EFFECT OF PHALASARPI AND EVECARE SYRUP IN THE MANAGEMENT OF UDAVARTINI w.s.r to PRIMARY DYSMENORRHOEA

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ABSTRACT
In today’s world dysmenorrhea is emerging as a burning issue as the population of dysmenorrheic women is increasing day by day. This is explained as an udavartini yoni vyapad in ayurveda. The main clinical feature of Udavartini is rajah kricchrata (painful menstruation). Dysmenorrhea affects 50% of menstruating women and is found to have a profound impact on the daily activities and may result in absentism from work or school. So in order to maintain their health, utmost care and effective treatment is needed. Phala sarpi and eve care syrup are the ayurvedic medicines which are used widely as they are tridosha shamaka, have anti spasmodic, anti inflammatory properties and it also stimulates the immune system helpful in alleviating pain during menstruation. Hence in present article attempt is made to analyze the Ayurvedic line of treatment which can restore the quality of life without any toxic side effects.

KEYWORDS: Udavartini, Primary Dysmenorrhea, Kashtartava, Phala sarpi, Eve care syrup

INTRODUCTION
Woman’s health is considered as the primary factor for the well being of family and society. Any physical and mental disorder disturbs her educational and economic life. Among the various symptoms of diseases, pain is the biggest problem since the beginning of mankind.
According to ayurveda normal menstruation has only comfort not pain. Hence painful menstruation is a variation from normalcy and needs medical attention. Among the 20 yonivyapads explained by acharyas the symptoms of dysmenorrhoea match with Udavartini yoni vyapad wherein the woman feels pain during the excretion of menstrual blood and gets relieved soon after that. Clinically, Dysmenorrhoea can be classified into primary and secondary according to whether it dates from the menarche or it develops after a phase of painless cycles. A pain which is of uterine origin or directly due to menstruation. This is true dysmenorrhoea and is also described as primary, spasmatic, intrinsic, essential and functional. A pain which arises in an organ or tissue other than the uterus and which is merely associated with menstruation. This includes congestive dysmenorrhoea as well as other types. According to Ayurveda, the clinical entity is characterized by pain, difficult expulsion of menstrual blood due to upward movement of rajas (menstrual blood) propelled by vitiated vata. The upward movement is called as Udavrittam\textsuperscript{3,4,5} Due to movement of flatus etc., natural urges in reverse direction, the aggravated vayu (Apana vayu) moving in reverse direction fills yoni (uterus). This yoni seized by the pain, initially throws or pushes the rajas (menstrual blood) upwards, then discharges it with great difficulty. The lady feels relief immediately following discharge of menstrual blood. Since in this condition rajas (menstrual blood) moves upwards or in reverse direction, hence it is termed as Udavartini.\textsuperscript{6} Besides painful and frothy menstruation, there are other pains of vata (body ache, general malaise etc.)\textsuperscript{7} In madhukosha commentary movement of vayu is said to be the cause of pain.\textsuperscript{8} The discharge of frothy menstrual blood associated with kapha.\textsuperscript{9}

**Mechanism of pain production**

1. The Obstructive theory: This theory is that there is obstruction to the outflow of blood by the acute bend in the uterus at the internal os, by stenosis of the internal os, aggravated by premenstrual congestion, and that the retained blood then sets up irregular, spasmodic and painful contractions occurs.\textsuperscript{10} As per Ayurveda this obstruction is caused due to vata.

2. The Hypoplasia theory: The uterus as remained in the prepubertal state, with a small corpus, relatively long cervix and under developed muscles which is unable to expel the menstrual blood. The retained blood sets up painful contractions.\textsuperscript{11}(due to alpa mamsa dathu).

3. Disturbed Polarity of uterus: If the uterine polarity is disturbed menstrual blood is retained in the uterus and sets up painful irregular contractions \textsuperscript{11}(due to apana vata which causes viloma gati of Rajas).
4. Clotting of the menstrual blood: According to this view dysmenorrhoea may be caused by clotting the menstrual blood (baddha artava), the clots being then difficult to expel\textsuperscript{12} (due to kapha).

5. Degenerative changes in the nerves supplying the uterus\textsuperscript{13} (due to vyana vata).

6. The muscle ischemia theory: It is suggested that the pain is due to ischemia of the uterine muscle during exaggerated uterine contractions\textsuperscript{12,13} (due to vata).

7. Increased prostaglandins, endoperoxides, and metabolite\textsuperscript{14}.

8. Excessive decidual formation (due to kapha).


10. Corpus luteum - if there is no corpus luteum no dysmenorrhoea, as is illustrated by the painless bleeding of anovular Menstruation\textsuperscript{15}.

11. Low pain threshold, General ill health (alpa sara).

12. Psychological factors\textsuperscript{16} (manasika karanas).

13. Environmental factors causing nervous tension (viharaja).

All the evidence suggests that vata is the main factor for Udaavartini yoni vyapad.

**NIDANA**

**AHARA:** Katu rasa, Ruksha, Sheeta, Khara Guna ahara, Inadequate intake of food (Anashana) Improper meal times (Vishamashana).

**VIHARA:** Abnormal mode of life-improper life style including either excessive excercises or sedentary life, addictions like smoking, alcohol etc, which increases chala, ruksha, Khara guna of the body. Consumption of Vata Vardhaka Nidanas, including Vegadharana (control of natural urges), AtiVyayama.

**MANASIKA:** Vata vitiating Chinta, Shoka, Bhaya, etc, and Pitta vitiating Kroda, Irshya etc, and all the psychological condition including stress.

**SAMPRAPTI**
LAKSHANAS
- Krichrartava
- Vimukta sukha
- Fenilatva
- Ruk
- Yoniprapedana

PROBABLE MODE OF ACTION
Phalaghrita.[17] most of the drugs are Tikta, Madhura and Katu Rasa, Laghu, Snigdha Guna, Katu, Madhura Vipaka, Ushna and Sheeta -Virya. It acts as Deepana, Pachana, Anulomana, Shothahara, shoolahara, Krimighna. It also acts on Artavavaha srotas.

Evecare syrup.[18] most of the drugs used are Tikta,Kashaya Rasa, Laghu, Ruksha Guna, SheetaVirya, Katu Vipaka. It acts as Kaphavatahara. Deepana, Pachana, Sroto Sodhana, Sothahara, Shoolahara. It also acts on Artavavaha Srotas.

DISCUSSION
The main lakshana of udavartini yonivyapad explained in the classics is kashtartava in which yoni discharges menstrual blood with difficulty. There is urdhvagamana of rajas due to upward movement of vegas taking vata dosha in upward direction. The vitiation of apana, vyana or prana vata may be due to vegadharana or margavarodha or may be because of dhatukshaya finally leads to vata vrudhi and then leading to pratilomagati of rajas.Phalasarpi and evecare syrup mainly have madhura, tikta rasa. madhura rasa is having Prithvi and Aap mahabhuta which are opposite of vayu mahabhuta and by virtue of its opposite nature of vayu mahabhuta it pacifies vitiated vata and helps in reducing pain which is the main symptom of Udavartini. Due to its deepana and pachana karma reduces nausea, vomiting and constipation and increases the appetite. It is a rasayana and balya. It improves the general health of the person. Hence improves the tolerance capacity and also helps in reducing the amount of pain felt.

CONCLUSION
An attempt is made to understand samprapti vighatana with phalasarpi and evecare syrup. In the classics of Ayurveda, painful menstruation finds its role as a sole symptom in Udavartini yonivyapad. Udavartini/primary dysmenorrhoea is a common disorder in adolescents showing prevalence of about 50%.Mithya ahara vihara, vega dharana are the main factors
that cause Udavartini. Nutritional imbalance, stress, less pain threshold are main recognised factors for Primary Dysmenorrhoea. Phalasarpi and Evecare syrup are tridosha shamaka, having anti spasmodic, antiinflammatory properties and also stimulates the immune system helpful in alleviating pain during menstruation. Hence in the present article an attempt is made to analyze the Ayurvedic line of treatment which can restore the quality of life without any toxic side effects.

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