

**Original research article****A Literary study on *Udavarta Yonivyapad* and its Anatomical Co-relation-A brief review Article****<sup>1</sup>Dr. Arun Kumar, <sup>2</sup>Dr. Akashdeep A. Meshram**<sup>1</sup>PG Scholar, Department of Rachana Sharira, Parul Institute of Ayurveda, Vadodara, Gujarat, India<sup>3</sup>Professor & Guide, Department of Rachana Sharira, Parul Institute of Ayurveda, Vadodara, Gujarat, India**Corresponding Author:** Dr. Akashdeep A. Meshram (akashdeep.meshram260045@paruluniversity.ac.in)**Received: 15-05-2021.****Revised: 24-05-2021****Accepted: 20-06-2021****Abstract**

Most Gynaecological issues are referred to as *Yonivyapad* in Ayurvedic texts. Some menstrual disorders, such as *Asrigdara* (menorrhagia), have been defined separately but understanding the definition of *Yonivyapad* (gynaecological disorders) is needed to gain a detailed understanding of menstrual disorders. Twenty different types of *Yonivyapad* have been identified in Ayurveda classics (gynaecological disorders). The term *Udavarta Yonivyapad* (dysmenorrhea) is used to classify all forms of Dysmenorrhea. Based on *Charaka's* explanation that the pain symptom is relieved shortly after menstrual blood is discharged, it can be inferred that *Udavarta Yonivyapad* (gynaecological disorders) is similar to spasmodic or real dysmenorrhea.

**Keywords:** *Udavarta Yonivyapad*, gynaecological disorders, dysmenorrhea etc.

**Introduction**

Eight specialized divisions of Ayurveda are listed in Ayurveda classics. Various gynaecological conditions are well explained in Ayurveda. The word *Yonivyapad* (gynaecological disorders) was coined by the ancients to describe the majority of gynaecological disorders. *Yoni*, according to Chakrapani's definition, means reason, causative factor of different diseases, or an organ that causes several diseases <sup>[1]</sup>. According to Ayurvedic researchers, *Yonivyapad* (gynaecological disorders) refers to twenty distinct types of *Yoni* disorders. 2nd Most gynaecological issues are classified as *Yonivyapad* in Ayurvedic texts. Some menstrual disorders, such as *Asrigdara* (menorrhagia), have been defined separately, but an understanding of the definition of *Yonivyapad* (gynaecological disorders) is needed to gain a detailed understanding of menstrual disorders. *Udavarta Yonivyapad* (Dysmenorrhea).

*Udavarta Yonivyapada* (Dysmenorrhea) is one of twenty types of *Yonivyapada* listed in Ayurveda classics (gynaecological disorders). According to Charaka, the Vata dosha is fully dominant. He explains that aggravated Vata, which runs in the opposite direction, has a difficult time discharging raja (menstrual flow). Following the discharge of menstrual flow, the lady feels relieved <sup>[2]</sup>. In a few sentences, Sushruta explains that Vata dosha causes agony in addition to unpleasant and frothy menstruation <sup>[3]</sup>. According to Ashtanga sangraha Samhita commentator Indu, disordered Vata dosha causes *Udavarta Yonivyapada* (dysmenorrhea) <sup>[4]</sup>. Madhava nidana adheres to Sushruta's definition, while Madhukosha and Atanka-darpana commentaries on Madhava nidana state that vata's round movement causes pain. It is also said that menstruation is painful and frothy <sup>[5]</sup>. The discharge in *Udavarta Yonivyapada* (dysmenorrhea) is frothy, complicated and synonymous with Kapha, according to Yogaratnakara. He's speaking about how Kapha and Vata are involved with this illness <sup>[6]</sup>.

**Methodology**

*Udavarta Yonivyapad*-related materials were collected from various journals and books, Ayurvedic and Contemporary textbooks, authoritative articles, esteemed reviews literature, Manuscripts etc.

**Anatomical Explanation****Yoni**

In classical literature, the term '*Yoni*' refers to the entire female reproductive system as well as individual organs. Vyutpati-The word '*Yoni*' comes from the word 'yuj' dhatu, which means 'to connect or to join.'

## Appearance

Modern science describes similar descriptions to Ayurveda, but in greater detail; for example, the vagina is a fibro-muscular-membranous sheath that connects the uterine cavity to the outside at the vulva. It contains the uterine secretion and menstrual blood excretory tube. It is the organ of coitus and, at the time of delivery, it forms the birth canal. With the horizontal in an erect position, the canal is directed upwards and backwards, creating an angle of 45°. The canal has a width of around 2.5 cm, with the upper portion being the largest and the introitus being the narrowest. It has two lateral walls, as well as an anterior and posterior wall. One anterior, one posterior and two lateral fornices are present<sup>[7]</sup>. Mucous coat, submucous layer, muscular layer, and fibrous coat are the layers that run from the inside out.

## Garbhashaya

### Vyutpati

It is a location where the foetus (garbha) lives or grows<sup>[8]</sup>.

### Location

*Garbhashaya* is located in the third avarta of the *Yoni*, on the backside of the bladder, between pittashay and pakvashaya<sup>[9-10]</sup>.

### Shape

*Garbhashaya*, according to Susruta, resembles the mouth of a 'rohita' fish. Dalhana explained in his commentary that it is hollow inside, similar to the mouth of a 'rohita' fish<sup>[11]</sup>. The uterus is identified by Chakrapanidatta as having the form of a 'kshudra-tumbi phala,' which has its mouth downwards and is somewhat flattened<sup>[12]</sup>.

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## Uterus

Modern science has given a more detailed explanation of a related description. It is one of the internal genital organs in a woman's body that is responsible for menstruation, sperm transport and capacitation, embryo embedding, and childbearing.

### Situation

Located between the urinary bladder and the rectum in the pelvic cavity.

**Shape:** Antero-posteriorly flattened pyriform or pear-shaped liver.

**Size:** Nulliparous-3"x2"x1"-l x b x t; parous-weighed more.

**Weight:** Nulliparous: 45-50gm, Parous: 50-70gm Components:

#### a) Corpus or body

The fundus uteri are the upper 2/3 of the uterus that lies above the plane of the tubal attachment.

**Cavity:** It has a triangular shape and communicates into the fallopian tube lumens on both ends.

#### b) Cervix or neck: It is divided into two sections:

- Supra-vaginal region.

- The vaginal area.

c) **Isthmus:** It is a constricted 1/4" (0.5 cm.) part of the uterus located at the corpus-cervix junction.

**Ovary:** Adult ovary, one on each side, is a sturdy flat reniform organ, according to modern medicine.

- 1) **Dimensions:** 3.5 cm long, 1.5 cm thick
- 2) Each ovary is made up of 5-10 gm in weight.
- 3) There are two sides of the tube: tubal and uterine.
- 4) There are two borders: the meso-ovarian and the free posterior.
- 5) There are two types of surfaces: medial and lateral.

## Structure

The ovary is covered by germinal epithelium, which is a single layer of cubical cells. The outer cortex and inner medulla are the gland's compounds. The fallopian tube is a tube that connects the uterus to the fall.

## Fallopian Tube

There are two fallopian tubes, one on either side of the uterus. Each tube is approximately 10 cm long and lies in the upper free boundary of the wide ligament. The peritoneal cavity is reached from the lumen at the dorsal end of the fallopian tubes. The lumen's anterior end enters the uterine cavity. As the ova are expelled from the ovaries, they penetrate the tube's lumen through the abdominal ostium and pass down the tube to the uterine cavity<sup>[19]</sup>.

## Etymology-Udavarta Yonivyapada's (Dysmenorrhea)

Dysmenorrhea (*Udavarta Yonivyapada*) is a *Yoni-roga* (gynaecological disorder) caused by *vata pratiloma gati* (reverse movement)<sup>[20]</sup>. In which pressure, frothy menstrual bleeding is present. The complications of the woman subside when the menstrual blood is expelled from the body<sup>[20, 21]</sup>.

## Synonym

Udavartini, udavarta, udavarta.

## Definition

The agitated *vata* occupies the *Yoni* (uterus) in this disorder, induces pain, briefly throws or moves the menstrual bleeding upwards, then discharges it with much difficulty, and the lady experiences relief instantly after the menstrual blood is discharged.

The *raja* travels upwards or backwards in this state, which is known as *Udavarta Yonivyapada* (dysmenorrhea)<sup>[22]</sup>.

## Causative Factor

According to Charaka, when a woman of *vata prakriti* (constitution) eats a *vata* increasing diet and engages in practices that aggravate *vata*, *vata* is provoked and enters the reproductive system, causing pain during menstruation<sup>[23]</sup>.

## Signs and Symptoms

Symptoms include shifting of flatus and normal impulses in the opposite direction, *Yoni* seizes with discomfort, complicated menstrual blood discharge, and instant relief after menstrual blood discharge<sup>[24]</sup>.

## Samprapti (pathogenesis)

When a woman follows a *vata dosha* aggravating diet and behaviour, the *vata dosha* becomes exacerbated, obstructing the *vata dosha*'s work. It degrades *rasa dhatu* and causes abnormalities in the *artava-vaha Srotas* (reproductive system). Menstrual bleeding is influenced by *Apana vata*'s upward movement, which causes discomfort. *Vata-pitta-kapha* (Congestive dysmenorrhea), *Vata-kaphaja* (Membranous dysmenorrhea) and *Vataja* (Membranous dysmenorrhea) are the three forms of dysmenorrhea that can be seen based on *dosha* association (*Spasmodic dysmenorrhea*)<sup>[25]</sup>.

## Bheda (types)

1. *Vataja* (spasmodic dysmenorrhea).
2. *Vata-kaphaja* (membranous dysmenorrhea).
3. *Vata-pitta-kaphaja* (congestive dysmenorrhea).
4. *Sutra of Chikitsa* (general line of management).

*Yoni* disorders never occur without a vitiation of *vata*, so *vata* should be balanced first, then other *doshas* should be managed<sup>[26]</sup>.

## **Vata dosha's role in *Udavarta Yonivyapada* (Dysmenorrhea)**

Menstruation is a normal hormonal phenomenon that is referred to as *Udavarta Yonivyapada* when it is followed by discomfort (dysmenorrhea). Understanding the function of vata dosha in the pathogenesis of this disease is important. The apana vata governs menstrual bleeding. Both excretory operations, such as moving stool and urine, the ejaculation of sperm, normal birth of a fetus, and so on, are aided by Apana vata. Vata is also said to be responsible for all downward activities in the reproductive system, according to ancient texts. Artava (menstrual blood) is excreted cyclically in women and is associated with apana vata operation. The lower back, urinary bladder and genital organs are some of the places where apana vata can be found, according to Charaka<sup>[27]</sup>.

Dysmenorrhea From contemporary sources, *Udavarta Yonivyapada* (gynaecological disorders) is analogous to Dysmenorrhea disease<sup>[28]</sup>.

## **The origins of the word**

The word Dysmenorrhea comes from Greek. Dis-men-o-re'ah; dis: a prefix that means tough, unpleasant, or painful; men: a month; rein: to flow Dysmenorrhea, on the other hand, refers to unpleasant or troublesome menstruation<sup>[29]</sup>.

## **Definition**

Dysmenorrhea is the medical term for painful menstruation. However, a more reasonable and functional concept requires cases of painful menstruation severe enough to prevent daily activities<sup>[30]</sup>.

## **Types of dysmenorrhea**

There are two types of Dysmenorrhea:

1. Primary.
2. Secondary.

Other forms of Dysmenorrhea, such as membranous Dysmenorrhea and ovarian Dysmenorrhea, have been reported in some documents.

## **Primary dysmenorrhea**

The discomfort of this condition is uterine and is caused by menstruation. True Dysmenorrhea is also known as primary, spasmodic, inherent, necessary, and functional Dysmenorrhea. The most prevalent form of Dysmenorrhea is primary Dysmenorrhea, which is caused by the synthesis of prostaglandins. The prostaglandins produced in the uterus help the uterus shed the lining that has built up during the menstrual cycle by contracting the uterine muscles. The woman may experience intense pain or Dysmenorrhea during her menstrual cycle if she produces too many prostaglandins. Headache, fatigue, vomiting, and diarrhoea are all symptoms of prostaglandins.

## **Prevalence of dysmenorrhea**

In general, primary Dysmenorrhea affects the majority of mothers. It mostly affects children and teenagers. It's even more likely in women who have never given birth. There is no pathology of the pelvis that can be identified<sup>[31]</sup>.

## **Dysmenorrhea causes**

Although the exact cause of primary dysmenorrhea remains unknown, prostaglandins, which are found in different body tissues like the uterus, tend to play a significant role<sup>[32]</sup>.

1. Hormonal imbalance.
2. Psychogenic Factor.
3. Generalized ill health.
4. Stenosis at internal cervix.
5. Uterine hypoplasia.
6. Prostaglandins.
7. Vasopressin.
8. Intrauterine contraceptive device and pills.

## **Theories of pain**

### **1. Hormonal disparity theory**

The hormone stimulus to the uterus is linked to spasmodic Dysmenorrhea. Progesterone induces a narrowing of the cervical canal by stimulating myometrial relaxation of the smooth muscle of the cervix. Progesterone also boosts the activity of prostaglandin F2 alpha, which heightens the pain.

### **2. Myometrial activity theory**

The fact that myometrial contraction causes discomfort is not properly explained and not all myometrial

contractions are painful.

### 3. Psychogenic causes theory

In cases of primary Dysmenorrhea, psychogenic causes are the most prevalent and significant. Any of which would make people fearful. Anxiety and depression, which may manifest as discomfort, are caused by fear.

### 4. Un-ovulatory cycle theory

Even though un-ovulatory periods are painless, Dysmenorrhea can occur in some women.

### 5. Prostaglandins theory

The most widely accepted theory is that Dysmenorrhea is caused by an accumulation of prostaglandins, especially PG F<sub>2</sub>, or their presence in the uterus.

### 6. Muscular dysfunction theory

It may be explained by a deficiency in autonomic nervous muscle regulation, in which an overactive sympathetic system causes hypertonic of the isthmus circular fibres and internal Os.

### 7. Vasopressin theory

This hormone enhances PG synthesis as well as myometrial activity. Systemic disease and general ill health: Dysmenorrhea has been linked to severe malnutrition, acute and chronic illness.

**8. Poor posture theory:** Poor posture causes primary Dysmenorrhea in poor asthenic women with reduced pain tolerance and defective generative organs.

### Dysmenorrhea spasmodic

The majority of cases of Dysmenorrhea fall into this category, and it is estimated that about half of all adult females will experience some kind of this symptom at some point in their lives, but only about ten per cent will seek medical help. The patient's background is very typical. The suffering begins on the first day of the menstrual cycle. This severe pain is spasmodic and intermittent, and it can induce dizziness, collapse, vomiting, or nausea. The extreme pain is accompanied by a similar but less severe pain in the lower abdomen and pubis, which also extends down the anteromedial region of the thighs. The agony normally lasts no more than 12 hours. It is important to recognise that the form of pain encountered by patients with spasmodic Dysmenorrhea varies greatly. In some cases, significant agony begins the day before menstruation and may last for several days after menstruation<sup>[33]</sup>.

### Dysmenorrhea pathophysiology

1. It has everything to do with ovulatory periods.
2. Linked to increased uterine prostaglandin output and release, especially prostaglandin F<sub>2</sub>.
3. Women with Dysmenorrhea can develop ten times more prostaglandin F than asymptomatic women.
4. The majority of prostaglandins are released within the first 48 hours of menstruation, which helps to clarify symptom onset and duration.

### Structural and anatomical changes

- a) **Structural changes:** The structural Changes there are Changes like- Antramukhi, Phallini, MahaYoni, Vatiki Yoni, Prasransini along with Udvrtta and Apavrtta Phala Yoni Vyapada These all structural Changes mainly represent the “dislocation”, “displacement” and “disarrangement” of the female genital organs. Today modern medical sciences also agree that when there is some problem with the positioning of the uterus it may hamper the feminine characters and activities, very easily.
- b) **Embryological changes:** Under this heading, we can summarize-Suchi Mukhi, Shandi and Bandhya Yoni Vyapadas. Besides this Kashyap has elaborated this very clearly and has given some other correlations by giving some examples of the different types of vaginal openings based on embryological developments. So, all this can be used for the exploration of embryological development and different anomalies.
- c) **Histological changes:** According to Ayurveda in this category, Karnini and Yoni Kanda can be included because these two Changes will be on histological levels<sup>[34-43]</sup>.

### Anatomical Relation with Yonivyapad

1. Ayurveda explained different structures or parts of the Artavavaha Srotas which are related to the structures of the female reproductive system. The term Bhaga is in Ayurveda refers to the Smaramandira and Yoni which shows relation with Vulva.
2. It is 12 Angular in length. It seems to be the description of the circumference of the entire vulva instead of the introitus of the vagina. Thus, the word Bhaga gives the meaning of Yoni, which denotes the external genital organs of females i.e. vulva or the introitus of the vagina. Smaratpatra is situated in the

upper portion of the vagina similar to the clitoris which is a highly stimulated/erectile structure during sexual acts.

3. The structure of the *Yoni* is like a conch shell, it is broader at the start, kinked at the middle and again broader at the end. It is described to be composed of three Avarta. Prathamavarta comprises vagina and accompanying structures, Dwitiyavarta comprises cervix and accompanying structures and Tritiyavarta includes uterus along with its appendages.
4. *Yoni* looks like a conch shell and it is composed of three Avarta and *Garbhashaya* is situated in the third Avarta of *Yoni*. *Garbhashaya* means uterine cavity which resembles to shape of fish named Rohit. It is triangular, the apex being at the mouth, which says that its mouth is small and meanwhile internal cavity is big. Rajovahi Sira (uterine vessels) is the blood supply of the organ.
5. Aratvavaha Srotas is a physio-anatomical structure present in the female pelvic cavity having *Garbhashaya* and Artavavahi Dhamani of its Moolsthan i.e., most important parts. It is quite related to the female reproductive system of modern science in which the uterus along with the fallopian tube and ovary are the most important parts for its structural and functional essentiality.
6. The relation of Artavavaha Srotas has been resolute in two ways Macroscopic and microscopic. Macroscopically it is considered as the reproductive tract where menstruation, conception, and foetal development take place. While microscopically we must understand the physiological aspect as Artavavaha Srotas is a physio-anatomical co-relation<sup>[44-48]</sup>.

### Benefits of article

This article is very beneficial regarding the following Points-

1. Social awareness regarding female Vyadhis.
2. This article conveys a good message for females to maintaining good hygiene.
3. A Female public awareness regarding menstrual period.
4. A Female public awareness regarding Dysmenorrhea.

### Discussion

The aggravated Apana form of vata dosha fills *Yoni* due to the movement of flatus, etc. normal impulses in the opposite direction, according to Charaka (uterus). When this *Yoni* is in agony, it drives the raja (menstrual blood) upwards and then struggles to discharge it. Following the discharge of menstrual fluid, the lady appears relieved. Since raja travels upwards or in the opposite direction in this state, it is called Udavartini. Sushruta summarised the subject by concluding that, in addition to intense, frothy menstruation, there are other vata-related pains such as body ache, general malaise, and so on. Various anomalies of the female reproductive system were also elaborated by Acharya Sushruta as *Yonivyapada*, with *Yonivyapadas* numbering 20.7 based on systemic transition and dosha predominance. *Yonivyapad* is caused by vitiated doshas, which cause structural and functional changes. Diseases of various organs of the Female Reproductive System<sup>8</sup> have been identified separately by modern medicine. Functional defects are caused by structural changes in the organs of the female reproductive system. It has a major impact on reproduction. Ayurveda explains the majority of these Changes in terms of *Yonivyapada*<sup>[49]</sup>.

### Conclusion

*Udavarta Yonivyapada* is a form of Dysmenorrhea that has been traditionally identified. The pain condition in *Udavarta Yonivyapada*, which resembles spasmodic or real Dysmenorrhea, is relieved directly after menstrual blood is discharged, according to Charaka. Indu mentions the discharge of clotted blood, which corresponds to a form of spasmodic Dysmenorrhea marked by the removal of large blood clots. The Kapha dosha has been linked to another form of membranous Dysmenorrhea, according to Yoga-Ratnakara.

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