



ISSN 2456-3110

Vol 8 · Issue 8

August 2023

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

**JAIMS**

An International Journal for Researches in Ayurveda and Allied Sciences



**Maharshi Charaka**  
Ayurveda

Indexed

# Role of *Sahacharadi Taila Matra Basti* in management of *Udavartini Yonivyapad* w.s.r. to Primary Dysmenorrhea: A Case Study

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## ABSTRACT

**Introduction:** Dysmenorrhoea is defined as painful cramps that occur with menstruation incapacitating enough to interfere with routine activity. Dysmenorrhea is an important health problem of adolescents in school, as well as health practitioners, that badly affects the daily activities and quality of life. Dysmenorrhoea can be correlated with *Udavartini Yonivyapad* in *Ayurveda*. **Methodology:** In this present case study, a 21 years old female patient consulted to the OPD with the complaint of pain in lower abdomen, back pain, nausea and vomiting during menses. Her ultrasonography (USG) was done which was normal. She was supposed to be treated with *Sahacharadi Taila Matra Basti*; the case was treated for three months with the goal of relieving symptoms. **Result:** Basti was given for 5 days every month for 3 consecutive cycles. Symptoms of patient were relieved and she had pain free menstruation after three cycles of treatment. Follow-up was done after every cycle. **Discussion:** The present study emphasizes the role of *Ayurveda* in bringing a positive result in the management of Primary Dysmenorrhea.

**Key words:** *Ayurveda, Menstruation, Dysmenorrhoea, Udavartini*

## INTRODUCTION

Dysmenorrhea is defined as painful menstruation of sufficient magnitude so as to incapacitate day to day activities. Dysmenorrhea is of two types. Primary and secondary dysmenorrhea. Primary Dysmenorrhea is

one where there is no identifiable pelvic pathology. It is more seen in adolescent girls and more prevalent. It is usually associated with ovulatory cycles.<sup>[1]</sup> In *Ayurveda*, primary dysmenorrhea can be correlated with *Udavartini Yonivyapad* which is characterized by painful menstruation.<sup>[2]</sup>

वेगोदावर्तनाद्योनिमुदावर्तयतेऽनिलः ।

सा रुगार्ता रजः कृच्छ्रेणोदावृत्तं विमुञ्चति ॥

आर्तवे सा विमुक्ते तु तत्क्षणं लभते सुखम् ।

रजसो गमनादूर्ध्वं ज्ञेयोदावर्तिनी बुधैः॥<sup>[3]</sup>

In the classical Ayurvedic references, *Udavartini Yonivyapad* is due to "वेगोदावर्तना" i.e., suppression of natural urges like *Adhovata, Mutra, Purisha* etc., *Vata* gets vitiated and this vitiated *Vata* lead to difficult or painful menstruation i.e., "रजः कृच्छ्रेण विमुञ्चति".

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Submission Date: 14/06/2023 Accepted Date: 21/07/2023

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Website: [www.jaims.in](http://www.jaims.in)

DOI: 10.21760/jaims.8.8.46

*Apana Vata* is responsible for the proper expulsion of *Sukra, Artava, Sakrut, Mutra and Garbha*.<sup>[4]</sup> "आर्तवे सा विमुक्ते तु तत्क्षणं लभते सुखम्" i.e., immediately feels relief after the discharge of menstrual blood. With respect to the above fact is seen that in *Udavartini Yonivyapad* there is difficult or painful expulsion of menstrual blood caused by impairment of *Apana Vata*. Therefore, *Udavartini Yonivyapad* can be correlated with primary dysmenorrhea. All classic texts have described *Udavartini Yonivyapad* as *Vata* predominant *Yoni Roga*. Modern treatment includes antispasmodics, analgesics, prostaglandin synthesis inhibitors etc. Pain can never occur without vitiation of *Vata*. Disorders of the *Yoni* does not occur without vitiation of *Vata*.<sup>[5]</sup> Expulsion of menstruation is function of *Apana Vata*, whose disturbance can cause pain in menstruation. Hence proper functioning of *Apana Vata* is essential. Medicines that can correct *Vata Vaigunya* can be beneficial in pain management during menstruation. It is mentioned that *Vataja Yoniroga Chikitsa* can be done in *Udavartini Yonivyapad Chikitsa*. *Vataja Yoniroga Chikitsa* include *Snehana, Swedana, Basti* along with *Samana Oushadha* which can alleviate *Vata*.<sup>[6]</sup> Hence the pacification & regulation of the vitiated *vata* becomes necessary. *Basti Chikitsa* is considered the best management of vitiated *Vata*<sup>[7]</sup> and *Yoga* which can correct *Apana Vata Vaigunya* can be beneficial in treatment of *Udavartini Yonivyapad*. Since *Matra Basti* is a type of *Anuvasana Basti*<sup>[8]</sup>, So the selected drug (*Sahacharadi Taila*) will be given in the form of *Matra Basti*. In present article, an attempt has been made to analyze Ayurvedic line of treatment in case of *Udavartini Yonivyapad*.

## CASE REPORT

A female patient aged 21 years reported at the OPD of *Prasuti Tantra and Stree Roga* at Shri Krishna Government Ayurvedic Hospital with complaint of painful menstruation since last 2-3 years. Her symptoms included crampy pain in lower abdomen for 2 days, back pain radiating to both thighs, nausea and vomiting 1-2 day prior to and on first day of menstruation.

## History of Present Illness

She got menarche at the age of 14 years. Her complaints started since last 2-3 years. Crampy pain in lower abdomen starts from the first day of menstruation and continued for 2 days. Back pain radiating to both thighs starts with 1-2 day prior to menstruation and continued for 2 days. Nausea and sometimes vomiting from the first day of menstruation. Nausea exacerbated when menstruation started. These were occasionally followed by vomiting. She was frightened to eat despite her hunger due to dysmenorrhea at that time. Because of the agony from her periods, she was unable to go to college and had to use analgesics.

**Past History:** Nothing relevant

**Family History:** Nothing relevant

## Personal History

Diet	Mixed
Bowel	Regular
Appetite	Reduced
Micturition	Within normal limit
Sleep	Disturbed
Allergy	Nil
Addiction	Nil

## Menstrual History

Menarche - 14 years

LMP - 24/01/2023

Interval - 26-28 days

Duration - 4 days

Amount - 2-3 pads/day

Clots - Nil

Lower abdominal pain - (VAS - 10/10)

Low back ache - (VAS - 5/10) associated with nausea and vomiting occasionally

**General Physical Examination**

Built - Normal

Nutritional status - Moderate

Height - 156 cm

Weight - 49 kg

Pulse rate - 72 beats /min

BP - 110/70 mmHg

Temperature - 98.6°F

**Laboratory and Ultrasonography Report**

On laboratory investigations her haemoglobin was 11.2g/dL and her Ultrasonography Abdomen report was normal.

**Treatment**

The patient was reassured about the fact that there was no structural gynaecologic pathology. She was advised to take *Basti*. She was given three cycles of *Matra Basti* for three consecutive cycles before menstrual cycle.

**Treatment plan**

<b>Duration of treatment</b>	5 days per cycle for 3 consecutive cycles 10-12 days before menstrual cycle
<b>Drug</b>	<i>Sahacharadi Taila</i>
<b>Route</b>	<i>Matra Basti</i> by Rectal Route
<b>Dose</b>	60ml

Date
12-02-2023 (1 <sup>st</sup> cycle of <i>Basti</i> )
10-03-2023 (2 <sup>nd</sup> cycle of <i>Basti</i> )
07-03-2023 (3 <sup>rd</sup> cycle of <i>Basti</i> )

**Purva Karma:** *Abhyanga* with *Tila Taila* on *Kati-Prushta-Parshwa-Adhodara* for 15 min and *Swedan*.

**Pradhan Karma:** *Matra Basti* in left lateral position with 60 ml *Sahacharadi Taila*.

**Pashchat Karma:** Rest in supine position for at least 15-20 min.

**Result:** 10-02-2023 (Treatment Started) Painful Menstrual Cycle

Date	LMP	Result
12-02-2023 (1 <sup>st</sup> cycle of <i>Basti</i> )	20-02-2023	Severity of Pain reduced (VAS: 8/10)
10-03-2023 (2 <sup>nd</sup> cycle of <i>Basti</i> )	17-03-2023	Slight pain (VAS:5/10)
07-03-2023 (3 <sup>rd</sup> cycle of <i>Basti</i> )	15-04-2023	Mild pain (VAS:2/10) No need of analgesics.

The intensity of pain was measured according to VAS Scoring Scale.

**DISCUSSION**

Primary dysmenorrhea is the most common problem in adolescent age group characterized by severe cramping pain associated with menstruation which incapacitates a woman from her daily routine activities. Primary dysmenorrhea can be correlated with *Udavartini Yonivyapad* mentioned in *Ayurveda* which is included under *Vataja Yonivyapad* by all *Acharyas*. In *Ayurveda*, *Vatiki Yoniroga Chikitsa* can be applicable in *Udavartini Chikitsa* as both of them are *Vata* predominant *Yoniroga*. *Vatika Yoniroga Chikitsa* include *Snehana*, *Swedana*, *Basti* along with *Samana Oushadha* which can alleviate *Vata*.

**Mode of action of *Sahacharadi Taila*:** Drugs which have the property to bring about *Anuloma Gati* of *Vata* may relieve the symptoms of primary dysmenorrhea. *Mulsthana* of *Aartavaha Srotas* is *Garbhashya* and *Aartava Vahini Dhamani*<sup>[9]</sup> which is the main seat of *Apana Vata*. In this disease condition mainly *Apana Vata Dushti* is there and *Basti* is the most effective treatment on this. So, for this patient we choose *Basti* treatment as *Vatahar Chikitsa*. So, we give *Sahacharadi Taila Matra Basti* in patient. Contents of *Sahacharadi Taila* are 4 parts-*Tila Taila* and 16-part *Kwatha* of *Sahachara*, *Devadaru* and *Nagara*. *Devadaru* (*Cedrus deodara*) is *Kapha*, *Vatashamaka* having the properties like *Vedana sthapana*, *Shothahara*, *Kusthaghna*,

*Kaphanisaraka. Nagara (Zingiber officinalis)* is *Kapha-Vatashamaka* useful in the conditions like *Shothahara, Shulahara*. Internally it is digestive. *Sahachara (Barleria prionitis)* is also *Kapha-vatashamaka* having the properties like *Vedana Sthapana, Shothahara, Kusthaghna, Kaphanisaraka, Vranashodhana, Vranaropana*.<sup>[10]</sup> *Sahacharadi Taila* which is mentioned by the *Vagbhata* containing three drugs among them all are having the *Ushna Veerya* and *Kapaha Vatashamaka*.<sup>[11]</sup> According to *Acharya Charaka Sahacharadi Taila Basti* is *Sarvaroganashaka, Rasayana*. Useful in *Kshata, Vatakshaya, Pittavikara, Rupa, Varna, Bala, Mansa, Shukra Vradhana*.

## CONCLUSION

In *Ayurveda*, *Udavartini Yonivyapad* can be treated by using principles of *Vatiki Yoniroga Chikitsa*. *Vatika Yoniroga Chikitsa* include *Snehana, Swedana, Basti* along with *Samana Aushadha* which can alleviate *Vata*. *Sahacharadi Taila* mentioned in *Ashtang Hridayam* by virtue of its properties like *Kapha Vata Shamak, Vedana Sthapana, Shothahara, Vata Anuloman* relieves symptoms of Primary Dysmenorrhea. Since *Basti Chikitsa* is considered the best management of vitiated *vata*. Hence *Sahacharadi Taila* given in the form of *Basti* proves effective treatment in *Udavartini Yonivyapad* (Primary Dysmenorrhoea) leading to painfree menstrual cycle.

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**How to cite this article:** Sudhi Kaushal, Jitesh Kumar Panda, Suniti Tanwar. Role of Sahacharadi Taila Matra Basti in management of Udavartini Yonivyapad w.s.r. to Primary Dysmenorrhea: A Case Study. J Ayurveda Integr Med Sci 2023;08:283-286.  
<http://dx.doi.org/10.21760/jaims.8.8.46>

**Source of Support:** Nil, **Conflict of Interest:** None declared.

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