

**CONCEPT OF SOVEREIGNTY OF AYURVEDA IN MANAGEMENT OF UDAVARTA YONIVYAPAD W.S.R.T. KASHTARTAVA****Balaji S. Sawant<sup>1</sup>, Shivangi J. Mishra<sup>2</sup>, Priyanka Gupta<sup>3</sup>**<sup>1</sup>Professor and H.O.D. (Dravyaguna Vigyana),<sup>2</sup>Final MD Research Scholar,<sup>3</sup>Asst. Professor (Prasuti and Streeroga),

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“*Ayurveda*” is an ancient holistic science of knowledge of life that not only deals with diagnosis and treatment of disease but also deals with healthy mind, body and soul of an individual. Nowadays, primary dysmenorrhea is most prevailing symptom in young adolescent girls causing anxiety not only for women but also for her family. It can be correlated with *Kashtartava* (Primary Dysmenorrhea). *Kashtartava* is a condition wherein the menstrual bleed i.e. *Aartava* (Menstrual bleed) is shredded with difficulty and pain and hampers day to day activity of an individual. The symptoms of *Kashtartava* can be correlated with *Udavarta Yonivyapad*. The treatment usually advocated in modern medicine i.e. analgesic, antispasmodic and oral contraceptive pills that doesn't provide long-lasting effect and may lead to severe adverse effect. Yet there is no treatment schedule that completely relieves the symptoms of primary dysmenorrhea. Hence there is a need to find safe and long-lasting treatment for the condition.

**Keywords:** *Dashmoola Taila, Matra Basti, Kashtartava, Management, Ayurveda***INTRODUCTION**

In Today's era stress becoming inseparable part of modern life. With the increasing quest for material

comforts, a woman has been losing her health and dealing with problems is because she is not following the

basic regimen (*Dincharya*= Daily routine) of life for healthy living. She is been degraded from bodily as well as mental health. Menstruation is a natural event as a part of Normal Reproductive process in women. Due to today's Sedentary lifestyle, Dysmenorrhea is becoming burning problem throughout the world causing discomfort, anxiety and hampering day-to-day activity of women's life. It is most common Gynaecological complaint amongst adolescent and adult women. Prevalence of dysmenorrhea was 70.2%. Majority of subjects experienced pain for 1-2days during Menstruation. 23.2% of Dysmenorrheic women experienced pain for 2-3days.<sup>1</sup> In Ayurveda classical texts, *Udavarta Yonivyapad* (Dysmenorrhoea) is described as a different entity caused due to vitiated *Vata Dosha* and this *Udavarta Yonivyapad* has similar symptoms like *Kashtartava* i.e. Dysmenorrhea (Primary Dysmenorrhea).

**Udavarta Yonivyapad is defined as,** “*Sapphenilamudavarta Rajah Kruchren Munchati. Chatsruvapi Chadhayasu Bhavantyanilvednah.*” (*Sushruta. Uttartantra. 38/9-11*)<sup>2</sup> The menstrual bleed that is shredded from uterus with foam and pain is termed as “*Udavarta Yonivyapad*”.

**Similarly, Kashtartava is defined as,** “*Kashtenamunchyatiti Kashtartava*” The condition wherein the *Artava* (Menstrual bleed) is shredded with great difficulty and pain is termed as “*Kashtartava*”. *Kashtartava*

can be correlated with Dysmenorrhea (Primary Dysmenorrhea).

**Derived from Greek Word Dis-men-or-re'ah<sup>3</sup>**

Dis- meaning- Difficulty or Painful, Month rein- To flow, Therefore, Dysmenorrhea is defined as Painful or Difficult menses. In the Treatment of Dysmenorrhea Analgesics, Antispasmodic, Oral Contraceptive Pills, etc are prescribed that does not provide a long-lasting solution and besides may lead to serious disease like GIT upset, Blurred vision, Drowsiness, etc. As yet there is no such medicine available that completely relieves from the entire symptom of *Kashtartava*. Hence, there is a need to find a long-lasting and safe solution for *Kashtartava*. *Udavarta Yonivyapad* is basically caused due to *Pratiloma Gati* (Opposite direction of Air) of *Vayu* (Air). The Vitiated *Vata Doshas* (Bodily humor) causes anxiety, pain and distress in young adolescent women. Thus, first of all *Vata Dosha* should be normalised. *Vata Doshas* treatment with proper oleation of *Apaan kshetra* i.e. pelvic region to be done. As mentioned in classical texts *Dashmoola Taila Matra Basti* relieves the symptoms along with *Yonishula prashamana* (Vagina Pain reliever) and *Garbhashaya vishodhana* (Uterus cleansing).<sup>4,5</sup> So, to conquer the vitiated *Vata* from its *Pratiloma Gati* to its *Anuloma Gati Shodhana karma* i.e. intoxication of the body is required. *Dashmoola Taila Matra Basti* helps relieving the symptoms of vitiated *Vata Dosha*.

## Material and Methodology:

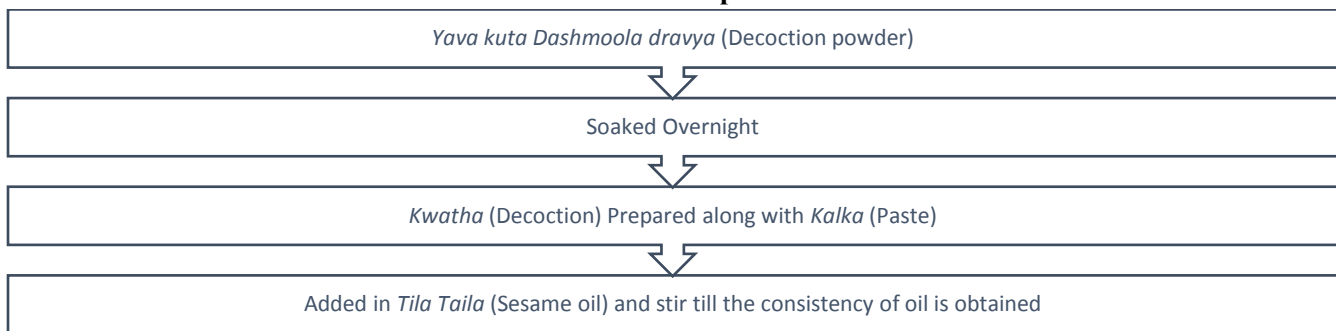
**Table 1: Samprapti<sup>6</sup> (Pathophysiology)**

<i>Dosha</i>	<i>Apaan Vata</i> (Air in Pelvic region)
<i>Dhatu</i>	<i>Ras</i> , (Plasma) <i>Rakta</i> , (Blood) <i>Artava</i> (Menstrual blood)
<i>Updhatu</i>	<i>Artava</i> (Menstrual Blood)
<i>Agni</i>	<i>Jathragni</i> , <i>Rasagni</i> , <i>Raktagni</i>
<i>Strotas</i>	<i>Rasavaha</i> , <i>Raktavaha</i> , <i>Artavavaha</i>
<i>Strotodushti</i>	<i>Sanga</i> and <i>Vimargagaman</i>
<i>Udbhava sthana</i>	<i>Aampakvashaya</i>
<i>Roga marga</i>	<i>Abhyantara</i>
<i>Sthana sanshraya</i>	<i>Garbhashaya</i>
<i>Vyakti sthana</i>	<i>Garbhashaya</i>

**Table 2: Dravya<sup>7</sup>**

Dravya	Latin Name	Family	Ras	Guna	Virya	Vipak
<i>Bilva</i>	<i>Aegle marmelos</i>	Rutaceae	Kashaya, tikta	Laghu, Ruksha	Ushna	Katu
<i>Agnimantha</i>	<i>Premna mucronata</i>	Verbinaceae	Tikta, Katu, Kashaya, Madhura	Laghu, Ruksha	Ushna	Katu
<i>Shyonak</i>	<i>Oroxylum indicum</i>	Bignonaceae	Madhura, Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu
<i>Patala</i>	<i>Stereospermum suaveolens</i>	Bignonaceae	Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu
<i>Kashmari</i>	<i>Gmelina arborea</i>	Verbinaceae	Tikta, Kashaya, Madhura	Guru	Ushna	Katu
<i>Prushniparni</i>	<i>Uraria picta</i>	Fabaceae	Madhura, Tikta	Laghu, Snigdha	Ushna	Madhura
<i>Shaliparni</i>	<i>Desmodium gangeticum</i>	Fabaceae	Madhura, Tikta	Guru, Snigdha	Ushna	Madhura
<i>Bruhati</i>	<i>Solanum indicum</i>	Solanaceae	Tikta, Katu	Laghu, Ruksha, Tikshna	Ushna	Katu
<i>Kantakari</i>	<i>Solanum xanthocarpum</i>	Solanaceae	Tikta, Katu	Laghu, Ruksha, Tikshna	Ushna	Katu
<i>Gokshura</i>	<i>Tribulus terrestris</i>	Zygophyllaceae	Madhura	Guru, Snigdha	Sheeta	Madhura
<i>Tila Taila</i>	<i>Sesamum indicum</i>	Pedaliaceae	Madhura, Kashaya, Tikta	Guru, Snigdha	Ushna	Madhura

### Matra Basti Preparation<sup>8</sup>



## DISCUSSION

The disease is mostly caused due to, Improper dietary regimen *Vishamashana*; *Laghu, Ruksha* (Light and unctuous) diet; intake of *Sheeta* (cold) diet; *Katu Rasa. Mansika Nidana* (Psychological factor), *Chinta*(worry), *Shok* (grief) and *Bhaya* (Fear), these *Vatavardhaka* factors getting common in young women because of abrupt lifestyle leading to vitiation of *Vata Dosha*. The effect of *Matra Basti* i.e. *Shodhan Karma* relieves the severity of the effect of pain. *Dashmoola* being best *Vata Shamak Dravya* (Air Pacifying Drug) and According to *Virya Samkranti* (Transformation of potency) described by Acharya

Charaka, the potency of *Dashmoola Dravya* is already transferred in *Dashmoola Kalka* and *Kwatha* and further causes *Virya Samkranti* into *Tila Taila* used for *Dashmoola Taila* preparation. Thus, the *Taila* carries whole potency of drug in it.<sup>9</sup> *Sneha* (Form of Oil) in general is *Vatahara* (Air Balancing Drug), produces *Snigdhta* (softness) in the body and it destroys the compactness of *Mala* (Waste Products) and helps removal of the *Strotas Avrodha* (Channel Obstruction). It has *Balya* (Strength) property and Strength to increase the *Dhatus* and thus increases Pain Threshold. Thus, enables normal flow of menstrual blood and reduces the pain resulting due to spasm. *Dashmoola* acts on

*Kashtartava* by *Dravya, Guna, Karma and Prabhava. Dashmoola* has already Anti-inflammatory, Analgesic property.<sup>10</sup> As this is Sedentary lifestyle disorder so, the Dietary changes, Yoga, Daily regimen should be balanced. Ayurveda *Shaasvat Anaditva- Soayamayurvedah Shasvato nirdisyateanaditvatsvabhav san-siddhlakshantvadbhavsvabhavnitvaccha. (Charak. Sutra. 30/27)*<sup>12</sup> *Anadi* (uncreated) *Swabhavsansiddha Lakshanyukta* (According to nature of Individual) *Bhavswabhav Nitya* (Daily regimen) *Pathya Aahar, Pratah kaal Ksheer* (Early morning Milk Preparation), *Mansa Ras* (Non-Veg Soup), *Rasona swaras sevan* (Garlic) *Yavaan bhojan* (Barley Preparation), *Sneha paan* (Oil/Ghee Preparation). *Apathya Aahar- Manda Kalpana*. (Form of Soup) shouldnt be consumed<sup>11</sup>

## CONCLUSION

Ayurveda *Panchakarma* not only does detoxification of the body but also helps in maintaining healthy living and healthy mind of an individual. *Kashtartava* being *Vata* Predominant disease so, *Vata Shaman* is the basic treatment required. *Vata Shamak, Bruhan, Santarpana, Rasyana chikitsa* has to be taken into consideration depending upon *Desha* (Place), *Kaal* (Time), *Bala* (Strength), *Agni* (Digestive fire) *Chikitsa* (Treatment) to the individual is given. Accordingly, the *Kashtartava* (Dysmenorrhea) of the *Apaan Kshetra* (Pelvic region vitiated with *Vata Dosha*) is suppressed with *Vata Shamak Dravya Siddha Oil Matra Basti*. Ayurveda is Termed as *Upkaran* (Medium) and *Ayushya* is Termed as *Upkarya* (Ultimate Goal). Without *Upkaran Upkarya* is incomplete i.e. without Medium the Goal is incomplete. Thus, this proves that strength of Ayurveda is not only in curing Diseased condition but also helps in healthy living, body, mind, soul and spirit.

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