ANALYTICAL ARTICLE

An overview of patients visited at department of 
Stri-roga and Prasuti tantra, TUACTH: An analysis

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ABSTRACT:

Striroga and Prasuti Tantra (SRPT) is a department of Ayurveda Campus Teaching Hospital (TUACTH) which deals with female health problems through Ayurveda medical system. Majority of female patients visited from nearby places of ACTH, and received Ayurveda treatment. In this retrospective analysis of record from SRPT department of TUACTH in 2017-18 A.D., it was found that there were 517 female patients visited with twenty one types of diseases and were treated with six procedures based therapies along with shamana chikitsa. The purpose of this study is to find out the frequency of patients who got benefited from treatments and services provided in the OPD of Striroga and Prasutitantra department. The analysis of the fiscal year 2017-18 will contribute to find out weakness and challenges of effective service delivery from the department, and to postulate further awareness programmes, various health programmes for mother, child, adolescent and others.

Keywords: Striroga and Prasutitantra, Ayurveda Teaching Hospital, Ayurveda Service

INTRODUCTION

Ayurveda is known as the ancient system of medicine. It has been mainly practicing in South Asia since more than 2000 years in an unbroken tradition.¹ In the context of Nepal, Ayurveda has been recognized by Government of Nepal as one of the national health care system. Ayurveda Campus and Teaching Hospital (ACTH) is a teaching hospital established under Institute of Medicine, Tribhuvan University. Stri-roga and Prasutitantra is one of the department among others in this teaching hospital.

The World Health Organization estimates that 80% of the population of developing countries rely on traditional medicines, mostly medicinal plant based drugs, for their primary health care needs.²

Among all the traditional knowledge systems, Ayurveda provides insights for longevity and a healthy life. The term Ayurveda is comprised of two words ayu (life) and veda (knowledge), and deals with health and wellbeing. Ayurveda is both ‘knowledge of life’ and ‘science of life’.³⁻⁴

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time in various acute and chronic diseases. Inspite of all the facilities available in the SRPT department, the number of patient flow was found very less, and specific diseases related to 
Stri-roga and Prasuti-tantra were managed during the year.

Therefore, this retrospective analysis of OPD data record was performed to find the gap analysis of the disease patterns, patient flow and services provided by the SRPT department. It will help to develop department of 
Stri Roga and Prasuti Tantra to its optimum strength and to establish it as a best integrative center for dealing Gynecology and Obstetrics cases.

**METHODS**

It was a retrospective study. OPD data record of SRPT in the fiscal year 2017-18 A.D. was analysed in Microsoft excel and presented as frequency in table, bar and pie charts.

**RESULTS**

**Flow of patients:** During the fiscal year 2017-18 AD, in total 524 patients visited the outpatient department of SRPT at TUACTH (Figure 1).

Out of total 524 patients, 60% (n=315) was follow up and 40% (n=209) was new cases during the fiscal year 2017-18.

**Patients treated with procedure based therapy at SRPT department:** In total 278 patients were undergone procedure based therapies at OPD of SRPT. Among them, 30% (n=84), 61% (n=168), 2% (n=6), 1% (n=2), 1% (n=3) and 5% (n=15) were treated with Yoni prakshalana (Vaginal cleansing), Yogi prakshalana & yoni pichu (Vaginal cleansing & enema), Anuvasana basti (enema), Kati basti and Uttara basti respectively(Figure number 2).

**Types of diseases treated at SRPT OPD, TUACTH:**

Total types of diseases treated at SRPT OPD of TUACTH was twenty one. Among them, Uterine fibroid (n=9), Cystocele (n=6), Pelvic Inflammatory Disease; ID (n=27), Raktapradara;

Menorrhagia (n=19), Polycystic Ovarian Disease; PCOD (n=6), Cervical erosion(n= 36), Antenatal Care/ANC (n=1), Urinary Tract Infection/UTI (n=8), Anartava-Amenorrhea(n=12), Kati shoool-Low backache(n= 8), Breast lump(n= 4), Bandhvatwa- infertility(n=11), Ovarian cyst(n= 9), Kastartava-Dysmenorrhoea(n=12), Swetpradar-Leucorrhea(n=16), Bartholin cyst(n= 3), Irregular menses(n=7), Menopausal syndrome(n=8), Premenstrual Syndrome- PMS (n=3), Dirghachakri Artava- Oligomenorrhoea (n=2) and Oligospermia (n=2) were treated at Striroga and Prasuti tantra outpatients department of Tribhuvan University Ayurveda Campus Teaching Hospital. During the fiscal year, pelvic inflammatory disorder, cervical erosion, anartava, raktapradara and swetapradara were the most common diseases treated at the OPD (Figure number 3).

**DISCUSSION**

This data shows that female patients are interested in Ayurveda treatment. Pelvic inflammatory disorders, cervical erosion, leucorrhoea, dysmenorrhoea, amenorrhoea and oligomenorrhoea patients preferred Ayurveda and they visited frequently for the treatment. Multiple follow up of cases indicated that they believed in the Ayurveda system and were also successfully cured from the ailments. Moreover,one of the common indications of hysterectomy is cervical erosion and pelvic inflammatory diseases. It was found that patients having uterine problems and recommended for hysterectomy visted SRPT OPD for avoiding hysterectomy or other surgery and got rid of the disorders from Ayurveda treatment. They were aware of early menopausal syndrome when they had to undergo hysterectomy. Other most common indications of hysterectomy is uterine fibroid, ovarian cyst and tumors. Uterine fibroid less than 70 mm, single fibroid and ovarian cyst were treated successfully. Maximum number of cases were of pelvic inflammatory diseases and it was also cured successfully. The study also revealed about the procedures done during one year of time period. Yoni prakshalan (vaginal douching) was done 84 times in the cases of pelvic
inflammatory diseases (PID) and symptoms were cured and recurrence rate was also minimal. In the cases of cervical erosion yoni prakshalan and Yoni pichu were done and cervical erosion was healed completely and recurrence rate was also less reported. Out of 36 cases, only one case was referred for hysterectomy. Uttar basti was performed for blocked fallopian tubes; out of three cases, fallopian tube was opened in one case and the patient conceived. One patient discontinued the treatment because that patient was from a remote region (Solukhumbu district). Kati basti was done for the cases of chronic low back ache. Yoga basti was performed in the cases of Polycystic Ovarian Disease (PCOD) to regulate the menstrual cycle. Matra basti was done in the cases of premenopausal syndrome (PMS). In this way different gynaecological disorders were treated successfully with different procedures based treatments with less recurrence rate in SRPT department. The most common procedures done in the OPD of SRPT were Yoni prakshalan and Yoni Pichu which cured PID and Cervical Erosion cases very successfully. Uttar Basti was another promising procedure for the treatment of Infertility due to fallopian tubal blockage. Similarly other common problems like PCOD and PMS were also successfully treated with procedures like Yoga basti and Matra basti. All the above study data revealed the efficacies and possibilities of Shamana therapy and different procedures based Ayurvedic treatments in different gynaecological problems. For more effective service delivery, OPD must be well managed with different procedure room. However there are lots of challenges to create awareness on woman’s health problems and educate about available Ayurvedic treatment modalities.

CONCLUSION
Ayurveda treatment in Gynaecological diseases are safe, effective and affordable. Polyoovarian cyst, pelvic inflammatory diseases, cervical erosion, uterine fibroid, Tubal blockage like diseases are easily managed through Ayurvedic Shamana therapy and procedure based treatments which are merely treated through allopathic medicines with different side effects and high recurrence rate. This study also helps to find out the strength, weakness and challenges of effective service delivery from the department, and to postulate further awareness programmes, various health programmes for mother, child, adolescent and others.

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ABBREVIATIONS: Not Applicable

CONFLICT OF INTEREST: Author declares that there is no conflict of interest.

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