

**Role of virechana karma in the symptoms of Udavarta yonivyapad****Bhavana Lachhiram Rathod^{*1}, Sonwane R.D.²**

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ABSTRACT-

Apathya Sevana & Vegadharana causes vitiation of *Vata* & its *Pratiloma Gati* results into cramping type of lower abdominal pain which gets relieved with expulsion of *Raja* (menstrual flow).^[1] Along with the *Katishula* is also the symptom by which many women are suffering. Patients of *Udavarta Yonivyapad* widely uses analgesics, antispasmodic, prostaglandin inhibitors any many more medicines which later on arises lot of adverse effects. Our treatise has mentioned *Shamana & Shodhana Chikitsa* to treat this. *Panchakarma* have ray of hope to this to treat & that *Shamana & Shodhana Chikitsa* in it so *Virechana* treatment was given^[2]. *Ayurveda* has lot of treatments for this which are easy to take & also cost effective. *Shodhana Chikitsa* is always better than *Shamana* because it works on the root cause of the disease.

KEY WORDS- *Udavarta Yonivyapad*, *Ayurveda*, *Eranda Taila Virechana*

INTRODUCTION-

Since time immortal *Ayurveda* is the science of life & *Panchakarma* is the soul of *Ayurveda*. It shows the ideal way

of living, which promises the disease free, long, healthier & ultimately a happy life.

Among various menstruations is the prime physiological function of women's life in her reproductive age. As per described in *Ayurveda* normal & healthy menstruation (*Artava Pravrutti*) is the mirror of healthy & normal functioning of one's reproductive system.

Vegadharana & Apathya Sevana vitiates aggravated *Vata* & its *Gati* changes which becomes *Pratiloma* & it initiates *Adhondar Shula* which gets relieved with the expulsion of *Raja*.

Due to Madhur, Tikta rasa, Madhur Vipaka & Ushna Virya Eranda acts on Vataprakopa & Acharya Sharangdhara included Eranda Taila in the group of Virechana drugs^[3]. Acharya Sushruta included it in the Gana of Adhobhagahar & Sthana of Vata is Adhobhaga of the Sharir. Acharya Sushruta mentioned Virechana treatment for Yoniroga in Chikitsasthana of Sushruta Samhita^[4]. Henceforth considering all those facts this treatment was chosen.

So we can assume that females of our society are dealing with this issue in large number so they must treat well. Henceforth this was an attempt to cure this disease and to protect them from getting ill with further issues and to contribute into the achievement in the motto of *Ayurveda* to keep the individuals disease free with sound body as well as mind.

AIM & OBJECTIVES-

AIM-

To study the effect of *Virechana Karma* in *Udavarta Yonivyapad*.

OBJECTIVES-

- Detail study of *Udavarta Yonivyapad* according to *Ayurveda* & modern science.
- Detail study of *Virechana Karma*.

MATERIALS & METHODS-

- Diagnosed 60 patients of *Udavarta Yonivyapad* from the O.P.D. of college's hospital.
- Erand Taila for *Virechana Karma*.
- Single clinical open trial.
- **Drug & dose-Erand Taila-40ml** ^[5] (calculated & given as per the *Agni &Koshtha* of the patients).

Sr. No	Drug name	Latin name	Family	Rasa	Virya	Vipaka	Prayojyanga
1.	Erand	Ricinus communis	Euphorbiaceae	Madhur, Tikta	Ushna	Madhur	Mool Beeja taila
2.	Gou Ghrita	Butyram puratu	-	Madhur	Shita	Madhur	-
3.	Til Taila	Sesamum indicum Linn.	Pedaliaceae	Madhur, Tikta, Kashaya . Katu	Ushna	Madhur	Beeja taila

SELECTION CRITERIA-

INCLUSION CRITERIA-

1. Females of age group between 12-35 years.
2. Both married & unmarried women were been included in this study.
3. Patients having regular menstrual cycles at least from last six consecutive cycles & having complained of *Udavarta Yonivyapad*.

4. Patients fulfilled the criteria for *Virechana Karma*.

EXCLUSION CRITERIA-

1. Patients using IUCD.
2. Patients having pelvic pathology.
3. Patients suffering from systemic lesion (benign & malignant growth of any system).

4. Patients which did not fulfilled the criteria for *Virechana Karma*.

ASSESSMENT CRITERIA-

1. *Adhoular Shula* by VAS-

A.	No pain	0
B.	Mild	1, 2, 3
C.	Moderate	4, 5, 6
D.	Severe	7, 8, 9, 10

2. *Katishula* by VAS-

A.	No pain	0
B.	Mild	1, 2, 3
C.	Moderate	4, 5, 6
D.	Severe	7, 8, 9, 10

.PLAN OF WORK-

POORVAKARMA-

- According to the symptoms diagnosis was done. *Snehapana* with *Gou Ghrita* was given to the patients from the 6th day of menstrual cycle at morning hours between 6-8am & duration of *Snehapana* was been adjusted till the *Samyak Snehana Lakshana* been achieved. The dose of *Gou Ghrita* was started with 30ml ie *Rhasiyasi Matra* (2.5 Tole) & was then adjusted according of the *Agni & Koshtha* of the patient^[6].
- Bahya Snehana Dravya-*** *Til Taila*
- Aahara during Snehapana-***
 - Patients were been instructed to drink only *Sukhoshna jala* whenever needed.
 - Laghu & Ashita Aahara*



• *Vihar during Snehapana-*

- Patients were instructed not to suppress the natural urges.
- They also instructed not to get in direct contact with extreme cold or hot things.

- VISHRAM KALA-*** It means there was no *Abhyantar Snehapana* was given but *Sarvanga Snehana* & *Sarvanga Swedan* was done for three days^[7].

PRADHAN KARMA-

- Virechana Vidhee:-***
- Aatur Sidhhata:*** - After administration of *Snehana* & *Swedana* successfully finding the patient to be cheerful, who had taken complete & sound sleep, which had digested the previous food well, had also passed motion & who were with empty stomach.
- Manasopchara:*** - Patients were counselled in sound manner & prepared mentally because disturbance in mental state can cause *Mithya Yoga*. Patients were also performed *Swastika Vachan* on the day of *Virechana* to maintain the sound state of their mind.
- Time of administration of the drug:*** - *Virechana Yoga* was administered after *Shleshma kala* has passed not in morning like *Vamana* ie in *Pitta Kala*.
- Shuddhi* was observed as per the *Lakshana* & *Vega* of *Virechana* to the patients.

PASCHATKARMA:-It starts from the cessation of the *Virechana Vega* & lasts up

to the patient reaches to their normal diet. Patients were been advised to take complete physical & psychological rest. Some restrictions in diet & in behaviour (Pariharya Vishay) were advised to the patient to follow it strictly ^[8]. *Samsarjan Krama* was designed by according to the type of *Shuddhi Lakshana*.

Follow up-

- 0th (Baseline) follow up
- 1st follow up- After 1st menstrual cycle
- 2nd follow up- After 2nd menstrual cycle
- 3rd follow up- After 3rd menstrual cycle

All these follow up has been taken after the cessation of bleeding phase of menstrual cycle.

STATISTICAL ANALYSIS-

All the values in following tables are calculated by using Wilcoxon sign rank test for subjective criteria is been used.. Statistical analysis of both the symptom is described separately in the following tables.

Symptom	<i>Adhoudarshula</i>
Mean Score, B.T.	2.117
Mean Score, A.T.	1.017
S.D (\pm), B.T.	0.761
S.D (\pm), A.T.	0.503
S.E. (\pm), B.T.	0.098
S.E. (\pm), A.T.	0.065
W	1128
Z	-5.96
P	P<0.05
Result	Significant

As the p value is lower than the significance level $\alpha = 0.05$, we should reject the null hypothesis H_0 and accept the alternate hypothesis H_a for *Adhoudarshula*.

Symptom	<i>Katishula</i>
Mean Score, B.T.	2.05
Mean Score, A.T.	0.983
S.D (\pm), B.T.	0.69
S.D (\pm), A.T.	0.536
S.E. (\pm), B.T.	0.09
S.E. (\pm), A.T.	0.069
W	1081
Z	-5.90
P	P<0.05
Result	Significant

As the p value is lower than the significance level $\alpha = 0.05$, we should reject the null hypothesis H_0 and accept the alternate hypothesis H_a for *Katishula*.

DISCUSSION-

Erand Taila Virechana treatment has shown improvement in the symptoms. *Erand Taila* has *Madhur & Tikta Rasa*, *Ushna Virya*, *Madhur Vipaka* due to these properties & *Aacharya Sushruta* also included it in *Adhobhagahar Gana* so considering all these things & the results we got with this treatment we can say that it is effective in *Udavarta Yonivyapad*. It

can be assume all the results from the observation to rule out the effect of the therapy. Here the discussion is given under these headings-

EFFECT IN THE SYMPTOMS-

• **EFFECT IN ADHOUDAR SHULA-**

It is found that maximum women had more relief in *Adhouldar Shula* after this treatment.

• **EFFECT IN KATISHULA-**

By comparing both the mean scores B.T. & A.T. that was 2.05 was decreased up to 0.983. So the patients got significant results in *Katishula*.

CONCLUSION-

Symptoms	Percentage Relief
<i>Adhouldar Shula</i>	51.96%
<i>Katishula</i>	52.03%



From the above table & the patients got the results it can be conclude that *Eranda Taila Virechana* treatment is significant in *Udavarta Yonivyapad*.

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Abbreviations-

- Ie- that is
- A.T.- after treatment
- B.T.- before treatment
- S.D.- standard deviation
- S.E.- standard equation

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