



Case Study

AYURVEDIC MANAGEMENT OF PRIMARY DYSMENORRHEA WITH ABHAYATRIVRUDADI KASHAYAM- CASE REPORT

Athulya.K^{1*}, Giby Thomas², Jyothi.P.K³

¹PG Scholar, Department of Prasuti tantra and Streeroga, Government Ayurveda College, Tripunithura. Kerala.

²Associate Professor, Department of Prasuti tantra and Streeroga, Government Ayurveda College, Thiruvananthapuram.

³Associate Professor, School of Fundamental Research in Ayurveda, Government Ayurveda College, Tripunithura.

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ABSTRACT

Dysmenorrhea, one of the most prevalent gynaecological problems in young women, particularly among teenagers, characterized by painful menstruation severe enough to prevent a person from doing day-to-day activities. It is the main factor behind young women's missed job and school days of teenagers. Primary dysmenorrhea is widely prevalent in more than 70% of teenagers and 30 -50% of menstruating women. Among *Yonirogas*, *Udavarta yonivyapat* is a condition characterized by painful menstruation and the relief of discomfort following blood discharge, which is typical of primary dysmenorrhea. In modern medical science, various forms of treatments are available for the relief of Primary dysmenorrhea which includes antispasmodic, analgesics, prostaglandin synthesis inhibitors, hormonal therapy etc. Reluctance of young girls and ladies to adopt the hormone therapies bring them to Ayurvedic treatment or any other alternative treatment of their choice. Ayurvedic management aims at *vatanulomana* through *Snehana*, *Swedana*, *Vasti* along with *Samana oushadha* which can alleviate *Vata*. *Abhayatrivrudadi kashaya* mentioned in the context of *Udavarta chikitsa* from *Chikitsa manjari* consists of *Abhaya*, *Trivrut*, *Kulatha*, *Pippali* and *Eranda taila*. Properties of this yoga include *Vatanulomana*, *Sulaghna* and *Udavartahara*. An 18 year old girl complained with severe pain during menstruation, low back ache, nausea and vomiting came to the OPD of Prasutitantra & Streeroga, Government Ayurveda College, Tripunithura is taken for this study. It is evident from the case study that *Abhayatrivrudadi kashaya* is effective in the management of primary dysmenorrhea.

INTRODUCTION

Dysmenorrhea is defined as painful menstruation of sufficient magnitude so as to incapacitate day to day activities^[1]. 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.

Pain is due to dysrhythmic uterine contraction and retraction. Usually pain is relieved by vaginal delivery^[2]. In classical Ayurvedic references *Udavarta yonivyapat* is caused due to "*Vegodavartanat*" i.e., suppression of natural urges like *Adhovata*, *Mutra*, *Purisha* etc, *Vata* get vitiated and this vitiated *Vata* causes difficult or painful menstruation i.e., "*Raja kruchrena munjathi*"^[3]. According to Caraka "*Udavartamiti urdhvam neetam*" indicates loss of *Anulomana* property of *Apana vata*^[4]. *Apanavata* is responsible for proper expulsion of *Sukra*, *Artava*, *Sakrut*, *Mutra* and *Garbha*^[5]. "*Artave sa vimukte tu tat kshanam labhate sukham*". i.e., feels relief immediately following discharge of menstrual blood^[4]. Considering the above facts it is seen that in *Udavarta yonivyapath* there is difficult or painful expulsion of menstrual blood caused by vitiation of *Apana vata*. Hence *Udavarta yonivyapat* can be more suitably correlated

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with primary dysmenorrhea. All classical texts have described *Udavarta yonivyapath* as a *Vataja yoniroga*. Modern treatments include antispasmodics, analgesics, prostaglandin synthesis inhibitors etc. Pain can never occur without *Vata* vitiation. The disorders of *yonis* does not occur without vitiation of *Vata*^[6]. Expulsion of menstruation is carried out by *Apana vayu*, the malfunctioning of which can cause painful menstruation. Hence proper functioning of *Apana vata* is essential. Medication which can correct *Vata vaigunya* may be beneficial in managing painful menstruation. In Ayurveda, *Vatiki yoniroga chikitsa* can be applicable in *Udavarta chikitsa*. *Vatika yoniroga chikitsa* include *Snehana*, *Swedana*, *Vasti* along with *Samana oushadha* which can alleviate *Vata*^[7]. *Abhaya trivrudadi kashaya* is mentioned in *Chikitsa manjari* in the context of *Udavarta chikitsa*^[8]. There is manifestation of *Apana vata vaigunya*. All *Acharyas* are of opinion that disorders of *Yoniroga* can never occur without vitiation of *Vata*. While describing *Nidanas* of *Udavarta* it is clearly mentioned that *Vegadharana* or suppression of natural urges like *Adhovata*, *Mutra* and *Purisha* are main causative factors for vitiation of *Apanavayu*^[9]. Hence *Yoga* which can correct *Apana vata vaigunya* may be beneficial in the treatment of *Udavartini yonivyapat*.

CASE REPORT

A female patient aged 18 years reported at the OPD of Prasutitantra and Streeroga at Government Ayurveda college hospital with complaint of painful menstruation since last 5-6 months. 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 13 years. Her complaints started since 5-6 months. Crampy pain in lower abdomen starts along with initiation 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 vomiting started 1-2 day prior to and on first day of menstruation. Nausea exacerbated when menstruation started. These were occasionally followed by vomiting. The smell of food increased her nausea. She was frightened to eat despite her hunger due to dysmenorrhea at that time. She could only eat a little supper; anything larger taken at a time lead to vomiting. 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	Sound
Allergy	Nil
Addiction	Nil

Menstrual History

Menarche - 13 years
LMP - 25/09/21
PMP- 25/08/21
Interval - 28-30 days
Duration - 4 days
Amount- 2-3 pads/day
Clots - Nil
Lower abdominal pain - Grade III (VAS - 10/10)
Low back ache - Grade II (VAS - 5/10)
Nausea - Grade I
Vomiting - Grade I

General Physical Examination

Built - Lean
Nutritional status - Moderate
Height - 156 cm
Weight - 46 kg
Pulse rate - 72 beats/min
Heart rate - 72 beats /min
BP - 120/80 mmHg
Temperature - 98.6°F

Laboratory and Ultrasonography Report

On laboratory investigations her haemoglobin was 12g/dL and her Ultrasonography abdomen report was normal

Treatment

The patient was reassured about the fact that there was no structural gynecologic pathology. She was also advised to have balance nourishing iron rich diet and increase in her water intake. A suitable Ayurvedic remedy was prescribed on the basis of totality of symptoms.

Medicine prescribed

Oral administration of 96ml of *Abhayatrivrudadi kashaya* with *Eranda taila* 6ml and *Pippalichoorna* 1.5g each, as *Anupana* for a period of 5 days (4 days prior to next menstruation and first day of menstruation) for 3 consecutive menstrual cycles.

Observation After Treatment and After Follow up

After treatment

The menstrual periods were started on or before 28th day. There was slight pain at lower abdomen (grade I, VAS 4/10). Low back ache got

reduced (grade I, VAS 1/10). Nausea and vomiting got completely reduced.

After follow up

Menstruation began on or before 28th day. There was a mild lower abdominal pain (grade I, VAS 5/10) and low back ache (grade I, VAS 2/10). There was no nausea and vomiting.

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 *Udavarta yonivyapat* mentioned in Ayurveda which is included under *Vataja yonivyapat* by all *Acharyas*. In Ayurveda, *Vatiki yoniroga chikitsa* can be applicable in *Udavarta chikitsa* as both of them are *Vata* predominant *Yoniroga*. *Vatika yoniroga chikitsa* include *Snehana*, *Swedana*, *Vasti* along with *Samana oushadha* which can alleviate *Vata*.

Mode of action of *Abhayatrivrudadi kashaya*

Drugs which have the property to bring about *Anuloma gati* of *Vata* may relieve the symptoms of primary dysmenorrhea. *Abhayatrivrudadi kashaya* mentioned in *Chikitsa manjari* was the study drug and contains *Abhaya*, *Trivrut*, *Kulatha* and *Anupanas* like *Eradataila* and *Pippali choorna*. *Abhaya trivrudadi kashaya* is mentioned in the context of *Udavarta chikitsa*. There is manifestation of *Apana vata vaigunya*. According to *Chikitsamanjari*, this *Yoga* can relieve *Udavarta*. Hence this drug was selected to study its effect in Primary dysmenorrhea. *Abhayatrivrudadi kashaya* has effect in reducing painful menstruation. The reduction in painful menstruation can be attributed to *Ushna virya*, *Anulomana*, *Tridosahara* and *Sothahara* properties of *Abhaya*^[10] and *Teekshnoshna* properties of *Trivrut*. The *Anulomana* properties may also be due to phytoconstituents like tannins, anthraquinones, and polyphenolic compounds^[11]. Altogether pacify vitiated *vata* which may help in reducing pain. *Apanaavatanulomana*, *Teekshna* and *Sookshma* properties of *Eranda taila* along with *Soolaprasamana* property of *Pippali* can also contribute in reducing pain. *Artavajanana* property of *Kulatha* may help in easy expulsion of menstrual blood and which in turn reduce pain. Anti-inflammatory and analgesic action of *Trivrut* is due to the presence of turpethin, torpethenic acid.^[12] Seeds extract of *Dolichos biflorus* has analgesic and anti-inflammatory properties due to the presence of phytochemical constituents like tannins, alkaloids and flavanoids^[13]. *Eranda taila* contain constituents like tannin, saponin etc. The role of tannins and saponins in antinociceptive and anti inflammatory activities were proven^[14]. Prostaglandin synthetase inhibitory action of *Abhaya*, *Trivrut*, *Kulatha* can also contribute in reducing the

lower abdominal pain. It was found that *Abhayatrivrudadi kashaya* has effect in low back ache as associated symptom of painful menstruation. *Ushna virya*, *Anulomana* and *Sothahara* properties of *Abhaya* can pacify *Vata* which in turn may reduce pain. *Rukhara*, *Sophahara*, *Apanavatanulomana* and *Deepana* properties of *Eranda taila* can be taken into consideration for reducing the low back ache.^[15] *Abhaya*, *Trivrut*, *Kulatha*, *Eranda taila* and *Pippali* have anti-inflammatory, analgesic and prostaglandin synthetase inhibitory properties, which may help to reduce low back ache. *Abhayatrivrudadi kashaya* has effect in reducing nausea and vomiting associated with primary dysmenorrhea. It can be attributed to *Deepana* and *Pacana* properties of drugs in *Abhayatrivrudadi kashaya* and antihistamine, anti emetic properties of *Pippali* which in turn may reduce nausea and vomiting.^[16]

CONCLUSION

In Ayurveda, *Udavarta yonivyapat* can be treated by using principles of *Vatiki yoniroga chikitsa*. *Vatika yoniroga chikitsa* include *Snehana*, *Swedana*, *Vasti* along with *Samana oushadha* which can alleviate *Vata*. *Abhayatrivrudadi kashaya* mentioned in *Chikitsa manjari* by virtue of its properties like *Udavartahara*, *Soolahara* and *Vatanulomana* relieves symptoms of Primary dysmenorrhea. Further studies with larger samples are required to conclusively prove the effect of *Abhayatrivrudadi kashaya* which can be used safely and effectively in relieving pain associated with Primary dysmenorrheal.

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***Address for correspondence**

Dr. Athulya.K

PG Scholar,
Department of Prasuti tantra and
Streeroga, Government
Ayurveda College, Tripunithura.
Kerala.

Email: athu.k5@gmail.com

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