



A SYSTEMIC STUDY ON UDAVARTINI YONI VYAPAD (PRIMARY DYSMENORRHOEAL) – AN AYURVEDIC APPROACH

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ABSTRACT

Gynecological disorders have been of the biggest importance in the realm of medicine because of women's unique role in childbirth. In the section on women's health care in Ayurveda, the majority of gynecological ailments are referred to as Yoni Vyapada. The literature on the condition should be familiarized with before learning about management. In order to present a conceptual research that almost entirely covers Udavartini yoni Vyapada in terms of Ayurveda, considerable attempt has been undertaken in this study. A happy family is guaranteed by a healthy mother. In both contemporary and classical Ayurvedic literature, the concept of a healthy yoni has been discussed at many points in a woman's life, from adolescence through menopause. Age or financial status aside, yoni infection is today a major problem. Vaginal discharge, itching, and coldness are examples of signs and symptoms associated with infections. The Udavartini yoni Vyapada in Ayurveda exhibits several types of symptoms.

KEYWORDS- Yoni, Udavartini yoni Vyapada, Vaginal discharge, etc.

INTRODUCTION

The Yonivyapad group of illnesses, which significantly disrupts women's life in a variety of ways, is mentioned in the ayurvedic literature. It is essential to take care of women's health. All ailments that have an impact on a woman's overall, psychological, or reproductive health should be carefully considered and provided the required

medical attention. The female body is extremely delicate and complex. Because of the specific reproductive functions they play, women are more vulnerable to several disorders that affect women. The disease Udavartini yoni vyapad is one of them. When there is vaginal discharge, yoni strava is mentioned as a symptom. Since the Stree is a mula of reproduction, it is an essential part of our society and family.

METHODOLOGY

The data of Udavartini Yoni Vyapada has been collected from different articles, authentic websites like PubMed, NCBI, etc.

YONIVYAPAD

Tryngoni (2). Yonivyapadas causes Apatyavighat because the vikruti of Kshetra and Tryavartayoni produces Garbhat, Garbhastrva, Leenagarbh, and Garbhvikruti. Asthtang Hridaya (Chi.30), Sushrut Samhita (U.38), Asthtang Sangraha (Uttarshan38), Madhav Nidan (63), Sharangdhar Samhita (Purvakhanda7), Kashyap Samhita (Su.27), Bhavprakash & Yogratarakar, and others have all stated yonivyapada (Yoniraogadhi kara). Like in our country, poor nutrition, many pregnancies, low socioeconomic position, poverty, population expansion, and a disdain for good hygiene contribute to the anemia, malnutrition, and bad health of many women. As a result, they are vulnerable to various yonirogas like Udavartiniyonivyapada. The Kaphaj Yoni Vyapat is one of the 20 Yoni Vyapats and is differentiated by clinical features of Kapha Vriddhi. It is classified as a Kaphapradhana Yoni Vyapat.²

Etiology (Nidana) of Udavartini yoni Vyapada

Charak ³	Sushrut ⁴	Vagbhat ⁵
<ul style="list-style-type: none"> Mithyachar (abnormal diet and mode of life) Pradusta-Artava (abnormalities of Artava) 	<ul style="list-style-type: none"> Mithyachar Pradusta-Artava Bijadosha Daivakopa 	<ul style="list-style-type: none"> Dustabhojan Bisamangasayan bhrisa maithun sevan Dusta artava
<ul style="list-style-type: none"> Bijadosha (abnormalities of Bija) Daivakopa (cursesor anger of God) 	Prabridhdhalinga purush atisevana	<ul style="list-style-type: none"> Apadravyaprayog Bijadosha Daivata

SAMPRAPTI

Nidan



Vitiation of dosha



Dosha starts accumulate in its own space



This accumulation leads to Prakopa avasthaa



This provoked and spread Dosha there after gets lodgment in the Artava vaha Srotasa or in the genital system.



Causes symptoms of Udavartini Yoni Vyapada

[Ref- Dr. Sayali Gajanan Deokar, Udavartini Yoni Vyapada - Literary Review, © 2021 JETIR September 2021, Volume 8, Issue 9, www.jetir.org (ISSN-2349-5162)]

SAMPRAPTI GHATAK

- Dosha – Vata
- Dushya – Rasa, Rakta & mamsa
- Srotas – Rasavaha, artavaha, raktavaha
- Srotodustilakshan – Atipravriti
- Adhistan – Yoni
- Rogamarga – Abhyantara
- Sthanasamsraya – Yonimarga & Garbhashaya

LAKSHANA

- Yoni picchilata
- Shitalata

- Kandu
- Alpavedana yoni
- Avedana yoni
- Pandu varna Srava

DISCUSSION

Any animal, including humans, may live a long life if they keep themselves healthy. Women's health is important since it affects their capacity to conceive and give birth to a healthy baby. In order to contribute to the kid's social development overall, she must also raise the child properly. Women's health care is essential as a result. All ailments that have an impact on a woman's overall, psychological, or reproductive health should be carefully considered and provided the required medical attention. The female body is extremely delicate and complex. Because of their specialized reproductive duties, women are more vulnerable to a number of distinct feminine disorders.⁶

CONCLUSION

Udavartini yoni vyapat is one of the most common problems among women of reproductive age. Ayurveda states that maintaining reproductive health may be accomplished by maintaining excellent cleanliness, eating the correct foods at the proper times, and exercising often. Yonivyapat are classified as ekadoshaja (involvement of any single dosa), dvidoshaja (involvement of two dosas), and tridoshaja (involvement of three dosas) in Caraka samhita and Ashtanga Hridaya, but Sushrutasamhita only mentioned ekadoshaja and tridoshaja. Krimijayonivyapat is the concept that only Vagbhata is able to articulate. It is obvious that the same yonivyapat, read differently by various samhita, represents the chronicity of a certain sickness. Thus, rather than only relying on the Samhitas, we must investigate their explanations in order to properly understand the pathophysiology of vaginitis.

CONFLICT OF INTEREST -NIL

SOURCE OF SUPPORT -NONE

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