

**CASE STUDY ON VATAJA YONIVYAPAD - AYURVEDA
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ABSTRACT

Vataja Yoni Vyapad can be closely related to Endometriosis. Endometriosis is one of the most mysterious and fascinating benign gynaecological disorders defined by the implantation of functioning endometrial tissue outside the uterine cavity. The incidence is about 10%, but awareness of more cases is increasing on account of diagnostic laparoscopy. Amongst infertile women, the incidence is 20% and is 15% in women with chronic pelvic pain (CPP). Endometriosis can be associated with infertility, and dysmenorrhoea (Painful menstruation). *Vataja Yoni Vyapad* has similar signs and symptoms such as irregular menstrual cycle, severe pain, etc. **Aim and**

Objectives: This study aimed to access the efficacy of Ayurvedic management in *Vataja Yoni Vyapad*. It is a single case study of a 40-year-old woman who was diagnosed with *Vataja Yoni Vyapad* by an Ayurvedic Physician. The patient's main complaint was an irregular menstrual cycle with severe pain during menses. *Rajapravartini Vati*, *Chandraprabha Vati*, and *Dashmoolarishta* were given for about 3 months. Result found was her menstrual cycle became regular without any complaint.

KEYWORDS: Yoni Vyapad, Endometriosis, Rajapravartini Vati, Chandraprabha Vati, Dashamoolarishta.

INTRODUCTION

For the production of *Artava*, *Vyana Vata* and *Apana Vata* work in coordination with each other. Contraction and relaxation of the uterus and its related organ is the function of *Vyanavayu*. *Vyana Vayu* has also its control over the muscles which bring about activities such as contraction, and relaxation after which *Artava* is expelled out by *Anulomana Kriya* of *Apana Vayu*. *Yoni Roga* does not occur without the vitiation of *Apana Vata*. According to Ayurveda, due to the movement of natural urges in the reverse direction, the aggravated *Apana Vayu* moving in the reverse direction fills the uterus. The uterus seized with pain in initially throw so pushes the *Raja* (Menstrual blood) upwards, then discharges it with spasmodic pain. Thus first of all, *Vata* should be normalized then treatment of other Doshas should be done.

Vataja Yonivapad in which *Rasa Dhatu Kshaya* creates general weakness and causes oligo menorrhoea associated with dysmenorrhoea. When we go through all the conditions, *Samanya Nidan* (the general etiological factors) of any *Yonivyapad* are found as *Mithya Ahar-Vihar*, *Artava*, *Bija Dusti*, *Daiva-Prokopa* etc.

***Vishishta-Nidana*(Specific etiological factors)**

Charaka says that a woman of *Vata Prakriti*, when consuming improper diet and indulges in other activities capable of aggravating *Vayu*; thus provoked *Vayu* reaches the reproductive system and produces pricking and other pains, stiffness, sensation as if creeping of ants, roughness and numbness, local symptoms and fatigue or lethargy, etc. Due to *Vata*, menstruation appears with irregularity and is painful, frothy, thin, and dry (absence of mucous). Chakrapani has explained that this type of bleeding from the vagina may occur even during the intermenstrual cycle. Sushruta has described roughness, stiffness, pricking pain, etc.; as local symptoms only. Both Vagbhatas have included local symptoms of feeling stretching, vaginal flatulence, and scanty, blackish-pinkish menstruation. This disorder produces severe pain in the groin region and flanks, disorders of *Gulma* (abnormal growths/tumors), etc.; *Vatika* disorders. *Vata* will be provoked by *Vataja Ahaar*(Pav, Roti bread *Ruksha Guna* food) and *Vataja Vihara*(*Ratri Jagarana*, *Vega Dharana* etc).^[1]

Endometriosis is the deposition of endometrial tissue at abnormal sites in the body (usually in the pelvic area) instead of its normal position, as the lining of the womb. As a result hormonally active tissue, continues to bleed every month. Consequently, every month this abnormally situated menstrual tissue builds up, bleeds, and sheds blood and cells. Problems

arise because the tissue may be in the pelvis or abdomen rather than in the uterus. Symptoms commonly found are pelvic pain, sacral backache, menorrhagia, dysmenorrhea, dyspareunia, bloody urine or stools, infertility, acute abdominal symptoms, and pain upon defecation, urination, or intercourse.^[2]

MATERIAL AND METHODS

It is a single case study. Informed consent was taken from the patient in his language. Ayurveda classics, textbooks of gynecology, and internet publications were consulted and reviewed for carrying out the present work.

History of present illness

The woman aged 40 years old who is a house wife was healthy before four months, then she started complaints of irregular, scanty and painful menstruation. Her LMP was May 4th, 2021 and her previous LMP was on March 19, 2021. Before March, her cycles were regular. On June 17th, 2021 she visited an Ayurvedic physician for treatment. The patient's menses last for 2 to 3 days. She also encounters by severe abdominal pain.

Past history

No significant suffering or any surgical intervention was obtained in past history, which could contribute to the pathology.

Medication history

Meftal spas (Pain killer) for severe abdominal pain.

Personal history

Ahaara: Rice, Bhaji, Bread, Chapati, pickle, fish curry, bakery products, etc

Vihara: Disturbed sleep, Ratri Jagarana, Vega Dharana, Atichinta, etc

Family history

Not significant.

Nidana panchaka

Hetu

Ahaara- *Ruksha Guna Ahaara, Katu Rasa Ahaara*, like Bread, Chapati, Roti, Dal, Potato, Pickle.

Vihara- *Atichinta, Ratri Jagarana, Vega Dharana*.

Rupa

Irregular menstrual cycle, Scanty menstrual flow, Severe abdominal pain.

Upashaya

The pain subsided for a while after taking painkiller tablets.

Samprapti (Patho-physiology of the disease)

Due to *Vataprakopa Ahara* and *Vihara* (*Vata Dosha* aggravating diet and activities). This aggravated *Vata* does *Apana Vata Dushti*. It takes *Sthana Samshraya* in *Yoni* and *Artava Vaha Srotas*; does *Vimarga Gamana* of *Artava* and *Yoni Dushti*. This led to the manifestation of symptoms like the irregular menstrual cycle, scanty menstrual flow, and painful menstruation.^[3-4]

Samprapti ghataka

Dosha: *Vata*.

Dushya: *Rasa, Rakta, Yoni*.

Upadhatu: *Artava*.

Srotas: *Rasavaha, Raktavaha, Artavavaha Srotas*.

Sroto dushti: *Margaavarodha and Vimargagamana*.

Rogamarga: *Abhyantara*.

Agnimandya: *Jathargnimandya and Dhatvagnimandya*.

Udbhava sthana: *Pakvashaya*.

Adhisthana: *Yoni and Garbhashaya*.

Vyakta sthana: *Yoni*.

Differential diagnosis

<i>Vataja Artava Dushti.</i> <i>Rakta Gulma.</i> <i>Suchi Mukhi Yoni Vyapad.</i> <i>Antarmukhi Yoni Vyapad.</i> <i>Arbuda</i>	In contemporary science Ectopic pregnancy Endometriosis Oligomenorrhea Hypomenorrhea UTI or PID.
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Diagnosis: *Vataja yoni vyapad*.

Treatment

By analyzing the above pathogenesis of disease in this patient following treatment plan was prescribed.

Chikitsa Sutra of *Vataja Yoni Vyapad* involves alleviating procedures. The principles of treating the *Yoni Vyapad* due to vitiation of *Vata* include:

- Controlling the *Vata* by administrating *Vata* alleviating treatments and measures including *Snehana*, *Swedana*, *Basti*
- All forms of *VataNashak* measures, treatments, activities, medicines, and food should be followed.
- *Taila* processed with *Ushna* and *Snigdha Dravya* should be used for *Seka*, *Abhyanga*, and *Pichu*.
- Use of *Anupa Mamsa rasa* for consumption and *Swedana*.
- *Uttarabasti* with *Trivrit Sneh*.
- *Ashma*, *Prastara*, *Shankara*, *Pinda*, *Nadi* or *Kumbhi Sweda* with suitability.
- *Pichu* of the oil prepared with *Guduchi*, *Malati*, *Rasna*, *Bala*, *Madhuka*, *Chitraka*,
- *Kalka Dharana* of *Himsra*.
- *Guduchyadi Taila Uttara Basti*.
- *Kashmaryadi Ghrita paana*
- *Shataahwaryadi Ghrita Paana*.

Aushadha	Dose	Anupana	Kala
1. <i>Rajapravartinivati</i>	250mg	<i>Ushnodaka</i>	Before lunch and dinner.
2. <i>ChandraprabhaVati</i>	250mg	<i>Ushnodaka</i>	Before lunch and dinner.
3. <i>DashamulaArishta</i>	20ml	<i>Ushnodaka</i>	Before lunch and dinner.

This plan was followed by the patient for 3 months with regular checkups each month. After that, the medication was reduced to *Rajapravartini Vati* and *Dashamulaarishta* for the next 2 months. Her menstrual cycle was observed and it was found that she got her period for 4 consecutive months regularly.

Rajapravartini vati

It is effective in *ArtavaVikara*. *Hingu*, *Kumari*, *Tankan*, and *Kasis* are the main ingredients.

Hingu has *Shoola Hara* and *Vatanulomana* properties which help in normalizing the function of *Apana Vayu*. It counteracts spasmodic discovery and may probably suppress the secretion of progesterone hormone.

Kumari is used mainly as a purgative. It has anti prostaglandin activity. This relieves the obstruction in the pathway of *Vayu* and thus relieves spasms.

Tankana and *Kasisa* are *Artava Janana Dravyas*.

Kasisa helps in *Rakta Dhatu Vriddhi* which improves uterine blood circulation.

Tankana is a *Garbhashaya Sankochaka* drug that helps in normal harmonization during contraction.

Chandraprabha vati

Chandraprabha Vati is a potent Ayurvedic formulation that is mainly used in obesity, diabetes, metabolic diseases, and other diseases related to the urinary and genital system. *Chandraprabha Vati* contains 37 ingredients. It mitigates *Tridosha*. It is also *Balya*, *Vrishya*, *Rasayana*.

Chandraprabha Vati helps in managing menstrual problems like pain, cramps, etc due to its antispasmodic property. It relaxes the muscles and relieves spasms and cramps in the abdomen. It also helps to reduce pain associated with menstruation due to its analgesic activity. Menstrual problems like pain, cramps, or abnormal bleeding generally occur due to an imbalance of *Vata-Pitta* Dosha. *Chandraprabha Vati* helps to manage menstrual problems due to its *Vata-Pitta* balancing.

Drug	Action	Drug	Action
<i>Chandraprabha</i>	<i>Vrishya, stanya kari, balya.</i>	<i>Chitraka</i>	<i>Grahi.</i>
<i>Vacha</i>	<i>Shakrit mutra vishodhini.</i>	<i>Dhanyaka</i>	<i>Mutrala, deepana, pachana.</i>
<i>Musta</i>	<i>Grahi, deepana, pachana.</i>	<i>Triphala</i>	<i>Deepana, brimhaniya, anulomini, vrishya, rasayana.</i>
<i>Amruta</i>	<i>Rasayana.</i>	<i>Haridra</i>	<i>Detoxify the body.</i>
<i>Ativisha</i>	<i>Deepana pachana.</i>		

Dashamulaarishta

It is thought to be a wonderful tonic for women during the prenatal and peri-menopausal phases. *Dashmularishta* can inhibit bacterial growth and reduce soreness and act as vitiated *Vata*, *Kapha* & *Vedana Sthapaka*. It can also ease vaginal itch and discharge. *Dashamoolarishta* is one of the medications given to manage PCOS. It helps control menstrual disorders and infertility in females by rebalancing the hormone levels. Ayurveda groups PCOS under gynaecological diseases and provides a remedy for the entire female reproductive system.

Pathya ahara

Sattu (roasted gram flour), old rice, green leafy vegetables, *Kulattha*, *Jangala Mamsa*, *Dugdha*, *Takra*, *Navaneeta*, *Dadima*, *Draksha*, *Kushmanda*, *Narikela*, *Amalaki*, *Nimbu*, *Rasona*, *Palandu*, Honey.^[5]

Pathya vihara

Vishrama (body rest), *Divaswap* (daytime sleep), *Abhyanga*, *Swedana*, and *Yoga* avoid mental stress and anxiety and keep the mind positive.

Yoga

1. *Surya Namaskara*. 2. *Shashankasana*. 3. *Pranayam*. (*Nadishuddhi*) 4. *Trikonasana*.

OBSERVATIONS AND RESULTS

After completion of 3 months of total Ayurvedic therapy (*Shamana Chikitsa*), the patient has significantly attained regularity in the menstrual cycle and the severity of pain has been reduced. The menstrual flow was also improved. The patient got complete symptomatic relief.

DISCUSSION

Ayurveda considers *Tridosha* (*Vata*, *Pitta*, *Kapha*) as the fundamental units of entire physiology and pathology. Thus, *Doshas* are the prime factors to be considered, while trying to establish any drug for any disease. *Vata Dosha* should be managed first as it is the prime factor for the pathogenesis and to pacifying *Vata Dosha*.^[6-7]

CONCLUSION

Yoni Roga does not occur without the vitiation of *Apana Vata*. So treatment should aim at the relief of pain by normalizing the direction of menstrual flow which in turn is by normalizing the vitiated *Apana Vayu*. The therapeutic effects of *Dashmoolarishta*, *Chandraprabha Vati*, and *Rajaprabhakarini Vati* showed relief to the patient's condition.

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