

Pain Management in Udavartini Yonivyapada

Dr. Tulshiram Chandya Pawara¹ and Dr. Sonal Wagh²

PG Scholar Prasrutitantra & Streeroga¹

Guide & HOD, Prof Dept of Prasrutitantra & Streeroga²

Sangam Sevabhavi Trust's [SST'S] Ayurved Mahavidyalaya, Sangamner, Ahmednagar, Maharashtra.

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*

Keywords: *Udavartini Yonivyaoada*, Primary Dysmenorrhoea, case study

