

To Study the Efficacy of Ajamoda Churna in The Management of Udavarta Yonivyapad

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1. Introduction

Udavarta yonivyapad is one among the 20 yonivyapads and mainly vata predominant. Vata get aggravated due to vegadharana and moves in reverse direction. Then it settles in yoni and produces the pain. Initially aartava pushes in upward direction. Then discharges it with difficulty. This condition is known as udavarta yonivyapad or kashtartava. For this disease, vitiated vata is considered as primary cause. so vatashamaka and vata anulomana dravyas may have the main role for treatment of udavarta yonivyapad.

2. Material And Methods

AJAMODA CHURNA –.

It is not directly explained ajamoda helps in Udavartini. But its Vatanulomana property and shulaghna property explained in Dhanwantarinighantu helps in relieving the udavartini yoni vyapad.

Methodology

Medicine given: Ajamoda churna

Dose: 10gm BD

Duration: 30 days

Medicine given: From the first day of menstrual cycle.

Follow up: On the first day of next two consecutive cycles.

Sign & symptoms which are accessed.

- Adhodarshoola
- Vedana kalawadhi
- Rajah strav(praman)
- Backache
- Weakness

Dysmenorrhoea painful menstruation is common in reproductive age groups and it constitute more number of visits to gynaecologist. Since sign and symptoms as told in udavartini yoni vyapad and primary dysmenorrhoea, seem to be similar Hence we took the primary dysmenorrhoea for the present study. There is sort of satisfaction and also pain reduction occur after release of menstrual blood. Which tells us frothy painful menstruation and arrhythmic contraction of uterus during expulsion. This feature clearly indicate the presence of morbid apanavayu interference with the normal flow therefore pathogenesis of dysmenorrhea include sthanikaapanavayudusti with no pelvic pathology. By using Ajamodachurna not only reduces dysmenorrhea also increases appetite and reduces constipation.

3. Results And Discusion

As in the study we observed that majority of the patients suffering from constipation have the primary dysmenorrhoea and acharyas also told that the Apanavata moving in upward direction leads to pain during menstruation. So this Ajamodachurna has vatanuloma property which relieves constipation along with makes Apanavayu to move in downward direction. By these ushna,teekshna drugs the clots will dilute. liquid flow will be there by this intensity of pain reduces.

4. Conclusion:

The main base for the treatment is “Nidana parivarjana”. It is given more priority in ayurveda. Udavartini Yonivyapad (Dysmenorrhea), is a common disorder having impact on both physical and mental status, there by affecting a woman’s daily routine activities, characterized by painful menstruation.

It is found more in young age & also working

women are more prone to have such symptoms.

Pain abdomen & Nausea are common symptoms in menstruation but if it becomes severe enough to cause physiological & biochemical effects then there is need for treatment.

Hence the study on Ajamoda churna has been used for the Udavartini yoni vyapad. Which is found much effective on cause of the disease. There is drastic improvement in signs and symptom.

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