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Significance of Life Style Modification in *Udavartini Yoni Vyapad*

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ABSTRACT

The reproductive process in woman is a complex and highly evolved interaction of many components. Imbalance in any component can cause problems in menstrual cycle. There is one condition called dysmenorrhoea which affects most of the women. Dysmenorrhoea means painful menstruation. In *Ayurveda*, the symptoms of *udavartini yoni vyapad* can be correlated with the symptoms of dysmenorrhoea. Menstruation plays an important role in a woman's life. If due to any reason if the process of menstruation disrupts then it will result in reproductive failure. *Udavartini yoni vyapad* always gives pain, fear, anxiety to the woman. Due to this women leads a stressful life which will disrupt in the process of regulation of monthly cycle. In this study I want to discuss the significance of life style modification in *Udavartini Yoni Vyapad*.

KEYWORDS

Ayurveda, Dysmenorrhoea, Menstruation, Udavartini Yoni Vyapad, Reproductive process



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INTRODUCTION

Menstrual cycle is a very complex phenomenon in woman's life. For normal ovulatory menstrual cycle delicately balanced events between hypothalamus and pituitary ovary is required¹. A healthy mother can give birth to a healthy child. For the conception there are 4 types of *gabha samagri* mentioned in *Sushrut Samhita*². These are *Ritu*, *Kshetra*, *Ambu*, *Beeja*². Abnormalities in any of these factors can lead to abnormalities in reproduction. By mentioning *Ritu*, it denotes ovulation followed by secretory phase. So, indirectly it tells about menstruation. Menstruation is frequently accompanied by minor physical and nervous disturbances³. It is estimated that only 20% of women are completely free from discomfort or upset³. Fifty per cent of women less than 30 years of age experience an ache, pain in lower abdomen, pelvis or back before or during menstruation³.

Dysmenorrhoea means cramping pain accompanying menstruation⁴. *Udavartini Yoni Vyapad* is one of the 20 types of *Yoni vyapad* which are described by our classics. *Charak*, *Sushrut*, *Astanga Sangraha* mentioned it as *vatic yoni vyapad*.

AIMS AND OBJECTIVES

To study about the significance of life style modification in case of *Udavartini Yoni Vyapad*.

MATERIALS AND METHODS:

This conceptual study is made after reviewing all the available *ayurvedic* classics and modern books thoroughly.

DISCUSSION

The word meaning of *Udavartini*⁵:-

'*Udavart*- A disease of the bowel.'

'*Udavarta*- A painful menstruation with foamy blood'

In *Ayurveda*, *Charaka* says that due to suppression of natural urges, *vayu* gets vitiated and starts to move upward inside *yoni*. Due to this, *yoni* seized with pain, initially throws or pushes the *raja* upwards, then discharges it with difficulty. The lady feels relief immediately following discharge of menstrual blood. Since in this condition, the *raja* moves upwards or in reverse direction, hence it is termed as '*Udavartini*'⁶.

Sushruta giving very short description says that besides painful, frothy menstruation, there are other symptoms of *vata*⁷.

Vagbhata followed *Charaka*. *Indu* has added the discharge of clotted blood. *Madhava*



Nidan and *Bhavaprakash* have followed *Sushruta*⁸.

Samprapti Ghatak⁹:-

Dosa- Vata

Dushya- Aartava

Adhithana- Garbhasaya

Srotodusti- Vimarga Gaman

Srota- Artava vaha srota

Schematic presentation of *Samprapti*⁹:

Vega dharana anya nidana

↓

Apan Vata prokapa

↓

Vega udavartan

↓

Urdha gaman of Apana Vata

↓

Yoni prapidana

↓

Saphenila/ kapha yukta artava

↓

Vedana yukta artava srava

❖ On the basis of symptoms of immediate relief of pain following discharge of menstrual blood given by Charaka, it appears to be nearer to spasmodic dysmenorrhoea

❖ **Dysmenorrhoea:**

Types of dysmenorrhoea¹⁰:

In **table number 1**, definition of primary and secondary dysmenorrhoea is mentioned:

Table 1 Characteristics of primary and secondary dysmenorrhoea

- | | |
|----------------------|--|
| 1. Primary | -- refers to one that is not associated with any identifiable pelvic pathology. |
| 2. Secondary- | refers to the one associated with the presence of organic pathology i.e. fibroid, adenomyosis, PID, endometriosis etc. |

Differentiating features of primary and secondary dysmenorrhoea:

- Primary dysmenorrhoea is essentially a first day pain(spasmodic dysmenorrhoea) while secondary dysmenorrhoea may continue throughout the flow or may be congestive in nature¹¹.
- The pain in primary dysmenorrhoea usually begins a few hours before or just after the onset of a menstrual period and may last 48-72 hrs¹². While in secondary dysmenorrhoea, pain begins 1 to 2 weeks before onset of menstruation and persists a few days after the cessation of menstrual bleeding¹³.

Management:

- A sympathetic approach to the patient including consideration of psychological and behavioural elements will help in a positive outcome¹⁴.
- Unfavourable environmental factors, malnutrition, general ill health and any errors in the patient's mode of life should be corrected¹⁵.
- Regular physical activity is to be encouraged¹⁵.



- In the majority of cases nothing is more important than the general advice, reassurance and empirical relief of pain are necessary¹⁵.

- As mentioned earlier, a proper diet is very important for maintaining a healthy menstrual cycle. In **table number 2**, percentage of carbohydrate, protein and fat is mentioned :

Table 2 Percentage of carbohydrate, protein and fat in diet

Proper balanced diet is the essential step in maintaining normal weight¹⁶. A balanced diet should contain 60% carbohydrate, 20% protein, 15-20% fat¹⁶.

Calorie intake depends upon body weight (body weight in Kg multiplied by 35)¹⁶. A diet containing fibres delays absorption and lowers the glucose level¹⁶.

Carbohydrates should be mainly of low glycaemic index. Animal proteins with amino acids are preferred¹⁶.

- Daily requirement of calorie and individual nutrients are mentioned below for a 50 kg woman with moderately working activity. Daily requirement varies with the weight of the woman and her working activity¹⁷ which is mentioned in **table number 3** :

Table 3 Daily requirement of calorie

Calories:- 2200 kilo calories

Protein:- 50 gm

Fat:- 20 gm

Carbohydrate:- 400 gm

Iron:- 30 mg

Calcium:- 400 mg

Folic Acid:- 100 micro gm

Vitamin A:- 5000 I.U.

Thiamine:- 1.1 mg

Riboflavin:- 1.1 mg

Vitamin B₁₂:- 1 micro gm

Ascorbic acid:- 45 mg

Nicotinic Acid:- 14 mg

1gm Carbohydrate = 4.1 k.cal¹⁷

1gm protein = 3.8 k.cal¹⁷

1gm Fat = 9 k.cal¹⁷

So, to increase the calorie value without much increase in the food mass, addition of fats or oil is ideal¹⁷.

- *Yogasanas*, Meditation, Regular exercises help in maintaining weight. Walking for half an hour daily for 5 days is sufficient to maintain weight¹⁸.

- Some simple *Yogasanas* to relieve menstrual cramps are mentioned in table number 4 :

Table 4 *Yogasanas* useful in dysmenorrhoea

Eka Pada Raja Kapotasana:- It stretches the entire lower part of the body, stimulates the abdominal organs and relieves the body from menstrual discomfort¹⁹.

Matsyasana:- It also stretches and stimulates the belly muscles. It is also known to relieve menstrual pain¹⁹.

Janu Shirsasana:- massages the abdominal organs, thus give relief from menstrual cramps¹⁹.

Dhanurasana:- It strengthen abdominal muscles and stimulates the reproductive organs. It alleviates menstrual discomfort and constipation¹⁹.

Bhujangasana:- It stretches and tones the abdomen, relieving the body from dysmenorrhoea. It also reduces fatigue and stress¹⁹.

Ustrasana:- It helps the body to get rid of lower back ache and menstrual discomfort¹⁹.

Utthita Trikonasana:- It improves the flexibility of the spine, Alleviates backache, reduces discomfort during menstruation²⁰.

Virbhadrasana I:- it relieves backache, strengthens back muscle, relieves menstrual pain and reduces heavy menstruation²¹.

Supta virasana:- Stretches the abdomen back and waist, reduces menstrual pain²².

CONCLUSION



- Aim of management of any disease is to make the person grief free permanently.
- There are too many medicines for this disease in modern science as well as in ayurvedic science. But taking medicines during the disease will give temporary relief to the patient where as practicing general management can prevent the disease slowly but permanently. And of course practicing general management for whole life can make the patient healthy in every aspect.
- By taking proper diet, one can live a healthy life. It is helpful for the patient of not only udavartini yoni vyapad but also for all types of life style disorders.
- The primary aim of Yoga is to restore the mind to simplicity and peace. One can get a stress free life by practicing Yogasanas.
- So, if these general management are followed properly then it will balance the whole menstrual process and will remove all the abnormalities from the menstrual cycle.



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