

**“Effect of dashmoola tail anuvasan basti on udavarta yonivyapat
w. s. r. to dysmenorrhoea – A Case Study.”**

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Abstract:

Menstruation is a normal physiological process. Accompanied with intolerable pain, it is called as *Dysmenorrhea*. *Dysmenorrhea* is one of the most common disorders which suffer 60% of women between 15-45 ages. It causes severe pain & discomfort in everyday activities for several days each month. Uses of modern medicines like anti-inflammatory, anti-spasmodic drug, hormonal therapy are still unsatisfactory in giving relief and may cause unwanted effects.

Ayurvedic classics defined *Udavarta Yoni vyapat*; here the menstruation is accompanied with severe pain. It disappears on beginning of menstruation. According to *Ayurveda* menstruation is controlled & governed by *Apan vayu*. Due to movement of *Apan vayu* in opposite direction or disturbance obstruction in the flow of *vayu* may cause severe pain just prior to menstruation called as *Udavarta yoni vyapat*.

There are many treatments for *Udavarta Yoni vyapat* in *Ayurveda*, which are non-hormonal, non-surgical & most effective without side effect. Among these *Dashmoola Tail Anuvasan Basti* mentioned in *Charak Samhita* was selected in present study.

INTRODUCTION:

Dysmenorrhea is one of the most frequently encountered gynecological complaint amongst adolescents or young women and one of most common complaint in women of reproductive age.

It is very common although the precise incidence is not known, as it frequently goes unreported. It is one of the most common reasons for non-attendance at school or work among young women and while not life threatening, can have a considerable impact on the patient's quality of life.

Symptoms of *dysmenorrhea* can includes

- Pain in lower abdomen that can spread to the hips, lower back and inner thighs.
- Pain that is gripping or experienced as a constant ache or a combination of both.
- Typically the pain starts when the period starts or earlier
- The first 24 hours is most painful
- Clots are passed in the menstrual blood.

And associated symptoms include Nausea and vomiting, headaches, digestive problems such as diarrhea or

constipation, dizziness, fainting, fatigue, hypersensitivity to sound, light, smell and touch, premenstrual symptoms such as tender breasts and a swollen abdomen which may continue throughout the period, pain continuing after the first 24 hours.

In *Ayurveda* *dysmenorrhea* can be considered as *Udavarta Yoni Vyapat*. Due to movement of *Apan vayu* in opposite direction or disturbance, obstruction in the flow of *vayu* may cause severe pain during menstruation called as *Udavarta Yoni Vyapat*. Due to unbalancing of *Vat dosha* mainly of *Apan vayu* and regulation of *vayu* plays a key role in treatment of this condition. *Udavarta yoni vyapat* is a *Vat* dominant condition. *Ayurvedic* therapies mainly aiming at balancing of *doshas* through appropriate diet, purification therapies, herbal supplements, yogic activities, meditation as well as nourishing inputs through all five senses.

In this Study, *Dashmoola Tail Anuvasan basti* has been advocated for the treatment of *Udavarta Yoni Vyapat*. *Anuvasan Basti* is a specialised ayurvedic panchakarma treatment in which medicated oil administered as enema, as it is indicated in *vat* imbalance disorders.

AIMS AND OBJECTIVES:-

AIM:-

- To Study the Effect of *Dashmoola Tail Anuvasan Basti* on *Udavarta Yoni Vyapat* W.S.R. To Dysmenorrhea

OBJECTIVES:-

- To Study Efficacy of *Dashmoola Tail Anuvasan Basti* on *Udavarta Yoni Vyapat* (Dysmenorrhea).

MATERIALS AND METHODS:-

- Literary information about the study has compiled from *ayurvedic* texts.
- Various publications, text books, research papers have considered to collect the literary material.
- For all the procedures various *ayurvedic* text are referred.

Dashmool tail is prepared according to concept of preparation *tail* take from *sharangdhar Samhita*.

A CASE STUDY:-

A 23 years female patient residing in *Kamothe*, Student, admitted in our IPD with complaining of

- Severe pain during menstruation
- Unable to do even the routine work
- Has to take analgesic
- Duration of pain persists for more than 12-24 hrs.
- Menses lasts for 4-5days

- *Artav praman* 3 pads/day

-Fatigue even after with extra single work.

Since last 6 months.

Routine haematological and urinary examinations were done before and after treatment.

Sonography to rule out uterine and adnexal pathology was done as per need.

ROUTE OF ADMINISTRATION OF DRUG:-

Dashmool Tail Anuvasan Basti / Per Rectal

DURATION:-

8 days / Prior menses for 3 months.

OBSERVATIONS & RESULTS:-

Symptoms like Severity of pain, Duration of pain, *Artav Praman*, *Rajstrav* *Awadhi*, *Katishool* Were Observed.

Patients having Severe pain during menstruation reduced significantly

-She can do her routine work without any stress

-Doesn't require to take analgesic

-Duration of pain reduced

- Menses lasts for 4 days

- *Artav praman* 2pads/day

DISCUSSION:-

As *Madhur*, *Tikta*, *Kashay Ras*, *Guru- Snigdha Guna*, *Ushna Virya*, *Madhur Katu Vipak* and *Tridoshanashak Karma* of *Dashmool Tail* acts on *Udavarta Yoni Vyapat* by its *dravya*,

Guna, and Prabhav. It has being proven that *Dashmoola* has anti-inflammatory, analgesic, and antipyretic actions.

CONCLUSION:

Trial of *Dashmool tail Anuvasan basti* is effective in the treatment the *Udavarta Yoni vyapat*. It is need of time to treat women with an effective remedy having minimal or no side effect to maintain their healthy reproductive phase and to improve quality of life.

For more scientific validation study has to be conducted on big sample size.

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