

# 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*<sup>1</sup>. *Ayurveda* has been described *Ashtanga Ayurveda*<sup>2</sup> 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

## 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.

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>3</sup>.

Onset of *Aartava* started in the reproductive life of women and it should be devoid of *Shoola*, *Daha*, etc and should not be excessive or scanty in its amount and it is mentioned as '*Shuddha Aartava*'. 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 *Udvtartini Yonivyapada*. *Udvtartini Yonivyapada* is the disease in which there is painful menstruation. The sign and symptoms of *Udvtartini Yonivyapada* resembles with primary Dysmenorrhoea<sup>4</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>5</sup>.

It is commonest of all gynaecological complaints. pain begins a few hours before or just within the onset of menstruation. The severity of pain usually last for few hours, may extended up to 24 hours but seldom persist beyond 48 hours. The pain is spasmodic and confined to lower abdomen may radiate to back and medial thighs, systematic discomfort like nausea, vomiting, fatigue, diarrhoea, headache and tachycardia may be associated<sup>6</sup>.

Menstrual blood flow is mainly under control of *Apana Vayu*. Vitiated *Vata Dosha* is main causative of pain full menstruation<sup>7</sup>. In modern medicine dysmenorrhoea is treated by analgesic & antispasmodic long term of these causes side effect like hepatotoxicity, skin rashes, headache etc.

Hence there is need of long-lasting cure of *Udvtartini 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 *Hingwadi Churna* in *Udvtartini Yonivyapada* this drug is good in *Vatashamana* and *Vatanulomana*. *Hingwadi Churna* do not show any allergic reaction or any other negative effect on body.



**Objectives –**

To assess the effect of *Hingwadi Churna* in the management of *Udavrtini Yonivyapada* w.s.r. to Primary Dysmenorrhoea.

**Material & Methods**

**Case Report –**

A 25 Years old female visiting OPD of *Prasrutitantra & Streeroga* department having complaints of *Vedana* [Pain], *Vedanakalavadhi* (duration), *Nausea*, *Vomiting*, *Fatigue* since from 4-5 days.

**Chief complaints –**

*Vedana* (pain)

*Vedanakalavadhi* (duration)

*Nausea*

*Vomiting*

*Fatigue*

**Past history –** No any major illness.

**Family history –** No any maternal or paternal history of major illness.

**General examination –**

*Nadi* = 76/min

*BP* = 110/80 mm of Hg

*Mala* = *Samyaka*

*Mutra* = *Samyaka*

*Jivha* = *Alpa Sama*

*P/A* – Soft, No tenderness in abdomen.

**Systemic examination –**

Central nervous system, Cardiovascular system examinations had shown no any abnormalities.

**Per Abdomen –** Tenderness, Pain at lower abdomen, at left iliac region.

**Management –**

Management of *Udavartini Yonivyapada* is done with *Hingwadi Churna* as mentioned in *Kashyapa Samhita* are as follows ;

<b>Drug</b>	<i>Hingwadi Churna</i> <sup>8</sup>
<b>Form</b>	<i>Churna</i>
<b>Dose</b>	2 gm [BD] [1 <i>Karsha</i> ]
<b>Sevana Kala</b>	<i>Adhobhakta</i> [BD]
<b>Study duration</b>	Continue 7 days for 3 consecutive cycles
<b>Route of administration</b>	Oral
<b>Anupana</b>	<i>Koshnajala</i>
<b>Time period</b>	From the 21 <sup>st</sup> day of menses



### Observations & Results –

The effect of *Hingwadi Churna* on *Udavartini yonivyapada* given for about 7 days, for 3 consecutive cycles are as follows ;

Symptoms	Before treatment	After treatment
<i>Vedana</i> (pain)	++++	+
<i>Vedanakalavadhi</i> (duration)	++++	+
Nausea	++	+
Vomiting	++	+
Fatigue	++	+

### II. DISCUSSION

In this case study of *Udavartini yonivyapada* observations are done before and after treatment of *Hingwadi Churna* were given for about 7 days. *Hingwadi Churna* was mentioned in *Bhaishajya Ratnawali*, in *Shoolarogadhikara* which is used for *Udavartini Yonivyapada*. It contains *Ghritabharjita Hingu*, *Trikatu* etc. which helps for having actions like *Vatashamana*, *Vatanulomana*, *Deepana*, *Pachana*.

### III. CONCLUSION

*Hingwadi Churna* having *Kaphaghna*, *Vataghna* etc. properties which helps to reduces *Shoola*, *Vatavarodha*. In conclusion, *Hingwadi Churna* shows significant effect on complaints in 7 days of case study.

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