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Review Article

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A Step Towards Inner Peace



ASSESSMENT OF PRIMARY DYSMENORRHEA WITH A FOCUS ON UDAVARTINI YONIVYAPAD: A COMPREHENSIVE REVIEW

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ABSTRACT:

One of the physiological processes associated with women's reproductive lives is the menstrual cycle. Women's lives these days are complicated, fast-paced, competitive, and ambitious. Such a lifestyle gives rise to mithya aahara-vihara, and excessive effort causes different vyadhi related to menstruation. Gynecological disorders, or diseases pertaining to the female reproductive system, are classified as Yoni Vyapada in Ayurveda. This condition is mostly caused by the vitiation of vata dosh. One of the most prevalent conditions affecting the female reproductive system is called udavartini yonivyapada, or painful menstruation, which prevents women from going about their daily lives while they are menstruating.

Ayurveda describes the clinical entity as discomfort and difficult menstrual blood expulsion caused by the upward flow of rajas, or menstrual blood, driven by vitiated vata.

KEYWORDS: Dysmenorrhea, Yonivyapad and Yonivyapad Udavartini

INTRODUCTION:

In India, a woman is revered as "Shakti," the mother of all creation and the place where all civilizations rest. When we discuss women's health, we recognize that there are a wide range of concerns that affect them at various phases of their lives. A woman's lifetime is filled with significant transformations. Menarche, pregnancy, postpartum phase, and menopause are the four main transitions. She is susceptible to numerous pathologies as a result of these significant changes. A woman's quality of life is influenced by a variety of elements, including her environment, lifestyle, culture, and the shifting expectations placed on her by society. A "stree" is a mula, or root, of reproduction, hence her well-being is crucial.

Apan Vayu regulates Rajapravrutti since it is essential to Rajah's dharan and nishkraman. Acharya Charak asserts that vaat is the root cause of all ailments and that it also causes yoni rogas. A woman's yoni remains unaffected in the absence of vaat. Shashul Rajah Pravrutti is hence caused by vitiation of Apan vayu. Udavarta, or the upward direction of Vayu, is derived from the words ut + avarta.

Primary Dysmenorrhea, also known as udavartini yonivyapad, is the most prevalent gynecological issue that most women encounter in their youth and causes a great deal of agony and concern.

Menstrual pain associated with primary Dysmenorrhea is a common occurrence in gynecological practice, according to modern science. About 15–20% of cases have primary Dysmenorrhea severe enough to cause incapacitation. In contemporary research, analgesics, antispasmodics, anti-prostaglandin medications, and sedatives are used to treat primary Dysmenorrhea; however, chronic use of these medications is harmful to one's health. These medications have adverse effects and could lead to more issues. The WHO Preamble states that "health is a worldwide social goal and a fundamental human right."^[1]

Vivechana Yonivyapada^[2]

The illnesses of the yoni are referred to by the term Yonivyapad. Yonivyapada is the term used to describe the sickness affecting the female genital tract.

There are twenty yonivyapadas. Yonivyapada is categorized using the same dosha hierarchy as Brihatraye.

- a. Pittaja: - Pittiki and Rakta Yoni
- b. Vataja: Acarana, Udavarta, Suchimukhi, Shadi, and Mahayoni in that order.
- c. Khagaja: - Shalishmiki
- d. Vata-pittaja :- Pavlita, Vamini
- e. Tridoshaja:- Sannpatiki
- f. Vata-kaphaja:- Karnini, Upapluta

Yonivyapad Udavartini

the process of ascending. The word "udavarta" means upward motion.

The irritated vata moves in the other way and fills the yoni as a result of the natural desires traveling in the opposite direction. This yoni became extremely painful, pushing or tossing the rajah upward before struggling to let go of it. The female experiences immediate alleviation after the rajah is

released. It is known as Udavartini Yonivyapada because Rajah goes upward or in the opposite direction under this scenario.

Based on the symptom of quick pain alleviation after menstrual blood discharge (provided by Charaka), the condition known as udavarta or udavartini seems more similar to genuine or spasmodic Dysmenorrhea^[3].

Vishesh Nidan

The precise reason behind Udavarta Yonivyapada is Vegadharan. Adhovatadi vegadharana is referred to as vegadharana. The role of Apana vata is the expulsion of Adhovata, artava, Shukra, Mala, and Mutra. It is demonstrated by Vagbhata's explanation that Samana vata likewise conveys ambu, artava, and dosha. Thus, udavarta arises from any nidana that vitiates these.

The modern food and lifestyle choices are to blame for a number of illnesses. Nutritious deficiencies can result from eating an irregular diet, consuming junk food and other low-nutrition foods, fasting to lose weight, and other behaviors. One of the risk factors for Dysmenorrhea is the stress and strain of daily living.

Samprapti Ghatak-

- a. Rasaya: Rasa and Artava
- b. Dosha: vyana, Apana, vata
- c. Hetu: Ruksha aahar and Varuna vegavarodh
- d. Artavavaha: Strotas
- e. Prakar Strotodushti: sanga, Vimargaman,
- f. Garbhashaya: Vyakta sthana (Tryavarta yoni)
- g. Prakvashaya Udbhava Stana
- h. Roga marga: Abhyantara

Dysmenorrhoea^[4]

1. One term for uncomfortable menstruation is Dysmenorrhea. However, a more practical and realistic definition would include instances of severe enough menstrual pain to make daily activities impossible.
2. The painful spasmodic discomfort that accompanies menstruation is known as dysmenorrhoea.
3. Dysmenorrhea is the incapacitating discomfort of the menstrual cycle for women.

Dysmenorrhea types:

- I. Primary Dysmenorrhea
Pain that is closely related to menstruation and has uterine origins. This is also referred to as intrinsic, real, and functional Dysmenorrhea.
- II. Secondary Dysmenorrhea
Extrinsic, organic dysmenorrhoea is another term for a discomfort that is connected to pelvic lesions that is felt during menstruation, such as chronic pelvic inflammation. Period pain is linked to underlying pathologies.

Samanya chikitsa^[5]

Yoni disorders cannot arise without vata vitiation; hence, vata should be pacified by reducing vata-related operations.

For yonivyapada, the same treatments that are recommended for the following illnesses should also be used.

- a. Sana Dosha
- b. Artava dosha

- c. Klaibya
- d. The Shukra dosha
- e. Mudha garbha
- f. Paricharya Garbhini
- g. Chusprajata roga chikitsa.
- h. Garbhini roga

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