ISSN (Online): 2455-3662
EPRA International Journal of Multidisciplinary Research (IJMR) - Peer Reviewed Journal
Volume: 11| Issue: 11| November 2025|| Journal DOI: 10.36713/epra2013 || SJIF Impact Factor 2025: 8.691 || ISI Value: 1.188

CONCEPTUAL AND THERAPEUTIC STUDY ON UDAVARTA YONIVYAPAD WITH SPECIAL REFERENCE TO DYSMENORRHOEA, AN AYURVEDIC APPROACH THROUGH SHODHANA, VATA SHAMANA, AND RASAYANA THERAPY

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ABSTRACT
Udavarta Yonivyapad is a disorder where Apana Vata gets vitiated and moves in an upward direction, leading to painful menstrual flow. This condition closely resembles Dysmenorrhea in modern gynaecology, characterized by spasmodic lower abdominal pain during menstruation. Ayurveda attributes such disturbances to impaired gati of vata and accumulated Ama, resulting from improper diet, lifestyle, and psychological stress. The Shodhana, Vata Shamana and Rasayana therapies hold great potential in correcting Vata dushti, enhancing reproductive health, and relieving menstrual disorders.
KEYWORDS: *Udavarta Yonivyapad, Dysmenorrhea, Vata shamana, Shodhana Chikitsa, Rasayana, Apana Vata.*

INTRODUCTION

- 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 leads to difficult or painful menstruation i.e., "रजःकृच्छ्रेणविमुञ्चति".
- Apana Vata is responsible for the proper expulsion of Sukra, Artava, Mutra and Garbha.[1] "आर्तवेसा 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 dysmenorrhea.[2]
- Menstrual pain of primary dysmenorrhea is mostly encountered in gynaecological practice. More than 70% of teenagers and 30-50% of menstruating women suffer from varying degrees of discomfort with 23.2% suffer severe pain in first 3 days. [3]
- The treatment of this disorder is still unsatisfactory in modern medicine, as the usage of anti-spasmodic drugs, hormones may cause many side effects like hypertension, psychological disturbances etc.
- The painful menstruation is considered as *Apanvayu dushti.* Therefore, Vatashamak and Vatanulomak drug play effective role for the treatment of *Udavartini yonivyapada*. [4]
- The specific treatment for Udavarta Yonivyapad aims at combating *Vata dosha*. As there is *Vigunta* in *Vata gati*, the measures to do *Vatanulomana* are preferred in the form of Shodhana and Shaman Chikitsa.
- Even after Shodhana and Vata-Shamana, the yoni and reproductive dhatus may remain weak. Here, Rasāyana therapy plays a crucial role by:
  - Rejuvenating Rasadi Dhatus
  - Correcting Dhatu-agni and Ojas depletion
  - Supporting Apana Vata sthana functions
  - Providing Vyadhi-pratibandhaka bala.

AIMS AND OBJECTIVES

Aim

To explore the conceptual and therapeutic role of shodhana, Vata shamana, and Rasayana in Udavarta Yonivyapad (Dysmenorrhea).

Objectives

1. To study the Samprapti of Udavarta Yonivyapad.
2. To correlate it with Primary Dysmenorrhea.
3. To identify effective Ayurvedic interventions for Vata shamana and reproductive rejuvenation.

MATERIALS AND METHODS

Data studied from Classical Ayurvedic granthas like Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, contemporary Ayurvedic research journals, and modern Gynaecological literature. To study role of Shodhana Chikitsa, Snehana, Swedana, and Basti karma especially Matra Basti and Uttarabasti. Role of Rasayana Chikitsa to rejuvenate reproductive tissues, Yogasana Baddhakonasana, Pranayama, etc.

NIDAN

Ahaara Hetu

- Consumption of ruksha, Shita, and laghu Ahaara.
- Irregular eating habits, skipping meals.
- Excess fasting.
- Leads to Agnimandya and Vata prakopa.

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Vihara Hetu

- Suppression of natural urges (*Vega varodha*), especially of flatus, urine, and defecation.
- Sedentary lifestyle, lack of physical activity.
- Excess exposure to cold and dryness.
- Disturbs the normal function of Apana Vata.

Manasa Hetu

- Stress, anxiety, worry, and emotional instability.
- Suppression of emotions, frustration, or fear.
- Causes Vata vitiation through the Manovaha Srotas.

SAMPRAPTI

1. NIDAN	-Vegadharaṇa (suppression of natural urges, especially of mutra, purish, and vata vega) - Mithya Ahara-Vihara (improper diet and lifestyle)
2. DOSHA PRAKOPA	- Vata Doṣa gets vitiated due to Vega-dharaṇa and improper habits
3. DOṢA SANCHAYA & PRASARA	- Vitiated Vata accumulates in the Pakvashaya and moves in reverse direction (Udavarta = upward movement of Vata)
4. STHANA SAMSHRAYA	- Vata gets lodged in the Yoni Marga (reproductive tract) and lower abdomen
5. VYAKTI (MANIFESTATION)	- Symptoms manifest such as: • Yoni Vedana (pain in vagina) • Anaha (constipation/flatulence) • Adhmana (distension) • Obstructed natural urges

SAMPRAPTI GHATAK

Component	Description
Dosha	Vata (Apana Vata)
Dushya	Rasa, Rakta, Artava
Srotas	Artavavaha, Apanavaha
Udbhava sthana	Pakvashaya
Adhishthan	Yoni (Garbhashaya)

CORRELATION WITH DYSMENORRHEA

AYURVEDIC CONCEPT	MODERN CORRELATION
Udavarta Yonivyapad	Dysmenorrhea
Apan Vata Vitiation	Uterine muscle spasm, prostaglandin overproduction
Vegavrodh	Suppressed flow / painful menstruation
Shoola, Kruchrartava	Lower abdominal pain cramps

CHIKITSA SUTRA

According to Acharya Charak without the vitiation of Vata, women will not get any Yonivyapad. So, without giving due consideration to Vayu, we cannot treat any of these 20 Yonivyapads. The oil Prepared with the drugs having Ushna and Snigdha properties should be used as Parishek, Abhyanga and Pichu.[5]

Therefore the line of treatment to be considered is

- Vata Shamana
- Shodhana through Basti karma
- Rasayana for uterine and systemic rejuvenation
- Achara Rasayana for mental and emotional stability.

UDAVARTINI YONIVYAPAD CHIKITSA

The specific treatment aims at combating Vata dosha. As there is Vigunta in Vata gati, the measures to do Vatanulomana are preferred.

- Snehana with Trivrutasneha (ghrita, taila, vasa)
- Swedana with Mamsa rasa sevana of gramya, anupa and audaka animals
- Dashmoola ksheer basti
- Anuvasana basti and Uttara basti with Trivrutta sneha
- Utkarika made with yava, godhum, kinva, kustha, shatapushpa, shatayahwa, priyangu, bala and akhuparni.
- Swedana with Ksheer
- Oral use or use in the form of Anuvasana and Uttara basti of sneha medicated with Kwatha and Kalka of Dashamoola and Trivruta.
- More use of sneha in diet and treatment modalities definitely combats morbid Vata dosha and helps in easy flow of Artava.[6]

PATHYAS

- According to predominance of dosha; use of *sura, arishta, asava, lashuna*
- *swarasa* in early morning.
- *Ksheer mansayukta bhojana Yavanna bhojana, abhyarishta, sidhu, taila,*

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- *Pippali Churana, Pathya Churana and Lohabhasma* with honey *Bala taila*, *mishrakasneha* and *Sukumarakasneha Pana* is considered congenial.
- *Lashuna rasayana*

APATHYAS

Manda prayog is contraindicated [7]

RASAYANA CHIKITSA

Rasayana Dravya: Shatavari, Ashwagandha, Guduchi, Amalaki, Bala, Kapikachu [8]
Ghrit- Bruhatshatavari ghrit, Phalghrit, Triphaladighrit
Kwath – Maharasnadi kwath

Bahya prayukta Aushadha

Basti

- Palash Niruha Basti
- Guduchyadi Rasaynik Basti
- Shatavaryadi Rasayan Basti
- Baladi Yamak Anuvasan Basti

Formulations

Phalaghrita, Bhruhatshatavarighrit, Hingvadi Churna, Shatavari Tail.

Yoga Asanas helpful in Dysmenorrhoea

- Swastikasana
- Virasana
- Padmasana
- Gomukhasana
- Paschimothasana
- Badha-konasana
- Janu sirasana - recommended to perform the asana without coming forward, keeping the back spine concave. This pose is calming. Lower abdominal and pelvic compression aids cramps.
- Trikonasana
- Ardhachandrasana
- Supported Setubandhasana - pose is calming, relieves menstrual discomfort Supta vajrasana, Matsyasana
- Shavasana
- Pranayama: Ujjayi and Viloma pranayama.

These asanas relax the muscles and nerves which are under constant stress, strain and irritation soothes the abdomen. these asanas help those who suffer from headache, backache, abdominal cramps and fatigue.

DISCUSSION

Udavarta Yonivyapad originates from the suppression of vegas (Vega dharana) and lifestyle errors that vitiates Apana Vata. Shodhana Chikitsa treats Ama and normalizes Vata, facilitating Anuloma gati. Rasayana nourishes Artavavaha strotas and reproductive vitality. The combined approach not only reduces menstrual pain and cramps but also improves mental stability and hormonal balance. This integrative understanding aligns with modern concepts of dysmenorrhea management emphasizing uterine muscle relaxation, stress reduction, and hormonal regulation In Udavarta Yonivyapad Shamana Shodhana normalizes Vata gati and Rasayana nourishes Artavavaha Srotas Integrates both curative and preventive aspects of reproductive health. Corresponds with modern understanding of prostaglandin inhibition, relaxation, and stress reduction.

CONCLUSION

Shodhana and Shamana are the key in Udavarta Yonivyapad. Rasayana therapies provides a holistic, sustainable, and safe approach to Dysmenorrhea. By addressing the root cause Vata dushti and Ama accumulation Ayurveda offers a comprehensive framework for restoring reproductive health, enhancing quality of life, and promoting healthy progeny. Ayurvedic approach offers a holistic, safe, and sustainable alternative to modern symptomatic management. Integrative lifestyle & mind-body practices prevent recurrence.

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