

## UDAVARTHINI YONIVYAPAT AND ITS MANAGEMENT – CONCEPTUAL STUDY

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**ABSTRACT**

The reproductive process in woman is a complex and highly evolved interaction of many components. Disturbance in any component can cause problems in menstrual cycle; one being is dysmenorrhoea which affects most of the women. Dysmenorrhoea means painful menstruation. This can be compared to Udavartini Yoni Vyapat in Ayurveda with clinical feature like Rajah Kricchrata (painful menstruation). It affects approximately 50-60% of women of reproductive age. Panchakarma therapy offers a ray of hope for Udavartini Yoni Vyapat along with Shamana Aushadi's. As Vata is responsible for the occurrence of Udaavartini, various treatment modalities which are mentioned for Vata Rogas can be adopted. Among them Basti is the best treatment modality, hence for Udavartini. The aim is to focus the management of this problem in present scenario.

**KEYWORDS:** Udavartini, Dysmenorrhoea, Ayurveda.**INTRODUCTION**

In Ayurvedic classics gynecological disorders have been described under the heading of Yoni Vyapat. All the classics have given the number of Yonivyapat as twenty. One among them is Udavartini Yoni Vyapat.<sup>[1]</sup> The main clinical feature is Rajah Kricchrata (painful menstruation). It affects approximately 50-60% of women of reproductive age. The common causes are Mithya Ahara, Mithya Vihara, Pradushta Artava, Pradusta Beeja and curses of God.<sup>[2]</sup> Susruta giving support to the same view and added that when a woman having ruksha Shareera (dry) or Ksheena or very young women does excessive Mythuna (intercourse) then her Vayu gets aggravated & withholds Pitta and Kapha already vitiated due to their specific causes reaches Yoni and produces various disorders.<sup>[3]</sup>

The condition Udavarthini is compared to dysmenorrhoea in modern perspective. The term dysmenorrhoea is derived from the greek words dys (difficult, painful or abnormal), meno (month) and rhoea (flow).<sup>[4]</sup> Dysmenorrhoea is painful menstruation of sufficient magnitude so as to incapacitate day-to-day activities.<sup>[5]</sup> The incidence of primary dysmenorrhea of sufficient magnitude with incapacitation is about 15–20 percent. It occurs mainly in young age. It is also more common in woman who never had children.

**1. Margavarodha**

Apana Vayu is said to be the governing force of the menstrual flow. If there is any sort of obstruction, pain is produced. Apana Vata can be obstructed from blocking the passage itself (anatomical) or due to certain things which hamper the working capacity of Apana as described in Avrutha vata. Apanavruta Kapha causes pain.

**2. Dhatukshaya**

This causes pain in two ways.

- ✓ Dhathu Kshaya turns women to be Heena satwa, where by pain threshold is lowered and pain is felt for even the slightest disorder.
- ✓ Dhathukshaya may cause Vata Vridhi especially of its Ruksha and Khara characteristics & this inturn produces pain.

**Causes of Primary Dysmenorrhea**

The real causative mechanism for primary dysmenorrhoea is not known, but it appears that a major role is played by prostaglandins, which are present in various body tissues including the uterus.<sup>[6]</sup>

1. Psychosomatic factors like tension and anxiety lower the pain threshold.
2. Environmental factors causing nervous tension
3. General ill health
4. Hormonal imbalance
5. Imbalance of autonomic nervous system.
6. Stenosis at internal Os.

7. Unequal development of mullerian ducts
8. Uterine hypoplasia
9. Vasopressin
10. Prostaglandins
11. Endothelins
12. Platelet activating factor (PAF)

#### Lakshanas (Symptoms)<sup>[7]</sup>

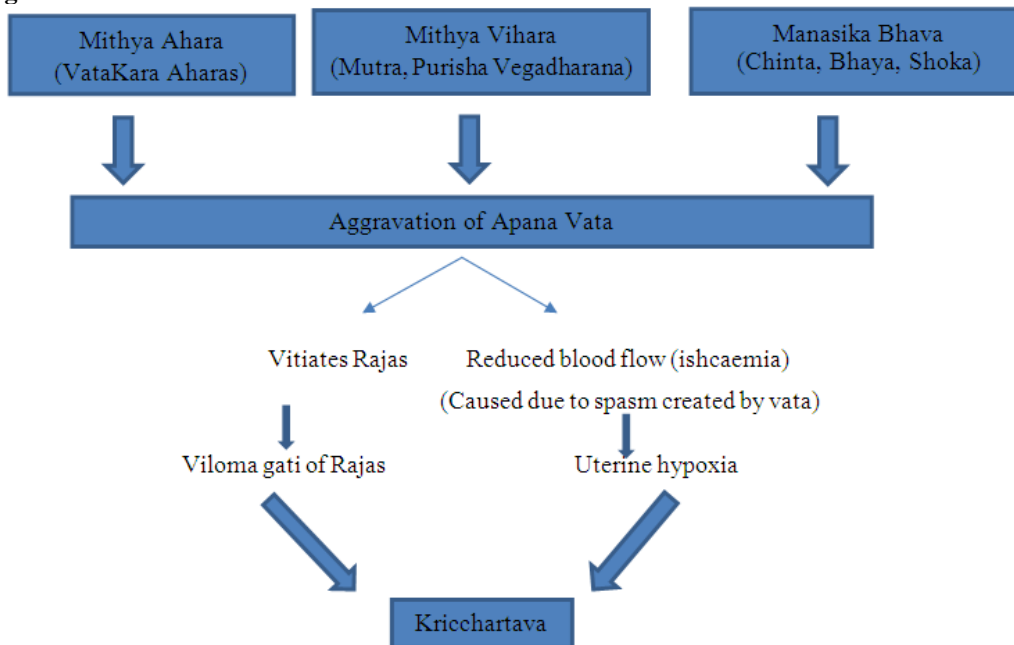
- Rajahkricchata – difficult discharge of menstrual blood.
- Artava – vimuktasukham –immediate relief following discharge.

- Phenilata – frothy menstruation.
- Kaphasamsrishtaartava –discharge of kapha associated with menstrual blood.
- Baddhaartava – discharge of clotted blood.

#### Symptoms of Dysmenorrhoea<sup>[8]</sup>

- Spasmodic menstrual pain
- Vomiting
- Diarrhoea or constipation
- Headache
- Dizziness
- Fainting and fatigue

#### Aetiopathogenesis



Vitiates Rajas Reduced blood flow (ishcaemia)  
(Caused due to spasm created by vata)  
Viloma gati of Rajas Uterine hypoxia

#### Sampraptighataka

**Dosha** – Vata Pradana Tridosha.

**Vata** - Vyana, Apana

**Pitta** - Ranjaka, Pachaka

**Kapha** as Anubandhita Dosa

**Dhatu**- Rasa, Rakta, Artava

**Upadhatu** - Artava

**Agni** - Jatharagni, Rasagni, Raktagni

**Srotasa** - Rasa, Rakta and ArtavavahaSrotasa

**Srotodushti**- Sanga and Vimargagamana

**Udbhavasthana** - Amapakvashaya

**Rogamarga** - Abyantara

**SthanaSamshraya** - Garbhashaya

**VyaktaSthana** – Garbhashaya

#### Mechanism of Pain Production

1. The Obstructive theory: there is obstruction to the outflow of blood by the acute bend in the uterus at the internal os by stenosis or by the premenstrual congestion, and the retained blood leads to irregular,

spasmodic and painful contractions.<sup>[9]</sup> (As per Ayurveda this obstruction is caused due to Vata.).

2. The Hypoplasia theory: The uterus as remained in the prepubertal state, with a small corpus, relatively long cervix and under developed muscles which is unable to expel the menstrual blood. The retained blood leads to painful contractions.<sup>[10]</sup> (due to Alpa Mamsa Dathu).
3. Disturbed Polarity of uterus: If the uterine polarity is disturbed, menstrual blood is retained in the uterus and leads to painful irregular contractions.<sup>[10]</sup> (due to Apana Vata which causes Viloma Gati of Rajas).
4. Clotting of the menstrual blood: Dysmenorrhoea may be caused by clotting the menstrual blood, the clots being then difficult to expel.<sup>[11]</sup> (due to Kapha).
5. The muscle ischemia theory: It is suggested that the pain is due to ischemia of the uterine muscle during exaggerated uterine contractions (due to vata).
6. Uterine mal-formation (Beeja Dosha).
7. Low pain threshold, General ill health (Alpa Sara).
8. Psychological factors<sup>[12]</sup> (Manasika Karanas).
9. Environmental factors causing nervous tension (Viharaja).

All the evidence suggests that Vata is the Predominant factor for Udavartini Yoni Vyapat.

### Chikitsa

Vata is responsible for all Yoni Rogas especially of Udavartini. In Ayurveda various treatment modalities are mentioned for the treatment of Vata Rogas. Among them Basti is the better treatment modality for Vata <sup>[13]</sup> Basti is of two types based on the drug taken. Niruha or Kashaya Basti in which decoction is taken, Anuvasana or Sneha Basti in which oil is taken as main drug.

### Vishesha Chikitsa<sup>[14]</sup>

1. Snehana Karma (oleation) with Traivrita Sneha.
2. Swedana karma (hot fomentation) with Ksheera
3. Dashamoola Ksheera internally as well as Basti.
4. Anuvasana Basti (oil enema), Uttara Basti (intra uterine oil instillation) with Traivrita Sneha.
5. Upanaha made of pasted Barley, wheat, kinva, Kusta, Shatapushpa, Priyangu, Bala.
6. Sneha in the form of Anuvasana as well as Uttara Basti.
7. All other measures capable of suppressing the Vata.
8. Shamana Aushadis - Raja Pravartini Vati, Kasisadi Vati, Maharasnadi Kashaya Saptasara Kashaya, Sukumara Kashaya, Rasnawadamstradi Ksheera Paka, Jeerakadi Modakam, Kumarayasava, Sukumara Ghrtham, Phala Ghrita, Rajapravartini Vati, Hinguvachadi Churna etc..

### Various Other Treatments

**Life-style changes:** Exercise regularly; ensure sound sleep of at least 6-8 hours. Avoid smoking and alcohol.

**Yoga:** Yoga activities can help to reduce and prevent the severity of many ailments. It gives strength & stability. Asanas like Matsyasana, Janu Shirasana, Dhanurasana: Bhujangasana, Ustrasana, Bhadrasana, Gomukhasana, and Vajrasana have a pain relieving effect.

### Role of Vata Dosha in Udavarta Yoni Vyapat

Menstruation is a natural physiological process; when it is accompanied with pain it is called as Udavartini Yoni Vyapat (dysmenorrhoea). Menstruation is a function of Apana Vata. Apana Vata plays major role in all excretory activities such as passing of stool and urine, ejaculation of semen, natural delivery of foetus, etc. Artava (menstrual blood) gets excreted each month cyclically in women is under the control of Apana Vata.<sup>[15]</sup>

### Probable Mode of Action of Basti

Yoga Basti in the form of Kashaya and Anuvasana has both local & systemic affects. It causes Vatanulomana, thereby normalizes the Apana Vata. 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. Basti may stimulate the enteric nervous system and thus it can influence CNS and all organs.

Basti may act on the neuro-humoral system of body by stimulating CNS through ENS. It thereby restores the physiology at molecular level. It can also act on the inflammatory substances like prostaglandins and vasopressin etc. Basti may also help to excrete increased prostaglandins. Visceral afferent stimulation may result in activation of the Hypothalamo-pituitary adrenal axis and Autonomous nervous system, involving the release of neurotransmitters like serotonin and hormones. Thus, it normalizes the neurotransmitters, hormonal and neural pathways and relieves all the symptom complex emerged as a result of neuro-hormonal imbalances in the patients of dysmenorrhoea. Spasm caused by vitiated Apana Vayu causing obstruction to the flow of menstrual blood is the general underlying pathology. Veerya of Kashaya Basti may get transported through Dhamanis, Sira, and Srothas to whole body. Makshika and Lavana will help in Kapha Chedana and Vilayana. Saindhava by its Sukshma, Thikshna, and Vyavayi Guna will reach to minute channels of the body. The different Dravyas which are used to make Basti have different properties; some may be water soluble and some may be fat soluble and so may be absorbed accordingly. The Kalka used in Basti help to attain the particular consistency which may be responsible for retaining Basti for its function. Taila enters into the Srotas and removes the Sankocha (spasm) by virtue of its Sookshma, Vyavayi and Vikasi.

### DISCUSSION

Dysmenorrhoea is a common gynaecological condition seen in day to day OPD's. In extreme cases it affects the day today activities of woman. Nearly 50% Of the adult female Population suffers from various degrees of pain abdomen during menstruation.

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In Ayurvedic classics, great importance has been given to quality, quantity, purity, consistency & duration of Arthava. It is well understand with Shuddha Artava Lakshana.

High fat diet encourages the chance of occurrence. Now a days travelling is encountered by women is increased for both working and housewives. Travel leads to Vata Prakopa. Charaka says that if left untreated the condition, it may lead to infertility, Gulma, Arshas, Pradara and other disorders of Vata. In all gynaecological disorders, after proper Snehana and Swedana, Vamanadi Shodana karma should be administered based on the severity of the disease. The Pathyas will play a major role in the case of Udavartini. The woman afflicted with Yoni Rogas should use according to predominance of Dosha, the Sura (wine), Asava and Arishtas, juice of lashuna (garlic) in the morning and diet having abundance of milk and meat soup. Should take diet mixed with barley and use Abhayarishhta, Sidhu, powdered Pippali, and Loha Bhasma with honey, Bala Taila, Misrakasneha, and

Sukumara Ghruta. Manda is contraindicated for one whom suffering with Yoni Rogas.

## CONCLUSION

Ayurveda being a holistic medicine offers potential remedies which are proved beyond doubt in solving the problem successfully. Basti is the best treatment for dysmenorrhoea. In current Era the life style which we following will lead to so many diseases. The proper Ahara and Vihara during Ritukala and Aushadhasevana on exact time will cure the condition.

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