

Comparative study of different Ayurvedic modalities in the management of *Udāvarta* (Primary Dysmenorrhoea)

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Abstract

Primary dysmenorrhoea is the most common gynecological problem in menstruating women. It is defined as cramping pain in the lower abdomen occurring at the onset of menstruation in the absence of identifiable pelvic disease. Its Prevalence rate is up to 90%. Women with primary dysmenorrhoea have increased activity of the uterine muscle with increased contractility and increased frequency of contractions. The pain is usually described as being in the lower abdomen, possible radiating to the thighs and lower back. Other symptoms associated with primary dysmenorhea are nausea vomiting, fatigue, diarrhea, lower backache, and headache. According to Ayurveda *udavarta* is the gynecological disorders. It appears to be which shows similar symptoms of primary dysmenorrhoea. Ancient Ayurvedic text says that due to movements of flatus etc. Natural urge in reverse direction. The aggregated *apanavayu* moving in reversed direction fills uterus. This uterus seized with pain initially through or pushes the menstrual blood upwards. Then discharge it with great difficulty. The study was compared the efficacy of two treatment modalities in the management of *udavarta* (primary dysmenorrohea.) Sixty (60) patients were randomly selected as per inclusive criteria from OPD of Gampaha Wickramarachchi Ayurveda Teaching Hospital, *Stree Roga* Clinic, Yakkala. Patients were divided into two groups as A & B. Each group was consisted with 30 patients. Both group were administrated the general classical management. The selected patients for group B were treated under the selected modalities. The trial was conducted for 7 days. Data was evaluated by using SPSS statistical package. The result showed that selected Ayurveda modalities more effective for disease of *udavarta*. The selected Ayurveic modalities can be used for menstrual pain.

Keywords: Primary Dysmenorrhoea, *Udavarta*, painful menstruation.