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Randomized controlled clinical study of *Rajpravartini Vati* along with *Koshn Jala* in *Udavartini Yonivyapada*

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ABSTRACT

Udavartini Yonivyapada can be compared with the primary dysmenorrhea. Dysmenorrhea itself is not life threatening, but is found to have a profound impact on the daily activities and it may emphasize the emotional distress brought on by the pain. The treatment of this disorder is still unsatisfactory in modern medicine as usual of Non-steroidal anti-inflammatory drugs, anti-spasmodic, steroid contraceptive pills etc. That causes so many side effects. The present study is aimed to observe efficacy of *Rajahpravartini Vati* in *Udavartini Yonivyapada* mentioned in *Bhaishjya Ratnavali*. Study was conducted on 80 patients, 40 patients each in trial group and control group respectively. Clinical assessment was done on basis of grading criteria with specific symptomology of *Udavartini Yonivyapada*. The results were statistically and clinically significant to relieve symptoms of *Udavartini Vyapada*.

Key words: *Udavartini, Yonivyapada, Rajahpravartini Vati, Koshn Jala, Dysmenorrhoea.*

INTRODUCTION

Udavartini Yonivyapada can be compared with the primary dysmenorrhea. Acharya Charaka has mentioned that *Yoniroga* can't occur without vitiation of *Vata*. Again, pain is the main feature of *Kashtartava*, so it has strong relation with *Vata*.^[3] In the classical text it is explained that due to *Vega Dharana* of *Vata*, *Mutra*, *Purisha* the *Apana Vata* gets vitiated and it get *Urdhvgami* i.e., normal *Anulomaka Gati* of *Apana Vayu* changes to *Pratilome Gati* and this vitiated *Vata* lift the *Yoni* upward and causes obstruction to flow of *Raja* and

Raja comes out with great difficulty with severe *Shoola*.^[4]

Dysmenorrhea is defined as the presence of painful cramps of lower abdomen causes during menstruation, there for that woman are often incapacitate from daily activities for one or more days in each period.^[5] The prevalence of dysmenorrhoea 70.2%.^[6]

Rajahpravartini Vati along with *Koshn Jala* has *Vatanulomaka*, *Vedanashamaka*, decrease of *Rajoh-Avrodha*, *Shoolahara*, relieving obstruction in tract and spasm.^[7]

Rajahpravartini Vati with *Koshn Jala* has great effect in *Udavartini Yonivyapada*.

AIM

Study the role of *Rajpravartini Vati* in *Udavartini Yonivyapada* w.s.r. to Primary Dysmenorrhoea.

OBJECTIVES

1. To evaluate the efficacy of *Rajpravartini Vati* in *Udavartini Yonivyapada* in detail.
2. To compare efficacy of *Rajpravartini Vati* and Tab spas 500mg in *Udavartini Yonivyapada*.

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3. To study *Udavartini Yonivyapada*, Primary Dysmenorrhea, *Rajpravartini Vati* and *Tab Meftal Spas* in detail.

MATERIALS AND METHODS

Materials

All material available Ayurvedic books and modern text, articles, journals, Internet research paper were referred for the study.

Sample size - 40 each group

Selection of patients - From the Streerog and Prasutitantra O.P.D.

Group A - 40 patients with *Rajahpravartini Vati*

Group B - 40 patients with *Tab Meftal spas* 500mg

Trial Drug - *Rajpravartini Vati* purchased from standard Ayurvedic market preparation.

Duration of study - 3 consecutive menstrual cycle

Follow up - Assessment on 4th day of 3 consecutive cycles

Group of patients

1. Group A - Trial group

Number of patients - 40

Drug - *Rajahpravartinivati*

Dose - 250mg 2BD before meal with *Koshn Jala*

Duration of treatment - 21st day of menstrual cycle for 10 days for 3 consecutive cycle

2. Group B - Control group

Number of patients - 40

Drug - *Tab Meftal spas*

Dose - 500mg BD after meal

Duration of Treatment - from 1st day of menstrual cycle for 3 days for 3 consecutive cycle

Inclusion criteria

- Age 14-25 years
- Hb >10 gm %
- Primary dysmenorrhoea

- Painful menstruation at least for 2 consecutive menstrual cycle

Exclusion criteria

- Major systemic disease
- congenital anomaly
- Pelvic pathology on hormonal therapy

Criteria for assessment

Pain: Severity of pain (multi-dimensional scoring pattern.)

SN	Symptoms	Score
1.	Menstruation is not painful, daily activity is unaffected	0
2.	Menstruation is painful, daily activity is unaffected.	1
3.	Menstruation is painful, daily activity is affected.	2
4.	Menstruation is so painful unable to do even the routine work	3

Duration of Pain

SN	Symptoms	Score
1.	No pain during menstruation	0
2.	Pain persists for less than 12 hrs.	1
3.	Pain persists for 12-24 hrs.	2
4.	Pain persists for more than 24 hrs.	3

Associated Symptoms

1) Nausea

0 - No Nausea

1 - 2-3 times/day

2 - 4-5 times/day

3 - More than 5 times/day

2) Vomiting

0 - No Vomiting

- 1 - Occasionally
- 2 - 1-2 times/day
- 3 - More than 2 times/day

3) Fatigue

- 0 - No fatigue
- 1 - Fatigue by normal daily routine
- 2 - Fatigue induced by having even single extra work in addition to the daily routine.
- 3 - Severe fatigue even without work

4) Headache

- 0 - No headache
- 1 - Headache once during each menstruation; persists for less than 6 hrs.
- 2 - Frequent headache 2-3 times per menstruation; daily activity not affected.
- 3 - Persistent headache through out the menstruation; daily activity affected.

Investigations

Hb%

USG if needed

According to % Relief in Symptoms

Table 1: % Relief in Symptoms of both groups

SN	Symptoms	% Relief	
		Group A	Group B
1.	Severity of pain	80.00	68.83
2.	Duration of pain	79.03	71.15
3.	Nausea	78.26	71.43
4.	Vomiting	83.33	72.22
5.	Fatigue	84.62	63.33
6.	Headache	76.92	75.00
7.	Avg. % Relief	80.36	70.33

DISCUSSION

Rajoh Avrodh is the mainly responsible for *Udavartini Yonivyapada*. *Vata Dosh*, *Apan Vayu Pratiloman* is main route of cause of *Rajah Avrodh*.

Rajahpravartini Vati contains *Hingu*, *Tankan*, *Kasisa*, *Kanyasara* are *Vata-Kapha Shamaka*, *Vatanuloka*, *Vedanashamaka*, *Shoolahara* and relieving *Rajoh Avrodh*.

By applying Mann Whitney's U test, value of p being <0.05, it was concluded that *Rajpravartini Vati* is significantly effective than Tab Meftal spas to reduce Severity of pain, Duration of pain, fatigue (subjective criteria) in *Udavartini Yonivyapada*.

Also, for other subjective parameters, p value is >0.05, therefore it can be concluded that there is no significant difference between efficacy of *Rajpravartini Vati* and Tab Meftal Spas to reduce associated symptoms like Nausea, Vomiting, Headache.

Statistical analysis after study it is shows that *Rajahpravartini Vati* is more effective in comparison to *Tab Meftal Spas* in *Udavartini Yonivyapada* (primary dysmenorrhea).

CONCLUSION

Significant difference was seen in parameters like Severity of pain, duration of pain, fatigue, which is clear that Trial drug is more effective than control drug. No Significant difference was seen in other assessment parameters which concludes similar efficacy of both groups. Percentage relief in symptoms in Group A was 80.36% and 70.33% in Group B. Comparing to this two-group concluded that trial group (*Rajpravartini Vati*) was significantly better than control group (Tab Meftal Spas).

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