

Management of Udavartini Yonivyapada with Ruchakadi Chruna - A Single Arm Study

Dr. Priyanka Madan Nagargoje

3rd yr Student, Ms Scholar, Department of Prasuti Tantra Evum Striroga
SMBT Ayurveda College and Hospital, Dhamangaon, Nashik

Abstract: *Introduction: Health of women is primary importance for the wellbeing of Family. Recently life of women's is facing challenges encountered by stressful life resulting in mithya aahar, consumption of junk food, lack of exercise, over exertion which ultimately leads to many health issues affects quality of life. Dysmenorrhea is painful menstruation which hampers day to day activities, it is commonest Gynaecological problem neglected by women which has direct impact on physiological and social life of female, so that it becomes difficult for her to accomplish her goals.*

Material and Methods: 18 patient fulfilling inclusion criteria were selected from OPD of streeroga and prasuti tantra department (2 dropout). Oral administration of Ruchakadi churn 750 mg thrice a day before meal for 5 days. The effect of chruna studied by change in assessment criteria grading.

Result: Significant result obtained in duration of pain (70.2 %), suprapubic pain (64.29 %) also in nausea (70.1%), vomiting (69.2 %)

Discussion: Ruchakadi churn was mentioned in Bruhad Nighantu Ratnakar in Shool rogadohikar.(01) The formation is having Vatanuloman, shoolprashaman, deepan pachan properties by which it will correct the vimarg gati of vayu.

Conclusion: Oral administration of Ruchakadi chruna is found to be effective in management of udavartini Yonivyapda..

Keywords: Health of women

