AYURVEDIC MANAGEMENT OF DYSMENORRHOEA

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ABSTRACT
Menstruation is natural event as a normal process of reproductive life in females. Due to today’s sedentary lifestyle and lack of exercise, Dysmenorrhoea is becoming burning problem. It is commonly seen in regular gynecological practice. In present life style women facing challenges which causes stressful life. This leads to mithya ahara-vihara, exertion and malnutrition. This may cause effects on rasa dhatu. If this rasa dhatu gets disturb then uttarottara dhatu also get suffered. Because of that artava affected, this leads to abnormalities of artvachakra. Ayurveda recommends rajaswala paricharya, healthy diet, yoga and meditation in day to day life so as to alleviate Dysmenorrhoea effectively. Most of the symptoms of Dysmenorrhoea are correlated with Udavarta Yonivypada. It is caused due to vitiated apana vayu. For this in Ayurveda various herbal medicines are used. For this problem there is need to find permanent solution for it. For that purpose, a case report of 24 years old female, presented with chief complains of painful menstruation and vomiting are presented here.

KEYWORDS: Menstruation, Udavarta Yonivypada, Dysmenorrhoea.

INTRODUCTION
Dysmenorrhoea is commonest problem occurs in women in their adolescence. The term Kashtartava is for Dysmenorrhoea. Majority of women are affected due to menstrual
discomfort. Primary Dysmenorrhoea is defined as painful menses and women with normal pelvic anatomy.

Affected women experiences sharp, intermittent spasmodic pain usually concentrated in supra pubic area. Pain may radiate to the back of legs or the lower back. Nausea, vomiting, diarrhea, fatigue, mild fever and headache such systemic symptoms are much commonly seen. Pain usually develops the start of menstruation and peaks as flow became heavier during the first day.

Todays changed life style is also responsible for this disturbed menstrual problems. In modern medicine analgesics and prostaglandin inhibitors are used for the treatment. But prolonged use of such drugs causes various side effects to the health. In Ayurveda, herbal medicines are used for this and it has effective results also. And herbal drug not causes any harmful effect on body.

PLACE OF STUDY
Government Ayurvedic college, Osmanabad.

CASE PRESENTATION
A 24-year-old unmarried female, Hindu by religion, student came to hospital on 06/06/2018, presented with chief complaint of painful menses and chardi during menstruation since menarche.

Menarche- at the age of 14 yrs.
Premenstrual history- 3-4 days/40-45 days/ irregular/ painful/ adequate bleeding.
Mala – Asamadhankaraka. Mutra- samyaka pravruttı. Akriti- krisha
Kshudha – prakrita.

Previous medicinal history- Patient took allopathy treatment for this but there is temporary relief of symptom of painful menses and no relief for vomiting symptom.

Investigation-
1. Hb- 10.5 gm %
USG (ABDOMEN AND PELVIS)
No any pathology seen. Uterus is of normal size and shape.
TREATMENT GIVEN

- **Shodhana chikitsa-**

- **Shamana chikitsa-**
  Hingwashtak churna 2 gm Apane (before food) with anupana of Ghrita and koshna jala. Dashamularistha 30ml B. D. bhojanottara (After meal) with koshna jala from 21st day of menstrual cycle upto menstruation.

ADVICE GIVEN TO PATIENT

AHARA
Pathya-Ghrita, taila, dugdha, lashuna, mansarasa, shaka varga, draksha, hingu etc. Apathya- fast food, bakery products, chips, biscuits etc.

VIHARA
Pathya – Yogasana like Bhujangasana, Marjarasana, Vajrasana, Padmasana. Apathya- ativyyayama, vegdharna etc.

RESULT
After treatment for 3 consecutive cycle there is reduction of pain during menses and also there is reduction in chardi symptom. Hingwashtak churna having shula hara property because of that patient recovered from abdominal pain. Menstrual cycle become regular and comes within normal interval of period.

PROBABLE ACTION OF DRUGS
The selected drugs for yoga basti Dashamuladi niruha and for Anuwasana Tila taila and Sahachara taila combination are used. Dashmula, erandamula, rasna, bala and ashwagadha are used in Dashamuladi niruha. Almost all dravyas having tikta katu rasa, ushna guna and Vatashamaka in karma. As in Udavartini Yonivyapada there is vitiation of vata dosha so Vatashamaka dravyas causes Vatashamana and reduces pain. Tila taila and Sahachara taila both have property to cause Vatanulomana. So they also cause Vatashamana of vitiated vata.

For shamana chikitsa hingwashtak churna and Dashamularistha is used. Both drug not having direct references in Udavartini Yonivyapada but both drugs are good in anulomana of vata.
Because of Vatanulomana karma, these drugs are selected for internal use. Main content of Hingwashtak churna is hingu which having Deepana and shulanashaka properties and other contents causes vata-kapha shamana. In strotorodha samprapti obstruction is caused due to vata and kapha in such condition Hingwashtak is useful.

DISCUSSION
Primary dysmenorrhoea means painful menstruation without any pathological abnormalities like uterine fibroids, septate uterus etc. Primary dysmenorrhoea is one of the common complaint seen in 50%. It is occurred because of changed life style and dietary habits. Pathology in Ayurveda is differ from modern science. In Ayurveda, diseased is studied at the level of dosha. In Udavartini Yonivyapada, aggravated vayu (apana vayu) moving in reverse direction and fills uterus. Due to opposite direction there is difficulty in discharge of menstrual blood. Whenever there is small amount discharge of menstrual blood takes place then patient feels relief. Treatment used in modern science gives symptomatic relief and not long lasting. Besides that, the treatment used in Ayurveda having much better result in Udavartini Yonivyapada because it removes route cause of vyadhi.

CONCLUSION
Udavartini Yonivyapada according to its symptoms we can compare it with primary dysmenorrhea. In Udavartini Yonivyapada mostly vata- kapha dusthi is seen. Because of vata-kapha involvement there is avarodhatmaka samprapti is seen in Udavartini Yonivyapada. As Acharya charaka says that main culprit in all Yonivyapada is vata.

Due to this vitiated vata there is irregularity in menstrual cycle and also intermenstrual period is also increased. Upward directed apana causes pain in yonipradesha and difficulty in natural flow of menstruation. Using Ayurvedic treatment for it causes shamana of vitiated vata and easy menstrual flow with no pain. Permeant relief is occurred because of Ayurvedic treatment without any side effects.

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