

ROLE OF YOGA IN THE MANAGEMENT OF UDAVARTINI YONI VYAPAD (PRIMARY DYSMENORRHEA)

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ABSTRACT

Most of the woman experience one or the other types of menstrual problem in her lifetime. The term "Udavartini Yoni Vyapad" indicates a disorder or pathological condition affecting the yoni (the reproductive system) characterized by upward movement or displacement of uterine contents. Condition may involve various symptoms such as pain, discomfort before and during menstruation. This condition resembles with the description of Primary dysmenorrhea. **Purpose:** To study the role of yoga in the management of udavartiniyonivyapad (primary dysmenorrhea).

KEYWORD: Udavartini, yoga, Primary dysmenorrhoea.

INTRODUCTION

UdavartiniYonivyapad is one among the vimshatyonivyapads with vata as predominant dosha in which rajas is expelled with pain and difficulty. The lakshana “artavasavimuktetutatkshanamlabhatesukham” corelates it to primary Dysmenorrhea. Primary dysmenorrhea is severe incapacitating uterine cramping in women with ovulatory cycles with no demonstrable disorder of pelvis. It is seen in about (50-70) % of women in mild to severe form.

Yoga is a holistic discipline originating from ancient India that integrates physical postures (asanas), breathing techniques (pranayama), meditation, and ethical principles. The word

"yoga" itself means union or yoke, signifying the union of mind, body, and spirit. Its practice aims to cultivate physical health, mental clarity, emotional balance.

AIMS AND OBJECTIVES

To study the role of yoga in the management of udavartini yonivyapad (primary dysmenorrhea).

1 INTERPRETATION

1. Malasana



Malasana, also known as the Garland Pose, involves squatting with your feet flat on the ground and your knees apart, while bringing your palms together in a prayer position at your chest. Hold this posture while maintaining a straight back and lengthening your spine, feeling a deep stretch in your hips and groin.

Benefits

1. Opens the Pelvic Area
2. Relieves Lower Back Pain.
3. Improves Blood Circulation.
4. Stimulates Digestion
5. Relieves Stress

Standard duration of performing the asana: With proper breathing pattern 4 to 5 settings of the asana should be practiced.

2. Uttarasana



Uttanasana, or Forward Fold, is performed by standing with your feet hip-width apart and folding forward from the hips, bringing your hands towards the ground or grasping your elbows. Keep your spine long and straight as you fold, allowing the weight of your upper body to gently stretch the hamstrings and release tension in the spine and neck.

Benefits

1. Relieves Tension in the Abdomen.
2. Stretches the Lower Back.
3. Improves Blood Circulation.
4. Calms the Mind.
5. Promotes Hormonal Balance.

Standard duration of performing the asana: With proper breathing pattern 4to5 settings of the asana should be practiced

3. DHANURASANA

Dhanurasana, or Bow Pose, involves lying on your stomach, bending your knees, and reaching back to grasp your ankles. As you inhale, lift your chest and legs off the ground, creating a bow shape with your body while keeping your gaze forward and breathing deeply. Hold the pose for several breaths, feeling a stretch in the front of your body, and then gently release back to the floor.

Benefits

1. Stretches Abdominal Muscles.
2. Strengthens Back Muscles.
3. Improves Blood Circulation.
4. Stimulates Reproductive Organs.

Standard duration of performing the asana: With proper breathing pattern 3to4 settings of the asana should be practiced.

4. Bhujangasana



To perform Bhujangasana, or Cobra Pose, lie on your stomach with your palms flat on the ground under your shoulders. As you inhale, press into your palms to lift your chest off the ground while keeping your elbows close to your body, elongating your spine and gently stretching your abdominal muscles.

Benefits

1. Stretches the Lower Back.
2. Promotes Blood Circulation
3. Hormonal balance

Standard duration of performing the asana: With proper breathing pattern 3to4 settings of the asana should be practiced

5. Pavanamuktasana



To practice Pavanamuktasana, begin by lying on your back and bringing your knees towards your chest. As you exhale, hug your knees in tightly, clasping your hands around your shins, and gently rock side to side to massage your lower back.

Benefits

1. Alleviates Gas and Bloating.

2. Stretches the Lower Back.
3. Promotes Blood Circulation.
4. Massages Abdominal Organs.
5. Relieves Stress and Anxiety.

Standard duration of performing the asana: With proper breathing pattern 3to4 settings of the asana should be practiced.

6. Mandukasana



To do Mandukasana, start by sitting on your heels with knees and feet together, then spread your knees wide apart. Exhale and lean forward, placing your palms on the ground between your knees, pressing your elbows against your abdomen, and lowering your forehead towards the floor, holding the pose for a few breaths.

Benefits

1. Stretches the Abdominal Muscles.
2. Promotes Blood Circulation.
3. Stimulates the Reproductive Organs.
4. Relieves Lower Back Pain.
5. Reduces Stress and Anxiety.

Standard duration of performing the asana: With proper breathing pattern 4 to 5 settings of the asana should be practiced.

7. Anulom Vilom



To perform Anulom Vilom, sit comfortably with a straight spine and close your right nostril with your right thumb while inhaling deeply through your left nostril. Then, release your right nostril and close your left nostril with your ring finger while exhaling through your right nostril, repeating this alternate nostril breathing pattern.

Benefits

1. Balances the Nervous System.
2. Relieves Tension.
3. Regulates Hormones.
4. Improves Blood Circulation.
5. Enhances Mind-Body Connection.

Standard duration of performing the pranayama: This pranayama should be practiced for 5 settings.

8. Bhramari



To practice Bhramari Pranayama, sit comfortably with your eyes closed and take a deep breath in. Then, exhale slowly while making a humming sound like a bee, focusing on the vibration in your throat.

Benefits

1. Pain Reduction.
2. Stress Reduction.
3. Hormonal Balance.

4. Improved Blood Circulation.

5. Psychological Benefits.

Standard duration of performing the asana: This pranayama should be practiced for 4 to 5 settings.

Probable Pharmacological Action: These yogas do Vatanulomana which is helpful in correction of Pratiloma Gati of Apana Vata and Rajas thereby reducing the Pain.

DISCUSSION

From the description of udavartini yonivyapad (primary dysmenorrhea), it can be said that the disease predominantly caused by apanavayu dusti and it occurs due to Pratilom or upward movement of Apanavayu i.e. Urdhagati of Apanavayu in Garbhashaya. But the set of yogas explained above act on the pelvic cavity and other parts of body by – hormonal balance, increasing circulation and also relaxes the muscle at localised area which helps to mobilise the Apanavayu for its Anulomagati and decreases the tension at localised area. It leads to normal physiological painless flow of Rajas i.e. menstrual blood and plays an important role to subside the vedana or pain.

CONCLUSION

Holistic approach with yoga is inevitable for the management of such disease. Udavartini is due to urdhagati of apanavayu and these yogas have vata anulomana action on the body so these set of yogas will be beneficial specially for udavartini yonivyapad (primary dysmenorrhea).