

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 life style 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 Yonivyapada*. 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 Yonivyapada*, 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.

Today's 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- 3-4days/40-45 days/ irregular/ painful/ adequate bleeding.

Pain continues for 12-24 hrs. *Prakruti- Vata pradhana kapha. Nadi – 80/min*

Mala – Asamadhankaraka. Mutra- samyaka pravrutti. 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-*

Niruha basti – *Dashamuladi niruha*. *Anuwasana basti- Tila taila* +*Sahachara taila*. For consecutive 3 cycles.

• *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 21 st 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-ativyayama, 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 dysmenorrhoea. 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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