

## **ROLE OF TRIVRUTTA GHRITA WITH SPECIAL REFERENCE TO UDAVARTA YONIVYAPADA**

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### **ABSTRACT**

women is the bearer of new life, the originator of future generation and root of family. Menstruation is a physiological change in a women differentiating her from men. It has a prime role in view of future reproduction and in women's physical and mental health. But this physiological change may get affected producing a pathological condition i.e. menstrual pain (dysmenorrhea). Udavarta yonivyapada is one of the 20 yonivyapada described by various acharyas. Vata is responsible for the pain. The aggravated vata moving in reverse

directions of artava with difficulty. Normal menstruation is the function of the Apanvata. so the painful menstruation is considered as apanvata dushti. vatashamak and vatanulomak drug play effective role for the treatment of yonivyapada. Acharya Vagbhata has mentioned trivrutta siddha snehapan in the management of udavarta yonivyapada. Trivrutta ghritha can be choice of drug. This may improve quality of women's life during menstrual period and hence thereafter.

**KEYWORDS:** Udavarta Yonivyapada, Trivrutta Ghrita, Apanvayu.

### **INTRODUCTION**

Women's health is the primary factor to be considered for well being of family, society and culture. Any physical or mental disorder disturbs her educational, social and economic life. Menstruation has two fold blow for women from one perception, it defines the start and end of reproductive potentials, a pronouncement of womanhood, on the other perception it has social significance. The same menstruation can create hell situation, if it is associated with unbearable pain.

Dysmenorrhea is one of the most frequent among gynecological complaint. Its prevalence

varies from 16-91%.<sup>[1]</sup> Udavarta yonivyapada is one of the 20 yonivyapada described by various acharyas.<sup>[2]</sup> Udavarta yonivyapada is a condition in which there is painful menstruation. The severity of pain is such an extent that it may interfere with their day today activities like missing school, colleges, offices, inability to participate in sports or other activities, disturbance in office works. Primary dysmenorrhea can be correlated with udavarta yonivyapada of sushrut and udavartini of charak.<sup>[3]</sup> Various factors attributing to dysmenorrhea are withholding of natural urges<sup>[4]</sup>, faulty dietary habits, lack of exercise, stress, sedentary nature of work. Leading to vitiation of doshas specially vata dosha. Apana vayu has the main controlling role on pelvic organs. Thus this vitiated Apana vayu produces painful menstruation. As per ayurvedic classics vata dosha is the main reason for yonivyapada<sup>[5]</sup> and snehan is the best remedy for vata dosha. Acharya vagbhata advised trivrutta siddha snehan in the management of udavarta yonivyapada for pain relief<sup>6</sup>. Among various Sneha kalpanas ghrita can be used as choice of Sneha. This trivrutta ghrita may relieve the painful menstruation by its action of vatanuloman and vatashaman.

## UDAVARTA YONIVYAPADA

Udavarta yonivyapada is one among 20 yonivyapada described by acharyas. Udavarta is caused by the vitiation of vata mainly apana vayu. Pain being the dominant symptom in it. The menstrual blood normally going downwards is pushed upwards due to hypertonicity or spasm of isthmus and internal os.i.e. aggravated Apan vata moving in upward direction fills yoni and pushes raja in upward directions. When this raja comes out produces lower abdominal pain, backache, leg pain, weakness, loss of appetite, sometimes constipation. Severity of pain may hamper womens daily activities as well as her physical and mental health. Primary dysmenorrhea can be correlated with udavarta yonivyapada of sushrut and udavartini of charak. 1. Primary dysmenorrhea refers to menstruation without any pelvic pathology.<sup>[7]</sup>

2. Secondary dysmenorrhea is painful menses with an underlying pelvic pathology. Now a days in modern medicine NSAIDS, OC Pills, antispasmodic and analgesic are used regularly in every cycle for dysmenorrhea. it also causes various side effects due to regular use. further it is not a permanent solution to the ailment. so with the help of ayurvedic remedies we can overcome with this problem of dysmenorrhea without any side effect.

## ROLE OF APANA VAYU

Apana vayu mainly has its predominant role on pelvic organs including uterus.<sup>[8]</sup> Apana vayu

mainly involves downward and outward flow of energy from the body. Apan vayu governs the downward flow of digestive products, menstrual blood, all excretory products expulsion i.e. defecation, urination. vitiation of apana vata causes obstruction or upward movement of vayu causes pain during menstruation called udavarta yonivyapada. also this vitiated vata produces constipation due to its reversal of direction and also produce loss of appetite due to agnimandya. vikrut apana also hampers amount of menstrual blood.

## MATERIALS AND METHODS

### Trivrutta

Trivrutta is a herbal drug from convulvulaceae family with latin name *Operculina terpehuthum*. Its properties are laghu, ruksha, tikshna, rasa-tikta katu, vipaka -katu, virya- ushna, prabhav (special effect )-rechana (purgation), chemical composition - Turpenthin, part used -root bark, leaves.<sup>[9]</sup>

Trivrutta acts primarily on kafa and pitta dosha, and due to its ruksha property cause vitiation of vata but acharya charaka in kalpasthana said that with different formulations, trivrutta enhances its nature of work i.e. with combination of Sneha Kalpana i.e. either taila or ghrita this ruksha property (dryness) of trivrutta can be overcome and used as vatashamak in udavarta yonivyapada.<sup>[10]</sup> As ghrita is having snigdha and sanskaranuvartan property it can be used effectively in combination with trivrutta.

Trivrutta is of two kinds -shyama (black) and aruna (red).shyama variety being strong purgative and aruna being mild purgative. Trivrutta is a sukhvirechak drug causing easy purgation.<sup>[11]</sup>

Out of 2 varieties aruna trivrutta acts as mild purgative and so used in the management of udavarta yonivyapada.

### Role of gghrita

There are 4 types of Sneha described in the Ayurveda out of them ghrita is the best remedy.it has unique property which is sanskaranuvartan (accepting all the properties of other dravyas within self without leaving its own properties).

Ghrita is mainly prepared from milk, ghrita is appetizing and satmya for every person from their childhood.<sup>[12]</sup> Because of its Madhur and snigdha property it alleviates vata dosha. Painful menses is mainly due to vitiation of vata dosha and its sthansanshraya at yoni,

therefore to get rid of painful menses shodhan of yonistha vata dosha is important. vataghna karya is done by Madhur dravays which acts on local vata.

Yonishodhan property of goghrita helps to reduce local pathology<sup>[13]</sup> and helps in reversing the direction of vitiated vata and breaks the sthansanshraya. Acharya charaka has mentioned that goghrita is best for treating vatapitta doshas in this agryasangraha.

#### Trivrutta ghrita formation

Medicated Sneha i.e. ghrita is prepared by mixing one part of kalk (paste of drugs), four part of ghrita, four parts of water and boiled till Sneha sidhi. Madhyam paka of ghrita is made.<sup>[14]</sup> As acharaya charaka has mentioned madhyam paka of Sneha to be used for internal intake.

### TIME OF DRUG ADMINISTRATION

Trivrutta ghrita could be administered in the early morning before food with warm water, in premenstrual phase of menstrual cycle. As apana vata predominates in early morning period of day and in premenstrual phase of menstrual cycle. so the drug acts best in this period by its vatanuloman action. Trivrutta ghrita with warm water enhances the action of drug as warm water helps in easy digestion of goghrita as well as play a important role in vatanuloman.<sup>[15]</sup>

### DISCUSSION

1. It reduces the pain by its vatashaman and vatanuloman action.
2. It reduces constipation by its purgative as well as vatanuloman action
3. Quantity of menstrual blood flow could also be improved due to obstruction relieved by Sneha.
4. Loss of appetite as seen in 1st few days of cycle could also be improved by its action of appetizer as ghrita as ghrita has prime role in agnivardhana.

Acharaya vagbhata described trivrutta siddha snehapan in udavarta yonivyapada for the purpose of vatanuloman. Due to vitiation of vata specially apana vata constipation and agnimandya occurs. The trivrutta dravya is itself a sukhavirechak dravaya causing mild purgative action and the ghrita has an action of lubrication and anuloman which on combination with trivrutta may produce the required effect.

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