

CONCEPTUAL STUDY OF UDAVARTINI YONIVYAPAD WITH SPECIAL REFERENCE TO DYSMENORRHOEA

Dr. Swati Bhandari*¹, Prof (Dr.) Ruby Rani Agarwal², Dr. G. M. Kavya³

¹M.D. Scholar, Deptt. Of Rog Nidana Evum Vikriti Vigyan, Rishikul Campus, UAU,
Haridwar, Uttarakhand.

²Professor & HOD, Deptt. Of Rog Nidana Evum Vikriti Vigyan Rishikul Campus, UAU,
Haridwar, Uttarakhand.

³Asso. Prof & HOD, Deptt. Of Stree Roga Evum Prasuti Tantra, Gurukul Campus, UAU,
Haridwar, Uttarakhand.

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*Corresponding Author

Dr. Swati Bhandari

M.D. Scholar, Deptt. Of
Rog Nidana Evum Vikriti
Vigyan, Rishikul Campus,
UAU, Haridwar,
Uttarakhand.

ABSTRACT

Udavartini Yonivyapad is one among the twenty gynaecological disorders described in the ayurvedic classics. It is caused due to aggravated apana vata which throws the menstrual blood in an upward direction causing painful menstruation. Since in this condition, the menstrual blood moves in reverse direction it is called udavartini i.e that which moves upwards. Madhukosha commentary explains the all around movement of vayu as the cause of pain in udavartini. Pain is an uncomfortable feeling that tells you something may be wrong. Udavartini yonivyapad resembles closely to gynaecological dysmenorrhea. Dysmenorrhea is characterized by severe and frequent menstrual cramps and pain during your period. There is increased prevalence of dysmenorrhea among individuals which has negative

impact on women's quality of life and many females are suffering silently from it. In ayurvedic classics such charak samhita, shushruta samhita etc has explained all the causes (nidana), rupa (symptoms), samprapti(pathogenesis), chikitsa(treatment), pathya-apathya of udavartini yonivyapad clearly. Due to increased urbanization and indulgence in faulty dietary habits and lifestyle, the complaint has become much more common. Thus, there is need to understand the disease and adopt measures to prevent it.

KEYWORDS: Yonivyapad, Vata, Udavartini.

INTRODUCTION

All the gynaecological disorders have been described under the heading of Yoni Vyapads in Ayurvedic classics. All the classics have mentioned twenty yonivyapad. One among them is Udavartini Yoni Vyapad. The main clinical feature of udavartini yonivyapad is rajah kricchrata i.e painful menstruation. Dysmenorrhea can be correlated with udavartini yonivyapad in Ayurveda. Dysmenorrhea, also known as painful periods or menstrual cramps, is pain during menstruation.^[1] Dysmenorrhea is one of the most common gynaecological disorders that affects women's quality of life and social activities. It is a common cause of absenteeism and reduced quality of life in women. Lifestyle, eating behaviours, and general health are essential to the management of menstrual symptoms. The problem is often underdiagnosed and undertreated. Lifestyle plays an important role in maintenance of health. Faulty lifestyle choices such as- increased consumption of canned packaged foods, smoking, alcohol consumption, stress, not being physically active, eating and sleeping at irregular intervals etc are all the factors contributing to increased prevalence of the condition.

Dysmenorrhea has a high impact on women's lives, resulting in a restriction of daily activities, a lower academic performance, and poor quality of sleep and has negative effects on mood, causing anxiety and depression.

Prevalence of dysmenorrhea was 70.2%. Majority of the subjects experienced pain for 1-2 days during menstruation. 23.2% of the dysmenorrheic girls experienced pain for 2-3 days.^[2] Women with primary dysmenorrhea have increased production of endometrial prostaglandin, resulting in increased uterine tone and stronger, more frequent uterine contractions. The burden of dysmenorrhea is greater than any other gynaecological complaint. The WHO estimated that dysmenorrhea is the most important cause of chronic pelvic pain.^[3]

Ayurvedic Review

Nirukti -The act of going up. In Udavarta, Vata moves in upward and circular direction.

Udavartini Yonivyapada is one among the twenty Yonivyapadas and mainly is vata dominant. Udavarta is derived from the word 'ut + avarta' i.e upward direction of vayu.

Definition- Acharya Charak described it in chikitsa Sthana. Rajas (menstruated blood) gets pushed in upward direction by the aggravated Apana Vayu due to obstruction in its normal

flow. Then discharges it with great difficulty resulting in painful and frothy menstruation. The women feels relief immediately after the discharge of menstrual blood. Since in this condition the Artava moves upwards direction hence it is termed as Udavartini.

स फेनिल उदावर्ती रजः कृच्छ्रेण मुञ्चति ।

चतसृष्वपि चाद्यासु भवन्त्य अनिल वेदना (सुसं. उ: 38 / 9)

Sushruta explained it as painful and frothy menstruation along with other types of pain caused by vata.^[4] Ashtanga Hriday^[5] and Ashtanga Sangraha^[6] have described that pain in Udavartini yonivyapad is due to aggravated vata moving in reverse direction, there is discharge of frothy menstrual blood with difficulty. Madhava Nidana^[7] has followed Sushruta description. Yogaratnakara has mentioned that discharge in Udavartini Yonivyapada is frothy, difficult to pass and is associated with kapha.

SAMANYA NIDANA YONI VYAPADA^[8] (General etiological factors)

1. Mithya Ahara - Katu, tikta, kashaya rasa aahara sevana, ruksha, laghu, sheeta aahara sevana. The foods which are taken in a wrong way and is also harmful to the body is known as Mithyahara. Foods not taken according to the Ashtavidha Ahara Vidhi Viseshayatanani^[9] and Aahara vidhi vidhan constitutes of mithya ahara. Mithya Ahara includes faulty dietary patterns such as- 1-Adhyashana- In Ayurveda, which means eating before digestion of previous food. All the ancient classics describe the ill effects of Adhyashana.
2. Vishamashana: Eating less when we are too hungry, eating more when we have low appetite & when our appetite is normal eating excess food or very less is called as Vishamashana. The person who does Vishamashana regularly, will have low disease resisting power (low immunity).
3. Samashana- It means to take such a meal which is prepared by mixture of beneficial and harmful substance together. It aggravates the three Doshas which causes Nija vyadhis.
4. Anashana-It means not to take food at all or fast. It causes lowering of strength, complexion, metabolic activity, weakening of life force, and leads to Vataj diseases.

5. Viruddhashana-It means to take food which in many respects is antagonist to the wellbeing of human. This kind of faulty dietary patterns disturbs the normal metabolism and leads to various disease production.

6. Mithya Vihara- Vihara hetu means the improper physical, verbal and mental activities. The activities opposite to 'Swasthavritta' can be included under the heading of Mithya Vihara. For example- not following dincharya, ritucharya, indulging in excessive coitus, coitus in abnormal body posture, vishama sthana shayana, ratrijagara, chinta, bhaya, shoka, ativyayama etc.

These activities lead to vitiation of Vata specifically Apana Vata which then moves upward instead of moving downwards thereby causing movement of rajah in reverse diversion and fails to expel the rajah.

7. Artava Dushti- When the artava does not possess shuddha artava lakshanas¹⁰, it is pradushta artava. And is the cause of ashta artava dushtis. These dushtis occurs due to the vitiation of tridoshas which affects not only the quantity but the quality of the artava and also results in painful menstruation.

8. Beeja Dosha- These are the hereditary basis of the disease. Beeja dosha refers to abnormalities in artava(ovum) and shukra(sperm), which results into abnormal formation of genital tract of the female foetus like suchimukhi. In modern correlation, congenital anomalies in the women like pin hole os of cervix, septa narrowing of cervical canal, imperforate hymen etc. are the causes of painful menstruation due to difficulty in passage of menstrual blood.

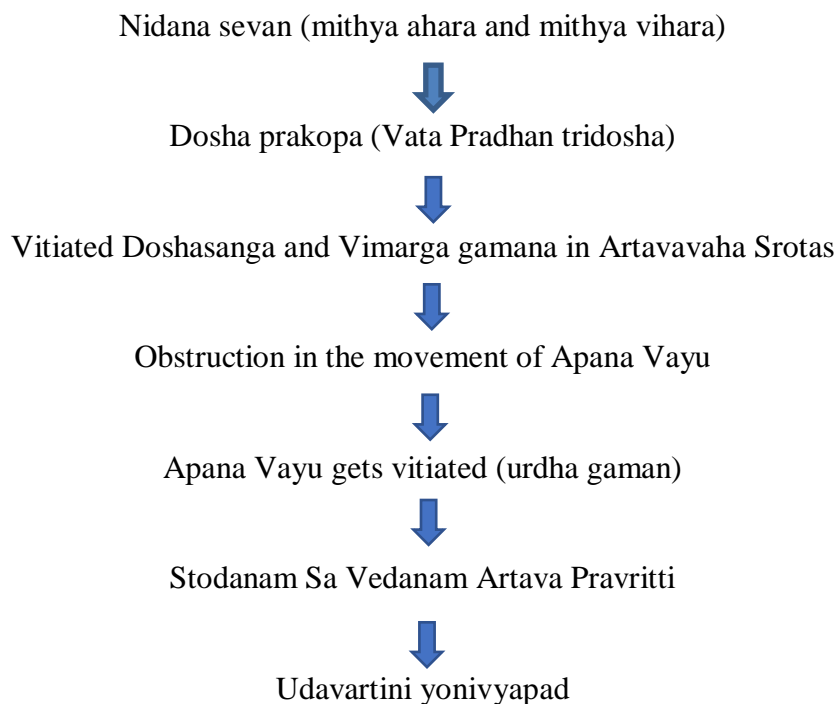
9. Daiva- It is unknown or idiopathic. In the absence of apparent cause, the disease is said to develop by adharma done by the person and also by purvajanam krita papa karmas (due to curse of God).

VISHESHA NIDANA – Causes of vata prakopa- Ruksha, Sheeta, Laghu, Alpa Ahara, Kashya, Tikta, Katu ahara. Foods like sushka shaaka, matsya, jangla mamsa, kodrava(ragi) etc.

Activities like-Ati vyayama (excessive exercise), Apatarpana (starving), Jaagrana (awakening in night), Vegadharana suppression of natural urges), Chinta, shoka (mental stress).

- Poor dietary and lifestyle choices by many individuals in today's time such as increased intake of refined carbs and sugar, coffee, fatty foods, processed foods, too much salty foods lead to increased incidence of period pain(dysmenorrhea)¹¹. Also, Stress especially among working females and students is also a major contributing factor for dysmenorrhea.^[12]

SAMPRAPTI



SAMPRAPTI GHATAKA

Dosha- Vata pradhana Tridosha

Dushya- Rasa, Artava

Srotas- Rasavah srotas, Raktavah srotas, Artavavah srotas

Srotodusti- Sangha, Vimarga gamana

Rogmarg- Abhyantra

Vyakti Sthana-Yoni, Garbhashya

Rupa- The cardinal symptom is difficulty in expelling the Rajah.

- Saa rugarta rajah krichrena udavruttam vimunchati- the uterus seized with severe pain caused by vitiated vata, initially throws the rajas in upward direction and later discharges it with great difficulty
- Aartave saa vimukte tu tat kshanam labhate sukham- once the menstrual blood is discharged, the women feel relief.

- Sa phenah raja- menstrual blood mixed with froth
- Anilah vedanah- other painful conditions due to vitiated vata- backache, headache, bodyache etc.
- Baddha raktam- discharge of clotted blood
- Phenila rajah kruchchrena munchati, kaphena evum artavam- discharge of frothy blood and menstrual blood mixed with kapha
- Lakshana of Udavartini Yonivyapad mentioned in various texts-

| Lakshana | Charak | Shushruta | Astangsangrha | Astanghridya | Madhavnidan | Yogratnakar |
|------------------------|--------|-----------|---------------|--------------|-------------|-------------|
| Krichhartava | + | + | + | + | + | + |
| Aartava vimukte sukham | + | - | - | - | - | - |
| Ruk | + | + | - | - | + | + |
| Phenilartava | - | + | + | + | + | + |
| Yoniprapeedana | - | - | + | + | - | - |
| Kaphanivamartava | - | - | - | - | - | + |

Updravas -Bandhyatva, Gulma, Arshas, Pradara, Vata disorders are some of the updravas explained for Yonivyapads which can be found in Udavartini Yonivyapad.

Sadhyasadyata- Yonivyapad occurring due to vitiation of single dosha is sadhya according to Acharya Sushruta. So Udavartini Yonivyapad occurring due to Vata vitiation is sadhya.

Samanya chikitsa of Yonivyapads

1) Principles of treatment - Mridu snehana and swedana as a purvakarma followed by mridu vamanadishodhana. Use of Virechana is advised. Milk is beneficial.

Udavartini Yonivyapad chikitsa -The specific treatment aims at balancing Vata dosha. As there is vigunya Vata gati, the measures including Vatanulomana are preferred.

- Snehana with trivritasneha (ghrita, taila, vasa)
- Swedana with Mamsa rasa sevana of gramya, anupa and audaka animals
- Dashmoola ksheer basti
- Anuvasana basti and uttara basti with trivruttasneha
- Utkarika made with yava, godhum, kinva, kustha, shatapushpa, shatayahwa, priyangu, bala and akhuparni
- Swedana with ksheer etc.

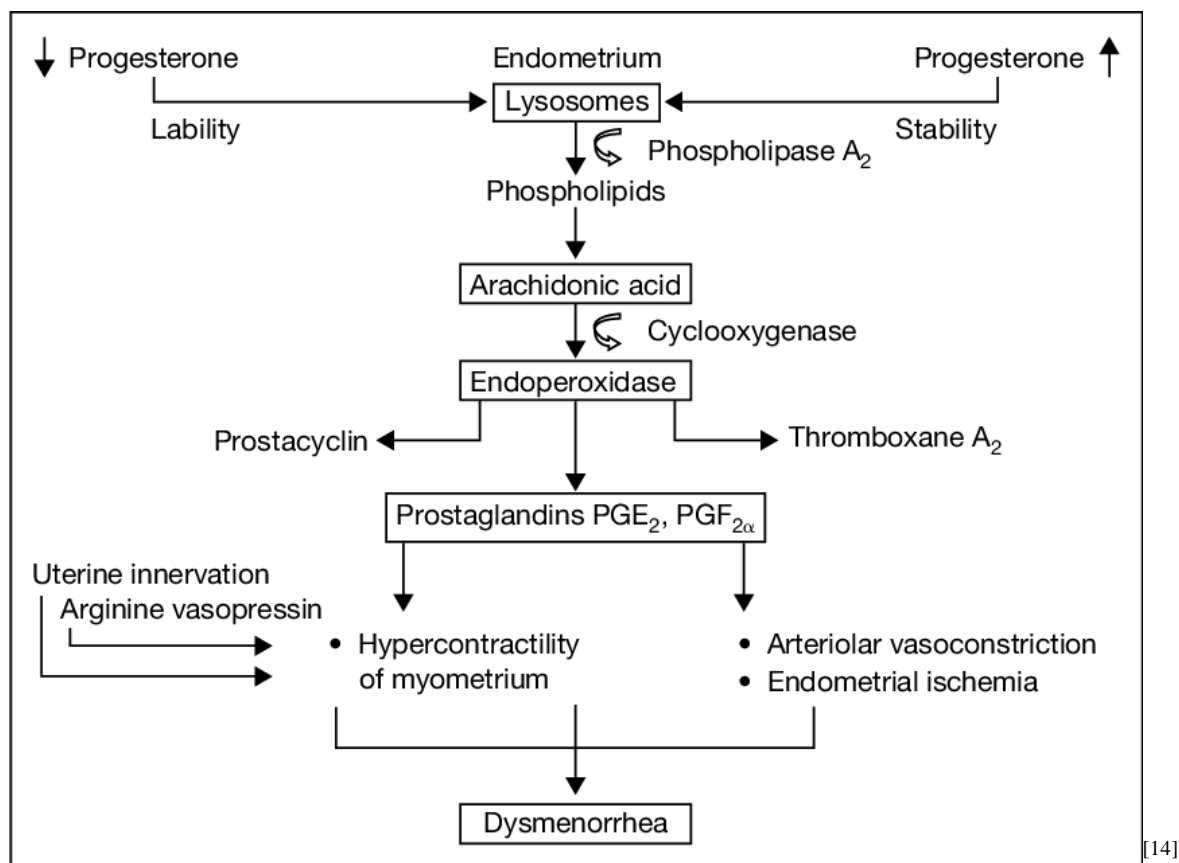
Modern Review

- Dysmenorrhea means painful menstruation of sufficient magnitude so as to incapacitate day to day activities.
- Types - Primary and Secondary.
- **Primary Dysmenorrhea**- It is one where there is no identifiable pelvic pathology. The incidence of primary dysmenorrhea of sufficient magnitude with incapacitation is about 15-20%. The mechanism of initiation of uterine pain in primary dysmenorrhea is difficult to establish. It is predominantly confined to adolescent girls. It usually appears within 2 years of menarche. The mother or her sister may be dysmenorrhoeic.
- **Clinical features** - The pain begins a few hours before or just with onset of menstruation. The severity of pain usually lasts for few hours, may extend to 24 hours but seldom persists beyond 48 hours. The pain is spasmodic in nature with other discomforts like nausea, vomiting, fatigue, diarrhoea, headache etc.
- **Treatment** -it includes oral contraceptives and non-steroidal anti-inflammatory drugs.
- **Secondary Dysmenorrhea** (Congestive) is normally considered to be menstruation associated pain occurring in the presence of pelvic pathology. The patients are usually in their thirties, more often parous. Common causes include Cervical stenosis, chronic pelvic infection, pelvic endometriosis, uterine fibroids, endometrial polyp pelvic adhesions and pelvic congestion.
- **Clinical features** - The pain is dull, situated in the back and in front without any radiation. It usually appears 3-5 days prior to the Period and relieves with the start of bleeding. There are symptoms of associated pathology.

Treatment- The treatment aims at the cause rather than the symptom. The type of treatment depends on the severity, age, parity of the patient.

Pathophysiology- The pathophysiology of dysmenorrhea is not well understood. Nevertheless, the identified cause is due to the hypersecretion of the prostaglandins from the uterine inner lining. Prostaglandin F₂alpha (PGF-2a) and Prostaglandin PGF₂ increases the uterine tone, and also causes high-amplitude contractions of the uterus. Also, vasopressin has been linked to primary dysmenorrhea. Vasopressin increases the uterine contractility and can cause ischemic pain due to its vasoconstriction effects.

The uterine contractility is observed to be more prominent in the first two days of the menstrual period. Progesterone levels drop before menstruation, which leads to increased production of PGs' triggering dysmenorrhea. Endometriosis and adenomyosis are the most common causes of secondary dysmenorrhea in premenopausal women.^[13]



- Premenstrual syndrome (PMS) is a condition that affects a woman's emotions, physical health, and behaviour during certain days of the menstrual cycle, generally just before her menses. PMS symptoms starts 5 to 11 days before menstruation and typically go away once menstruation begins. The cause of PMS is unknown. Levels of estrogen and progesterone increase during certain times of the month. An increase in these hormones can cause mood swings, anxiety, irritability and dysmenorrhea.^[15]

DISCUSSION

The burden of dysmenorrhea is greater than any other gynaecological complaint. In extreme cases this interferes with day to day activities of sufferer. Also, it is seen that Dysmenorrhea in today's time is becoming much more prevalent due to poor dietary and lifestyle choices. Most of these dietary and lifestyle choices serves as Nidana for the disease. Nidana such as Ratrijagran, Vega sandharana, Mithya aahara – Vihara Sevan are much more common among

the adolescent age groups. And among reproductive age group Nidana such as Chinta, Shoka, excessive work load and no proper rest even during the menstrual phase serves as aggravating and initiating factors for dysmenorrhea. This is especially seen more in working females who have to travel everyday work and manage office as well as home work load and are exposed to increased stress levels.

Also, in cases of secondary dysmenorrhoea arising due to endometriosis, adenomyosis, chocolate cyst, tubo- ovarian mass, fibroids due to the chronicity of the nature of the disorders, complications such as inter- menstrual pain, ovular pain, symptoms of pre-menstrual syndrome occurs more commonly and pain i.e dysmenorrhoea is the pre dominant feature. It is observed that in many sufferers all the Nidanas are present and in some cases few of the Nidanas are present with prolong exposure to them. And due to this the Samprapti takes another form or Updravas such as Abhyantar Kushta (Endometrosis), Granthi(Fibroids, Ovarian Cyst) formation occurs. Thus, identification and avoidance of the Nidanas i.e Nidana Parivarjan is firstly needed to get relief from dysmenorrhoea. Along with Rajaswalaparicharya palan and Basti chikitsa for Apunarbhava Chikitsa of the disorder. And all these are the result of neglect to one's health and not following the diet and lifestyle advocated in the classics.

CONCLUSION

The Nidanas discussed above are all avoidable. One need to follow proper dietary and life style choices as mentioned in our classics which includes Dincharya, Ritucharya, Sadvritta palan, Rajaswalaparicharya Palan, Pathya-Apathya prayog etc. By following all these Udavartini Yonivyapad can be prevented as well as cured. This is not a deadly disease but it affects the quality of life. And many females suffer silently with it. Thus, there is need to understand the disease according to the classics so that Nidanas can be avoided and Samprapti Vightana can be done accordingly.

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