

UDAVARTINI YONIVYAPAD AND ITS MANAGEMENT IN AYURVEDA –A REVIEW
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ABSTRACT

Dysmenorrhea is one of the commonest gynaecological conditions found in routine clinical practice. Dysmenorrhea means painful menstruation. Primary dysmenorrhea is correlated with Udavartini yonivyapad in Ayurveda. Vata is the main cause for manifestation of Udavartini. Different treatment modalities mentioned for vata rogas in classics are utilized to treat Udavartini yonivyapad. Its prevalence rate is about 60-70%^[1] of all menstruating women and is a leading cause for Absenteeism of women from work and education.

INTRODUCTION

Motherhood is an eternal dream for all women. Ayurveda advocates shuddhi of Rutu, Kshetra, Ambu, Beeja and manas for begetting a Prashastha garbha. To achieve this, women needs shuddha artava with proper rituchakra. Now a days Udavartini i.e Dysmenorrhea is among 60 -70% of all menstruating women. It is characterized by supra pubic cramping, lumbo sacral backache, pain radiating down the anterior thigh which is spasmodic in nature^[2] and is a leading cause for Absenteeism of women from work and education. Stressful life style, food habits, frequent interventions of female genital tracts affects the uterine environment, which leads to higher incidence of dysmenorrheal. In contemporary science management is done with oral contraceptive pills, Anti spasmodic. In classics Udavartini is mentioned as relief in pain immediately after menstruation. Udavartini yonivyapad is due to vitiation of vata dosha, therefore to treat shodhana or shamana chikitista with pathya and apathya plays an important role.

WHAT IS UDAVARTINI?

Dysmenorrhea means painful menstruation. It is most frequent gynecological complaint. It is a symptom complex consisting of cyclical lower abdomen pain radiating to back and legs associated with gastrointestinal symptoms. Acharyas have quoted Vataja ahara and vihara, Ratrijagarana, divaswapna, artava dushti, beeja dushti are the causes for udavartini yonivyapad. Acharya Charaka^[3] has quoted painful menstruation and immediate relief of pain after menstruation. Acharya Sushruta^[4] quoted discharge of frothy menstrual blood

with pain. According to Acharya Madhukosha^[5] discharge of frothy menstrual blood with kapha.

According to contemporary science^[6], lower abdominal pain over rides symptom in dysmenorrhea associated with symptoms like nausea, vomiting, diarrhea, headache, lethargy. There are two types of dysmenorrhea: Primary and secondary. Primary dysmenorrhea is menstrual pain without pelvic pathology i.e. that is not a symptom of an underlying gynecologic disorder but is related to the normal process of menstruation. Primary dysmenorrhea is more likely to affect girls during adolescence. Secondary dysmenorrhea is menstrual pain that is generally related to some kind of gynecologic disorder. Secondary dysmenorrhea is more likely to affect women during adulthood. Dysmenorrhea can affect the quality of life and in case of severity it might lead to disability and inefficiency. More over dysmenorrhea can lead to loneliness and reduced participation in different social activities.

CAUSATIVE FACTOR

Acharya Charaka has quoted that woman of vata prakruti when consumes vatahara ahara and vihara which aggravates vata reaches Garbhashaya and produces pain during menstruation. Vegadharana also plays major role in manifestation of Urdhwa gati of vata.

SAMPRAPTI

Due to Vatacara Ahara and Vihara especially

Vegadharana^[7]

aggravated vata does apana vata dushti



It takes sthana samshraya in Garbhashaya and aratava vaha srotas



Does vimarga gamana of Artava and yoni dushti due to apana vata dushti



This leads to manifestation of symptoms of Severe lower abdomen pain during menstruation (Prapeedana of yoni)



Udavartini Yoni vyapad

MANAGEMENT**Samanya chikitsa**

- 1) Principles of treatment-Mridu snehana and swedana as a purvakarma followed by Mridu Vamanadi shodhana.
- 2) Virechana is advised
- 3) Basti - Palasha Niruha basti, Shatavryadi anuvasana basti, Baladi yamaka Anuvasana basti
- 4) Pichu- Mushaka kwatha sidhha tila taila pichu
- 5) Abhyantara Aushadhi-
Churna- Pushyanuga churna
Ghrita-Phala ghrita, Triphladi ghrita.
Kwatha - Nyagrodhadhi kwatha, Maharasnadi kwatha

Vishesha chikitsa

- a) Snehana with trivruta sneha (ghrita, taila, vasa)
- b) Swedana
- c) Mamsa Rasa sevana of Gramya, Anupa and Audaka
- d) Niruha Basti with Dashmoola Ksheer basti
- e) Anuvasana basti and utara basti with Trivruttasneha
- f) Utkarika made with yava, godhuma, kinva, kustha, shatapushpa, shatayahwa, priyangu, bala and akhuparni.

RESEARCH INFORMATION

To confirm scientific validity of these herbal formulation, number of pharmacological and clinical studies have been carried out by scientists of different faculties of life sciences.

Some of the studies are reviewed here

Dr. KAUMUDI KARUNGOWDA(2010): The clinical trail on 40 patients with 20 patients in each Group A- Dashamoola taila^[8] and Group B- Tila taila^[9] for 7 days, the results in Group A is more effective than Group B in reducing severity of pain and Group B was effective than Group A in reducing duration of pain. Both were having effective result on pain management.

Dr. HARITALAKSHMI(2013): A single Group interventional study with oral intervention with Jeerakadi modaka and Rasnadi Taila^[10] matrabasti on 50 patients for 90 days. There was marked relief in pain of abdomen, backache, vomiting and constipation.

Dr. SONIA DHIMAN(2012)^[11]: A clinical trail on 30 patients with 15 patients in Group A -Kumari swarasa and Group B Kanyasara vati for 10 days before last menstrual period. Group A was effective in reducing lower abdominal pain and nausea, vomiting. Group B was effective in reducing only premenstrual symptoms like Anorexia, nausea, vomiting. So Kanyarasa had effective result on Udavartini.

Dr. KOWSALYA.R.G(2019): A clinical study with pre test and post test was conducted on 20 selected patients. Patients were given Vizhalveradi kashayam^[12]- 15ml with 30ml water before food and Soubhagyadi Vati 1 BD after food for a period of 3 consecutive menstrual cycle. The result was significantly effective on reducing lower abdomen.

DISCUSSION

Dysmenorrhea is the commonest gynaecological condition in the present era. It interferes in physical, mental and social well being of a female. Apana vata usually moves in downward direction but in Udavartini apana vata moves in upward direction hence causing difficulty in menstruation. The treatment modalities are to redirect the Udavarta vata. Shodhana and Shamana chikitsa along with pathya and apathya plays major role in current scenario in order the pacify vata dosha. Medicine with properties like madhura-amla-lavana rasa, ushna virya, madhura vipaka which are opposite to vata dosha are used to do the anulomana of vata. Certain yoga asanas like pavanamuktasana, veerasna etc also helps in redirecting the vata. Therefore oral medicine, excersise, basti, Uttarabasti help in treating Udavartini yoni vyapad.

CONCLUSION

In the current scenario gynaecological problems are increasing due to sedentary lifestyle, untimely and unhealthy food habits. Pain during menstruation which incapacitates one's day to day activities and leading to absenteeism. The aim of the study is to review various treatment modalities carried out to treat Udavartini yonivyapad (Primary Dysmenorrhea). In our classics various simple and safe formulations have been explained for Udavartini which can be easily incorporated in day to day life as shodhana and shamana chikitsa. Vatanulomana is the prime chikitsa to relieve Udavarta Vata. Drugs with Madhura, Amla, Lavana Rasa, Ushna Virya and Madhura Vipaka are essential to redirect the pratiloma gati of vata. Fomulations are easy to prepare, easily available.

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