

“CLINICAL STUDY OF *RASONA KSHIRPAKA* IN THE MANAGEMENT OF *UDAVARTA YONI-VYAPAD*”***¹Vd. Patil S. G. and ²Vd. More S. S.**

¹P.G Scholar, ²Professor and HOD, Department of Prasutitantra and Stree-Roga, Shree Saptashruni Ayurved College and Hospital, Hirawadi, Nashik.

Article Received on
12 May 2022,

Revised on 02 June 2022,
Accepted on 23 June 2022

DOI: 10.20959/wjpr20229-24719

Corresponding Author*Dr. Vd. Patil S. G.**

P.G Scholar, Department of
Prasutitantra and Stree-
Roga, Shree Saptashruni
Ayurved College and
Hospital, Hirawadi, Nashik.

ABSTRACT

Classics of Ayurveda have described most of the gynecological problems as *Yoni Vyapad*. Some of menstrual disorders described individually such as *Asrigdara* (Menorrhagia). although to get through knowledge regarding menstrual diseases is orders; the understanding of *Yoni Vyapat*. By reviewing concerned quotes from classics, it reveals that *Udavarta Yoni-Vyapat* (Dysmenorrhea) is caused by vitiated *Vata Dosha*. Classically described *Udavarta Yonivyapat* (Dysmenorrhea) is matches all types of dysmenorrhea. In present day life women are effectively facing challenges encountered by stressful life resulting in *Mithya Aahar-Vihar* over exertion and malnutrition. This may direct to *Vikruti* in *Ritucharya* leading to various *Vyadhi* allied to menstruation. Here is a case report of girl aged 22 years with complaints of painful

menses suffering from primary dysmenorrhoea more than 4 cycles without any pathology. After her consent, *Rasona Kshirapaka* 40 ml *Panartha* twice a day for 4 days of Menses. Result found was her menstrual cycle become regular without any complaint.

KEYWORDS: *Yoni Vyapat, Udavarta, Rasona Kshirapaka.*

INTRODUCTION

Menstrual period is a cyclic physiological phenomenon; during this phase various problems can be arising including irregular cycles, excessive bleeding, and dysmenorrhea. Dysmenorrhea is commonly defined as Painful menstruation of sufficient magnitude so as to incapacitate day to day activities.^[1] These symptoms can occur during or a few days before menstruation. Dysmenorrhea can be primary, which is defined as pain without any clear Gynaecological pathological condition. Hypothesized pathways include endometrial release

of large and imbalanced amounts of prostanoids and possibly eicosanoids during the menstrual cycle, which causes the uterus to contract frequently and dysrhythmically ultimately causing pain during menstruation.^[2] On the other hand, secondary dysmenorrhea is caused by obvious underlying pelvic pathology and could occur years after menarche. It is associated with a variety of conditions including endometriosis, pelvic inflammatory disease, ovarian cysts, adenomyosis, and uterine myomas.^[3] Although primary dysmenorrhea is not a life-threatening condition, it can cause a substantial burden on the quality of life of women or female adolescents.^[4]

Kashtartava can be defined as painful menstruation (Dysmenorrhoea) which is a symptom complex in many gynaecological disorders.^[5] The condition of dysmenorrhoea is explained in Ayurvedic literature in terms of *Kashtartava/ Kukshishoola, Vatala Yoni, Udavartini Yonivyapad*.^[6] The causative factors, pathogenesis, symptoms and treatment are also described in Ayurveda and based on that, the increased '*Vata*' *Guna* in the body is responsible for disease creation.^[7] Charak has mentioned none of the gynaecological disease can be arise without affliction of aggravated *Vata*. it is the main responsible factor, though other Doshas only be present as *Anubandhi* to it. So, pain is produced due to vitiation of only *Vata Dosha* or in combination with other Doshas.^[8] One of the functions of *Vata* that is *Aartav Nishkraman Karma*.^[9] In Ayurveda *Kashtartava* is defined as cramping pain in lower abdomen occurring just before and during menstruation. This problem occurs because of luxurious life lack of physical exercise etc. In all cases of *Kashtartava Vata Dosha Prakopa* is main reason, the treatment should be directed treat Vitiated *Vata* and eradication of cause.

AIMS AND OBJECTIVES

To access the effect of *Rasona Kshirapaka* in management of *Udavarta Yonivyapad*.

CASE REPORT

A 22-year-old female patient having following complaints was came in OPD of *Prasuti-Tantra* and *Stree Rog* Department, Shree Saptashruni Ayurved College and Hospital, Hirawadi, Nashik.

Chief Complaints

Adhodar Shoola

Katishoola

Daurbalya

since last 4 Menstrual cycles

History of Present Illness

Patient had menarche at the age of 13 years and menstrual cycle was regular. For about couple of year with dysmenorrhoea. Later menstrual cycles last for 2-3 days with mild bleeding and severe pain in lower abdomen with cramps. Pain was severe on first three days and mild on fourth day. As the pain was so severe, it wasn't reducing after taking bed rest and NSAIDS, which hampering her daily activities. she visited Stree Roga OPD Shree Saptashruni Ayurved College and Hospital, Hirawadi, Nashik for permanent relief and better treatment.

Present Medicinal History Tab. Meftal Spas (Dicyclomine+ mefenamic Acid) SOS.

Family History: *Matruj Kula:* Jeevit H/O Dysmenorrhea. *Pitruj Kula:* Jeevit H/O HTN.

Menstrual History

Menarche at	13 years of age.
Menstrual cycle	Irregular 30 to 45 days, 4-5 days Menses
Character	Dark red colour
Consistency	Clots presents
Dysmenorrhea	Cramp like pain
Intermittent site	Lower abdomen and low backache

General examination

Temperature	98.6 F
RR	20/ Min
Pulse rate	84 /Min
Blood pressure	120/70 mm of Hg
Height	160 cm
Weight	44 Kgs

Gynecological examination

Bilateral breasts:	Soft & NT
Pubic hair	Mod.
Redness, ulceration and swelling	Absent
External urethral meatus	Normal
Evidence of pruritus	No

Ashtavidh Pariksha

<i>Nadi</i>	84/Min
<i>Mutra</i>	4-5 times a day
<i>Mala</i>	Once a day
<i>Jivha</i>	<i>Ishat Sama</i>
<i>Shabda</i>	<i>Spashta</i>

<i>Sparsha</i>	<i>Samshitoshna</i>
<i>Druk</i>	<i>Prakrita</i>
<i>Akruti</i>	<i>Krishna</i>

Dashvidh Pariksha

<i>Prakruti</i>	<i>Vata-pittaj</i>
<i>Dosha</i>	<i>Vata</i>
<i>Dushya</i>	<i>Rasa, Rakta, Artava</i>
<i>Sara</i>	<i>Hina</i>
<i>Samhanana</i>	<i>Hina</i>
<i>Pramana</i>	(160 cm)
<i>Dehabhara</i>	44 Kgs
<i>Satmya</i>	<i>Madhyama</i>
<i>Satva</i>	<i>Madhyama</i>
<i>Ahara Shakti</i>	<i>Madhyama</i>
<i>Vyayam Shakti</i>	<i>Hina</i>

Investigations: USG Pelvis

Uterus	Normal in size.
Endometrial echo-complex	Central
No focal mass seen	(ET: 6mm)
Cervix	Normal
B/L Ovaries:	Normal

Management**Rasona Kshirpaka^[10]**

Name of Drug <i>Rasona Kshirpaka</i>
Route of Administration Oral (<i>Abhyantar</i>)
Dose 40 ml BD
Time Before meal [<i>Pragbhakta</i>]
Duration: 4 days (starting after commencement of menstrual cycle till 4th day of the bleeding phase) for 3 consecutive cycles

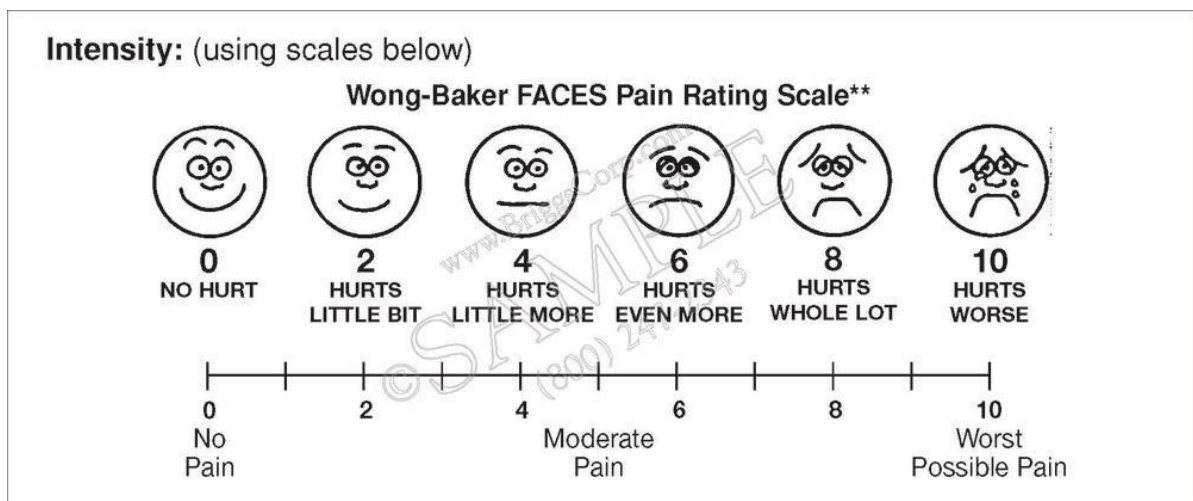
Table Showing Properties of Drug: Rasona-Khirpaka

<i>Dravya</i>	Latin Name	<i>Rasa</i>	<i>Virya</i>	<i>Vipaka</i>	<i>Guna</i>	<i>Karma</i>
<i>Rasona</i> ^[11]	Allium sativum linn.	<i>Amlavarjit Pancharasa tmak, Katu Rasa Pradhan</i>	<i>Ushna</i>	<i>Madhur</i> (क.), <i>Katu</i> (भ.र.)	<i>Guru, Snighdha, Tikshna</i>	<i>Vatakaphagna, Shoolhara, Shukra Aartavjanan, Bruhan, Pitta-Raktakar</i>
<i>Kshira</i> ^[12]	Milk (Lactose)	<i>Madhur</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Guru Snigdha</i>	<i>Vata-Pittahara</i>

OBSERVATION AND RESULTS

Symptoms	Gradation	Grade	BT	AT
Adhodar Shula	No Pain & Routine work is unaffected.	0	3	1
	Mild Pain & Routine work will not be affected.	1		
	Moderate Pain & can-do routine work in two intermittent pain.	2		
	Severe Pain & Can't do routine work, bed ridden.	3		
Vedana Kalavadhi (Duration of pain)	No pain in Menstruation.	0	3	1
	Pain persists less than 12 hours.	1		
	Pain persists for >12 & <24 hours.	2		
	Pain persists for more than 24 hours.	3		
Rajastrav (Quantity of menstrual flow)	>4 pads / 24hrs	0	2	1
	3-4 pads / 24hrs	1		
	2-3 pads / 24hrs	2		
	1-2 pad / 24hrs	3		
Kati Shool (Low back pain):	No pain at all	0	3	0
	Mild pain, can do routine work	1		
	Moderate pain, can do routine work with support	2		
	Severe pain and can't do routine work	3		
Daurbalya	No Fatigue	0	2	0
	Fatigue even with extra single work	1		
	Fatigue by normal Daily routine	2		
	Severe Fatigue without work	3		

Visual Analog Scale



BT: 8

AT: 2

DISCUSSION

As we see the Ingredient of *Rason Kshirpaka*, the main ingredient *Rasona* have properties like *Jantujit*, *Krimighna*, *Kushtagna*, *Vataghna*, *Gulmahara* and *Vrishya*.^[13] *Rasona* is very effective in the *Avrutta Avastha* because of its pungent and piercing qualities, it helps to clear

and open the body channels (*Strotovishodhan*). *Rasona Kshirpaka* mentioned in Charak Chikitsa^[14] mentioned that it immediately cures all *Vata Vyadhi*, *Gulma* and *Udavarta*. *Rasona* has potent action against pain and inflammation. Fat- and water-soluble active principles are transferred into milk media when use in the form of *Kshirpaka*, also milk act as coolant in nature and hence reduces the hotness and pungency of *Rasona*. The main action of drug is on *Garbhashay* (Uterus), which is *Akash* and *Prithvi-Mahabhoot Pradhan*, *Kheerpaka Kalpana* is also *Akash* and *Prithvi-Mahabhoot Pradhan* which amplifies the action of *Rasona* on *Gharbhashaya in Udavartini Yoni Vyapat*. Hence, *Rason Kshirpaka* relieves the symptoms as seen in observation and results tables.

CONCLUSION

In this case study, there is reduction in symptoms specifically in *Adhodar Shoola*, *duration of Shoola*, *Katishoola* and *Duarbalya*. Also, reduction in Visual Analog Scale reading, The Ayurvedic Concepts in dysmenorrhea having fruitful effect; be planned and evaluated systematically, adopting meticulous methods.

ACKNOWLEDGEMENT

The Authors thanks Dr. Sunil S. More Professor and HOD, Dept. of Prasuti-Tantra and Stree rog of Shree Saptashrungi Ayurveda Mahavidyalaya and Hospital, Nashik for their guidance and support.

REFERENCES

1. D.C Dutta textbook of Gynaecology including Contraception Edited by Hiralal Konar, Edition 8th Pg. no. 147-153.
2. Dawood M. Primary dysmenorrhea: advances in pathogenesis and management. *Obstet Gynecol*, 2006; 108(2): 428–41.
3. Unsal A, Ayranci U, Tozun M, Arslan G, Calik E. Prevalence of dysmenorrhea and its effect on quality of life among a group of female university students. *Ups J Med Sci*, 2010; 115(2): 138–45.
4. Raine-Fenning N. Dysmenorrhoea. *Curr Obstet Gynaecol*, 2005; 15(6): 394–401.
- 6 V.N.K Usha, A Text Book of Gynaecology Stree roga-vijnan Chapter, 4: 118.
- 7 Premavati Tiwari, Ayurvediya Prasutitantra Evam Striroga, 2nd Volume-Striroga, Chapter 2nd Artavavyapada, Chaukhambha Orientalia, Varanasi, edition, 2000; 139.
7. Vd. J.T. Acharya, Charaka Samhita with Ayurveda Deepika commentary, Chikitsasthana 30/115, Chaukhambha Surabharati Prakashan, Reprint edition Varanasi, 2000; 356.

8. Sharma RK, Dash B, Charaka Samhita, Chowkhamba Sanskrit Series Office, Varanasi, 2001; 5: 158.
9. Charak Samhita by Agnivesha translated by Tripathi R Shukla V. Chaukhamba Sanskrit pratishthan, Banaras, Pg. no. 185, Sutrasthan 12/7-8.
10. Kasyapa samhita by Hemaraja Sharma translated by Satyapala Bhishagacharya, Chaukhamba Sanskrit Series, Banaras, page no-175-176, Shlok no-26-30 of Lashun Kalpadhyaya.
11. Dravya Guna Vidgyan by Sharma P. Khanda 2, Chaukhamba Sanskrit pratishthan, Banaras, Pg. no. 72.
12. Gupta A.: Ashtanga Hridaya Sutrasthan 5/25: Published by Chaukhamba Prakashan Varanasi: 2016: p.g.no.53.
14. Charak Samhita by Agnivesha translated by Tripathi R Shukla V. Chaukhamba Sanskrit pratishthan, Banaras, Pg. no. 406, Sutrasthan 27/176.
15. Charak Samhita by Agnivesha translated by Tripathi R Shukla V. Chaukhamba Sanskrit pratishthan, Banaras, Charak Chikitsa Sthana [5/94-95]