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Pain Management in Udavartini Yonivyapada

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Abstract: The basic principles of *Ayurveda* is prevention and cured from disease, as it is mentioned as main aim of *Ayurveda*¹. *Ayurveda* has been described *Ashtanga Ayurveda*² which includes various branches. *Udavartini Yonivyaoada* has been commonly found problem in the general practice. It is one among *Yonivyaoadas* which are 20 in number. It mainly occurs due to the vitiation of *Vata Dosha*. Therefore, management of *Udavartini Yonivyapada* is also important as early as possible. It can be correlated with Primary Dysmenorrhoea in modern era. *Hingwadi Churna* is a formulation which is mentioned in *Samhita* for the management of *Udavartini Yonivyaoada*. Here in this case study *Hingwadi Churna* was given for the management of *Udavartini Yonivyaoada*

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