

A Case Study of Udavartini Yonivyapada and its Management in Ayurveda with Special Reference to Dysmenorrhoea

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Abstract: *Motherhood is the cherished desire deep down in the heart of every woman as it adds a new meaning to her life and existence. Today's stressful modern life style affects women's health physically and psychologically specially during reproductive phase resulting in abnormalities in menstruation like Dysmenorrhoea which finds a simile in Ayurveda with Udavartini Yonivyapada. Even though Dysmenorrhoea is not a serious ailment but it interrupts patient's personal, economic and social life and also it may lead into many complications. In Ayurveda, treatment modalities are available which provide long term relief, without adverse effects. In this case study, Saptasaara Kwatha was selected for the management of Udavartini Yonivyapada w.s.r. to Dysmenorrhoea.*

Keywords: Udavartini Yonivyapada, Dysmenorrhoea, Ayurveda