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Role Of Dashmool Ksheer Basti In Management Of Udavartini Yonivyapad W.S.R.To Primary Dysmenorrhea

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Introduction-

Dysmenorrhea is defined as painful menstruation. But a more realistic and practical definition includes cases of painful mensuration 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. Almost always confined to ovulatory cycles. In Ayurveda, Primary Dysmenorrhea can be correlated with Udavartini Yonivyapad which is characterized by painful menstruation.

वेगोदावर्तनाद्योनिमुदावर्तयतेऽनिलः ।
सा रुगार्ता रजः कृच्छ्रेणोदावृत्तं विमुञ्चति ॥
आर्तवे सा विमुक्ते तु तत्क्षणं लभते सुखम् ।
रजसो गमनादूर्ध्वं ज्ञेयोदावर्तिनी बुधैः ॥

च. चि.30/25-26

In the classical Ayurvedic texts, Udavartini Yonivyapad is due to suppression of natural urges like Adhovata, Mutra, Purisha etc., Vata gets vitiated and this vitiated Vata lead to difficult or painful menstruation. Apana Vata is responsible for the proper expulsion of Sukra, Artava, Sakrut, Mutra and Garbha. Immediately feels relief after the discharge of menstrual blood. With respect to the above fact is seen that Udavartini Yonivyapad is caused due to vitiated Vata dosha, particularly Apana Vata, which moves in the reverse direction (i.e., upward instead of downward). This abnormal movement obstructs the normal flow of menstrual blood, causing pain. It is closely related to primary dysmenorrhea in modern medicine, which involves painful menstruation. 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. Expulsion of menstruation is function of Apana Vayu, 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 aushadha.

Basti is the main Chikitsa of Vatadosha. Actually Basti is said to be Ardh chikitsa of Vatadosha.

Aacharya charak mentioned Dashmool Ksheer Basti is treatment for Udavartini Yonivyapad. Dashmool and Ksheer are vatshamak. In present article, an attempt has been made to analyze Dashmool Ksheer Basti in management of Udavartini Yonivyapad.

Case Report-

A female patient of age 24 years reported at the OPD of Prasuti Tantra and Stree Roga at Dhanwantari Hospital of Hon. Shree Annasaheb Dange Ayurveda Medical College, Ashta with complaint of painful menstruation since last 2-3 years. Her symptoms included cramping 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 and loose motions a day prior to and on first day of menstruation.

History of Present Illness

She got menarche at the age of 13 years. Her complaints started since last 2-3 years. Cramping 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 and loose motions a day prior to and on first day of menstruation.

Past History: Not significant

Family History: Not significant

Personal History:

Bowel- Normal

Apetite-Normal

Micturition-Normal

Sleep-Disturbed

Addiction-Nil

Allergy-Nil

Menstrual History

Menarche - 13 years

LMP - 22/10/2024

Interval - 28-30 days

Duration - 4-5 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 and loose motion occasionally

General Physical Examination

Built - Normal

Nutritional status - Moderate

Height - 154cm

Weight - 51 kg

Pulse rate - 78 beats /min

BP - 110/70 mmHg

Temperature - 98.6°F

Laboratory and Ultrasonography Report

On laboratory investigations her haemoglobin was 10.8 g/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 Dashmool Kshir Basti for three consecutive cycles 10-12 days before menstrual cycle.

Treatment plan

Duration of treatment 5 days per cycle for 3 consecutive cycles 10-12 days before menstrual cycle

Drug Dashmool Kshir

Route Kshir Basti by Rectal Route

Dose 400 ml

Date

12 -11-2024 (1st cycle of Basti)

13-12-2024 (2nd cycle of Basti)

12-01-2025 (3rd cycle of Basti)

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

Pradhan Karma: Dashmool Kshir Basti in left lateral position with 200ml of

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

Result: 12-11-2024 (Treatment Started) Painful Menstrual Cycle

Date	LMP	Result
12-11-2024 (1st cycle of Basti)	23-11-2024	Severity of Pain reduced (VAS: 7/10)
13-12-2024 (2nd cycle of Basti)	23-12-2024	Slight pain (VAS:5/10)
12-01-2025 (3rd cycle of Basti)	22-01-2025.	Mild pain (VAS:2/10)No need of analgesics.

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

Conclusion:-

Dysmenorrhea means painful menstruation is a symptom associated with many gynaecological pathologies. In the classics of Ayurveda, Painful menstruation finds its role as a symptom of Udavarta Yonivyapad as well as associated with Vataja Yonivyapad.

Therefore this study was selected. Vata is responsible for pain and Basti is considered ardhchikitsa for management of Vata. Dashmool is best Vatakaphahara and when processed with Ksheera, it acts best on Tridosha. Dashmool Ksheer Basti is significantly effective in management of Udavartini Yonivyapad.

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