

A Clinical Study on Ajamoda Churna Prayoga in Udavartini Yoni Vyapad W.S.R to Primary Dysmenorrhoea

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ABSTRACT

In present scenario women are maintaining personal and professional life together. Because of more stress in routine life they are not able to take care of their health leading to many gynecological conditions.

Udavartini yoni vyapad can be compared with the primary dysmenorrhea according to modern science.

According to Acharya Charaka, prakupitaapanavayu when gets vilomagati fills yoni pradesha with vayu. Due to this, there is vedana. The person feels relief immediately following the discharge of menstrual blood. Dysmenorrhea meaning 'PAINFUL MENSTRUATION' is one of the major distressing factors in adolescent girls & women. Dysmenorrhoea is a complex symptom characterized by suprapubic cramps, lumbosacral backache, Pain radiating from back down to anterior aspect of thigh which incapacitates her day to day activities.

Ajamodachurna - It has ushna, teekshna and shulaghna property. Due to above property which does vatanulomana and helps in reducing the pain. As it is easily available, churna can be prepared easily.

KEYWORDS: Udavartini yoni vyapad, Primary dysmenorrhoea, Ajamodachurna

INTRODUCTION

The woman's health care is more important during reproductive age. In menstrual condition woman's physical and mental conditions are being changed because of hormonal action. Because of busy schedule woman is not able to take care of her health.

To reduce one of the gynecological condition, dysmenorrhea which effects on day to day activities of the women a study has been selected with an Ayurvedic approach. Modern science contains NSAIDs, hormonal therapy as line of treatment in primary dysmenorrhoea. In one or other way they have side effects so to avoid that and also to implement the Ayurvedic treatment in dysmenorrhoea this study is selected.

Usually the primary dysmenorrhoea is ignored by the people because of only one or two days pain in a

month and immediate treatment, NSAIDs or one month hormonal treatment are available to reduce the pain. But according to ayurveda to irradiate the disease, cause should be treated. So when we study the cause of udavartini yoni vyapad the urdhwagatachalana of apanavata which restrict the movement of artava leads to painful menstruation..

According to Ayurvedaagni, kosta play important role in causing disease. To maintain these in normal condition ahara is important.

OBJECTIVES OF THE STUDY:

1. To study and understand the concept of Udavartini yoni vyapad W.S.R to Primary dysmenorrhoea.
2. To study the effect of Ajamodachurna in Primary dysmenorrhoea.

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Case performa:

Name: XYZ
Age: 18 years
Place: Ilkal

Chief complaints:

Patient c/o lower abdomen pain, lower back ache radiating to thighs since morning. Bleeding with clots.

Associated symptoms: Nausea, vomiting, head ache since morning.

History of present illness: A patient of 18 year old, c/o lower abdomen pain, lower back ache radiating to thighs since morning. Pain abdomen during menstrual period since menarche. She gradually developed the above said symptoms and has not taken any treatment from anywhere. Now visited to R.P.K Ayurvedic hospital for treatment.

Past history:

No history of DM, HTN, TB

Family history:

Mother and father are healthy, no family member has suffered from dysmenorrhea.

Vayaktikavrutanta:

Diet: mixed
Sleep: Sound
Bowel: Constipated
Urine: clear, 5-6 times per day
Habit: Habituated to tea.

Menstrual history: LMP: 03/03/2018

Age of Menarche: 14 years
Interval of bleeding: 30 days
Duration: 3-4 days
Amount of bleeding: 2-4 pads/ day
Pain: +++
Clots: ++

AstavidhaPariksha:

Nadi: 76bpm
Mala: Constipated
Mutra: Pale yellow
Jivha: Pinkish white
Shabda: Prakruta
Sparsha: prakruta
Drik: Prakruta
Akriti: Madhyama

Dashavidhpariksha:

Prakriti: Vatakapha

Vikruti: Vata

Sara: Medosara

Satwa: Madhyama

Satmya: Madhyama

Samhana: Madhyama

Aharashakti: Avara

Vyayamashakti: Madhyama

Pramana: Madhyama

Vayah: Madhyama

Samanyapariksha:

Pulse: 76 bpm

Blood pressure: 110/70 mmhg

Temperature: 37.5⁰c

Height: 5.2''

Weight: 58kgs

Pallor: No

Conjunctiva: Normal

Agni: Manda

Kosta: Krura.

Systemic examination:

RS: Bilateral airways are clear

CNS: Conscious and oriented

CVS: S1 and S2 heard. No murmur sounds heard.

Local examination:

P/A- Soft, lower abdomen pain

P/V-Bleeding with small clots

P/S- Not done.(vergin)

USG:

Uterus anteverted normal in size.

Endometrium 7mm.

POD clear.

Normal pelvic study.

LAB investigations:

Hb%- 10.5gm%

WBC: 3500cells/ cumm of blood

Platelet count-2,55,000cu/mm

HIV: -VE

HBs Ag: -VE

RBS: 88mg/dl

Treatment given:

Medicine given: Ajamoda churna

Dose: 10gm BD

Duration: 30 days

Medicine given: From the first day of menstrual cycle.

Follow up: On the first day of next two consecutive cycles.

OBSERVATION AND RESULTS:

	Before treatment	After treatment-1	After treatment-2
Vas grading	G3	G2	G0
Constipation	PRESENT	ABSENT	ABSENT
Nausea, vomiting	PRESENT	ABSENT	ABSENT
Loose stools	ABSENT	ABSENT	ABSENT
Head ache	PRESENT	ABSENT	ABSENT

Table I WaLIDD score variables

Working ability	Location	Intensity (Wong-Baker)	Days of pain
0: None	0: None	0: Does not hurt	0: 0
1: Almost never	1: 1 site	1: Hurts a little bit	1: 1-2
2: Almost always	2: 2-3 sites	2: Hurts a little more – hurts even more	2: 3-4
3: Always	3: 4 sites	3: Hurts a whole lot – hurts worst	3: ≥5

Notes: Score: 0 without dysmenorrhea, 1-4 mild dysmenorrhea, 5-7 moderate dysmenorrhea, 8-12 severe dysmenorrhea. Wong-Baker scale was reclassified to adjust a four-level scale.

Abbreviation: WaLIDD, working ability, location, intensity, days of pain, dysmenorrhea.

DISCUSSION:

Dysmenorrhoea painful menstruation is common in reproductive age groups and it constitute more number of visits to gynaecologist. Since sign and symptoms as told in udavartini yoni vyapad and primary dysmenorrhoea, seem to be similar Hence we took the primary dysmenorrhoea for the present study.

The meaning of udavarta indicate upward movement of vata that is obstructed at downward direction. Expulsion of Artava is a function of Apanavayu gets obstructed because of vataprakopakanidanas near to the menstruation or the lady has complete vatapradosha. Adolescent girls working woman and students are mostly affected with udavartini yoni vyapad because of night awakening, educational stress, night shifts and physical strain etc... These conditions increases Apanavayu and above mentioned females withhold their urges for longer duration due to which Apanavayu become morbid.

According to modern point spasmodic dysmenorrhoea and primary dysmenorrhoea are same. Pain in spasmodic dysmenorrhoea is mainly due to inco-ordinate muscle action of uterus as a whole, pre likely due to imbalance in autonomic nervous control of muscles is given maximum importance. Overactive sympathetic action lead to hypertonus of the circular fibres of isthamus and internal os, as well as irregular contractions of remaining muscle fibres of uterus. The menstrual blood normally going downwards is pushed upwards due to hypertonisity or spasm of isthamus and internal os.

Cause of pain in udavartini yoni vyapad (primary dysmenorrhoea) are as follows,

1. Withholding the natural urges
2. Uterine hypoxia due to sudden fall in progesterone levels that is because of vataprakopa increase of rukshata in garbhashaya.
3. Arrhythmic uterine contractions that is vishamagati of vata.
4. Release of prostaglandins from uterine muscles.

There is sort of satisfaction and also pain reduction occur after release of menstrual blood. Which tells us frothy painful menstruation and arrhythmic contraction of uterus during expulsion. This feature clearly indicate the presence of morbid apanavayu interference with the normal flow therefore pathogenesis of dysmenorrhea include sthanikaapanavayudusti with no pelvic pathology. By using Ajamodachurna not only reduces dysmenorrhea also increases appetite and reduces constipation.

Ajamodachurna:

1. It is not directly explained ajamoda helps in udavartini.
2. But its Vatanulomana property and shulaghna property explained in Dhanwantarinighantu.Helps in relieving the udavartini yoni vyapad.
3. As in the study we observed that majority of the patients suffering from constipation have the primary dysmenorrhoea and acharyas also told that the Apanavata moving in upward direction leads to pain during menstruation. So this

Ajamodachurna has vatanuloma property which relieves constipation along with makes Apanavayu to move in downward direction.

4. By these ushna, teekshna drugs the clots will dilute. liquid flow will be there by this intensity of pain reduces.

CONCLUSION:

The main base for the treatment is “**Nidanaparivarjana**”. It is given more priority in ayurveda.

- Udavartini Yonivyapad (Dysmenorrhea), is a common disorder having impact on both physical and mental status, there by affecting a woman's daily routine activities, characterized by painful menstruation.
- It is found more in young age & also working women are more prone to have such symptoms.
- Pain abdomen & Nausea are common symptoms in menstruation but if it becomes severe enough to cause physiological & biochemical effects then there is need for treatment
- Hence the study on Ajamodachurna has been used for the Udavartini yoni vyapad. Which is found much effective on cause of the disease. There is drastic improvement in signs and symptom.

- But to prove this with greater confidence further studies are to be conducted on this.
- As the present paper is on a single case study trial in a large sample is required to generalize the outcome.

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