its importance in treating the disease of lower pelvic organs (Genital organs and urinary bladder) and said it as the most effective (*Shrestha*) among all. So, *Uttara vasti* plays a vital role in managing gynecological and obstetrics disorders like infertility, fibroid, recurrent abortions, tubal blockage, DUB Dysmenorrhea, etc. The present study is a literary review based on authentic ayurvedic classics and published research articles. In this work, the importance and effectiveness of Uttara vasti regarding the above-mentioned diseases will be discussed in a scientific way.

LITERATURE REVIEW

1. Dysfunctional uterine bleeding: AUB with no organic cause is termed as DUB as there are not clinically detectable organic, systemic or iatrogenic causes. The latest definition of DUB can be defined as the state of AUB following anovulation due to dysfunction of the HPO axis. In *ayurveda* can be correlated with *asrgdara/raktayoni*. *Acharya Charaka* says when a woman indulges in excessive intake of *rakta* and *pitta* vitiating diet or regimen, the *rakta* in *yoni* vitiated by *pitta* results in excessive bleeding per vagina even after conception known as *asrja/raktayoni*^[7] (C.Ci.30/16). *Acharya Vaghbata* has said that in *raktayoni* there is excessive bleeding per vagina^[8]. (As.Hr.Sa.38/45). *Uttara vasti* done with ghee processed with *kashmari* and *kutaja kwatha* cures *raktayoni*^[7] (Ca. Ci.30/100-101).
2. Anovulatory cycle: Anovulatory cycle happens when an egg (ovum) doesn't release from the ovary during the menstrual cycle. Many causes of the anovulatory cycle are there but the most

common cause is PCOS. In ayurveda, this condition can be correlated with *Puspaghni*, *Nash-tartawa*, etc. In *Puspaghni jataharani*, in spite of regular menses, the woman fails to conceive due to a useless ovum, and her cheeks are corpulent and hairy^[9]. (Ka. Ka.6/33). *Acharya Susruta* mentions that the channels of *artavavaha srotas* are obstructed leading to the destruction of *artawa*. *Dalhana* mentioned that *dosha* involved are *vata* and *kapha*^[10]. (Su.Sa.2/21, *Dal tika*). In treatment, *acharya vaghbata* said that it is a *basti sadhya vyadhi*^[8]. (As.Hr.Su.19/1-3).

3. Dysmenorrhea: Dysmenorrhea means painful menstruation which can be correlated with *udavartini yonivyapada* of *charaka* and *udavarta* of *susruta*. *Acharya charaka*, mentions when natural urges are suppressed then *vayu* goes upward in the reverse direction and fills the *yoni*. Due to this severe pain occurs by the eviction of menstrual blood and after the discharge of menstrual blood pain subsides^[7]. (Ca. Ci.30/25-26). *Indu* (commentator of *Ashtanga sangraha*) mentions that in all *vataja yoniroga* except *vatiki*, *vatahara* treatment should be done^[8]. (As.Hr.Ut.39/38, *Indu tika*). In the treatment of *udavartini acharya charaka* mention that *anuvāsana* and *Uttara vasti* with *Trivritta Sneha* should be done^[7]. (Ca. Ci.20/110-111).
4. Uterine fibroid: Uterine fibroid also known as leiomyoma or myoma is a benign tumor in the female reproductive organ, most commonly seen in the reproductive age group and the growth is influenced by estrogen mainly. In ayurveda, it can be co-related with *mamsa granthi* (*garbhasaya*). *Mamsa* vitiated due to consumption of a diet capable of increasing *mamsa* produces smooth, big *granthi* and have covered with a net of veins resembling *kaphaja* type of *granthi* in shape^[8]. (A.Hr.Ut.34/8). *Dalhana* (commentator of *Susruta Samhita*) mentions that *granthi* which develops due to *mamsa* and *rakta* have features like *arbud*^[10]. (Su.Ni.11/8, *Dal tika*). The management of *kaphaja granthi* should be done for *mamsa granthi*, especially for big and hard^[10]. (Su.Ci.18/15-

16, dal tika). In *kaphaja granthi chikitsa*, acharya *susruta* said that *Snehana*, *swedana*, *vamana*, *virechana*, *vasti*, *nasya*, and *raktamokshana* are done^[10]. (Su. Ci.18/12-13).

5. Tubal blockage: A blocked fallopian tube, which is also known as tubal factor infertility, is when an obstruction due to such as scarring, adhesions, or infection prevents the egg from travelling down the tube. In ayurveda, it can be co-related with *Artawavaha sroto avarodha*. *Artawavaha srotas* are 2 in no. and they have roots in *garbhasaya* and *artawavaha dhamani*. Injury to this causes infertility, dyspareunia, and amenorrhea^[10]. (Su. Sa.9/12). The clinical features of *srotodusti* are *atipravriti*, *sanga*, *siragranthi*, and *vimargagamanya*^[10]. (Su. Su.8/24).
6. Low AMH: low AMH is useful in predicting ovarian reserve which is provided by the granulosa cells of preantral and antral follicles. AMH has the potential to predict future reproductive life spans. In ayurveda, it can be co-related with *dah-tukshayajanya vandhayatwa*.

Uttara vasti: Acharya chakrapani explains that since it is given in *uttaramarga* (upper passage) so-called *Uttara vasti*^[7]. (Ca.Si.9/50, *chakradata tika*). It is administered after *Niruha*, hence called so^[8]. (As.Hr.Su.28/9). Uttara vasti is superior as it does *snehanam* like *anuvasana vasti* and *sodhana* like *Niruha vaIsti*^[8]. (As.Hr.Su.28/9). Uttara vasti alleviates *vayu* in *ashaya (sthana)* hence the *Sudha yoni* retains *garbha* i.e. conceives immediately^[7]. (Ca. Si.9/62-65). *Uttara vasti* is beneficial in diseases of the urinary bladder, dysuria, pain, dribbling of urine, pelvic organ-prolapse, severe vaginal pain, *yonivyapada*, and menstrual disorders which are difficult to cure by conventional methods^[10]. (Su. Ci.37/125-126).

DISCUSSION

In *ayurveda* classics, *vasti* is considered a complete treatment for every disease among them *Uttara vasti* which is administered through *Uttara marga* i.e. *mutrasaya* or *garbhasaya* is considered as *shrestha* to all. *Acharyas* said that no gynecological disorders can occur without the involvement of *vata*. So, for the

treatment of gynecological disorders *vasti*, especially *Uttara vasti* can be applied, as it is *Shrestha* among all and indicated in all *atawadusti* and *yonivyapada*. *Uttara vasti* acts both locally and systemically. Locally by the direct action of the drug because it is administered near the pathological site and systemically by the activation of the HPO axis after absorption.

1. *Lasuna-trivrit taila Uttara vasti* in Dysmenorrhea^[11]: As explained by all *acharyas* dysmenorrhea is *vata* predominant *vyadhi*, so *vatahara* treatment should be done to pacify *vata* and correction of the direction of its normal flow. Drugs having properties like *vatanulomana*, *snigdha*, *guru*, *pichila guna*, *shoolahara*, etc. should be used. The drug *lasuna-traivrita* oil as *Uttara vasti* was found to be effective in managing *udavarta* research. *Lasuna* has *katu*, *tikta rasa*, *snigdha*, *guru*, and *pichila guna* which act as an antispasmodic, hypolipidemic, anti-inflammatory, and pacify *vata*. Moreover, *lasuna* has also emmenagogue property by which it normalizes the menstrual blood flow. *Trivrit* is a laxative and has and has *vatanulomana*, and *sukha rechaka* properties. *Tila taila* is best media among *vatahara* oil due to its *guru*, *snigdha* property.
2. *Satapushpa, Shatavari taila Uttara vasti* in Anovulatory cycle^{[12], [13]}. As described in the literature review anovulation is a *vatakapha pradhana vyadhi*. In this *acharya*, *vaghbata* said it as *basti sadhya vyadhi*. The drugs having *vatakapha shamaka*, *ushna*, and *tikshna* properties are beneficial in this condition. *Acharya kashyapa* has described the effect of *shatapushpa* in *beejotsarga*. The *rasa* and *virya* of *Satapushpa* are *katu* and *ushna* which mainly effects *vata* and *kapha* and it also has *artawajanana* property. Chemically it contains phytoestrogen activity. Due to all the above effect, it clears the *Artavadusti* and maintains the normalcy of the HPO axis, and cause ovulation. Similarly- *Shatavari taila* which has *vatakaphahara* properties and is indicated in menstrual disorders, Infertility, etc. helps in regulating ovulatory disorders.

3. *Kashmarya-kutaja ghee Uttara vasti* in DUB^[14]: In *ayurveda*, DUB can be co-related with *rak-tayoni* which occurs due to vitiation of *rakta* and *pitta*. So, the drugs having *pitta shamaka*, *rakta shodaka*, *sheeta*, *Kashaya*, *Madhura*, *tikta* etc. can be used for the management of this disease. In *Charaka Samhita*, *Uttara vasti* with *ghee* processed with *kashmari* and *kutaja kwatha* is described in the management of *rakta yoni* in which *kashmari* having *Madhura rasa*, *sheeta virya*, *guru*, *snigdha guna*, *kutaja* having *grahi*, *pitta shamana* property and *ghee* is best *pitta shamaka*, *guru*, *snigdha* property helps in managing this disorder.
4. *Kshara-kasisadi taila Uttara vasti* in uterine fibroid^[15]: Uterine fibroid can be co-related to *mamsa granthi* and its pathogenesis is due to disturbance in *rakta*, *mamsa*, *kapha dhatu*. So, the drug having properties like *rakta sodhana*, *lek-hana*, *ushna*, and *tikshna* can be effective in *mamsa granthi*. *Kasisadi taila* has property like *arshahara*, *rakta sodhana*, *lekhana*, *ushna*, *tikshna*, and *kshara taila* has property like *srotosodhana*, *grantihara*, *lekhana*, *vyavayi*, *ushna*, *tikshna* found to be effective in managing *mamsa granthi*.
5. *Kshara taila*, *Yavakshara Uttara vasti* in tubal blockage^{[16], [17]}: Tubal blockage has been considered as the *vata* predominant *tridoshaja* condition with *kapha* as being next *dosha*, as *vata* was responsible for *sankocha*, *kapha* for *sopha*, *puya* while *pitta* for *paka*. Thus all 3 doshas are collectively responsible for stenosis or the hampering type of pathology of the fallopian tube. The drugs having *tridoshaghna*, *laghu*, *sara*, *vyavayi*, *vikasi*, etc. can be assumed to have an effective role in tubal blockage and restore tubal functions by reaching up-to-minute levels. *Kshara taila* and *yavakshara taila* having *tikshna*, *vatakapha shamaka*, and *srotosodhana* properties were found to be effective in managing this condition.
6. *Dashmoola taila*, *Mahanarayana taila Uttara vasti* in low AMH^[18]: Low AMH can be considered as *dhatukshayaanya vandhayatwa*. As

artawa (estrogen, progesterone) is *upadhatu* of *rasa*, any disturbance in the *rasa dhatu* hampers normal *artawa* secretions. The main function of *rasa dhatu* is the growth and development of all tissue, so in the *dhatukshaya* condition, there is also disturbance in the growth and development of ovarian follicles and resulting in low AMH because AMH is secreted by the growing follicles. Hence the drug having *balya*, *brihmana*, and *vatapitta shamaka* properties can be used in this condition. *Dashmoola* and *Mahanarayana taila* are mentioned in *Samhitas* as *balya*, *brihmana*, and *vatapitta shamana* also its indications are infertility, and menstrual disorders found to be effective in managing low AMH conditions.

CONCLUSION

In ayurvedic classics, Uttara basti has been said to be Shresta chikitsa which is helpful in managing various disorders including artawa dusti and yoni vyapada. Uttara basti helps in those disorders where other method of treatment fails, and according to various published research articles also Uttara basti found to be very effective in managing disorders of gynecological disorders. Hence, due to its fast action, effectiveness, cost-effectiveness, and multiple actions on different diseases, Uttarabasti can be said to be a boon for ayurveda in managing gynecological disorders.

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