

# 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

## I. INTRODUCTION

Women's health is primary factor to be considered for wellbeing of family, society and culture. Any physical or mental disorder disturbs her educational, social and economic life. Menstruation has dual significance for women. *Streeroga* deals with identification, diagnosis, pathology & treatment of various diseases related to women<sup>1</sup>.

Dysmenorrhea itself is not life threatening but is found to have profound impact on the daily activities and may result in missing work or school, inability to participate in sports or other activities. Dysmenorrhea literally means painful menstruation. The symptoms of Primary Dysmenorrhea last only 2-3 days<sup>2</sup>. Abnormalities in *Aartava* leads to many diseases like *Yonivyapada*, *Artavavyapada*, etc. which may result into various complications like Infertility.

The menstruation is considered as land mark of homeostatic condition of reproductive system. The same menstruation can create hell situation as we observing in case of *Udvarta Yonivyapada*. *Udvarta Yonivyapada* is the disease in which there is painful menstruation. The sign and symptoms of *Udvarta Yonivyapada* resembles with primary Dysmenorrhoea<sup>3</sup>.

More than 70% of teenagers and 30-50% menstruating women suffer from varying degrees of discomfort. 5-10% of girls in their late teens and early twenties in incapacitated for several hours each month<sup>4</sup>.

Hence there is need of long-lasting cure of *Udavartini Yonivyapada*. So, it is great scope of research to find out safe potent cost-effective remedy from *Ayurveda*. Here an effort has been done to assess the effect of *Saptasaara Kwatha* in *Udavartini Yonivyapada* this drug is good in *Vatashamana* and *Vatanulomana*.

## Aim & Objectives

To study the efficacy of *Saptasaara Kwatha* in the management of *Udavartini Yonivyapada*.

## Methodology

### A Case Study

A 28 years old Female patient was came hospital with the signs & symptoms of *Udarashoola* [Pain in lower abdomen], *Vedanakalavadhi* [Pain duration], *Chardi & Hrullasa*

[Vomiting & Nausea], since from 2-3 days. Patient was diagnosed initially with the *Ashtavidha* and *Dashvidha Parikshana*.

**Name of Patient** - ABC, 28 year - Female

**Religion** - Hindu

**Occupation** - Housewife

**Chief Complaints** -

- *Udarashoola* [Pain in lower abdomen]
- *Vedanakalavadhi* [Pain duration]
- *Chardi & Hrullasa* [Vomiting & Nausea]

**Ashtavidha Pariksha** -

- *Nadi* - 80/min
- *Mala* – *Asamyaka*.
- *Mutra* – *Samyaka*
- *Jivha* - *Alpa Saam*
- *Shabda* = *Spashta*
- *Sparsha* – *Prakruta*
- *Druka* – *Prakruta*
- *Akruti* - *Madhyama*

**General Examination** -

- PR - 80/min
- BP - 120/70 mm of Hg
- RS – AE = BE, Clear
- CVS – S<sub>1</sub> S<sub>2</sub> N
- CNS - Conscious, Oriented
- P/A – Tenderness at lower abdomen

**Past History** -

- H/O – Fast food, Bakery products, Spicy Hot food etc.

**Management**

Management of case study was done with *Saptasaara Kwatha* for about 7 days of treatment along with proper *Pathya* and *Apathya*.

Drug	<i>Saptasaara Kwatha</i> <sup>5</sup>
Route of administration	Oral
Study duration	7 days
Duration	Continue 7 days for 3 consecutive cycles
Dose	2 <i>Pala</i> <sup>6</sup> BD
<i>Kala</i>	<i>Adhobhakta</i>
Time period	From the 21 <sup>st</sup> day of menses

**Drug review** -

*Saptasaara Kwatha* – It was explained in *Sahasrayoga* in *Kashaya Prakrana*.

**Ingredients -**

- *Varshabhu (Rakta punarnava)*
- *Bilva*
- *Khalva-purana (Kulattha)*
- *Urubu (Eranda)*
- *Sahachara*
- *Shunthi*
- *Agnimantha*

**Prakshepaka Dravyas -**

- *Guda, Kana (Pippali), Saindhava lavana, Hingu, Sarpi*

**Observations & Results**

Effect of the treatment on *Udarashoola* [Pain in lower abdomen], *Vedanakalavadhi* [Pain duration], *Chardi & Hrullasa* [Vomiting & Nausea] for 7 days.

Complaints	BT	AT
<i>Udarashoola</i> [Pain in lower abdomen]	+++	+
<i>Vedanakalavadhi</i> [Pain duration]	+++	+
<i>Chardi &amp; Hrullasa</i> [Vomiting & Nausea]	++++	+

**II. DISCUSSION**

**Probable mode of action of drugs -**

**Saptasaara Kwatha –**

- Most of the drugs of *Saptasaara Kwatha* are having *Laghu, Ruksha Guna* which maintains *Vata* in normal condition.
- *Punarnava, Bilva, Kulattha, Agnimantha* possesses *Kashaya rasa* which is responsible for *Agnivardhana* and causes *Deepana, Pachana*.
- All drugs possesses *Katu, Tikta, Kashaya rasa* which causes *Agnideepana* and does *Amapachana* and normalizes *dhatu* formation leading to normal production and expulsion of *Artava*.
- *Eranda* and *Shunthi* are *Snigdha* in *Guna* which factor gives *Rasayana* effect.
- *Eranda* is *Vatanulomaka* thus helps in normal expulsion of *Artava*.
- Most of the drugs are *Laghu* in *Guna*, which causes *Agnideepana*, thereby does *Amapachana* and then *Vatashamana*.
- *Punarnava, Eranda, Sahachara, Saindhava lavana, Guda, Ghrita* are *Madhura* in *rasa* so are *Balya* and *Brimhana*.
- *Saindhava Lavana* has antiseptic property.
- Most of the drugs have *Madhura Vipaka* leading to *Vatahara Karma*.
- *Eranda, Pippali, Saindhava Lavana* and *Ghritha* are *Snigdha* in *Guna*, which nullifies *Rukshata* of *Vata* and maintains *Vata* in normal condition.
- All drugs possess *Ushna Virya* so increases *Agneyatva* in the body and results in normal flow of *Artava*.
- With all these properties *Saptasaara Kwatha* acts as *Rajahpravartaka* and results in normal flow of *Artava*.

**III. CONCLUSION**

*Saptasaara kwatha* drugs were found to be effective in treating *Udavartini Yonivypada*. It possesses *Artavajanana* property, *Krichartavahara, Yonishoolahara, Vatanulomana* and normalizes ovulatory and menstrual cycle. *Saptasaara Kwatha* acts as *Rajahpravartaka, Vatanulomaka* and increases *Agneyatva* in the body thereby normalizing menstrual

flow. *Saptasaara Kwatha* was found significantly effective in the management of *Udavartini Yonivyapada* w.s.r. to Dysmenorrhoea followed by *Pathya* and *Apathya*.

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