



# A CLINICAL STUDY ON BOLADI VATI WITH DASMULA KATUTRAYADI KASHAYA IN THE MANAGEMENT OF UDAVERTINI (PRIMARY DYSMENORRHEA)

Dr. Neeru Rani ,Dr. Ramesh Chandra, Dr. Preeti Agrawal

Final Year PG Scholar, Guide & Professor, Co - Guide & Assistant Professor

Départment of Stri and Prasuti Tantra

## ABSTRACT

Reproduction is the noblest and should be the most reverent of all human powers. Motherhood is the cherished desire deep down in the heart of every woman as it adds a new meaning to her life and existence, In order to achieve this, women needs *shuddha artava* as it is one of the essential factors for conception. Onset of *artava* marks the starting of reproductive life of women and it should be devoid of *shoola*, *daha*, *picchilata* and should not be excessive or scanty in *matra* and is considered as *Shuddha Artava*. Abnormalities in *artava* leads to many diseases like *Yonivyapad*, *Artavavyapad*, etc. which may results into complications like Infertility. *Udavartini Yonivyapad* is one among them. Even though Dysmenorrhoea is not a serious ailment but it interrupts patient's personal, economic and social life and also it may lead into many complications. So its promising treatment without any sideeffects is needed in the present scenario.

**KEYWORDS:** *Artava, Udavartini yonivyapada, vata vikruti.*

## INTRODUCTION

Menstruation, conception & motherhood are the creative aspects of procreation. Among them, menstruation is one of the physiological process seen in reproductive phase, which denotes the healthy state of female reproductive system. Primary dysmenorrhea is painful menses in women with normal pelvic anatomy usually begins during adolescence. It is characterised by crampy pelvic pain beginning shortly before or at the onset of menses and lasting 1-3 days. The pain is spasmodic and confined to lower abdomen; may radiate to the back and Medial aspect of thighs. Systemic discomfort like nausea, vomiting, fatigue, giddiness, diarrhoea, headache may be associated. In Ayurveda, primary dysmenorrhea can be correlated with *Udavartini Yonivyapada* which is characterized by painful menstruation. Dysmenorrhea is the Greek terminology defined as painful menstruation of sufficient magnitude so as to incapacitate day to day activities. It may be categorized into two types: -

- **Primary Dysmenorrhea**
- **Secondary dysmenorrhea**

*Udavartini* is derived from *Ud+avarta*, that is upward direction of *vayu*. *Charka* first described *Udavartini* in *Vataja nanatmaja* diseases. He also elaborated the same in *chikitsasthana*. *Rajas* gets pushed in upward direction by the aggravated *apana-vayu* due to obstruction in normal flow in *Pakwasha*. According to *Ayurveda* pain is an indication of *vata- vikruti*. *Apana-vayu* has been given prime importance in gynaecological disorders. The normal menstruation is function of *Apana-vayu*, so painful menstruation is considered to *Apana-vayudushti*. *Vyana vayu* has control over these muscles which brings

about the action as contraction, relaxation etc. for production of *Artava*, *vyana* and *Apana* work in coordination with each other. The contraction and relaxation of uterus and its related organs is the function of *vyana vayu*, after which the *Artava* is expelled out by *Anulomana kriya* of *Apana Vayu*. According to *charak*, *Vata* plays key role in all types of *yoni roga*. As *vata* is

the causative factor, so it should be treated first. Secondary dysmenorrhea is commonly seen in PID, IUCD wearers, pelvic endometriosis, fibroids and women having varicosity of pelvic veins.

Menstrual pain of primary dysmenorrhea is mostly encountered in gynaecological practice. More than 70% of teenagers and 30-50% of menstruating women suffer from varying degrees of discomfort with 23.2 suffer severe pain in first 3 days. Today's stressful modern life style, food habits, frequent interventions of female genital tracts affects the uterine environment, which leads to higher incidence of dysmenorrhea. Even though primary dysmenorrhea is not a real threat of life but can affect the quality of life and in case of severity it might lead to disability and inefficiency. More over dysmenorrhea can cause mental illness resulting in their loneliness and reduced participation in different social activities.

## MATERIALS AND METHODS

Criteria For Selection of Drugs *Udavartini Yonivyapada* is a *Vata Pradhana Tridoshaja Vyadhi*, so for treating this two test drugs are selected – *Dashmoola Katutrayadi Kashaya* and *Boladi Vati* is considered to be one of the best *Vatashamaka* drugs mentioned by all the classics. Thus these drugs were selected for the present clinical trial

## DISCUSSION

Menstruation is a normal physiological process, when accompanied with pain called *Udavartini Yonivyapada*. In *Āyurvedic* text, though various conditions are described in which menstruation occurs with pain but the word *Udavartini Yonivyapada* is not mentioned anywhere in *Brihatrayi* and *Laghutrayi* as a separate disease entity. Here in this present study primary dysmenorrhoea is taken with *Udavartini Yonivyapada*. Considering its increased prevalence rate now-a-days, we have selected it for the research work. Thus the present research work is planned to assess efficacy of selected drugs on *Udavartini Yonivyapada*.

The summarized aspects of all the chapters of the present study have been given in the summary section, whereas in conclusion a possible concluding views and comments are presented. The concept that life styles are responsible for the genesis of diseases is very old and is well known in *Ayurvedic* conceptualization. Crowded urban living causes the shortening of life spans of the people has been recorded in *Charaka Samhita*, for which he has devised

Rasayana therapy to counteract this premature ageing and improving the life spans. Most important causes of disease according to Ayurveda are Asatmendriyārtha Samyoga, Pragyaparadha and Parinama.

Asatmendriyārtha Samyoga – is hypo, hyper and perverse interactionsof the objects of the environment and the organs of senses. Over stimulationof all the senses is very common in the present day urban living style. Today mass media cause much over stimulations of sight and hearing senses andas well as the3 minds of large populations. Over indulgence in eating junk foods, lack of proper exercise, sedentary occupations and sex are the causesof many diseases. These abnormal interactions excite the Doshās resulting into imbalance and disease. Stress of building career is yet another important reason.

## CONCLUSION

In the present research work on the basis of facts, observations and results of conceptual, drug, pharmacological and clinical studies the following can be concluded. Here in the present study Udavartini yonivyapada is considered as dysmenorrhoea. With Udavartini yonivyapada primary dysmenorrhoea is taken. Here all the ingredients of Boladi Vati is easily available and thus the drug is prepared. In Dashamoola Katutrayadi Kashaya the root bark of five Brihat Panchamoola weretaken and whole root of five Laghu Panchamoola taken. It is just the psychology of the patient whichhas given slight relief in pain . Dashamoola having Shothahara effect, as one patient with cervical erosion and oedematous cervix. Udavartini Yonivyapada is a Vata Pradhana Tridoshaja Vyadhi, in which vitiation of mainly Apana Vayu and Vyana Vayu takes place. Dashmoola is considered as a best treatment for Vatika disorders and Boladi Vati has a direct reference in Sharagadhara samhita. Keeping all these views in mind a research work entitled “A comparative study on the effect of Dashamoola Katutrayadi Kashaya and Boladi Vati in the management of Udavartini Yonivyapada (Dysmenorrhoea)” was selected for the present study.

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