

LITERARY REVIEW OF UDAVARTINI YONIVYAPADA

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**ABSTRACT**

A healthy woman is a promise of a healthy family during different stages of her life, from puberty to menopause; the theory of healthy yoni has been mentioned in Ayurveda and modern science. In *Ayurveda*, women's healthcare is linked to a separate section, where the term Yonivyapada includes the majority of gynaecological disorders. Dysmenorrhea can be correlated with *Udavartini Yonivyapada* in *Ayurveda*. The main clinical characteristic of *Udavartini* is '*rajah Krichratha*' (painful menstruation). Therefore, this study has attempted to conduct a conceptual study that covers almost all aspects of *Udavartini Yonivyapada* so that early diagnosis and treatment can be given.

Keywords: Dysmenorrhea, *Udavartini*, *Yonivyapada*, Menstruation.

INTRODUCTION

Menstrual issues such as Dysmenorrhea, irregular menstrual cycle, and irregular bleeding is common gynaecological complaints among teenage girls, which cause a physical and mental disturbances in day-to-day life. Dysmenorrhea is common, and in up to 20% of women, it may be severe enough to interfere with daily life.¹

Dysmenorrhea means painful menstruation of sufficient magnitude to incapacitate day-to-day activity². Clinically, Dysmenorrhea can be divided into Primary and secondary dysmenorrhea. In Primary Dysmenorrhea, there is no identifiable pelvic pathology. It is also known as spasmodic Dysmenorrhea. Secondary dysmenorrhea is usually considered to be menstruation-associated pain occurring in the presence of pelvic pathology.³ It is also known as congestive Dysmenorrhea.

According to Ayurveda

Nirukti:

The source of the term "udavartha" is *Uth+ange+vruth+khang pratyaya (sabdakalpa drumam)*, which means "the act of going up."

"*Udavartha iti urdhvam nitam*" is how the *Udavarta* word describes upward motion.

Nidan:

All *Acharya* have commonly described *Udavarta* as *Vataja Yoniyapada*. *Acharya Vagbhat* had clearly said that without Vata Dosha, vitiation of yoni yoga does not happen in females.⁴ The leading two causes of Vata disorder are *Margaavarodha* and *Dhatukshayatmaja*.

Dosha:

Acharya charaka: vata

Acharya sushruta: vata

charya vagbhat: vata

Dushya: *Rasa, Rakta*

Strotas: *Artava vaha strotas*

Srothodushti prakarana: *Vimarga gamana & Sanga*

Udabhava sthana: *Pakwashaya*

Vyaktasthan: *Garbhashaya*

Stanvaigunya: *Trutiyavarta*

Specific Hetu:

1. *Mityaachar:* abnormally dietetic & modes of life.
2. *Adharniya vega dharan*
3. Abnormalities of *artava* and *beeja*
4. Anger of God

Samprapti:⁵

↓
Hetusevana

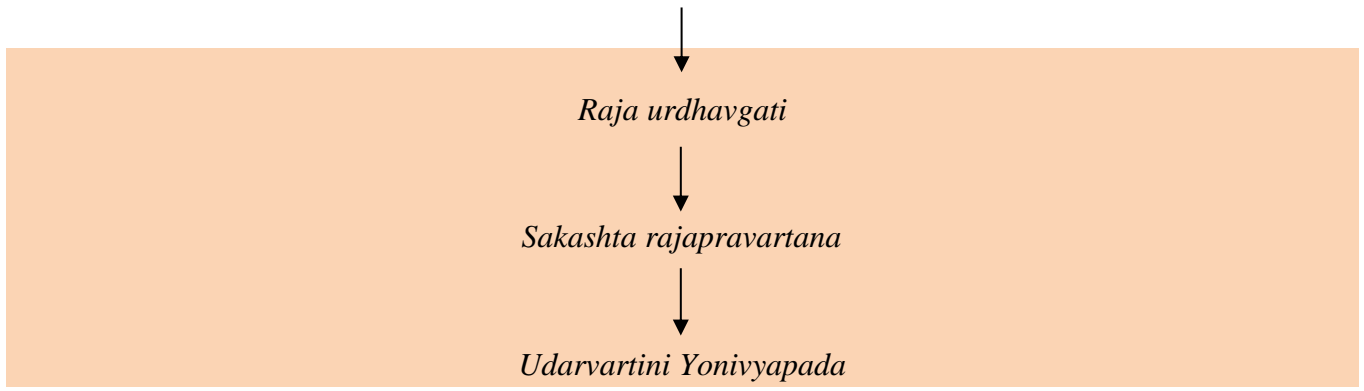
↓
Vata prakopa

↓
Apanvayudusti

↓
Stansanshraya

↓
Apana vayu urdhavgati

↓
Raja pravrutti avrodha



Lakshana:

	Caraka	Sushruta	Vagbhata	Yogaratanakara
Vedanayukta	+	+	+	-
Rajasrava	+	+	+	+ kaphaniyukta

Treatment:

Improvements in overall health and simple psychotherapy for explanation and assurance were considered board measures. Most people get relief from their discomfort with these straightforward steps.

Drug:

1. Prostaglandin synthetase inhibitors.
2. Oral contraceptive pills should be used for 3-6 cycles.

Surgery:

1. Dilation of the cervical canal.
2. Bilateral block of pelvic plexus.
3. Presacral neurectomy.

As per Ayurveda:

- ❖ *Nidana parivarjana*
- ❖ *vatashamaka Chikitsa*
- 1. *Sneha karma with trivruta sneha.*⁶
- 2. *Swedana karma with nishottara sidha taila*
- 3. *Shodhana-virechana-nishottara taila*
- 4. *Basti- Anuvasana basti-trivruta sneha⁶ nishottara sidha taila, nishottara sidha dugdha basti.*
- 5. *Yonidhavana- dhashamoola sidha ksheera, triphala kwatha.*
- 6. *Pichu-nishottara sidha taila pichu*
- 7. *Uttarbasti: Dasamoola trivrita kwatha sidha sneha⁷*
- 8. *Abhyantara Chikitsa:*
 - *Vati- Shankha vati, Shulahara vati*
 - *Churna- Hingavastaka churna.*
 - *Kwatha- Devdarvyadi kwatha*

- *Asavarista- Dashmoolarista*
- *Rasayana- Bhallatakavla.*
- ❖ Dietary modifications and Lifestyle changes
- ❖ Yoga practices:
 - *Bhujangasan⁸*
 - *Utrasana⁹*
 - *Utthita Trikonasana¹⁰*
 - *Dhanurasana¹¹*
 - *Sputa virasana¹²*

DISCUSSION

Dysmenorrhea is one of the most common Gynecological diseases affecting the quality of life of many women in childbirth. When dysmenorrhea is just a symptom Unrelated to other pelvic pathologies, this is called spasmodic or primary Dysmenorrhea. *Nidana samprapti* and *Rupa* of *Udavartini yonivyapada* clearcut explain the etiopathogenesis and clinical symptoms of Spasmodic dysmenorrhea.

CONCLUSION

Udarvartini yonivyapada can be prevented by taking proper *Aharvihara* and avoiding *vataprapakaka hetu*. Treatment includes snehana, swedana, basti, yonidhavan, Pichu Uttar Basti, etc. Patient and family education and dietary changes, physical activity like exercise, and yoga practices play an essential role.

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