

CONCEPT OF UDAVARTINI YONI VYAPAD IN RELATION WITH DYSMENORRHEA: AYURVEDIC ASPECT

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ABSTRACT

In ancient ayurveda the problems related with female genital tract are described as yonivyapad. In this modern era as we consider men women equality in every field many of the women have to face gynecological problems such as Asrigdara (menorrhagia), Artavakshya (oligomenorrhoea), Dysmenorrhoea that is painful menstruation. By reviewing all the Ayurveda literature related to Udavartini yonivyapad it reveals that Udavartini yonivyapad matches all the types of dysmenorrhoea in modern science. As Charakacharya explained pain in udavartini yonivyapad which get immediately relieved after menstrual blood release.

KEYWORDS: Udavartini yonivyapad, Dysmenorrhoea, Painful menstruation, gynecological disorder.

INTRODUCTION

Ancient ayurved has described Ashtanga of ayurveda that is eight specialized branches. Among those 8 branches kaumarbhrityatantra branches deal with paediatrics and gynecological disorders. In gynecological problem Acharya Charaka mentioned vinshati yoni vyapad.^[1] Which reveals most of the gynecological disorder such as menorrhagia (Asrigdara), oligomenorrhoea(Artavakshya), and dysmenorrhoea, the knowledge of yonivyapad (gynaecological disorder) is necessary.

Udavartini yonivyapad

This is included under the twenty yonivyapad mentioned by the Charakacharya and according to him udavartini yonivyapad is purely dominated by Vata dosha. he has explained that the Vata dosha get aggravated and moves in opposite or reverse direction, the Rajstrava (menstrual flow) with difficulty or painful menstruation. The women feels relief immediately after the Rajastrava.^[2]

Sushruta has explained that painful and frothy menstruation, which is due to aggravated Vata dosha.^[3]

Vagbhata and Vridha vagbhata has described in Ashtanga hrudya and Ashtanga sangraha respectively that pain in Udavartini yonivyapad is due to aggravated Vata moving in opposite direction that its normal flow so then discharge of frothy menstrual blood with difficulty.^{[4][5]}

Ashtanga sangraha commentator Indu described that Udavartini yonivyapad is due to disordered vata.^[6]

Madhavnidana has followed Sushruta description, while Atanka darpan commentator of madhavnidana explained that the round movement of Vata caused the pain.^[7]

Yogaratanakar has mentioned that the discharge in Udavartini yonivyapad is frothy with difficult and associated with kapha. by reviewing all the literature related to Udavartini yonivyapad (dysmenorrhea) it reveals that it is Vataja (caused by vitiated Vata) disorder.^[8]

Etymology

Udavartini yonivyapad is one of the yoni-roga (gynecological disorder) which is caused due to pratiloma gati of vata (reverse movement of vata). In which pain and frothy menstrual blood flow is seen.^[9] As the menstrual blood is released out of body the symptoms like pain get subsides.

Synonyms

Udavartini, Udavritta, Udavarta.

General causative factors

1. Mithya-ahara (Abnormal diet)
2. Mithya-vihara (Abnormal actions and activities)

3. Artavadushti (Abnormalities of ovum)
4. Beejadosha (Abnormalities of sperms)
5. Daiva (curses or anger of god)
6. Vishamsthanashayana^[10] (having sexual contact in abnormal postures)
7. Parivridhalinga^[11] (Coitus with man having big sized penis)

Specific causative factors

Charakacharya has specifically mentioned when Vata dominant (Vata pradhan prakruti) consumes Vata increasing diet or activities which aggravates Vata & provokes Vata which reaches in female genatalia and produces pain during menstruation.^[12]

Symptoms

In classical Ayurveda it has included symptoms like movement of flatus and natural urges in opposite directions, which causes cessation in yoni with pain, menstrual blood discharge with great difficulty the pain get immediately relived after discharge of menstrual blood.^[13]

Samprapti (Pathogenesis)

When a Vata pradhan prakruti women cosumes Vata dosha aggravating diet and activities, It creates obstruction in normal functioning of Vata. It vitiates Rasa dhatu and makes Artavavaha strotas abnormal. Vata moves in upward direction influences menstrual bleeding by causing pain.^[14]

Dysmenorrhea

The word Dysmenorrhea has Greek origin. Dis-men-o-reah

Dis -difficult, bad, painful; **Men**-month; **Rein**- to flow Thus, dysmenorrhea means painful or difficult menses.^[15]

Defination

Which literally means painful menstruation but more realistic and practical definition is painful menstruation of sufficient magnitude so as to incapacitate day to day activities.^[16]

Types

1. Primary dysmenorrhea (Spasmodic or true)
2. Secondary dysmenorrheal.^[16]

Clinical features

- Pain begins a few hours before or just with the onset of menstruation Severity of pain few hours to 24 hrs or may be 48 hrs.
- Pain is spasmodic in nature and confined to lower abdomen may radiate to the back and medial aspect of thighs.
- Systemic discomfort like: nausea, vomiting, fatigue, diarrhea, headache, and tachycardia. Accompanied by vasomotor changes causing pallor, cold sweats, fainting.
- Rarely, syncope and collapse in severe cases may be associated.^[17]

Etiopathology of Primary dysmenorrhea

1. Associated with increased production and releases of uterine prostaglandins, specially PGF₂.
2. Associated with ovulatory cycle.
3. Majority of prostaglandin are released during first 48 hours of menstruation, thus explaining timing and limitation of symptoms.

Table 1: Clinical differentiating features.

Primary	Secondary
☒ No pelvic pathology	☒ Secondary to pelvic pathology
☒ Mostly in adolescents	☒ Elderly parous women
☒ Confined to ovulatory cycle	☒ Pains starts 7-10days before the onset of menstruation .
☒ Starts with the onset or just before the menses.	☒ Intermenstrual period is not completely free of pain.

Causes of pain

- **Psychosomatic factors:** These are the most common and important in cases of primary dysmenorrhea. All these will produce fear. Fear lead to anxiety and depression which may be manifested as pain.
- **Myometrial Activity Theory:** Uterine myometrial hyperactivity is observed in cases with primary dysmenorrhea. Dysperistalsis and hyperactivity of the uterine JZ(subendometrial layer of myometrium known as junctional zone) are the important mechanisms of the primary dysmenorrheal.
- **Myometrial Ischemic Theory:** Rapid distension of the uterus due to any cause, increases

muscular activity and metabolism and decreases blood circulation to it. Lack of blood supply causes myometrial ischemia thus producing painful stimuli.

- **Hormonal Imbalance:** Spasmodic dysmenorrhoea has some connection with the hormone stimulus to the uterus. Progesterone stimulates myometrial contraction of the smooth muscle of the cervix and causes narrowing of the cervical canal. Progesterone further stimulates the production of prostaglandin F₂ alpha which in turn accentuates pain. Vasopressin increases prostaglandins synthesis and also increases myometrial activity directly. It causes uterine hyperactivity and dysrhythmic contractions causes ischemic and hypoxia which causes pain.
- **Prostaglandins:** These are released with maximum production during shedding of the endometrium. PGF₂alpha is a strong vasoconstrictor, which causes ischemia of myometrium.
- **Imbalance of autonomic nervous control of uterine muscles:** Overactivity of sympathetic nerves leads to hypertonicity of the circular fibers of the isthmus and internal os which leads to pain.
- **Abnormal anatomical and functional aspects of Uterus:** unequal development of mullarian duct, hypoplasia of uterus, cervical obstruction, transverse vaginal septum, imperforated hymen and deficient polarity.^[18]

Chikitsa sutra

Charakachrya stated that *yonivikara* never takes place without vitiation of *Vata*, hence *Vata* should be regularized firstly and then management of other *dosha* should be done.^[19]

Role of *Vata* in *Udavartini yonivyapad*

As menstruation is natural and physiological process and when it is accompanied with pain it is called *Udavartini yonivyapad*. As *Rajapravatran* is function of *Apana Vayu*. it assist in all excretory activities such as stool, urine, semen ejaculation, delivery of fetus. All the downward activities are done by *Apana vayu*. Charaka has mentioned location of *Apana vayu* as lower back, urinary bladder, genital organs, etc.^[20]

DISCUSSION

Charakacharya has explained that due to forceful controlling of natural urges like urine, stool, etc. the natural Apana vayu direction get reversed so the Raja which has to move in downward direction moves in upward direction so there is painful Raja nirgaman and the pain get immediately subsides after rajastrava. So as the raja moves in upward direction this vikara is named as Udavartini. Sushruta says that besides painful and frothy menstruation there are other symptoms such as bodyache, geneal malaise, etc. commentator Indu has mentioned clotted blood discharge. Yogratnakar has mentioned that frothy menstrual discharge with pain associated with Kapha dosha. Both Vagbhat followed Charaka. Bhavprakasha and Madhavnidankara has followed Sushruta.^[21]

CONCLUSION

Udavartini yonivyapad which has been described in our ancient Ayurveda matches all the symptoms of dysmenoorhea. As the Acharya has mentioned pain during menstruation which get immediately relived after menstrual blood discharge resembles with spasmodic dysmenorrhea. Discharge of clotted blood mentioned by Indu matches with special form of spasmodic dysmenorrhea characterized with expulsion of big blood clots.

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