

A CONCEPTUAL STUDY OF HINGVADI CHURNA IN UDAVARTINI YONIVYAPADA WITH SPECIAL REFERENCE TO PRIMARY DYSMENORRHEA

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Article Received on 02 Dec. 2025,
Article Revised on 23 Dec. 2025,
Article Published on 01 Jan. 2026,
<https://doi.org/10.5281/zenodo.18093830>

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How to cite this Article: ¹*Dr. Nikita Bisen, ²Dr. Manoj Gaikwad, ³Dr. Rutuja Gaikwad. (2026). A CONCEPTUAL STUDY OF HINGVADI CHURNA IN UDAVARTINI YONIVYAPADA WITH SPECIAL REFERENCE TO PRIMARY DYSMENORRHEA. World Journal of Pharmaceutical Research, 15(1), 447-452.
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ABSTRACT

Background: Udavartini Yonivyapada is a Vata-dominant gynecological disorder described in Ayurvedic classics, characterized by painful menstruation due to abnormal upward movement of Apana Vata. The clinical presentation closely resembles Primary Dysmenorrhea described in modern medicine. Hingvadi Churna, a classical Ayurvedic formulation containing Hingu, Sauvarchala Lavana, Shunthi, and Haritaki, is traditionally indicated in disorders of Vata and Yonishoola.

Aim: To conceptually evaluate the role of Hingvadi Churna in Udavartini Yonivyapada with special reference to Primary Dysmenorrhea. **Materials and Methods:** A conceptual and literary review was conducted based on Ayurvedic classical texts, modern gynecological literature, and relevant pharmacological properties of Hingvadi Churna ingredients.

Results: The formulation exhibits Vatanulomana, Deepana, Pachana, Shoolaghna, and Anulomana properties, which help in

correcting the underlying pathology of Udavartini Yonivyapada. **Conclusion:** Hingvadi Churna acts on the root cause of Udavartini Yonivyapada by normalizing Apana Vata, facilitating smooth menstrual flow, and reducing dysmenorrheic pain, making it a rational Ayurvedic intervention for Primary Dysmenorrhea.

KEYWORDS: Udavartini Yonivyapada, Hingvadi Churna, Primary Dysmenorrhea, Apana Vata, Yonishoola.

INTRODUCTION

Painful menstruation is a common yet disabling condition affecting women during their reproductive years. In modern medicine, Primary Dysmenorrhea is attributed to excessive prostaglandin-induced uterine contractions. Ayurveda describes a similar clinical entity as Udavartini Yonivyapada, where pain occurs due to abnormal upward movement of Vata and is relieved after the onset of menstrual flow. Ayurvedic management focuses on restoring the normal downward movement of Apana Vata through Vatanulomana and Shoolaghna therapies. Hingvadi Churna is one such formulation traditionally used in Vata-related gynecological disorders.

Ayurvedic Review of Udavartini Yonivyapada

Classical Description

Acharya Charaka has described Udavartini Yonivyapada as follows:

“वेगान् धारयते नित्यं रुक्षं चान्नं निषेवते।

वातला विहरत्येवं सा भवेदुदावर्तिनी॥” (Charaka Samhita, Chikitsa Sthana 30)

Suppression of natural urges, intake of dry food, and indulgence in Vata-aggravating activities lead to the manifestation of Udavartini Yonivyapada.

Lakshana (Clinical Features)

“रजः कृच्छ्रेण मुञ्चति वेदनावति योनिता।

उदावर्ता तु सा ज्ञेया वातप्रकोपसंभवा॥”(Ashtanga Hridaya, Uttara Tantra 34)

Menstrual blood is expelled with difficulty and severe pain due to aggravated Vata, and this condition is known as Udavartini.

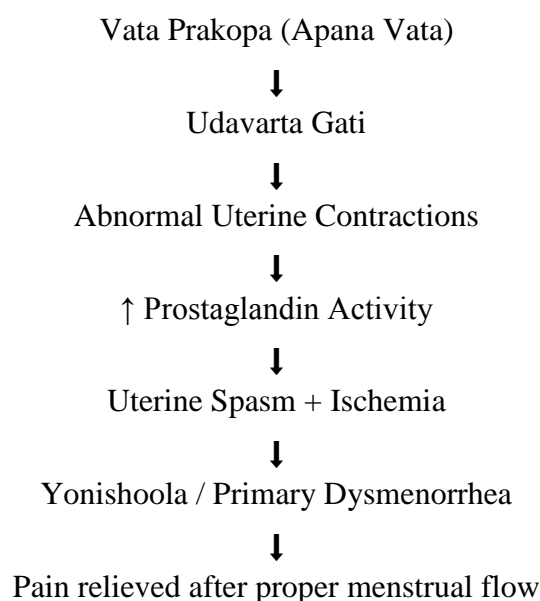
Samprapti (Pathogenesis)

Due to continuous exposure to Vata-provoking etiological factors, Apana Vata becomes vitiated and moves in a reverse direction (Udavarta gati), causing obstruction in the normal flow of Artava. Pain is produced due to Vata predominance and is relieved once menstrual flow is established.

Primary Dysmenorrhea: Modern Perspective

Primary Dysmenorrhea is defined as painful menstruation without identifiable pelvic pathology. It is caused by excessive prostaglandin secretion, leading to increased uterine tone, reduced uterine blood flow, ischemia, and pain. Symptoms typically begin just before or during menstruation and subside as bleeding continues.

INTEGRATED AYURVEDA–MODERN CORRELATION FLOWCHART



Correlation between Udavartini Yonivyapada and Primary Dysmenorrhea

Ayurvedic Concept	Modern Correlation
Apana Vata Dushti	Uterine hypercontractility
Udavarta Gati	Spasmodic contractions
Yonishoola	Menstrual pain
Artava Pravritti relief	Pain relief after bleeding

Hingvadi Churna

Ingredient	Botanical / Identity	Proportion
Hingu	Ferula narthex	1 part
Sauvarchala Lavana	Black salt	2 parts
Shunthi	Zingiber officinale	4 parts
Haritaki	Terminalia chebula	8 parts

Rasa–Guna–Virya–Vipaka

Drug	Rasa	Guna	Virya	Vipaka
Hingu	Katu	Laghu, Tikshna	Ushna	Katu
Sauvarchala Lavana	Lavana	Laghu, Snigdha	Ushna	Madhura
Shunthi	Katu	Laghu, Snigdha	Ushna	Madhura
Haritaki	Pancharasa (except Lavana)	Laghu, R		

Classical Rationale of Hingvadi Churna

Acharya Charaka emphasizes the importance of Vatanulomana in Udavarta

“उदावर्तं प्रशमयेद्वातानुलोमनैः सदा।”(Charaka Samhita, Chikitsa Sthana)

Conditions caused by Udavarta should always be treated with therapies that normalize the downward movement of Vata.

Hingvadi Churna, due to its Ushna and Tikshna attributes, effectively counteracts Vata and restores Apana Vata function.

Probable Mode of Action of Hingvadi Churna

- Ushna Virya pacifies aggravated Vata
- Tikshna and Laghu Guna relieve uterine spasm
- Deepana–Pachana action removes Ama
- Anulomana property of Haritaki corrects bowel habits, reducing pelvic congestion
- Facilitates painless and unobstructed menstrual flow

• **Laghu Guna (Lightness)**

Helps in quick digestion and assimilation of food; reduces heaviness and sluggishness caused by Kapha and Ama.

→ Clinically correlates with reduction in heaviness, pelvic congestion, and discomfort during menstruation.

• **Ruksha Guna (Dryness)**

Absorbs excessive Snigdha and Picchila (sticky) properties of Kapha and clears Srotas.

→ Reduces mucus accumulation, bloating, and uterine stickiness; relieves abdominal distension and discomfort.

• **Tikshna Guna (Sharpness)**

Penetrates deep into tissues, breaks obstruction, and enhances Agni.

→ Promotes rapid relief from spasm, improves circulation, and relieves pain.

- **Ushna Veerya** pacifies Vata and Kapha Doshas, which are primarily vitiated in Udavartini Yonivyapad.
- It stimulates Agni (digestive and metabolic fire), aiding in Deepana–Pachana (enhancing digestion and removing Ama).

- **Ushna Veerya** promotes Vata Anulomana, facilitating the proper downward movement of Apana Vata, thereby relieving uterine spasm and pelvic pain.
- It helps in improving circulation and reducing Srotorodha (obstruction of channels) in the pelvic region, which leads to decreased uterine congestion and pain relief.
- The warmth produced by Ushna Veerya helps alleviate stiffness, coldness, and heaviness caused by Kapha, providing a sense of lightness and relaxation in the lower abdomen.
- By correcting the disturbed Vata–Kapha equilibrium, Ushna Veerya also helps reduce nausea, loss of appetite, and pain radiating to the back and thighs.
- **Katu Vipaka** helps in maintaining the normal function of Agni and supports complete digestion and metabolism, thereby preventing the formation of Āma (toxic by-products of incomplete digestion).
- It exerts a Vata–Kapha Shamana (pacifying) action, reducing stagnation, stickiness, and heaviness in the pelvic and abdominal regions.
- **Katu Vipaka** enhances the absorption and assimilation of nutrients, promoting lightness and energy, which helps in reducing fatigue and sluggishness often associated with menstrual discomfort.
- It aids in Srotoshodhana (channel cleansing) by removing residual blockages caused by Kapha and Ama, thereby ensuring unobstructed flow of Apana Vata essential for normal, painless menstruation.
- The stimulating effect of Katu Vipaka on Vata movement helps regulate uterine contractions and reduces the pain and spasm characteristic of Udavartini Yonivyapad.
- Additionally, it prevents excessive mucosal secretions and supports healthy digestive and metabolic activity throughout the cycle.

Samprapti Vighatana by Hingvadi Churna

Vatanulomana (Hingu, Haritaki)



Correction of Apana Vata Gati



Reduction in Uterine Spasm



Improved Pelvic Circulation



Smooth Artava Pravritti



Relief from Dysmenorrheic Pain

Modern pharmacological correlation

Constituents like asafoetida and ginger have documented antispasmodic, analgesic, anti-inflammatory and carminative effects; they modulate prostaglandin synthesis, reduce smooth muscle spasm and improve gastrointestinal/uterine perfusion — plausible mechanisms for reduction in cramps, nausea and referred pains.

DISCUSSION

Hingvadi Churna acts at multiple levels of the pathogenesis of Udavartini Yonivyapada. Unlike symptomatic pain relievers, it corrects the underlying Vata imbalance and digestive disturbances that contribute to dysmenorrhea. The formulation's classical properties justify its use in Primary Dysmenorrhea as a safe and holistic therapeutic option.

CONCLUSION

Udavartini Yonivyapada is a Vata-predominant gynecological disorder that closely parallels Primary Dysmenorrhea. Hingvadi Churna, by virtue of its Vatanulomana, Shoolaghna, and Deepana properties, effectively addresses both the etiological and symptomatic aspects of the condition. Conceptually, it stands as a rational and classical Ayurvedic intervention for painful menstruation.

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