



YAWAGU KALPNANA IN THE TREATMENT OF HYPOMENORRHOEA WITH DYSMENORRHOEA

NEHA DIXIT^{1*} HETAL H. DAVE² POONAM CHOUDHARY³

^{1*}PhD Scholar, ²Associate professor, ³Assistant Professor, Department of Prasuti Tantra evum Stri Roga, National institute of Ayurveda, Deemed to be University, Jaipur

Corresponding Author Email: nehadixit0411@gmail.com Access this article online: www.jahm.co.in

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ABSTRACT: *Yawagu* preparation is a part of *Pathya kalpana* which is used for both preventive and curative purpose. It also serves as a vehicle for variety of medications by substituting drug decoctions for water and drug powder for adjuvant. In 28 *Yawagu* preparations explained by Acharya Charaka in “*Apamarga tanduliya*” chapter, *Panchkol siddha yawagu* is first one which has properties to stimulate digestion power and cures colic pain. A 21-year-old unmarried female patient visited in Prasuti tantra evum stri roga OPD, in January 2023 with complaint of scanty menses from last 3 menstrual cycle and painful menstruation since menarche. On the basis of clinical findings, the case was diagnosed as Hypomenorrhoea with dysmenorrhea. Considering the properties of *Panchkol siddha yawagu*, this case was successfully treated with this medication.

Key Words: *Yawagu*, *Panchkol*, Hypomenorrhoea, Dysmenorrhea

INTRODUCTION:

Pathya kalpana refers to the methods of preparations that will keep the path i.e. channels or system of *Dhatu*, healthy and comfortable for the mind [1]. *Yawagu* (Gruel) preparation also a part of *Pathya kalpana* (Ayurvedic dietetics) which is used for both preventive and curative purpose. *Yawagu* is a type of gruel prepared with 6 time water to nearly thick or semisolid consistency. It has the *Grahi, balya, tarpana* and *Vatanashini karma* [2]. According to Acharya Susruta, *Yawagu* has the properties of *Laghu, Ushna, Basti Shodhaka, Agni Deepaka* and useful in *Trishna* (Thirst), *Jwara* (Fever), and *Atisara* (Diarrhoea) [3]. It also serves as a vehicle for variety of medications by substituting drug decoctions for water and drug powder for adjuvant. Acharya Charaka has described about 28 types of *Yawagu* preparations. In gynecological diseases, hypomenorrhoea is a condition where menstrual bleeding is unduly scanty and lasts for less than 2 days [4]. So, properties of *Yawagu* keeping on mind, a case of hypomenorrhoea with dysmenorrhoea (Painful menstruation) was successfully treated with *Panchkol siddha yawagu*, which is the first of 28 *Yawagu* described by Acharya Charaka.

CASE REPORT:

A 21-year-old unmarried female patient consulted Prasuti tantra evum stri roga OPD, in

January 2023 with complaint of scanty menses lasting for 1 or 2 days with normal interval of menstrual cycle since last 3 cycle. Her associated complaint was painful menstruation due to which she was suffering from menarche.

Clinical findings:

The patient attained her menarche at the age of 13 year and since then her menstrual cycle was regular with 4-5 days duration and 28-32 days Interval. Her complaint of scanty menses started since 3 months. Previously the duration of the patient's menstrual cycle was 4-5 days with moderate flow which was reduced to 1-2 days. She also had complaint of painful menses since menarche. Patient felt cramping in lower abdomen that started 1-2 hours before menstruation and lasted for 24 hours, due to which patient used to take analgesics on the first day of menstruation in each menstrual cycle. For the above complaint patient approached for ayurvedic treatment in January 2023. The patient had no history of hypertension, diabetes mellitus, hypothyroidism, and any other medical illness. No previous surgical history was reported. The patient did not have a family history of hypomenorrhoea and dysmenorrhoea or any other chronic medical illness.

Menstrual History:

Patient's Last menstrual period was 2 January 2023. Her detailed menstrual history mentioned in table no.1.

Table No. 1: Detailed Menstrual History

Detailed Menstrual history:	Since 3 Months	Before 3 months
Duration	1-2 Days	4-5 days
Interval	28-32 days	28-32 days
Pattern	Regular	Regular
Pain	Present +	Present +
Clots	Absent	Absent
Flow	Scanty	Moderate
Pad History		
Day 1-2	1 pad (Not fully soaked)	2-3 pad/Day
Day 3-4	Absent	1 pad/ day
Day 5	Absent	Spotting

Personal History:

- Diet- Vegetarian
- Appetite – Decreased
- Sleep - Sound
- Bowel Habit – clear
- Micturition – Clear
- Allergic History – Nil
- Addiction- One cup of tea twice a day.

Materials and Methods:

Diagnostic focus and Assessment: On general examination, the patient's pulse was 76/min and blood pressure was 110/60 mmHg. Her height was 5 feet 3 inches and her weight was 52 kg. On systemic and abdominal examination, no abnormality was seen. Patient

was advised for routine blood investigations and baseline ultrasonography but she could not do it due to her financial problems Based upon the clinical findings, the case was diagnosed as *Ksheen artava dushti* with *Kashtartava*. In

modern science, *Lakshanas of Ksheen artava dushti* and *Kashtartava* can be correlated with hypomenorrhoea and dysmenorrhoea.

Therapeutic intervention, Follow-up and Outcome: In January 2023, patient visited in OPD on 6th day of her menstrual cycle. Considering the *Agni & Bala* of the patient and chronicity of disease, *Panchkol siddha yawagu*

was advised in the morning as per appetite. For preparation of *Yawagu*, patient was advised to prepare medicated water of *Panchkol* with 6 times of water and then rice was cook with this medicated water. In next menstrual cycle, patient got relief from the complaint of scanty and painful manses. In this cycle duration of her menstrual cycle was 4 days with 29 days of interval. Bleeding pattern was normal with soaking of 2 pad on first day, 1 pad on 2 & 3 day and spotting p/v on 4th day of cycle. The patient experienced mild pain on lower abdomen in this cycle as early as 2 hours before menstruation, which did not require analgesics. So, the treatment was repeated for next cycle. In March 2023, after 2 month of treatment, patient was complete cured. The duration of her menstrual cycle had increased from 1-2 days to 4-5 days with moderate flow as before. In this cycle, duration of her menstrual cycle was 5 days with 30 days interval. Flow was normal with soaking of 2 pad on 1st & 2nd day, 1 pad on 3rd & 4th day and ¼ pad soaked on 5th day of cycle. The patient had been suffering from dysmenorrhea which was complete cured and the patient did not require any analgesics.

Diet and Lifestyle advised: Along with medication, *Nidaana parivarjana* was advised to the patient. She was asked to avoid consumption of curd, day sleep, *Ratri jagran*

and *Vegvidharana*. Patient explained to follow *Rajaswala paricharya* in first 3 days of menses.

DISCUSSION: Hypomenorrhea term is defined when menstrual bleeding is unduly scanty and lasts for less than 2 days. According to ayurvedic classics, this condition can be correlated with *Ksheen artva dushti* which refers to reduced quantity of *Artva* from its normal quantity due to vitiation of *Doshas*. *Dhatus* are the ancestors of *Updhatus* and *Updhatus* are sub tissues or secondary tissues in the body which serve as important components and have certain fixed functions to render [6]. *Artva* is an *Updhatu* of *Rasa Dhatu* and any vitiation in the proper formation of *Rasa dhatu*, creates hindrance in proper formation of *Artva*. *Dhatus* are nourished by *Ahara rasa* and *Agni* plays an important role in transformation of consumed *Ahara* to *Ahara rasa*. In hypomenorrhea or *Ksheen artva dushti*, *Rasa dhtwagnimandya* and *Rasa dhatukashaya* are prime pathological factors and *Agneya dravyas* can be considered for treatment approach of Hypomenorrhea. In Charak samhita Acharya has described about 28 types of *Yawagu* preparations with different medicines with a view to eradicating various diseases which can be cured by theses *Yawagu* preparations [6]. In 28 *Yawagu* preparations, *Panchkol siddha yawagu* is first one which has properties to stimulate

digestion power and cures colic pain [7]. *Panchkola choorna* is a mixture of 5 herbs- *Pippali, pippali mula, chavya, chitraka* and *Nagar*. All the ingredients of *Panchkol choorna* have *Laghu, Ruksha* and *Sukshma gunas, Ushna virya, katu rasa, katu vipaka* and *Pachna* Properties^[8]. *Rasa* and *Vipaka* of *Panchkol* are **Katu**, helpful in **Agnidipana** and **Pachana**. "**Srotamsi vrvrinoti**" is one property of *Katu rasa* ^[9]. Due to this *Guna* it dilates the *Srotamsi* and also terminates any obstruction in *Srotasa* which facilitate the proper supply of nutrients to the tissues ^[10]. **Shoolagahana** (Pain reliever) also a quality of *Panchkol choorna* which had been helpful in dysmenorrhoea. In this case *Panchkol choorna* was not given separately but it was given in the form of *Yawagu*. Acharya Charaka mentioned that *Yawagu* has *Laghu, agni deepan, vata, mutra, purisha, dosha anulomana, swedaniya, drava and ushana guna* ^[11]. In classics, various combinations of the some dravya has been explained during the chikitsa to boost its effectiveness. Also it is mentioned that *Aushadha siddha ahara* can be administered in specific conditions where patient cannot tolerate the *Teekshana aushadha*. The *Panchkol samyoga* with *Yawagu* increases its effectiveness in this situation as well.

CONCLUSION: In Charak samhita Acharya has described about 28 types of *Yawagu* preparations with different medicines with a view to eradicating various diseases which can be cured by these *Yawagu* preparations but in day to day practice, physician forgets the uses of these *Yawagu*. On the basis of this study it can be concluded that *Panchkol siddha yawagu* is helpful in treating Hypomenorrhoea with dysmenorrhoea.

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