

**REVIEW OF UDAVARTINI YONIVYAPAD WSR PRIMARY
DYSMENORRHOEA**

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Article Received on
23 August 2023,
Revised on 13 Sept. 2023,
Accepted on 03 October 2023
DOI: 10.20959/wjpr202318-29682

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ABSTRACT

Menstruation is one of the physiological processes seen in the reproductive life of women. Today's life of women is complex, competitive, ambitious and fast. Such lifestyle results into mithya aahara-vihara, over exertion leading to various vyadhi allied to menstruation. In Ayurveda, diseases related to the female reproductive system i.e. gynecological disorders are described under the caption of Yoni Vyapada, which occurs mainly due to vitiation of vata dosh. Udavartini yonivyapada (painful menstruation) is one of the commonest ailments of female reproductive system that incapacitates the women from their day to day activities during menstrual phase.

According to Ayurveda, the clinical entity is characterized by pain, difficult expulsion of menstrual blood due to upward movement of rajas (menstrual blood) propelled by vitiated vata.

KEYWORDS: Udavartini Yonivyapad, Yonivyapad, Dysmenorrhoea.

INTRODUCTION

In India a woman is considered to be "Shakti", the mother and source of creation in whose lap all the civilizations are cradled. When we speak about women's health we understand that this encompasses many different issues during different stages of her life. Every woman goes through a series of profound changes during her lifetime. The primary changes are called Menarche, Pregnancy, Postpartum phase and Menopause. Because of these drastic changes she is at risk for developing many pathologies. Quality of woman's life is dependent on many factors such as the culture and position of society, environment, life style and changing

demands of the society towards her. As a “stree” is a mula (root) of reproduction, her health is of prime importance.

Rajapravrutti is regulated by Apan vayu since it plays a vital role in dharan and nishkraman of rajah. According to Acharya Charak all the diseases are caused by vaat and it is the main cause of all the yoni rogas. Yoni of a woman does not get affected without vaat. Vitiating of Apan vayu therefore leads to sashul rajah pravrutti. Udavarta is derived from the ut + avarta i.e. upward direction of vayu.^[1]

Udavartini yonivyapad (Primary dysmenorrhea) is the most common gynecological problem noticed in majority of women during their adolescence which causes significant discomfort and anxiety.

According to modern science, menstrual pain of primary dysmenorrhea is commonly encountered in gynecological practice. The incidence of primary dysmenorrhea of sufficient magnitude with incapacitation is about 15 – 20%. The treatment of primary dysmenorrhea opted in modern science is use of analgesics, antispasmodic, anti-prostaglandin drugs, sedatives which are not good for health if used for prolonged period. These medicines have their side effects and may cause further complications. According to WHO Preamble – Health is a fundamental human right and health is a worldwide social goal.

Yonivyapada vivechana

The word Yonivyapad refers to the diseases of the yoni. The illness based on the female genital tract is known by the name yonivyapada.

Yonivyapadas are twenty in number. Classification of Yonivyapada on the basis of predominant doshas as in Brihatraye.

According to Charaka Samhita^[2]

- | | | |
|-----------------|-----|--|
| 1. Vataja | : - | Vatiki, Acarana, Prakcharana, Udavarta,
Putraghni, Antarmukhi, Suchimukhi, Sushka,
Shandi, Mahayoni. |
| 2. Pittaja | : - | Paittiki, Rakta Yoni, Arajaska |
| 3. Kaphaja | : - | Shlaishmiki |
| 4. Tridoshaja | : - | Sannipatiki |
| 5. Vata-pittaja | :- | Paripluta, Vamini |

6. Vata-kaphaja :- Upapluta, Karnini.

Udavartini yonivyapad

The act of going up. Udavartha word refers to upward movement.

Due to movement of natural urges in reverse direction the aggravated vata moving in reverse direction and fills yoni. This yoni seized with pain and initially throws or pushes the rajah upwards then discharges it with great difficulty. The female feels relief immediately following discharge of rajah. Since in this condition, rajah moves upwards or in reverse direction it is called as Udavartini Yonivyapada.

The condition udavarta or udavartini on the basis of the symptom of immediate relief of pain following discharge of menstrual blood given by Charaka, it appears to be nearer to true or spasmodic dysmenorrhea.

Nidana^[3]

Samanya Hetu-

1. Mithya achar
2. Pradushata artava
3. Beejdosha
4. Daiva

Vishesh nidan

Vegadharan- It is the specific cause responsible for Udavarta yonivyapada. Vegadharana refers to Adhovatadi vegadharana. Expulsion of Adhovata, artava, Shukra, Mala, Mutra, is the function of Apana vata. By Vagbhata's explanation it is proved that Samana vata also carries dosha, artava and ambu. So, any nidana which vitiate these, results in udavarta.

The lifestyle & dietary habits of present day are leading to many ailments. Irregular food intake, taking non-nutritious & junk foods, fasting in order to reduce weight etc. may lead to nutritional deficiency. The stress & strain in daily life are risk factors for dysmenorrhea.

Samprapti ghatak

Hetu	:	Mala- mutra vegavarodh, laghu, ruksha aahar
Dosha	:	Vata- Apana, vyana
Dushya	:	Rasa, Rakta, Artava
Strotas	:	Artavavaha

Strotodushti prakar	:	Vimargaman, sanga
Udbhava stana	:	Pakvashaya
Vyakta sthana	:	Garbhashaya (Tryavarta yoni)
Roga marga	:	Abhyantara

Dysmenorrhoea (Modern aspect)^[4]

Definition

1. Dysmenorrhoea means painful menstruation. But a most realistic and practical definition includes cases of painful menstruation of sufficient magnitude so as to incapacitate day to day activity.
2. Dysmenorrhoea means painful menstruation –incapacitating woman.
3. Dysmenorrhoea means painful spasmodic pain accompanying menstruation.

Types of dysmenorrhoea

Dysmenorrhoea has been classified into Primary and Secondary types:

Primary dysmenorrhoea

Pain, which is of uterine origin and directly due to menstruation. This is true dysmenorrhoea and is also described as spasmodic, intrinsic, essential, true, idiopathic and functional.

Secondary dysmenorrhoea

A pain which is associated with menstruation and is related to pelvic lesions, Eg. Endometriosis, chronic pelvic inflammation etc. it is also called as congestive, extrinsic, organic dysmenorrhoea. Menstrual pain is associated with under lying pathology.

Samanya chikitsa^[5]

The disorder of yoni do not occur without vitiation of vata, hence pacification of vata should be done by alleviating procedures of vata.

The treatment prescribed for following disorders also should be employed in yonivyapada.

1. Shukra dosha
2. Artava dosha
3. Stana dosha
4. Klaibya
5. Mudha garbha
6. Garbhini roga

7. Garbhini paricharya
8. Dushprajata roga chikitsa.

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