

## THE CLINICAL STUDY OF EFFICACY OF TRIVRUTTA TAILA MATRA BASTI IN UDAVARTA YONIVYAPAD

**Dr. Hemalata Jalgaonkar\***

Professor, Streeroga Prasutitantra Dept. Ashtang Ayurved Mahavidyalaya, Pune.

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### \*Corresponding Author

**Dr. Hemalata  
Jalgaonkar**

Professor, Streeroga  
Prasutitantra Dept.  
Ashtang Ayurved  
Mahavidyalaya, Pune.

### INTRODUCTION

Menstruation is a key feature, a differentiating factor in a women's life from men. It is important from the point of view of reproduction & also the general health of a woman. The problems related to menstruation hamper the health of a woman causing various disorders disturbing woman's day to day life activities. Udavarta Yonivyapad is one such condition, in this there is painful menstruation which interferes with daily activities of women like missing school, inability to participate in sports/ other activities. This condition though not life threatening can be attributed to changed lifestyles including faulty eating habits, lack of exercise, sedentary occupation, stress, withholding of natural urges which lead to imbalance of doshas &

hence causes the disease. It is a tridoshaja vyadhi with Vata predominance. In this esp. there is derangement of Apana & Vyan Vayu since they play a vital role in maintaining the normal function of Raja which further leads to dysmenorrhea i.e. painful onset of menstruation relieved after flow is established.

Common line of treatment according to Modern Science is use of NSAID'S, antispasmodics, analgesics, oral contraceptives. But these are temporary relief giving methods, also they cause various side effects. Ayurveda has a wide range of medicines. Here we have used Trivrutta Taila Matra Basti (medicated enema) in Udavarta Yonivyapad (dysmenorrhea) as "Basti" (medicated enema) is the best treatment modality for Vataja disorders suggested by our classics.

TRIVRUTTA OIL is prepared as per references in Ayurveda texts. In this Trivrutta root churna along with Tila taila (sesame oil) is used. It acts as Vatanulomak, vatashamak, balakar, agneedipan, viryakar.

**AIMS AND OBJECTIVES:** To Study the efficacy of Trivrutta Taila Matra Basti in Udavarta Yonivyapad.

### INCLUSION

- 1) Age group – 18 – 25 yrs.
- 2) Pts suffering from scanty menses/ average blood flow.
- 3) Pts suffering from primary dysmenorrhea for more than 3 consecutive cycles.

### EXCLUSION

- 1) Pts. taking hormonal therapy.
- 2) Pts. having congenital anomaly of reproductive tract.
- 3) Pts. with IUCD use, Blood coagulopathy disorders, pathological conditions like DUB, PID, Endometriosis.

### MATERIALS AND METHODS

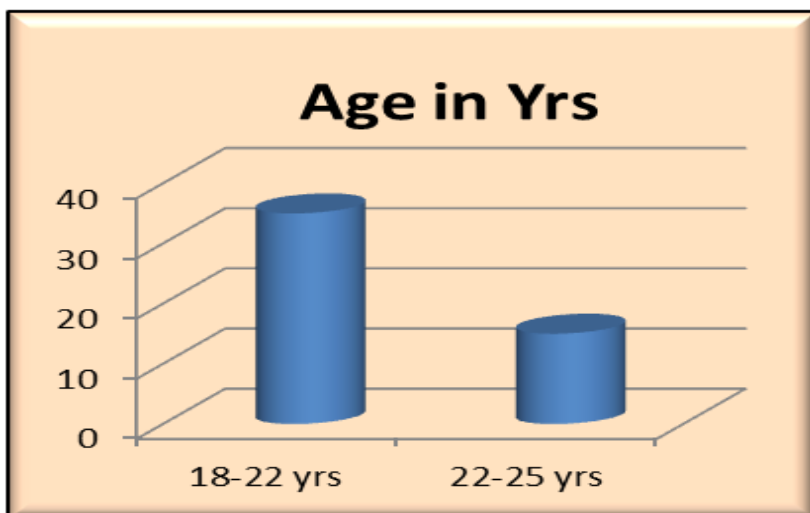
1. Literature – available in all ayurvedic Samhitas.
2. No. of Patients – 50.
3. Type of Study – Open labelled , controlled study.
4. Material – Drug : Trivrutta Taila – Matra Basti.

### ASSESSMENT CRITERIAS

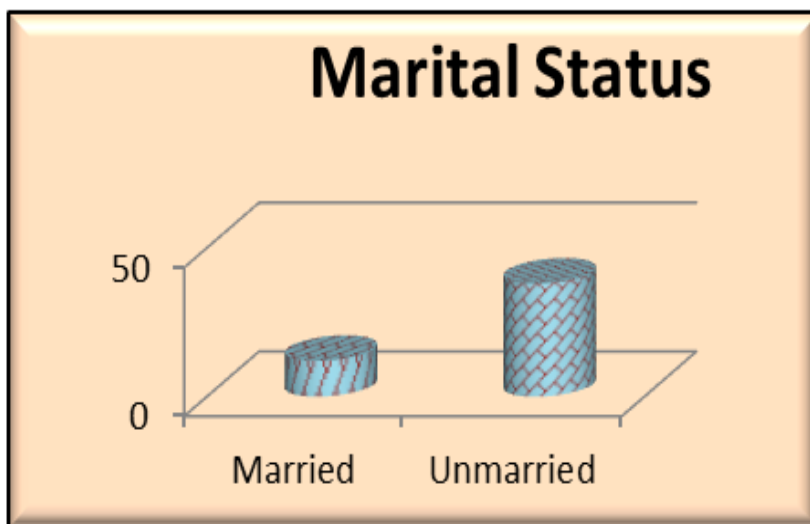
- Severity of Pain
- Duration of Pain
- Bowel habits.
- Quantity of p/v bleeding.
- Associated symptoms like Nausea, vomiting etc.

### OBSERVATIONS AND RESULTS

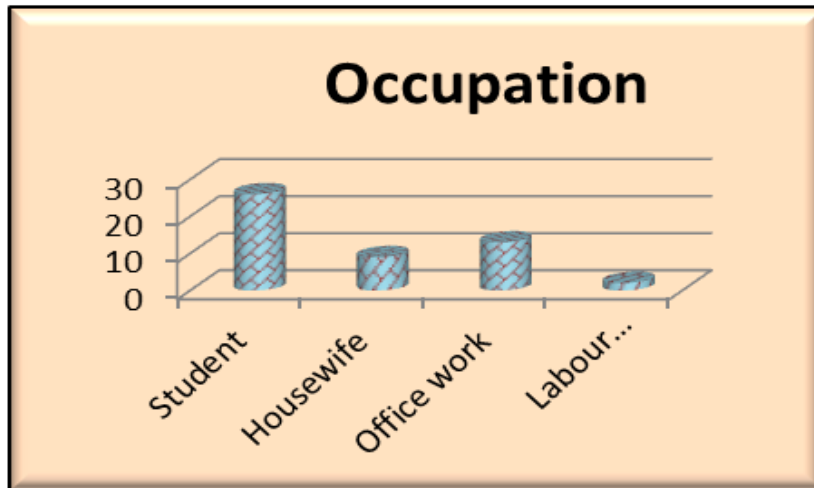
Age in Yrs	Frequency	Percent
18-22 yrs	35	70.0
22-25 yrs	15	30.0
<b>Total</b>	50	100.0



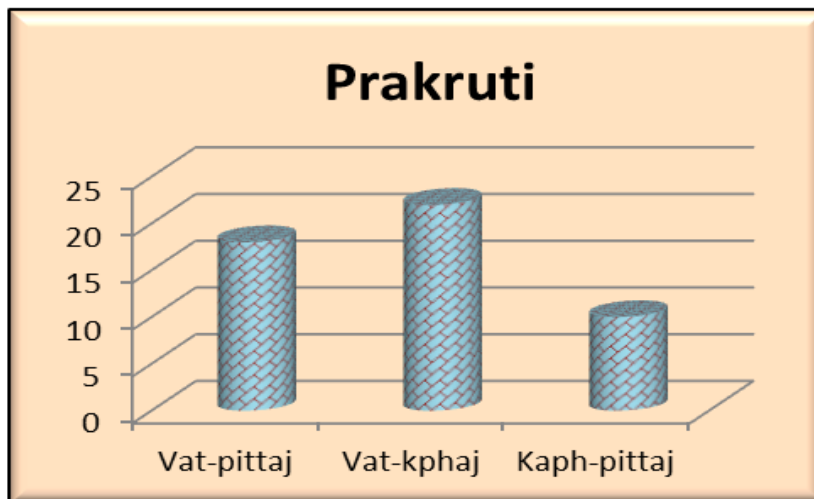
Marital Status	Frequency	Percent
Married	12	24.0
Unmarried	38	76.0
<b>Total</b>	<b>50</b>	<b>100.0</b>



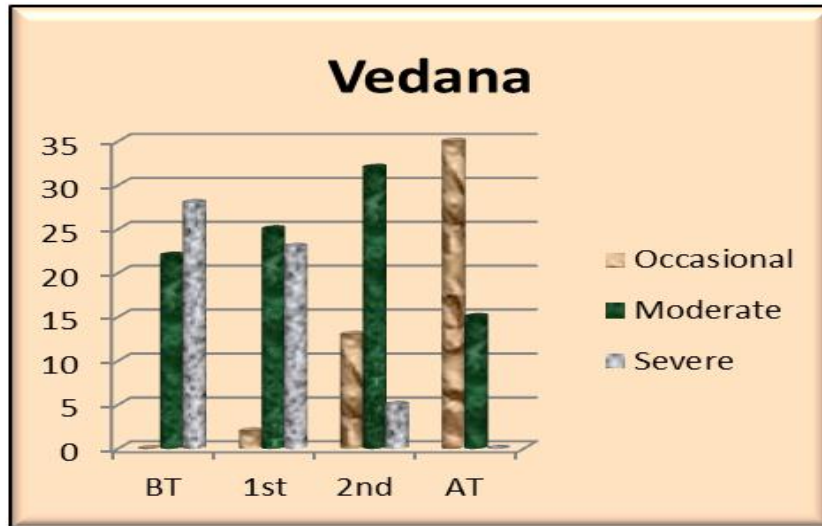
Occupation	Frequency	Percent
Student	26	52.0
Housewife	9	18.0
Office work	13	26.0
Labour work	2	4.0
<b>Total</b>	<b>50</b>	<b>100.0</b>



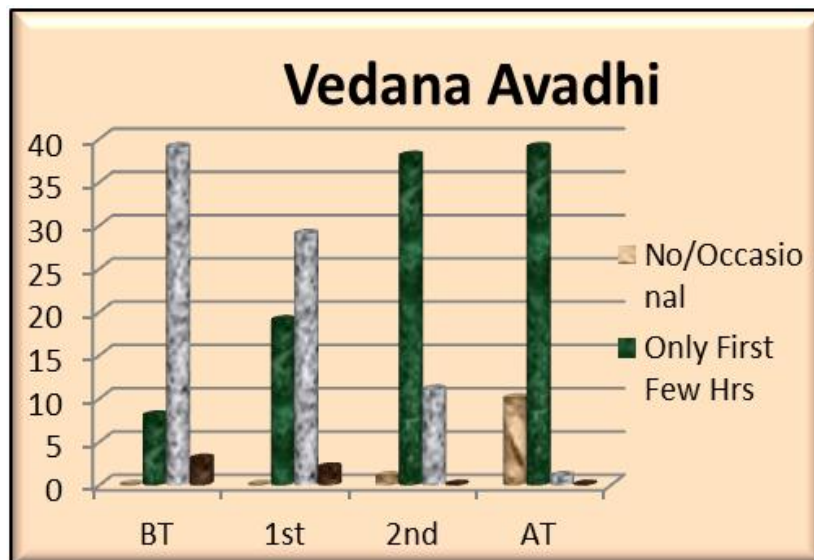
Prakruti	Frequency	Percent
Vat-pittaj	18	36.0
Vat-kphaj	22	44.0
Kaph-pittaj	10	20.0
<b>Total</b>	<b>50</b>	<b>100.0</b>



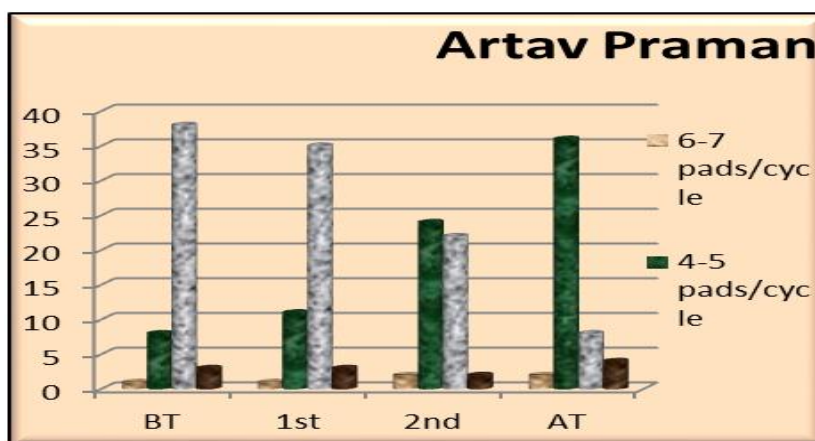
Vedana	BT	1st	2nd	AT
<b>Occasional</b>	0	2	13	35
%	0.0	4.0	26.0	70.0
<b>Moderate</b>	22	25	32	15
%	44.0	50.0	64.0	30.0
<b>Severe</b>	28	23	5	0
%	56.0	46.0	10.0	0.0
<b>Total</b>	<b>50</b>	<b>50</b>	<b>50</b>	<b>50</b>
%	100.0	100.0	100.0	100.0



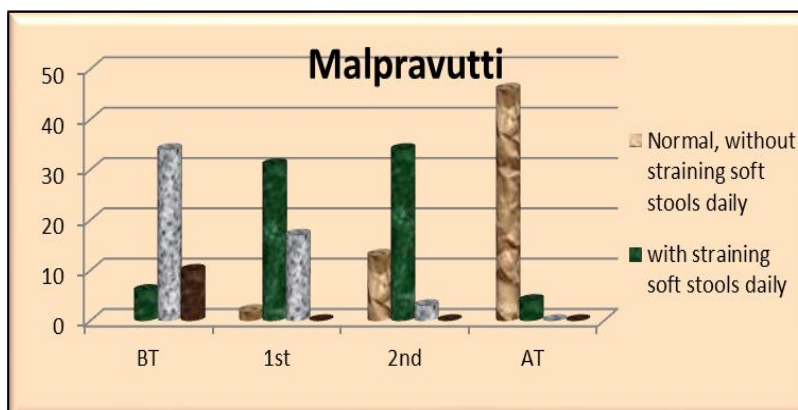
VedanaAvadhi	BT	1st	2nd	AT
No/Occasional	0	0	1	10
%	0.0	0.0	2.0	20.0
Only First Few Hrs	8	19	38	39
%	16.0	38.0	76.0	78.0
First 24 - 48 hrs	39	29	11	1
%	78.0	58.0	22.0	2.0
First 48 - 72 hrs	3	2	0	0
%	6.0	4.0	0.0	0.0
<b>Total</b>	<b>50</b>	<b>50</b>	<b>50</b>	<b>50</b>
%	100.0	100.0	100.0	100.0



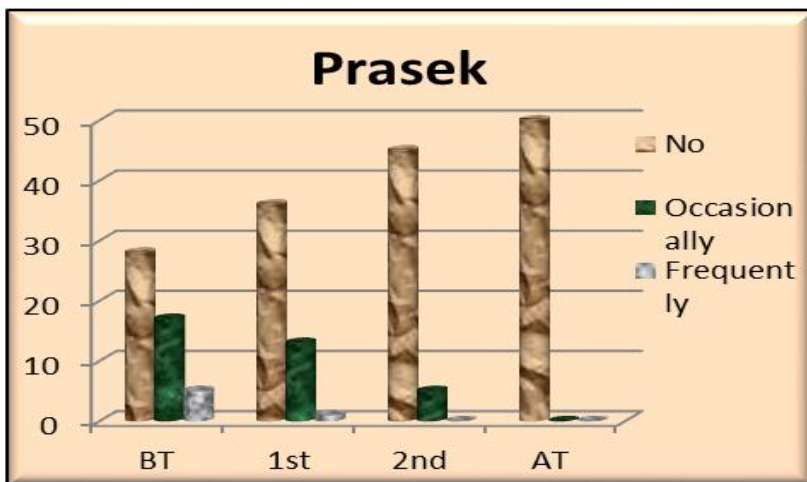
Artavpraman	BT	1st	2nd	AT
6-7 pads/cycle	1	1	2	2
%	2.0	2.0	4.0	4.0
4-5 pads/cycle	8	11	24	36
%	16.0	22.0	48.0	72.0
2-3 pads/cycle	38	35	22	8
%	76.0	70.0	44.0	16.0
Spotting or 1 pad/cycle	3	3	2	4
%	6.0	6.0	4.0	8.0
<b>Total</b>	<b>50</b>	<b>50</b>	<b>50</b>	<b>50</b>
%	100.0	100.0	100.0	100.0



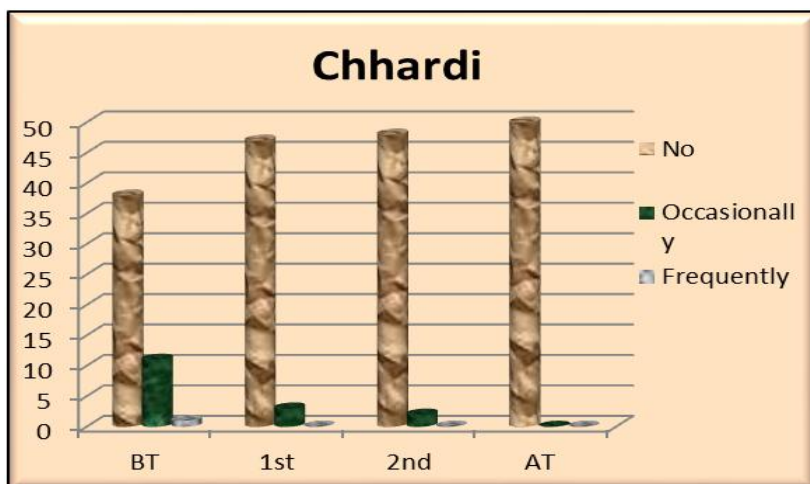
Malpravutti	BT	1st	2nd	AT
Normal, without straining soft stools daily	0	2	13	46
%	0.0	4.0	26.0	92.0
with straining soft stools daily	6	31	34	4
%	12.0	62.0	68.0	8.0
with straining hard stools daily	34	17	3	0
%	68.0	34.0	6.0	0.0
passes stools after taking medication	10	0	0	0
%	20.0	0.0	0.0	0.0
<b>Total</b>	<b>50</b>	<b>50</b>	<b>50</b>	<b>50</b>
%	100.0	100.0	100.0	100.0



Prasek	BT	1st	2nd	AT
No	28	36	45	50
%	56.0	72.0	90.0	100.0
Occasionally	17	13	5	0
%	34.0	26.0	10.0	0.0
Frequently	5	1	0	0
%	10.0	2.0	0.0	0.0
<b>Total</b>	<b>50</b>	<b>50</b>	<b>50</b>	<b>50</b>
%	100.0	100.0	100.0	100.0



Chhardi	BT	1st	2nd	AT
No	38	47	48	50
%	76.0	94.0	96.0	100.0
Occasionally	11	3	2	0
%	22.0	6.0	4.0	0.0
Frequently	1	0	0	0
%	2.0	0.0	0.0	0.0
<b>Total</b>	<b>50</b>	<b>50</b>	<b>50</b>	<b>50</b>
%	100.0	100.0	100.0	100.0



## DISCUSSION

In Udavarta yonivyapad (dysmenorrhea), due to Vata Prakopa, there is change of normal anuloma gati of aartav to opposite direction i.e. pratilom gati which causes obliteration of aartav, leading to painful menstruation.

The reasons for vitiation of vata – Margavarodh, dhatukshaya, swanidan prakopa. Due to these factors, vatavruddhi esp of ruksha & khara gunas occurs leading to pain, hampers jatharagni, dhatvagni leading to symptoms of dysmenorrhea like nausea, vomiting, constipation scantiness of aartav etc. For treatment of vata dosh, taila kalpana is the best considered. Here Trivrutta Taila Matra Basti is given in pts of dysmenorrhea. This basti leads to replenishing hormonal system, promoting fertility, increasing oja in addition to vatanuloman, vatashaman, snehan, agneedipan.

Also it shows curative, preventive, rejuvenative properties. This basti leads to redirection of obliterated apan vayu to its normal anulom gati relieving pain & other symptoms. Very good results are seen in all the pts, P value is found significant which specifies that treatment given is found effective in udavarta yonivypad.

## CONCLUSION

During the study of Efficay of Trivrutta Taila Matra Basti in Udavarta Yonivyapad (Dysmenorrhea), we have found good results in this disease condition. Results seen in pts of age group 18 to 22 & 22 to 25 are good after 3 months treatment regimen. We saw severity of pain, duration of pain, quantity of blood flow during menses, constipation etc factors. In 18 to 22 age group that too student population is seen mainly affected since lifestyle has changed drastically leading to vata & other dosha vitiations.

Also severity of pain, its duration is seen markedly decreased in pts after treatment due to properties of treatment modality.

Associated symptoms like constipation, nausea, vomiting are seen to decrease which improves quality of women's life during & after menses.

The study of other pathological conditions leading to dysmenorrhea should be done in age group above 25 yrs. In future analytical & clinical study on a large sample size are needed to be performed to back up your findings.



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