



Département of Stri and Prasuti Tantra,

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ABSTRACT

Primary dysmenorrhea and Udavartini Yoni vyapada, characterized by painful menstruation, are linked in Ayurveda. From Ud +avarta, which denotes the upward direction of vayu, comes the term "udavartini." Udavartini was first mentioned by Charka in Vataja nanatmaja diseases. In chikitsa sthana, he also elaborated on the same point. According to Ayurveda, pain is an indication of vatavikruti. Rajas is pushed upward by the aggravated apana-vayu as a result of an obstruction in the normal flow in Pak will behaya. In gynecological disorders, apana-vayu has received a lot of attention. Painful menstruation is considered to be Apana-vayudushti because normal menstruation is a function of Apana-vayu. Vyana vayu exercises control over these muscles, resulting in actions like contraction, relaxation, and so on.² In order to produce Artava, Vyana and Apana cooperate with one another. The function of vyana vayu is to relax and contract the uterus and the organs that are related to it. After that, the Anulomana kriya of Apana Vayu forces the Artava out. Charak says that Vata is a big part of all kinds of yoni roga. Since vata is the cause, it needs to be treated first.

KEYWORDS - Primary dysmenorrhea, Udavartini, Yonivyapada, etc.

INTRODUCTION:

Shuddha Artava is the beginning of a woman's reproductive life. It should be free of shoola, daha, and picchilata, and it should not be too much or too little in matra. Numerous diseases, including Yonivyapad, Artavavyapad, and others, are caused by abnormalities in artava. which could lead to problems like infertility. One of them is Yonivyapad Udavartini. Women's positions are expected to expand socially and physically in this high-tech era. However, the lady's physiological issues cause her to slow down the race. Menstrual cramping is one such issue. The majority of women frequently describe menstruation as having a monthly curse. During the few days leading up to and during menstruation, the majority of women experience minor psychological and physical changes.

The majority of premenstrual deaths, suicides, and other crimes involve women, which highlights the significance of treating this condition and the remarkable hormonal changes that occur during this time. Another important reason why building a career is stressful is now a major concern for women. The creative aspects of procreation

include menstruation, conception, and motherhood. Menstruation is one of these physiological processes that occurs during the reproductive phase and indicates a healthy female reproductive system. The Greek term "dysmenorrhea" refers to severe, painful menstruation that makes it impossible to carry out day-to-day activities.

The majority of cases of primary dysmenorrhea-related menstrual pain are encountered in gynaecological practice. More than 70% of adolescents and 30-50% of women who are menstruating experience varying degrees of discomfort, with 23.2% experiencing severe pain within the first three days. The uterine environment is impacted by today's stressful modern lifestyle, eating habits, and frequent interventions of female genital tracts, resulting in a higher incidence of dysmenorrhea. Despite the fact that primary dysmenorrhea does not pose a real threat to life, it can affect quality of life and, in severe cases, can result in disability and inefficiency. More and more, dysmenorrhea can lead to mental illness, which makes people feel alone and less likely to participate in social activities.

AIM AND OBJECTIVES

- To investigate the idea of Udavartini Yonivyapad w.s.r. Dysmenorrhoea primary
- To investigate how well Saptasaara Kwatha works in Udavartini Yonivyapad.
- To investigate the effectiveness of Rajahpravartini Vati in the Udavartini Yonivyapad.
- To compare the effectiveness of Rajahpravartini Vati and Saptasaara Kwatha in Udavartini Yonivyapad

METHODOLOGY

The patient will be analysed and selected in accordance with a special format that will include all aspects of the history taking, physical examination, and laboratory investigations outlined in our classics and allied sciences.

DISCUSSION

The complaint udavarthiniyonivyapad is frequently seen in gynaecological OPDs. In severe circumstances, this interferes with the sufferer's day-to-day activities. They thus seek therapy the most. Abdominal discomfort during menstruation affects over 50% of adult females in varying degrees. In the ayurveda classics, quality, amount, purity, consistency, etc., and the length of arthava—arthava that is pain-free to comprehend shuddarthavalakshanas—have all been given significant weight. A high-fat diet increases the likelihood that the illness may manifest. Nowadays, both professional women and stay-at-home moms experience more travel than ever before. The road takes you to Vataprakopa. According to Charaka, if the disease is not addressed, it may result in infertility, gulma, arshas, and pradara, as well as other vata-related ailments.

The same manner that these Vamana (emesis) and other cleaning techniques treat gynaecological issues the other systems' illnesses be cured. The pathyas will be crucial in the udavarthini case. In accordance with the predominant dosha, the lady suffering from yonirogas should consume sura (wine), asava and arishtas, lashuna (garlic) juice in the morning, and a meal rich in milk and meat soup. Use abhayarishta, sidhu, oil, powdered pippali, pathya (wholesome meal), lohabhasma with honey, balathaila, misrakasneha, and sukumarasneha as part of a barley-based diet. Manda is not recommended for people who have yonirogas.

CONCLUSION

The body's most vital alarm mechanism is pain since it signals that something is wrong. the agony in Udavarthini is the primary symptom, and vata is the underlying cause of it. Appropriate apanavata serves the purpose of normal menstruation. The term dysmenorrhea, meanwhile, refers to uncomfortable menstruation. However, a more accurate and useful definition takes into account instances of severe menstrual pain that makes it unable to carry out daily tasks. It is possible to classify udavarthiniyonivyapad as a primary dysmenorrhea. The lifestyle we currently lead will cause a great deal of illnesses. The ailment will be cured by the right aushadhasevana at the right moment, together with the suitable ahara and vihara during ritukala.

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