

**“A COMPARATIVE CLINICAL STUDY OF *SHATAPUSHPA SHATAVARI VATI*
AND *RAJAPRAVARTANI VATI* IN THE MANAGEMENT OF *UDAVARTA*
YONIVYAPAD W.S.R. PRIMARY DYSMENORRHOEA”**



Dissertation submitted as partial fulfillment for the degree of
Ayurveda Dhanvantari
[Doctor of Surgery – Ayurveda]
Specialty – Stree Roga Evum Prasuti Tantra

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March- 2018

Enrollment No: 150202206005

ABSTRACT

“A COMPARATIVE CLINICAL STUDY OF *SHATAPUSHPA SHATAVARI VATI* AND *RAJAPRAVARTANIVATI* IN THE MANAGEMENT OF *UDAVARTA YONIVYAPAD* W.S.R.PRIMARY DYSMENORRHOEA”

Introduction:

It provides an insight into Ayurveda as a science that has a unique aim of promoting optimum health, besides curing diseases by restoring the normal equilibrium of doshas and dhatus in the body. It also sheds light on need of research, need of knowledge of modern modalities for global research. It also explains author's choice of a disease like Udavarta Yonivyapad which is one of the burning problems.

Objectives:

- To study the *Shoolaghna* effect of *Shatpushpa Shatavari Vati* on *udavarta Yonivyapad*.
- The changes in *vedana*, *vedanakalavadhi*, and *rajah strav* will be Studied before and after the treatment.
- To produce most effective drug with minimal side effects.
- To study the details of *Udavartayonivyapad* according to Ayurved and modern Science.
- To study the details about the drugs and their effects.

Design and setting:

The present study was a randomized comparative clinical study where in 30 patients after the complaint of Primary Dysmenorrhoea were taken from OPD of Prasooti Tantra Evum Stree Roga Department of Parul Ayurved Hospital, Limda. The patients were randomly assigned to group A given *Shatpushpa Shatavari Vati* and Group B given *Rajapravartani Vati* consisting of 15 patient in each group.

Methods: Assessment of *Vedana (Shoola)*, *Vedana kalavadhi*, *Rajah strava* was done by the standard parameters and other subjective parameters.

Duration of study: 3 Regular menstrual cycle

Results & Conclusion:

Results were calculated and statistically analysed using paired and unpaired t-test. The test showed significant difference between two groups .Group A administered with Shatapushpa Shatavari Vati showed better result when assessedGroup B administered with Rajapravartini Vati.

Key words: Udavartini, Chikitsa ,Dysmenorrhoea, Menstruation.