

“A Comparative Study of Dashamoola Yog Basti and Dashamoola Sidha Kshir Pan in Udavarta Yonivyapad”

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I. INTRODUCTION :-

In 21st century humans have achieved heights of success, wealth and prosperity but got defeated by health. Changaing lifestyle has greatly affected health of women. For the well being of society, women health plays a very important role.

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In today's stressful modern life style, women's health is having prime importance for the well being of family and society. Herreproductive life and her career is affected by physical and physiological disturbances.

Lack of proper nutritious diet, stress, fast life and giving least importance to dinacharya, rutucharya and diet regimen etc. leads to tridoshavridhi where vitiated vata dosha gives rise to diseases of yoni.

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In reproductive phase of a women, menstruation is one of the physiological process. Apanavata is the governing force of menstruation, its vitiation gives rise to many diseases like yonivyapad's, Udavarta being one among them. Here, painful menstruation is a cardinal symptom of Udavarta Yonivyapad which is caused due to vitiation of vata moving in viloma gati. Dysmenorrhoea which causes painful expulsion of artava is similar to Udavarta Yonivyapad explained in Ayurveda. Normal function of Apana Vayu is the expulsion of artava without any discomfort. Upward or reverse direction of raja leading to painful menstruation is caused due to vikruti in Apan Vayu.

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One of the most frequent gynaecological complain is Dysmenorrhoea. Its frequency has socioeconomic importance because the patients are often incapacitated from work from one or more days during each period associated with complaints like nausea, vomiting, backache, diarrhoea, giddiness and fainting. To maintain the healthy reproductive phase and to improve the quality of life in women, it is the need of an hour to treat women with an effective remedy having minimal or no side effects. The correction of Vatadosha which is the root cause for all the Yonivypads is basically, the treatment protocol for Udavarta Yonivyapad. Basti is primarily the important chikitsa for vata vyadhi according to Ayurveda and basti karma and sanshodhan chikitsa have been described in ancient texts for Udavarta yonivyapada.

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In Ayurveda, for the management of vata, basti is considered as paramashadha, as it is the closest path to reach pakvashaya than other treatment procedures and it is the treatment modality mentioned in all types of yonivyapad.

Dashamoola is considered as best vatahara, when processed with ksheera acts as bruhana. Viloma gati

of vata is responsible for udavartini yonivyapad, Dashamoola does vatanulomana.

AIM AND OBJECTIVE

➤ Aims :-

1) To conduct a clinical and comparative study to find out the efficacy of dashamoola yog basti and dashamoola sidha kshir pan in Udavarta yonivyapada

➤ Objectives:-

- To find out the efficacy of Dashamoola yog basti in Udavarta yonivyapada.
- To find out the efficacy of Dashamoola sidha kshir pan in Udavarta yonivyapada.
- To frame a clinical picture of Udavarta yonivyapad with the help of granthokta references.

MaterialsAndMethods:-

While conducting this project the material and methodology used as follows :-

Plan of work –

The proposed study was done in three levels.

Level 3 :- Clinical trial

PLAN OF WORK :-

Preparation of drug



Authentication & standardization of drug



Selection of patients randomly having Udavarta yonivyapad



Level 1 :- LITERARY REVIEW.

- **Literary source** –Literary review of ayurvedic text and samhitas was done thoroughly. References of Udavarta Yonivyapada were collected from Laghutrayi and Brihat-trayi.Especially references from Charak, Sushrut, Ashtangaasangaraha and Ashtangaahridayam were collected and compiled

- Detail concepts of Udavarta yonivyapada are compared with Dysmenorrhoea from modern medicine books, previous done research journals and internet.

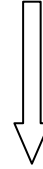
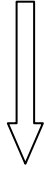
- **Level 2 :-** Drug Authentication and standardization

- Raw material of drug dashamoola was collected from market source.

1) Drug authentication of all raw ingredients of Dashamoola was done.

2) Finished product standardization was done by using as per API.

Inform & written consent will be taken



Group A
30 patients of Udavarta yonivyapad
yonivyapad Treated with
Dashamoola yog basti
pan chikitsa

Group B
30 patients of Udavarta Treated with
dashamoola sidha kshir chikitsa



Observation, data collection & statistical evaluate



Discussion & conclusion

SELECTION OF PATIENTS :- - Patients were randomly selected.

SAMPLING PLAN :-

Sampling of patients of inclusion criteria was selected by random sampling. The patients were divided into two groups.

Group A -30 no.of patients were treated with Dashamoola yog basti

Group B – 30 no. of patients were treated with Dashamoola sidha kshir pan

- All the sign and symptoms of the patients were noted before and after treatment keenly.

Selection criteria:-

1)Criteria for inclusion:-

- Patients coming with chief complain of painful menses.
- Pain along with scanty or average amount of menses.
- Age group between 15-30 years.
- Patients with intrauterine contraceptive devices.

2)Criteria for exclusion:-

- Patients below 15 years and above 30 years.
- Patients with chronic illness.
- Menorrhagia.
- Any uterine pathology – fibroid, adenomyosis, endometriosis etc.

3) Withdrawal criteria:-

1. If patients develop any adverse effect.
- 2 .If patient is not responding to treatment and aggravation of symptoms.
3. If patient refuses to continue with the treatment.

4)Diagnostic criteria:-

Signs & symptoms

- Pain
- Duration of pain
- Aartav praman
- Aartav strav avadhi
- Shrama
- Vankshan,kati and janu shool

INVESTIGATION –

- 1) Laboratory investigations were carried out before and after treatment to rule out any other pathological conditions as well as to record any specific change by the treatment.
- 2) **Haematological:-** routine hematological examinations like total leucocytes count, differential count, hemoglobin percent.
- 3) **Urine:-** routine and microscopic examination.
- 4) **Sonography (u.s.g):-** for uterine and adenexal study if needed to rule out any pathology or lesion.

A. TRIAL DRUG :-

Dashamoola kwath:- Final product of Dashamoola kwatha prepared from authenticated and standardized raw content as per API guidelines. Dashamoola kwatha was used as trial drug for preparation of niruha basti and bala taila for anuvasan basti in yog basti.(450ml niruha , 60ml anuvasan) for 8 days alternately.

Dashamoola sidha kshir : Final product of Dashamoola sidha kshir prepared from authenticated and standardized raw content as per API guidelines. Dashamoola sidha kshir was used as trial drug for Pan in the dose of 250ml, once a day in the morning for 8 days.

	Group A	Group B
Drug	Dashamoola kwath niruha & bala tail anuvasan basti	Dashamoola sidha kshir pan
Dose	450 ml (niruha basti) 60 ml(anuvsan basti)	250 ml per day
Route	Rectal (yog basti)	Orally
Duration	Yog basti 08 days for three menstrual cycles	Continue till 8 days for three menstrual cycles
Time period	At 20 th day of menstrual cycle	At 20 th day of menstrual cycle

Method of drug administration-

CRITERIA OF ASSESSMENT :

Effect of Dashamoola yog basti and Dashamoola sidha kshir pan was assessed on the basis of following criteria, before and after treatment.

Criteria	0	1	2	3
Severity of pain	Menstruation is not painful and daily activity unaffected	Menstruation is painful and daily activity not affected. No analgesic Required.	Menstruation is painful and daily activity affected. Analgesic drug were Needed.	Menstruation is painful, she cannot do even her normal routine work and has to absent from class / office during menses. Had to take analgesic but Poor effect.
Duration of pain	No pain in menstruation	Pain persist less than 12 hours	Pain continue for 12 -24hours	Pain continue more than 24 hours
Artava pramana (by no of pad)	6 – 7 pads/cycle	4 – 5 pads/cycle	2 – 3 pads/cycle	Spotting or 1 pad/cycle
Artavasrava	Duration of	Duration of menses 3	Duration of menses	Duration of

avadhi	menses 4 – 7 days.	days.	2 days.	menses 1 day
Shrama (fatigue)	No shrama	Fatigue by single extra work other than daily routine.	Fatigue by normal daily routine	Severe fatigue even without work.
Vankshana shula (tenesmus of the bladder), kati shula and janu shula	No pain	Presence of all 03 < 1 hour / 02 features < 6 hrs / 01 feature < 12 hrs	Presence of all 03 1-2 hrs/ 02 features 6-12 hrs/ 01 feature > 12 hrs.	Presence of all 03 > 2 hrs / 02 features 12-24 hrs./ 01 feature > 24 hrs.

General evaluating scale:-

0- absence of symptoms

1 -mild

2 -moderate

3 –severe

II. OBSERVATIONS AND RESULT

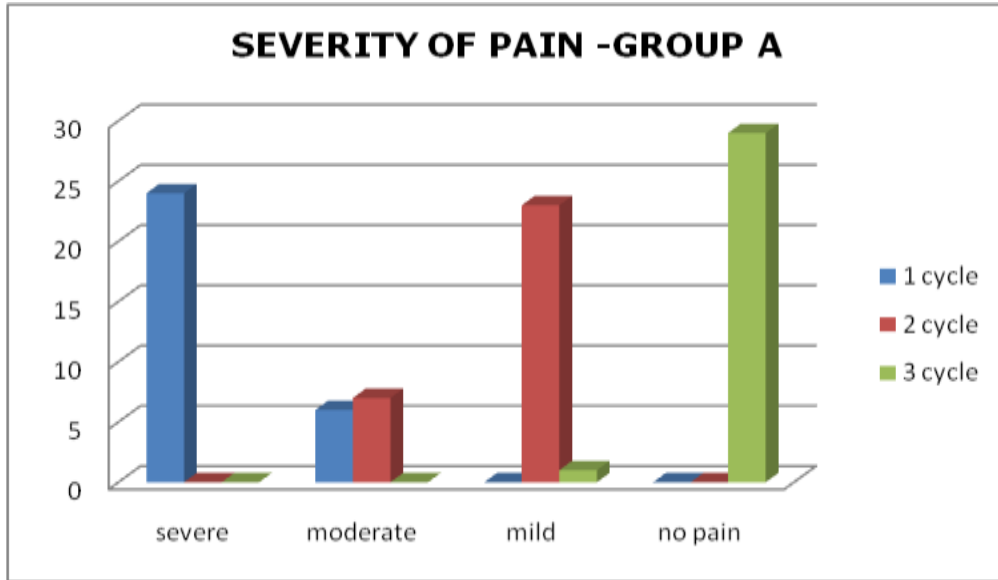
Assesment criteria-

➤ **Severity of pain-**

Criteria	0	1	2	3
Severity of pain	Menstruation is not painful and daily activity unaffected	Menstruation is painful and daily activity not affected. No analgesic Required.	Menstruation is painful and daily activity affected. Analgesic drug were Needed.	Menstruation is painful, she cannot do even her normal routine work and has to absent from class / office during menses. Had to take analgesic but Poor effect.

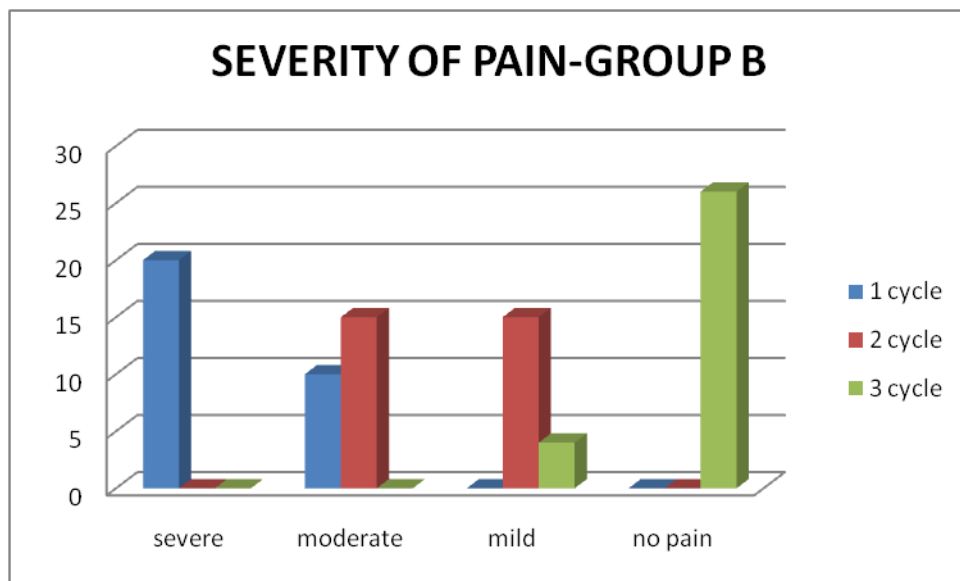
SEVERITY OF PAIN- GROUP A

	1 cycle	2 cycle	3 cycle
severe	24	0	0
moderate	6	7	0
mild	0	23	1
no pain	0	0	29



SEVERITY OF PAIN- GROUP B

	1 cycle	2 cycle	3 cycle
severe	20	0	0
moderate	10	15	0
mild	0	15	4
no pain	0	0	26

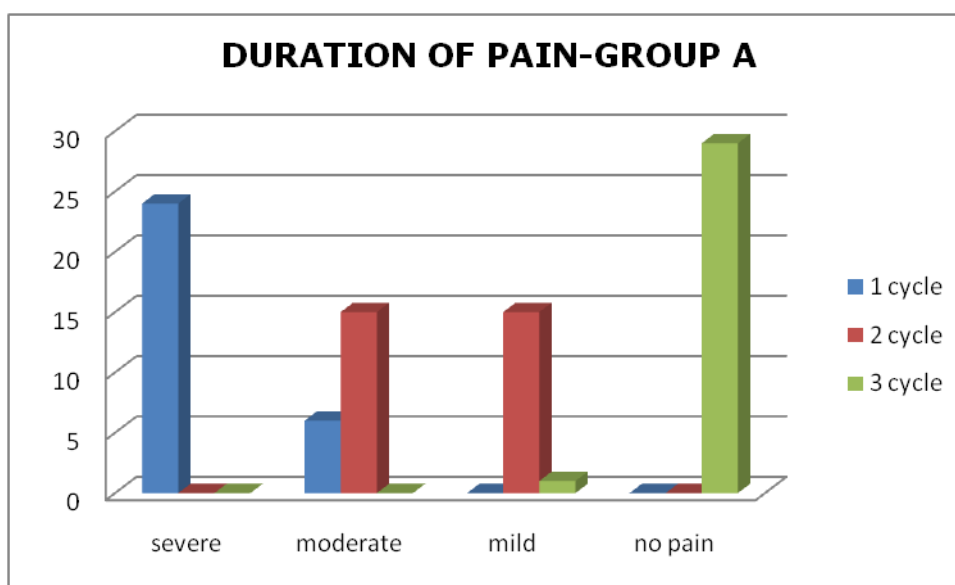


➤ **Duration of pain**

Criteria	0	1	2	3
Duration of pain	No pain in menstruation	Pain persist less than 12 hours	Pain continue for 12 -24hours	Pain continue more than 24 hours

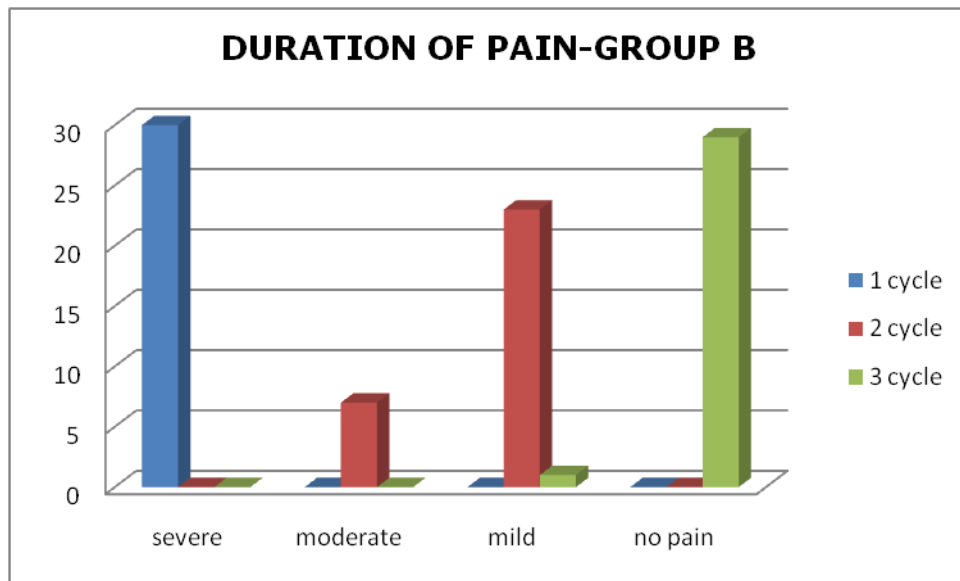
DURATION OF PAIN –GROUP A

	1 cycle	2 cycle	3 cycle
severe	24	0	0
moderate	6	15	0
mild	0	15	1
no pain	0	0	29



DURATION OF PAIN - GROUP B

	1 cycle	2 cycle	3 cycle
severe	30	0	0
moderate	0	7	0
Mild	0	23	1
no pain	0	0	29

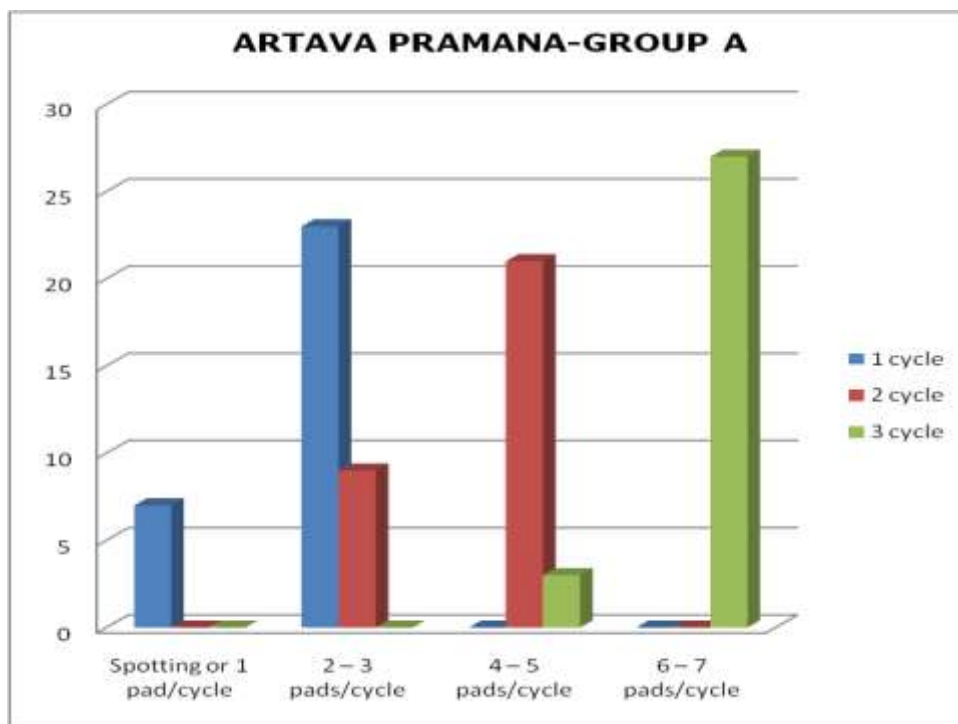


➤ **Artava pramana**

Criteria	0	1	2	3
Artava pramana (by number of pad)	6 – 7 pads/cycle	4 – 5 pads/cycle	2 – 3 pads/cycle	Spotting or 1 pad/cycle

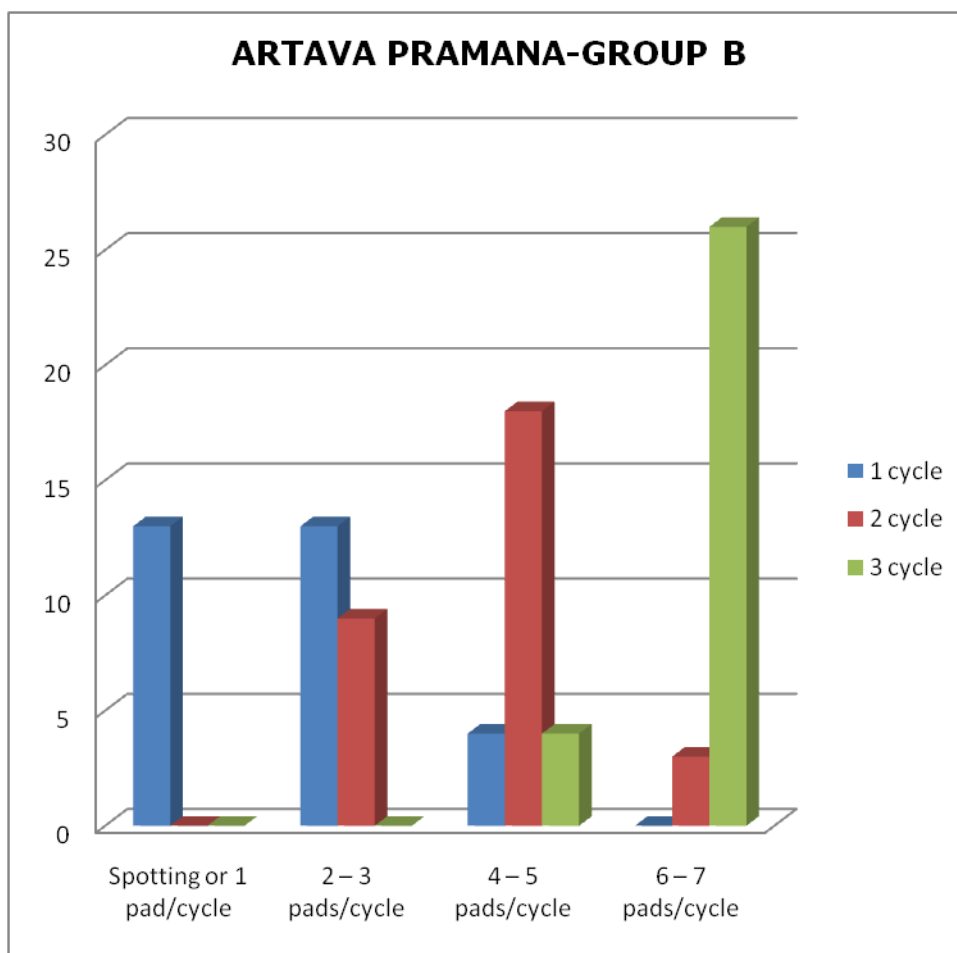
ARTAVA PRAMANA - GROUP A

	1 cycle	2 cycle	3 cycle
Spotting or 1 pad/cycle	7	0	0
2 – 3 pads/cycle	23	9	0
4 – 5 pads/cycle	0	21	3
6 – 7 pads/cycle	0	0	27



ARTAVA PRAMANA –GROUP B

	1 cycle	2 cycle	3 cycle
Spotting or 1 pad/cycle	13	0	0
2 – 3 pads/cycle	13	9	0
4 – 5 pads/cycle	4	18	4
6 – 7 pads/cycle	0	3	26

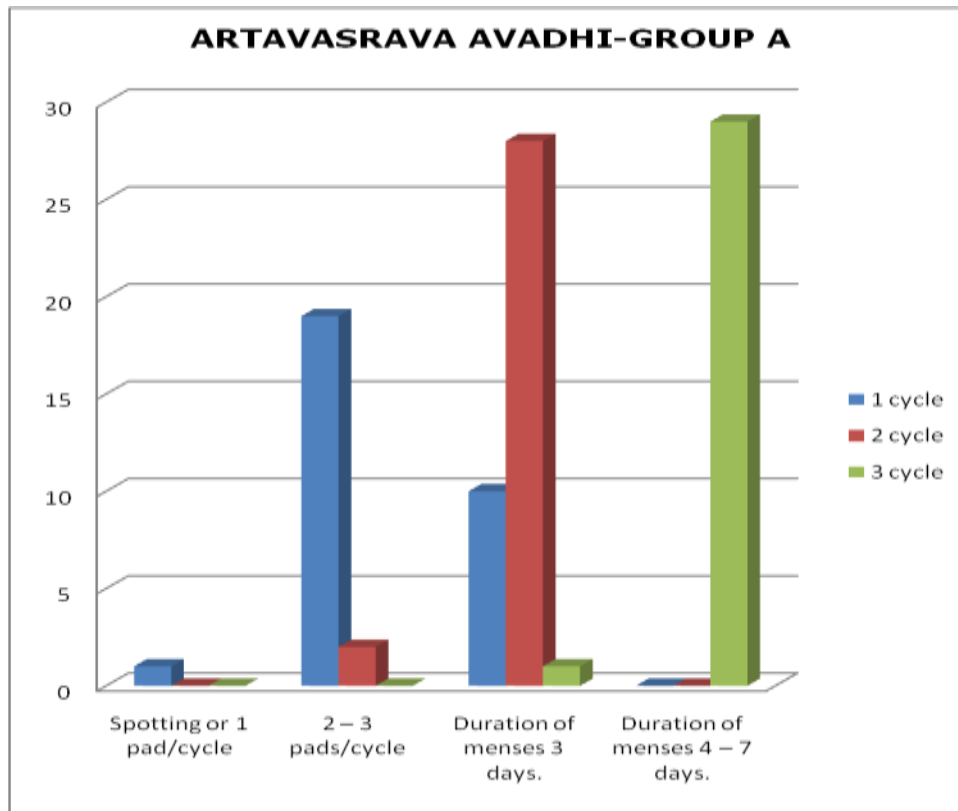


➤ **Artavastrava avadhi**

Criteria	0	1	2	3
Artavastrava avadhi	Duration of menses 4 – 7 days.	Duration of menses 3 days.	Duration of menses 2 days.	Duration of menses 1 day

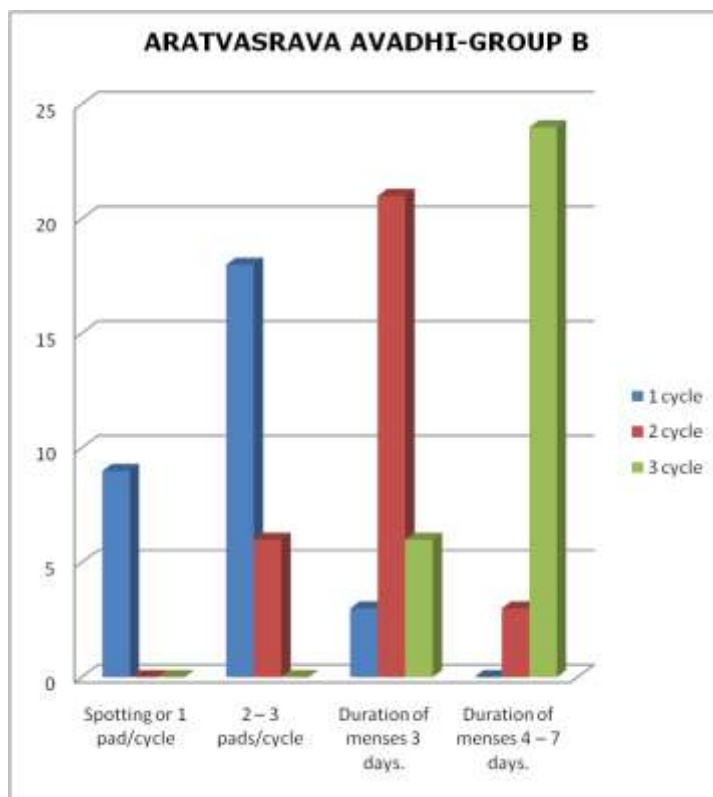
ARTAVASTRAVA AVADHI- GROUP A

	1 cycle	2 cycle	3 cycle
Spotting or 1 pad/cycle	1	0	0
2 – 3 pads/cycle	19	2	0
Duration of menses 3 days.	10	28	1
Duration of menses 4 – 7 days.	0	0	29



ARTAVASTRAVA AVADHI- GROUP B

	1 cycle	2 cycle	3 cycle
Spotting or 1 pad/cycle	9	0	0
2 – 3 pads/cycle	18	6	0
Duration of menses 3 days.	3	21	6
Duration of menses 4 – 7 days.	0	3	24

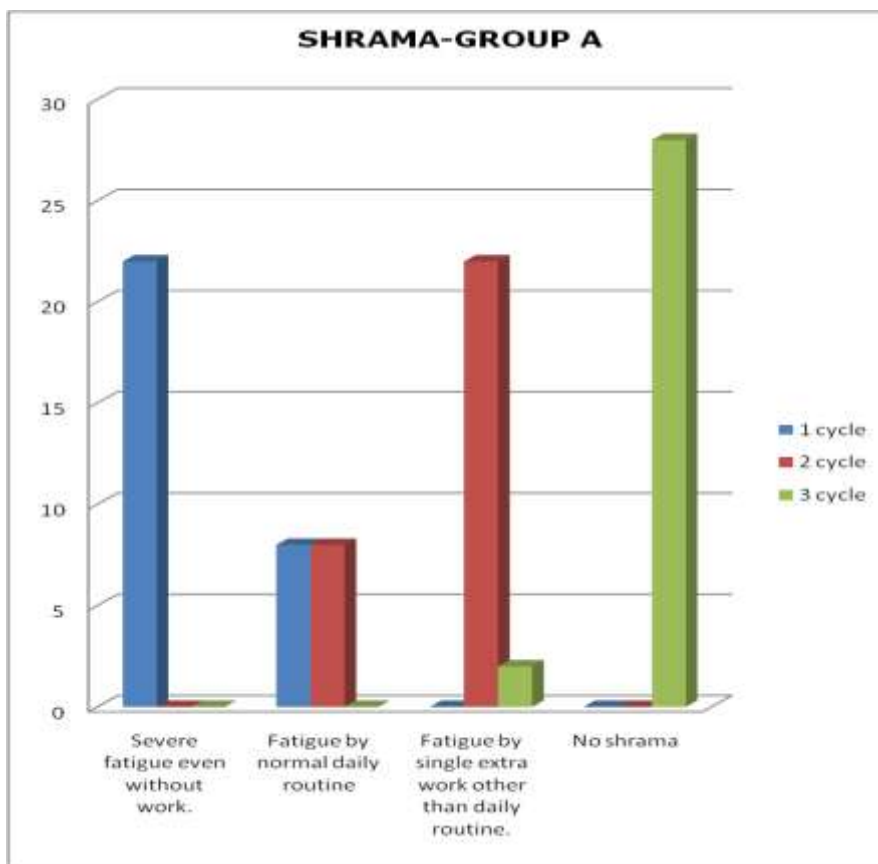


➤ **Shrama**

Criteria	0	1	2	3
Shrama (fatigue)	No shrama	Fatigue by normal daily routine	Fatigue by single extra work other than daily routine.	Severe fatigue even without work.

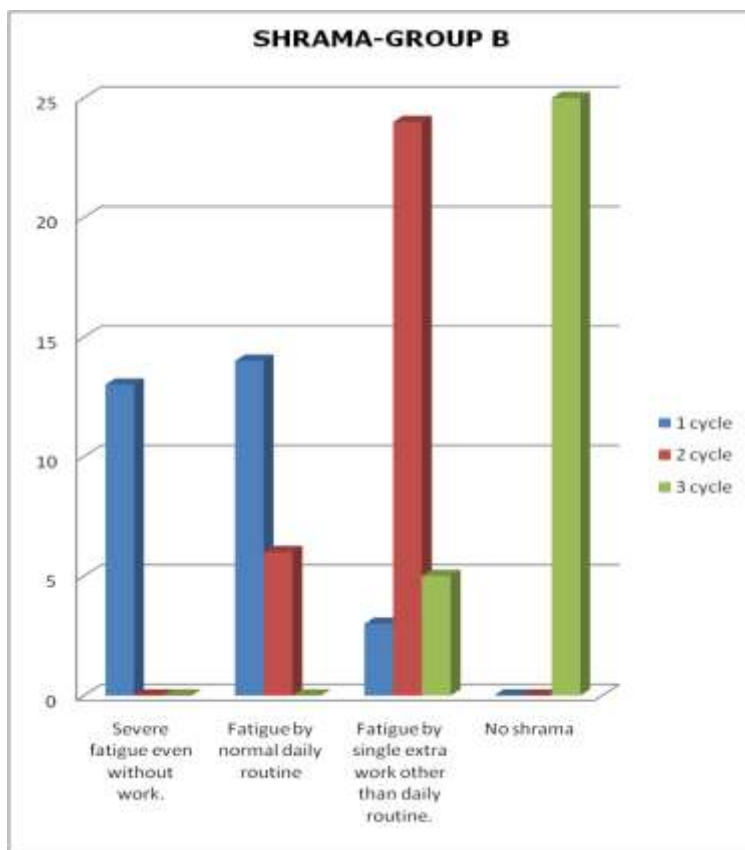
SHRAMA- GROUP A

	1 cycle	2 cycle	3 cycle
Severe fatigue even without work.	22	0	0
Fatigue by single extra work other than daily routine.	8	8	0
Fatigue by normal daily routine	0	22	2
No shrama	0	0	28



SHRAMA – GROUP B

	1 cycle	2 cycle	3 cycle
Severe fatigue even without work.	13	0	0
Fatigue by single extra work other than daily routine.	14	6	0
Fatigue by normal daily routine	3	24	5
No shrama	0	0	25



➤ **Vankshana shula, kati shula and janu shula**

Criteria	0	1	2	3
Vankshana shula , kati shula and janu shula	No pain	Presence of all 03 < 1 hour / 02 features < 6 hrs / 01 feature < 12 hrs	Presence of all 03 1-2 hrs/ 02 features 6-12 hrs/ 01 feature > 12 hrs.	Presence of all 03 < 2 hrs / 02 features 12-24 hrs./ 01 feature > 24 hrs.

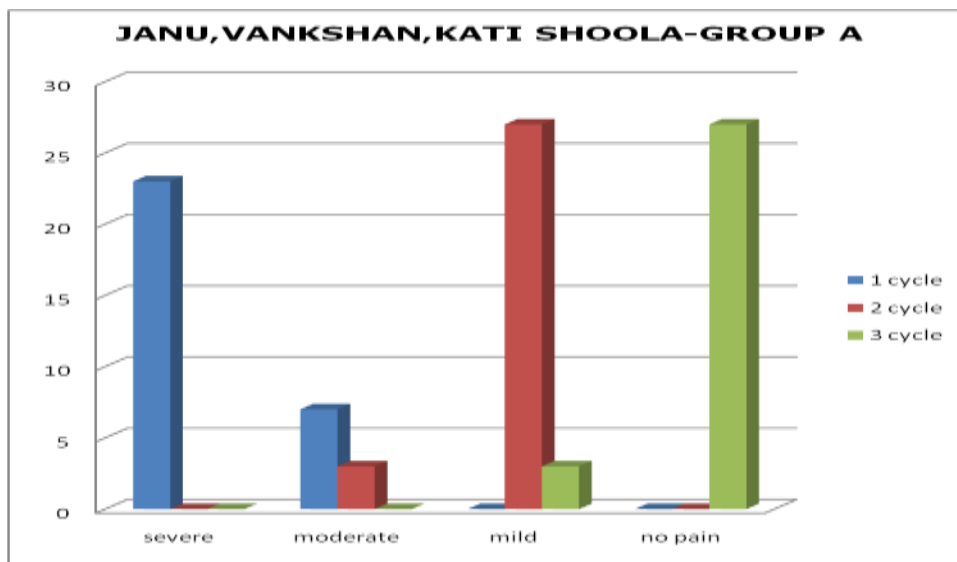
General evaluating scale:-

- 0- absence of symptoms
- 1 -mild
- 2 -moderate
- 3 –severe

JANU,VANKSHAN,KATI SHOOLA- GROUP A

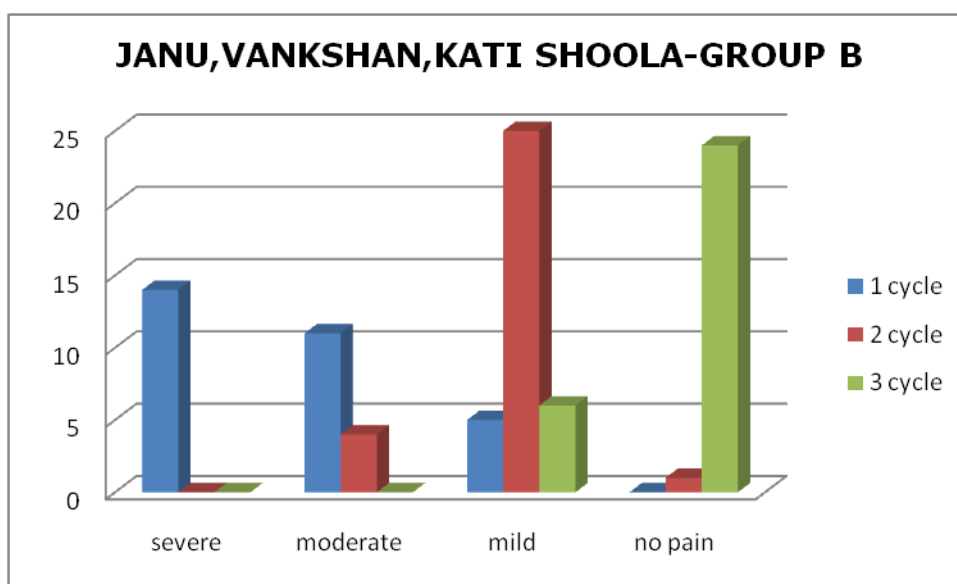
	1 cycle	2 cycle	3 cycle
severe	23	0	0
moderate	7	3	0
mild	0	27	3

no pain	0	0	27
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JANU,VANKSHAN,KATI SHOOLA- GROUP B

	1 cycle	2 cycle	3 cycle
severe	14	0	0
moderate	11	4	0
mild	5	25	6
no pain	0	1	24



III. DISCUSSION

In present study, discussion on observations and result is done to make conclusion.

Discussion on “A COMPARATIVE STUDY OF DASHAMOOOLA YOG BASTI AND DASHAMOOOLA SIDHA KSHIR PAN IN UDAVARTA YONIVYAPAD”

is done according to literary review, drug, plan of work, observations.

1. Discussion on Literary review

Description about Udavarta Yonivyapada is mentioned in Samhitas like Charak, Sushrut, Ashtanga Sangaraha, Ashtanga Hriday, Yogratanakar and Madhavidan.

Hetu of Udavarta Yonivyapada

Ahar :-

vata vrudhdhikar ahar like , hot, astringent, less, dry and limited meals, sheeta, ruksha padartha sevan, Katu, Tikta, Kashay rasatmak ahar sevan, etc. leads to vitiation of vata.

Vihar :-

suppression of natural urges, or induction of natural urges artificially, staying up at nights, loud speeches, overworking ,over thinking, over exercising, over indulgence with sex, etc.

Without vata yoni never gets dushit. So dushta Apan vayu is responsible for Yonivyapada.

Samprapti

Charak has decribed, due to movement of natural urges in reverse direction, the aggrevated vayu dosha(apan vayu) moving in reverse direction fills yoni. Apan vayu dushti gets sthansamsray in Yonipradesha causing yoni seized with pain, initially throws or pushes the raja upwards, then discharge it with great difficulty. In this condition the raja moves upwards or in reverse direction, hence it is termed as Udavarta yonivyapada.

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Chikitsa

Following are the local and oral treatments for Udavarta Yonivyapada.

1. **Basti** – Anuvasana basti, Niruha basti, Sidha kshir basti.

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2. **Shodhana** – Virechana.

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3. **Yonidhavan**– Triphala kwath, Dashamoola sidha kshir

4. **Pichu dharana**-Nishottara siddha tail pichu.

Oral preparation:-

Vati- Shankhavati, Shulhara vati.

Churna- Hingvashtaka churna.

Kwath- Devdarvyadi kwath.

Asavarista- Dashamoolarishta.

Rasayana-Bhallatakavleha.

Drug Discussion

Drug Name	Latin Name	Family	Ras	Viryā	Vipak	Karmukatwa
Bilva	Aegle Marmelos	Rutaceae	Kashay, Tikta	Ushna	Katu	Shothahar, Veda nasthapan
Gambhari	Gmelina Arborea	Verbenaceae	Tikta, Kashay, Madhur	Ushna	Katu	Vatshamak, Ved anashamak
Patala	Stereospermum Suaveolens	Biginiaceae	Tikta, Kashay	Ushna	Katu	Vatshamak, Ved anasthapan, Vajrikar

Agnimanth	Premna mucronata	Verbenaceae	Tikta, Katu, Kashaya, Madhur	Ushna	Katu	Vatshamak
Shonyak	Oroxylum indicum	Bignoniaceae	Madhur, Tikta, Kashaya	Ushna	Katu	Vatshamak, Vedanasthapana
Shaliparni	Desmodium gangeticum	Leguminosae	Madhur, Tikta	Ushna	Madhur	Vatshamak, Shotahar
Prushniparni	Uraria picta	Leguminosae	Madhur, Tikta	Ushna	Madhur	Vatshamak, Shotahar, Vrushya
Kantakari	Solanum surattense	Solanaceae	Tikta, Katu	Ushna	Katu	Vatshamak, Garbhashay Sankochak
Gokshur	Tribulus terrestris	Zygophyllaceae	Madhur	Shit	Madhur	Vatshamak, Vedanasthapana
Bruhati	Solanum indicum	Solanaceae	Katu, Tikta	Ushna	Katu	Vatshamak, Shotahar, Vedanasthapana

Action of Dashamoola

Drug action mainly depends upon rasa, veerya, vipak, guna, karma and prabhav. Likewise, Dashamoola acts as vataghna, Vedanasthapana, shotahar for kashtartav in Udavarta Yonivyapada.

- When Dashamoola Yog Basti is given, Dashamoola gets absorbed and action takes place.
- Kashaya, Tikta, Madhur rasa, guru snigdha guna, ushna veerya, madhur- katu vipaka and vatanashak karma of Dashamoola acts on kashtartava by its Dravya Guna, and prabhava..
- It has been proved that Dashamoola has anti-inflammatory, analgesic, and antipyretic action.

2. Discussion on Plan of work

A. Inclusion and Exclusion criteria

- Diagnosed patients of Udavarta Yonivyapada were taken for Clinical Trial.
- Age group between 15-30 years
- Patients with chronic illness, Menorrhagia, any uterine pathology – fibroid, adenomyosis, endometriosis etc were excluded.

B. Drug Quantity

Drug quantity to each patient was decided according to pilot study. Patients those were treated with yog basti were given 450 ml of niruha and 60 ml of anuvasana whereas, patients treated with kshirpan were given 250 ml of Dashamoola sidhakshir.

C. Route of drug administration

Patients those were treated with yog basti were given niruha and anuvasana basti through anal route whereas, patients treated with Dashamoola kshirpan were administered orally.

D. Formulation

Dashamoola helps in the breakdown of vitiation of vata dosha thus, changing the direction of apana vayu from pratiloma to anuloma.

E. Follow up examination

Follow up taken every 1st and 5th day of three menstrual cycles which helped in assessment of reduction of symptoms according to gradations.

1. Discussion on observation

For purpose of clinical study, patients were enrolled according to assessment criteria and were divided into two groups i.e. Group A and Group B. Detail clinical examination, informed consent, lab investigations were done and patients enrolled in group A were treated with Dashamoola yog basti per rectally with 450ml of niruha and 60 ml of anuvasana, and patients enrolled in group B were treated with Dashamoola sidhakshir with 250ml orally, upto three menstrual cycle and observed for any side effects.

➤ Age

According to age wise distribution, incidences of Udavarta Yonivyapada is more in the women of 21-25 years.

The reason behind this might be fast life with stress also due to social, economical reasons etc.

➤ **Prakruti**

In 60 patients, according to prakruti wise distribution, Udavarta Yonivyapada is seen in 46.66% of patients having vata-pitta prakruti, while 33.33% of patients with vata-kapha prakruti. As Udavarta Yonivyapada is Vata dosha dominant vyadhi, incidence is more in vata-pitta and vata-kapha prakruti.

➤ **According to the following assessment criteria-**

➤ **Severity of pain-**

Considering the above criteria, 96.7% (29 cases) patients from group A and 86.7% (26 cases) patients from group B found relief.

➤ **Duration of pain-**

Considering the above criteria, 96.7% (29 cases) patients from group A and 96.7% (29 cases) patients from group B found relief.

➤ **Artava Pramana-**

Considering the above criteria, 90% (27 cases) patients from group A and 86.7% (26 cases) patients from group B found relief.

➤ **Artavasrava Avadhi-**

Considering the above criteria, 96.7% (29 cases) patients from group A and 80% (24 cases) patients from group B found relief.

➤ **Shrama-**

Considering the above criteria, 93.3% (28 cases) patients from group A and 83.3% (25 cases) patients from group B found relief.

➤ **Janu, Vankshan, Katishoola-**

Considering the above criteria, 90% (27 cases) patients from group A and 80% (24 cases) patients from group B found relief.

According to assessment criteria significant role of vatashamak Dashamoola yog basti was seen more as compared to Dashamoola kshirpan.

IV. CONCLUSION

According to statistical analysis, observation and result drawn, the conclusion is,

➤ Udavarta Yonivyapada is more commonly observed in,

21-25 years of age group of patients.

Vata-Pitta and Vata-Kapha prakruti patients.

➤ Dashamoola yog basti and dashamoola sidha kshirpan showed –

➤ **Severity of pain-**

96.7% (29 cases) patients from group A and 86.7% (26 cases) patients from group B found relief.

➤ **Duration of pain-**

96.7% (29 cases) patients from group A and 96.7% (29 cases) patients from group B found relief.

➤ **Artava Pramana-**

90% (27 cases) patients from group A and 86.7% (26 cases) patients from group B found relief.

➤ **Artavasrava Avadhi-**

96.7% (29 cases) patients from group A and 80% (24 cases) patients from group B found relief.

➤ **Shrama-**

93.3% (28 cases) patients from group A and 83.3% (25 cases) patients from group B found relief.

➤ **Janu, Vankshan, Katishoola-**

90% (27 cases) patients from group A and 80% (24 cases) patients from group B found relief.

➤ No any adverse reaction occurred during and after study.

➤ Hence, in the treatment of Udavarta Yonivyapad Dashamoola yog basti and Dashamoola sidha kshirpan both are effective but comparatively, Dashamoola yog basti gave better results.

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