

**UDAVARTA YONIVYAPAD AND ITS MANAGEMENT WITH
TRIVRUTTA TAILA MATRA BASTI - A CASE STUDY****Vd. Madhuri Sanjay Bhalgat^{1*} and Vd. Rohini Indrapal Madavi²**

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ABSTRACT

In today's world dysmenorrhoea is emerging as a burning issue as the population of dysmenorrhoeal women is increasing day by day. This is explained as an Udavarta Yoni Vyapad in Ayurveda. The main clinical feature of Udavarta is Rajah Kricchrata (Painful menstruation). It affects approximately 50-60% of women of reproductive age. There is a need to solve this emerging problem. Panchakarmatherapy offers a ray of hope for Udavarta. Also, Ayurvedic medicaments offer potential management which is proved beyond doubt in solving the problem successfully. The aim of the study is to focus the management of this problem in present scenario. **Background-** An unmarried Hindu female patient of 21 years came to SVNH Prasutitantra evum Streeroga OPD on 15/07/2024 complaint of painful menstruation since last 2-3 years. Her symptoms included cramps pain in lower abdomen for 2 days, back pain radiating to both thigh 1-2 day prior to and on first 2 days of menstruation. Pain gradually reduced by 2nd day of cycle.

Methodology- Mainly Vata Dosh vitiation symptoms were observed in the patient and Udavarta Yonivyapad line of treatment was given as mentioned in Ayurved classics. Trivrutta siddha Taila Matra Basti was given for a 7days in dose of 60 ml before expected date of menses. The treatment was continued for 2 months. **Result-** There was relief in menstrual symptoms after 2 months.

KEYWORDS: Raja, Vataj yonivypad, udavarta yonivyapad, dysmenorrhea, primary dysmenorrhea, Trivrutta Sidha tail, Matra Basti.

INTRODUCTION

Dysmenorrhea is defined as painful menstruation of sufficient magnitude so as to incapacitate day to day activities. Dysmenorrhea is of two types. Primary and secondary dysmenorrhea. Primary Dysmenorrhea is one where there is no identifiable pelvic pathology. It is more seen in adolescent girls and more prevalent. It is usually associated with ovulatory cycles. In Ayurveda, primary dysmenorrhea can be correlated with Udavarta Yonivyapad which is characterized by painful menstruation.

वेगोदावर्तनाद्यनिमुदावर्तयतेऽनिलः ।

सा रुगार्ता रजः कृच्छ्रेणोदावृत्तं विमुञ्चति ॥

आर्तं सा विमुक्ते तु तत्क्षणं लभते सुखम् ।

रजसो गमनादूर्ध्वं ज्ञेयोदावर्तिनी बुधैः ॥-- (च० सं० चि० ३०/२५, २६)

In the classical Ayurvedic references, Udavartini Yonivyapad is due to "veg vidharan" i.e., suppression of natural urges like Adhovata, Mutra, Purisha etc., Vata gets vitiated and this vitiated Vata lead to difficult or painful menstruation i.e., "रजः कृच्छ्रेण विमुञ्चति". Apana Vata is responsible for the proper expulsion of Sukra, Artava, Sakrut, Mutra and Garbha.

"आर्तवे सा विमुक्ते तु तत्क्षणं लभते सुखम्" ie, immediately feels relief after the discharge of menstrual blood. With respect to the above fact is seen that in Udavartini Yonivyapad there is difficult or painful expulsion of menstrual blood caused by impairment of Apana Vata. Therefore, Udavarta Yonivyapad can be correlated with primary dysmenorrhea. All classic has described Udavarta Yonivyapad as Vata predominant Yoni Roga. Modern treatment includes antispasmodics, analgesics, prostaglandin synthesis inhibitors etc. Pain can never occur without vitiation of Vata. Disorders of the Yoni does not occur without vitiation of Vata. Expulsion of menstruation is function of Apana Vata, whose disturbance can cause pain in menstruation. Hence proper functioning of Apana Vata is essential. Medicines that can correct Vata Vaigunya can be beneficial in pain management during menstruation. It is mentioned that Vataja Yoniroga Chikitsa can be done in Udavartini Yonivyapad Chikitsa.

Vataja Yoniroga Chikitsa include Snehana, Swedana, Basti along with which can alleviate Vata. Hence the pacification & regulation of the vitiated vata becomes necessary.

Basti Chikitsa is considered the best management of vitiated Vata and Yoga which can correct Apana Vata Vaigunya can be beneficial in treatment of Udavarta Yonivyapad. Since Matra Basti is a type of Anuvasana Basti. So, the selected drug (Trivrutta Taila) will be given in the form of Matra Basti. In present article, an attempt has been made to analyze Ayurvedic line of treatment in case of Udavarta Yonivyapad.

Aim

To evaluate the efficacy of Trivrutta Taila Matra Basti in the management of Udavarta Yonivyapad.

MATERIALS AND METHODOLOGY

Selection of patient: The patient was selected from Prasutitantra evum Streerog OPD of SVNH Ayurved Mahavidyalay, Rahuri, Ahemadnagar, after obtaining voluntary informed consent.

Case Report- An unmarried Hindu female patient of 21 years came to SVNH Prasutitantra evum Streeroga OPD on 15/07/2024 complaint of painful menstruation since last 2-3 years. Her symptoms included cramps pain in lower abdomen for 2 days, back pain radiating to both thigh 1-2 day prior to and on first 2 days of menstruation. Pain gradually reduced by 2nd day of cycle. For last 6 months the pain became intolerable, lasting for 12-14 hours. Pain gradually reduces by second day of cycle. Due to this intense pain, she was unable to do her regular activities on the first day of menstruation.

Past history- There was no significant history of any other chronic illness, or any kind of allergy. She had no previous medical or surgical illness.

On examination, it was found that she was belonging to Vata-Pittaj type of Prakriti and there was no abnormal finding seen in her general and systemic examination.

Menstrual history

Menarche- At the age of 13 years.

Duration- 4 to 5 days/28 to 32 days cycle, regular, moderate discharge, severe pain before treatment.

LMP-15/07/2024.

Abdominal examination revealed mild tenderness in hypogastric region with no masses.

Detailed history, it was found that her food habits & sleep pattern were irregular among other things, which lead to Alpa Agni and Vata Dosha Dushti. Also Rasavaha and Artavavaha Srotodushti was found. Specifically, with Apana VataVaigunya, and resulted in severe pain during first day of menstruation. As she was characterized with pain particularly on the first day of menstruation and there was no visible pelvic pathology, the condition was diagnosed as Udavartini Yonivyapad.

Medication history - History of medicine, pain relief by Anti-inflammatory drugs (Ibuprofen, Naproxen)

Family history – Insignificant.

Nidana panchaka

1. Hetu: Ruksha, Laghu, Lavan-katuRasatmak Annapaan, Vega Dharan leading to Udavarta, Ratrijagaran, Vishamashana, etc.
2. Purvaroop: Adhodar Shoola, pain experienced in lower extremities.
3. Roopa: Sashoola Rajah Sraav, Saphena Rajah, Vedana, Baddha Rajah Sraav, etc.
4. Upashay: Use of Hot Water Bag over Abdomen or Lower back, Light Massage, Avoiding Fatty foods.
5. Samprapti/Etiopathogenesis
 - Samprapti Ghataka
 - DOSHA-Vata, Kapha. DUSHYA-Rasa, Rakta, hence Rajah. SROTAS Rasavaha Artavaha.
 - SROTODUSHTI - Vimargagaman, Sangha
 - AGNI- Mandya
 - UDBHAV STHAN- Artavaha Srotas.
 - ADHISHTHANA- Garbhashay, Yoni
 - VYAKTA STHAN-Yoni, Garbhashay
6. Specific Treatment
 - Sneha karma (Oleation) with Tila Taila)
 - Sweda karma (Hot fomentation).

- Basti (Enema) with Trivruttha Sidhha Taila. Considering the Roga-Rogi Bala, Matra Basti is suitable here as patient is Alpa Bala with Manda Agni. It can also be administered easily in an OPD basis without physical and mental strain. Matra Basti has both local & systemic effects. It causes Vatanuloman and there by regularizes Apana Vata.

Final diagnosis- It includes all the causes which are responsible for Vata vitiation and all the features which may result due to Vata Dosha including Sakashta Rajah Pravrutti.

Modern correlation- This case could be correlated with condition of Dysmenorrhea. Dysmenorrhea is the condition in which there is pain in the lower abdomen, back, or inner thighs. It can be primary, which is an extreme form of cyclical period pain without an underlying pathology, or secondary, which is associated with an underlying pelvic pathology.

Treatment given

Trivruttha siddha Taila Matra Basti was given for a 7days in dose of 60 ml before expected date of menses. The treatment was continued for 2 months.

Pathya- Patient was advised to follow

1. Rajaswalacharya for first 3 days of menstrual cycle.
2. Barley Roti with Goghruta or Barley Porridge
3. Yoga and Pranayam.
4. Seasonal fruits like Papaya, Banana, Pomegranate, Gooseberry, Watermelon etc.
5. Include Goghruta in daily diet.

Apathya

1. Ratrijagran and Divashayan
2. Oily, spicy and junk foods
3. Fried dry items, instant noodles, junk food etc.
4. Soft drinks.
5. Stress.

RESULT

Patient came to the OPD on 5th day of menses i.e., on 18-09-2024, after regular follow ups and taking basti for 2 cycles.

- There was a complete relief in the previous complaints of painful menses.

Menstrual history- LMP- 14/09/2024

Duration- 3-4 days.

Interval- 28-30days.

DISCUSSION

Trivrit is Madhura, Tikta, Katu Rasa, Ruksha Guna, Ushna Virya and Katu Vipaka. Madhura Tikta and Kashaya Rasas are Pitta Shamaka in nature they are Soumya Rasas. Katu, Tikta and Kashaya Rasas will cause Kapha Shamana and Trivrit being Sukha Virechana Dravya it causes Vata Anulomana, thus its mainly Kapha Pitta Hara and at the same time Tridoshashamaka.

Basti kalpana mode of action

Matravasti has both local & systemic affects. It causes Vatanulomana thereby normalizing Apanavata. Gut is a sensory organ consisting of neural, immune & sensory detectors and cells, and provides direct input to local (Intra mural) regulatory systems and information that passes to CNS or other organs. The Basti drugs are absorbed from the intestines through the rich blood supply of rectum and acts on all over the body. From capillaries and lymphatics of intestines, it will reach to systemic circulation and then will act on all the bodily organs. This theory is same as the theory given by Acharya Sushruta, says that the Virya of Basti administered through rectum reaches the whole body through the channels as the active principles in the water when poured at the root reaches the whole plant. Spasm caused by vitiated Apanavayu causing obstruction to the flow of menstrual blood is the general underlying pathology. Taila enters into the Srotas and removes the Sankocha (spasm) by virtue of its Sookshma, Vyavayi and Vikasi i.e., fast spreading nature. Thus, Basti Dravya normalizes the function of Vata after reaching all over the body. Its contents act through their different chemical constituents to restore the normal menstrual physiology and thus relieve pain during menstruation.

CONCLUSION

In Ayurveda, Udavarta Yonivyapad can be treated by using principles of Vatiki Yoniroga Chikitsa. Vatika Yoniroga Chikitsa include Snehana, Swedana, Basti along with Samana Aushadha which can alleviate Vata. Trivrutta Taila mentioned in Charak by virtue of its properties like Kapha Vata Shamak, Vedana Sthapana, Shothahara, Vata Anuloman relives symptoms of Primary Dysmenorrhea. Since Basti Chikitsa is considered the best management

of vitiated vata. Hence Trivrutta Taila given in the form of Basti proves effective treatment in Udavarta Yonivyapad (Primary Dysmenorrhoea) leading to pain free menstrual cycle.

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