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Efficacy Lashun Taila Matrabasti in UdavartiniYonivyapada with Special Reference to Primary Dysmenorrhea: A Single Case Study

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ABSTRACT
Udavartini Yonivyapada is a Vata-predominant disorder of Artavavaha Srotas, clinically manifesting as painful menstruation, correlating with primary dysmenorrhea. Lashuna (Garlic), described in Ayurvedic literature as Vata-kapha hara, Srotoshodhaka, Agnidipanaand Shulaprashamana, possesses the ideal qualities for correcting the core pathology of Udavartini Yonivyapad. Combined with Taila, which is the best Vata-pacifying medium, Lashuna Taila used in Matrabasti provides both local and systemic therapeutic effects. Matrabasti, the most gentle yet effective form of Basti, is particularly indicated for regularizing the functions of Apana Vata, thereby improving pelvic circulation, reducing uterine spasm, and facilitating normal menstrual flow.
Aim and Objective: To evaluate the clinical efficacy of Lashun Taila Matrabasti in a patient with primary dysmenorrhea over three menstrual cycles.
Materials & Methods: A 22-year-old unmarried female with primary dysmenorrhea underwent Matrabasti with Lashun Taila(60ml)for three consecutive cycles. Pain severity, duration, and systemic symptoms were recorded using VAS (Visual Analog Scale) and menstrual diaries.
Results: Progressive reduction in pain severity (VAS 8→3), shortening of pain duration, and improvement in associated symptoms such as lower abdominal cramps and irritability were observed. No adverse effects were noted.
Conclusion: Lashun Taila Matrabasti is a safe and effective tratment for UdavartiniYonivyapada(primary dysmenorrhea), demonstrating Vata-pacifying, Srotoshodhana, and analgesic properties.
Keywords: Lashun Taila, Matrabasti, Udavartini Yonivyapada, Dysmenorrhea.

I. INTRODUCTION

Primary dysmenorrhea is defined as menstrual pain without underlying pelvic pathology, often due to uterine hypercontractility and prostaglandin excess.It is usually associated with ovulatory cycle[1].Its global prevalence ranges from 45–95%, significantly affecting the quality of life, emotional well-being, academic performance, and productivity in young women. In Ayurveda, this condition is described under Udavartini Yonivyapada, a Vata-dominant disorder of ArtavavahaSrotas resulting in painful menstruation[2], uterine spasm, and systemic discomfort.

Charaka Samhita describes this condition as:

"वेगोदावर्तनाद्योनिमुदावर्तयतेऽनिलः।
सारुगार्तारजःकृच्छ्रेणोदावृत्तंविमुञ्चति॥
आर्तवेसाविमुक्तेतुतत्क्षणंलभतेसुखम्।
रजसोगमनादूर्ध्वंज्ञेयोदावर्तिनीबुधैः॥" (ch.chi.30)[3]

वेगोदावर्तनात्–Pain arises due to forceful upward movement ofvitiatedVata specially Apana Vata, causing uterine spasm.

रुगार्तारजःकृच्छ्रेणोदावृत्तंविमुञ्चति–Menstrual flow is painful and obstructed, corresponding to dysmenorrheic cramps.

Apana Vata is responsible for the expulsion of Shukra,Artava,Shakruta,Mutra[4].

आर्तवेसाविमुक्तेतुतत्क्षणंलभतेसुखम्–Relief occurs immediately after menstrual flow, reflecting the pain relief pattern observed clinically.

रजसोगमनादूर्ध्वंज्ञेयोदावर्तिनीबुधैः–Indicates upward movement of menstrual blood due to vitiated Vata, clinically manifesting as lower abdominal pain and radiating discomfort.

This classical description scientifically confirmed the pathophysiology of primary dysmenorrhea. All Samhita have described Udavartini Yonivyapad as Vata predominant YoniRoga. Modern treatment includes antispasmodics, analgesics, prostaglandin synthesis inhibitors etc. Disorders of the Yoni does not occur without vitiation of Vata[5]. Expulsion of

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menstruation is function of Apana Vata, whose disturbance can cause pain in menstruation. Hence proper functioning of Apana Vata is essential. Medicines that can correct Apana Vata Vaigunya can be beneficial in pain management during menstruation.VatajaYonirogaChikitsa include Snehana, Swedana, Basti along with Shamana Aushadha which can alleviate Vata[6]can be done in Udavartini Yonivyapad.

Basti Chikitsa is considered the best management of vitiated Vata[7] and Yoga which can correct Apana Vata Vaigunya can be beneficial in treatment of Udavartini Yonivyapad. Since Matra Basti is a type of AnuvasanaBasti[8], So the selected drug (LashunTaila) will be given in the form of Matra Basti.

II. MATERIALS AND METHODS

Patient Profile
Age: 22 years
Sex: Female
Marital Status: Unmarried
Chief Complaint: Severe lower abdominal pain during menstruation since last 2 years.
Past History: No systemic illness, no gynecological surgery

Personal History

Diet	**Mixed**
Bowel	Regular
Appetite	Reduced
Micturition	Within normal limit
Sleep	Disturbed
Allergy	Nil
Addiction	Nil

Menstrual History
Menarche - 15 years
LMP - 14/01/2025
Interval – 28-30 days
Duration - 5days
Amount –1-2pads/day
Clots - Nil
Lower abdominal pain - (VAS - 10/10)
Low back ache - (VAS - 5/10) associated with nausea and vomiting occasionally

General Physical Examination
Built - Normal
Nutritional status - Moderate
Height - 162 cm
Weight - 59 kg
Pulse rate - 84 beats /min
BP - 100/70 mmHg
Temperature - 97.3°F

Laboratory and Ultrasonography Report
On laboratory investigations her haemoglobin was 12.6g/dL and her Ultrasonography Abdomen report was normal.

Assessment Criteria
1. Pain Severity: Visual Analog Scale (VAS 0–10)
2. Pain Duration: Hours/day
3. Associated Symptoms: Nausea, irritability, fatigue

Diagnosis: Primary dysmenorrhea (Udavartini Yonivyapada)

Treatment: The patient was reassured about the fact that there was no structural gynaecologic pathology. She was advised to take Basti. She was given three cycles of Matra Basti for three consecutive cycles before menstrual cycle.

Treatment plan

Duration of treatment	7 days per cycle for 3 consecutive cycles 10-12 days before menstrual cycle
Drug	LashunTaila
Route	Matra Basti by Rectal Route
Dose	60ml

Purva Karma: Abhyanga with Tila Taila on Kati-Prushta-Parshwa-Adhodara for 10 min and SthanikSwedan.
Pradhan Karma: Matra Basti in left lateral position with 60 ml LashunTaila.
Pashchat Karma: Rest in supine position for at least 15 min.

III. RESULTS

Cycle	VAS Pain Score	Duration of Pain	Other Symptoms	Observations
1	8	12 hrs	Nausea, fatigue decreased	Mild relief post Basti
2	5	8 hrs	Irritability decreased	Significant relief
3	3	4-5 hrs	No systemic symptoms	Optimal response, patient satisfied

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Observation: Progressive improvement in pain intensity and duration with no adverse effects.

IV. DISCUSSION

The pathophysiology of UdavartiniYonivyapada can be understood from the CharakaSamhita shloka presented above. The vitiated Vata causes forceful upward movement of Artava,leading to cramping lower abdominal pain and systemic discomfort, clinically corresponding to primary dysmenorrhea.

Mode of Action of Lashun Taila Matrabasti: The therapeutic effectiveness observed in this case can be understood through a detailed analysis of both Ayurvedic and modern mechanisms.

1. Correction of Vata Dushti
Udavartini Yonivyad is primarily a Vata-pradhanavyadhi. Lashuna Taila provides:
Uṣhṇa→ counteracts Shita quality of Vata
Snigdha → corrects Rukṣhata
Tikṣṇa+ Sara → relieve Srotorodha
Taila's inherent Vata-hara property enhances downward movement of Apana Vata.
Thus, Lashuna Taila directly targets the root cause: Apana Vata avarodha.

2. Srotoshodhana& Improved Pelvic Circulation
Lashuna's Sukṣhma and Vyavayiproperties enable rapid penetration into deeper tissues and microchannels, leading to:
Removal of stagnation
Enhanced blood flow to uterus
Reduction in uterine ischemia
Modern correlation:
Garlic improves microcirculation, has vasodilatory properties, and reduces oxidative stress.

3. Analgesic and Antispasmodic Activity
Shlahara- reduced uterine muscle spasm,decreased prostaglandin-like activity,relaxation of pelvic floor muscles.This results in significant reduction in pain intensity and duration.

4. Regulation of Apana Vata Gati
Matrabastiis the most effective therapy for disorders involving Uro-basti-guda-pradesha (pelvic region). It normalizes:defecation,menstruation,downward expulsion functions.Hence, constipation also improved in this patient.

5. Modern Physiological Correlation-Rectal absorption provides:
rapid uptake through inferior rectal veins
direct influence on pelvic autonomic nerves
relaxation of uterine smooth muscles due to warmth

The progressive reduction in VAS scores over three cycles correlates with the Ayurvedic principle of Vata pacification and Srotoshodhana, confirming the classical assertion that Basti is the prime treatment for VatajaYonivyapada and can be used in UdavartiniYonivyapada[9].

V. CONCLUSION-

Lashun Taila Matrabasti, administered over three menstrual cycles, demonstrated marked reduction in pain severity and duration in a patient with Udavartini Yonivyapada (primary dysmenorrhea). This therapy is safe, effective, and well-tolerated, providing a classical and scientific rationale for its use in gynecological Vata disorders. Further clinical studies with larger sample sizes are recommended.

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