

To Study Effect Of Matrabasti And Yonidhavan In Udavarta Yonivyapad Associated With Cervical Pathology (Cervicitis And Cervical Erosion): A Case Series Of Five Patients

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Abstract

Background

Udavarta Yonivyapad is one among the twenty Yonivyapads described in Ayurvedic classics and is mainly caused by vitiation of Apana Vata. Clinically, it can be correlated with dysmenorrhea. Cervicitis and cervical erosion are common gynaecological conditions causing pelvic pain, vaginal discharge, dyspareunia, and menstrual disturbances. Contemporary management often provides symptomatic relief with frequent recurrence. Ayurveda offers a treatment approach through Vata-Anulomana, Sthanik Upakrama, and Shodhana Chikitsa.

Aim

To evaluate the effect of Ayurvedic management in patients suffering from Udavarta Yonivyapad associated with cervical pathology such as cervicitis and cervical erosion.

Materials and Methods

A case series of five patients aged between 24–40 years presenting with painful menstruation associated with cervical pathology were studied. Patients were clinically diagnosed by history, per speculum examination. Ayurvedic management included Yoni Dhavana with Triphala Kwatha and Takra, Matra Basti with Trivrutta Taila, and oral medications based on Dosha predominance. Assessment was done before and after treatment.

Results

All five patients showed significant reduction in dysmenorrhea, lower abdominal pain, vaginal discharge, congestion, and cervical erosion area.

Conclusion

Ayurvedic management showed promising results in the management of Udavarta Yonivyapad associated with cervicitis and cervical erosion. Combined local and systemic therapy may help reduce symptoms and improve cervical healing. Larger clinical studies are recommended.

Keywords: Udavarta Yonivyapad, Dysmenorrhea, Cervicitis, Cervical Erosion, Yoni Dhavana. Trivrutta tail, Matra Basti

How to cite this article: Mahajan AD, Ramugade D. To Study Effect Of Matrabasti And Yonidhavan In Udavarta Yonivyapad Associated With Cervical Pathology (Cervicitis And Cervical Erosion): A Case Series Of Five Patients. Int J Drug Deliv Technol. 2026;16(53s): 217-224. DOI: 10.25258/ijddt.16.53s.24

Introduction

Dysmenorrhea is among the most common gynaecological complaints affecting reproductive age women and significantly hampers daily activities. In Ayurveda, painful menstruation resembling spasmodic dysmenorrhea is correlated with Udavarta Yonivyapad. The condition is primarily caused by vitiated Apana Vata leading to painful and obstructed Artava flow. [1] Cervicitis and cervical erosion are frequently associated gynaecological conditions characterized by inflammation and replacement of squamous epithelium by columnar epithelium over the ectocervix. Common symptoms include vaginal discharge, lower abdominal pain, dyspareunia, backache, and menstrual discomfort. [2]

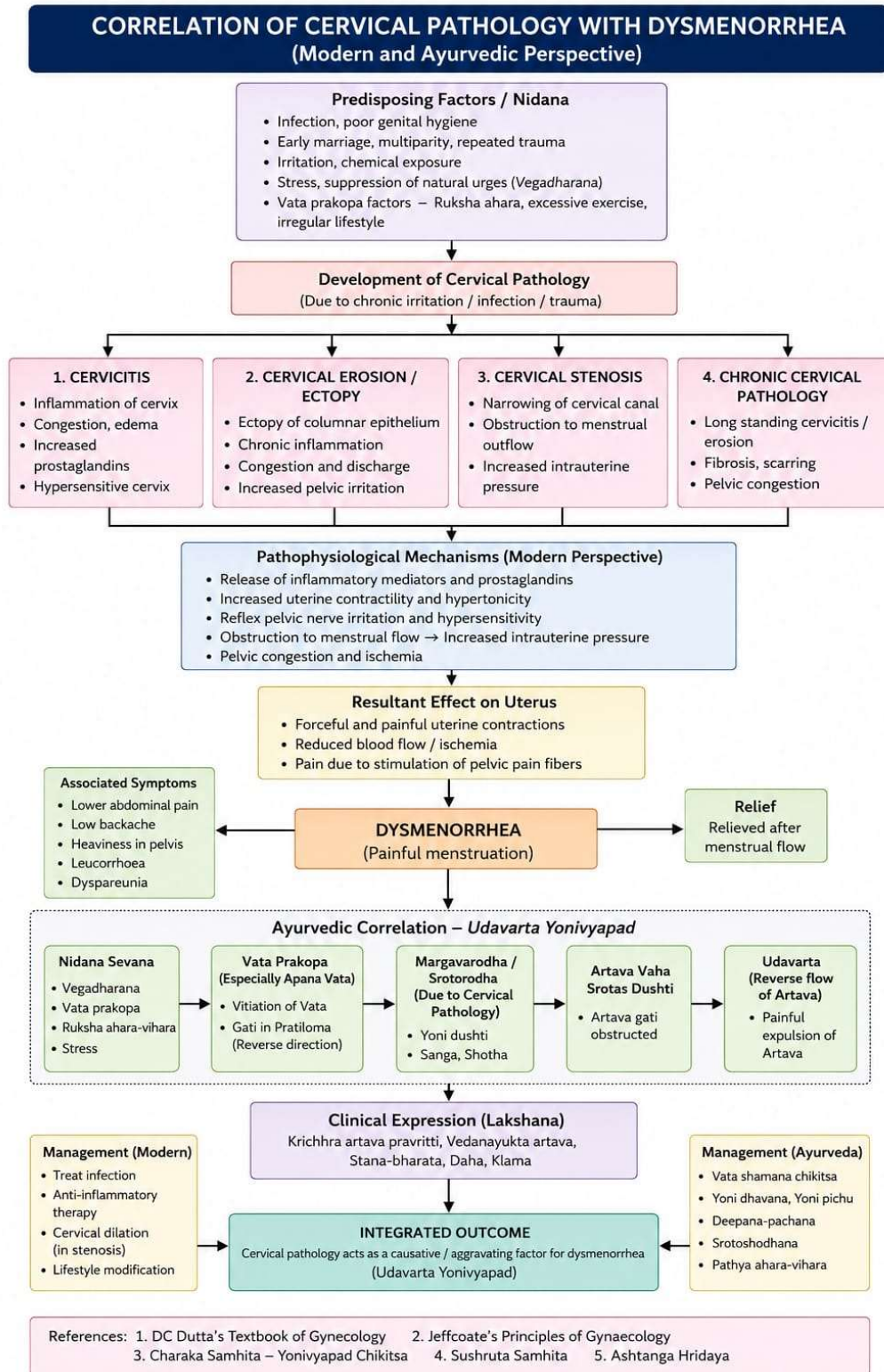
In Ayurvedic literature, cervical erosion may be correlated with Karnini Yonivyapad due to local cervical pathology involving Kapha and Vata Dosha. [3]

In an attempt to review non-malignant conditions of the cervix, information on these cases was obtained from three large hospitals in Bombay, and a total of 242 cases were collected. Of these 224 had erosions of the cervix, Dysmenorrhoea was complained of by 60 patients, in the majority of whom it was of the congestive type.[4] Modern management mainly includes antibiotics, cauterization, cryotherapy, and symptomatic treatment; however, recurrence and persistence of symptoms remain common.

Ayurvedic therapies such as Yoni Dhavana, Yoni Pichu, Basti Chikitsa, and Vata-Kapha Shamaka medications help in reducing inflammation, promoting healing, and correcting Apana Vata dysfunction. [5]

Hence, the present case series was undertaken to evaluate the efficacy of Ayurvedic management in five patients diagnosed with Udavarta Yonivyapad associated with cervical pathology (Cervicitis and Cervical erosion)

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Aim and Objectives

1. To evaluate the effect of Ayurvedic treatment in Udavarta Yonivyapad associated with cervical pathology.

2. To assess improvement in dysmenorrhea and cervical lesions after Ayurvedic management.

Materials and Methods
Study Design

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Case series study.

Number of Cases

Five patients.

Study Setting

APM's Ayurveda Mahavidyalaya Sion, Department of Prasuti Tantra and Streeroga OPD.

Inclusion Criteria

- Women aged 20–40 years
- Painful menstruation
- Diagnosed cervicitis/cervical erosion on per speculum examination
- Associated symptoms such as vaginal discharge, backache, dyspareunia

Exclusion Criteria

- Malignancy cervix
- Severe PID
- Pregnancy
- Fibroid uterus/endometriosis
- Systemic illness

Intervention

Local Treatment

1. Matra Basti with Trivrutta tail 60ml for 5days 7 days before expected days of periods [7]

2. **Yoni Dhavana** with **Triphala Kwatha** and **Takra** once daily for 7 days (Cha. Chi.30/37) after periods stop **Both the upakrama to be given for 3 consecutive cycles**

Oral Medications

- Pushyanug Churna [Cha. Chi. 30/90] 3gms BD with Tandulodak for 1month [8]

Pathya

- Warm, light diet
- Avoidance of suppression of natural urges
- Proper menstrual hygiene
- Avoidance of spicy and fermented food

Clinical Assessment

Assessment Criteria for Sashul Rajapravrutti

Sr. No.	Observation	Absent (0)	Mild (1)	Moderate (2)	Severe (3)
1	Vedana	No pain	Dull ache, patient able to do routine job	Severe intermittent pain, patient able to work between two pains	Very severe continuous pain, patient bedridden
2	Vedana Sthana	No pain	Lower abdomen pain or back pain	Lower abdomen pain and back pain	Lower abdomen pain, back pain, Ubhayapadashul, Angamard
3	Vedana Kalavadhi	No pain	Mild pain in abdomen few hours prior and 1st day of menses	Moderate pain in abdomen 1 day prior and 1st day of menses	Severe pain in abdomen 2 days prior and more than 2 days of menses
4	Sakashta Artava Strav	Absent	For few hours to 1 day	2 days	More than 2 days
5	Raja Strav Praman	Normal 2–3 pads / 24 hrs	Mild 2 pads / 24 hrs	Moderate 3–4 pads / 24 hrs	Severe more than 5 pads / 24 hrs
6	Raja Strav Swaroop	Normal	Phenili, Grathi drava	Grathi	Drava

Assessment Criteria for Cervical Pathology (Cervicitis / Cervical erosion) [6]

Sr. no.	Assessment Criteria	Grade 0	Grade 1	Grade 2	Grade 3
1	Shweta Strava (Vaginal White Discharge)	Absent	There is wetting of undergarments occasionally / moistness at Vulva and slight discharge	Discharge from vagina in moderate manner, wetting of undergarments	Heavy discharge from vagina which requires the use of vulval pads
2	Katishoola	Absent	Patient can manage her routine work and can bear the pain	Unmanageable routine work & patient needs break off.	Cannot withstand pain & bedridden
3	Yoni Kandu (Itching of the Vulva)	Absent	Slight rub	Instantaneous rub causing redness	Rubbing continuously resulting redness

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4	Yoni Daha (Vulvar Burning)	Absent	Occasional burning	Frequent burning	Continuous burning
5	Durgandha	Absent	Mild	Moderate	Severe

OBSERVATION TABLE: -

Sr.no.	Observations	Criteria	Result	Severity
1	Vedana (Intensity)	Absent (No Pain) Mild (Dull ache, Patient able to do routine job) Moderate (Severe Intermittent pain, Able to work between 2 pains) Severe (Very severe continuous pain, patient bed ridden)		- + ++ +++
2	Vedana Sthana (Site)	Absent (No Pain) Lower Abdomen (Adhodarshula) or Back pain (Katishul) Lower abdomen (Adhodarshul) And Back pain (katishul) Lower abdomen (Adhodarshul), Backpain (Katishul), (Ubhaypada shula), Angamarda		- + ++ +++
3	Vedana Kalavadhi (Duration)	Absent (No Pain) Mild (Pain in Abdomen few hrs prior and 1 st Day of Menses. Moderate (Pain in abdomen 1day prior and 1 st day of menses) Severe (Pain in abdomen 2days prior and more than 2 days of mensis)		- + ++ +++
4	Sakashta Artava Strava (Duration)	Absent For Few hrs to 1day 2days More than 2 days		- + ++ +++
5	Raja Strav Praman	Normal Mild (2pads /24hrs) (Phenil/Grathit/Drava) Moderate (3-4 pads/24hrs) (Phenil/Grathit/Drava) Severe (More than 5 pads /24hrs) (Phenil/Grathit/Drava)		- + ++ +++
6	Raja Strav Swaroop	Phenil Grathit Drava		

General Examination: -

All Vitals Stable in All 5 patients

CBC, Urine Routine, RBS was Normal in all 5 patients

MASTER CHART – CASE SERIES (n = 5)

Sr. No.	Age (yrs)/ Marital Status/ Parity	Vedana (Intensity)	Duration of Complaints	Vedana Sthan (Site)	Vedana Kalavadhi	Duration of Flow (days)	Raja Strav Swaroop
P1	29y/ married/ Nulligravida	Painful Menstruation +++	for 5years	+++	+++	Moderate (3-4 pads/24hrs)	Grathit
P 2	37y / married/Nulligravida	Painful Menstruation ++	For 4 years increased in 6 months	+++	+++	Moderate (3-4 pads/24 hrs)	Drava

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P 3	39y / married /P2L2A1D0	Painful Menstruation ++ Menorrhagia	For 3.5 yrs	+++	++	Severe (4-5 pads /24hrs) Drava	Drava
P 4	35y / married /Nulligravida	Painful Menstruation +++	Since menarche increasing since a yr	++	++	Moderate (3-4 pads/24 hrs) Drava	Drava
P 5	39y / married / P2L2A0D0	Painful Menstruation ++	7-8 yrs	+++	+++	Mild (2pads /24hrs) Drava	Drava

Observation of Cervical Pathology









Sr. No.	Shweta Strava (Vaginal White Discharge)	Katishoola	Yoni Kandu (Itching of the Vulva)	Yoni Daha (Vulvar Burning)	Durgandha	P/S	P/V
P1	++	++	+++	+	Mild	Cervicitis ++	AV/ Bulky uterus/ Soft free mobile/ fornices clear
P2	+++	++	+++	++	Moderate	Cervical Erosion	AV/ Bulky uterus/ Soft free mobile/ fornices clear
P3	+++	+	++	+	Moderate	Cervicitis	AV/ Bulky/ Soft Free Mobile/ Fornices Clear
P4	+++	++	++	++	Mild	Cervicitis	AV/ Bulky/ Soft Free Mobile/ Fornices Clear
P5	+++	++	++	+	Mild	Cervicitis	AV/ Bulky uterus/ Soft Free Mobile/ Fornices clear/ Mild Cervical tenderness

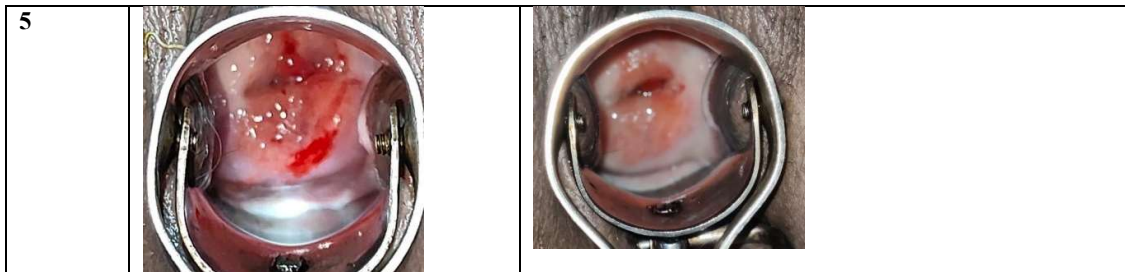
Result

Pain (VAS) BT	Severity	Day 1/2/3 1 st cycle	2 nd cycle day 4 of mensis	3 rd cycle day 4 of mensis	4 th cycle day 4 of mensis
Patient 1		Lower abdomen (Adhodarshul), Backpain (Katishul), (Ubhaypada shula), Angamarda +++	+++	++	+
Patient 2		Lower abdomen (Adhodarshul), Backpain	++	+	-

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	(Katishul), (Ubhaypada shula), Angamarda ++			
Patient 3	Lower abdomen (Adhodarshul), Backpain (Katishul), (Ubhaypada shula), Angamarda ++	++	+	-
Patient 4	Lower abdomen (Adhodarshul) And Back pain (katishul) ++	++	+	-
Patient 5	Lower abdomen (Adhodarshul), Backpain (Katishul), (Ubhaypada shula), Angamarda +++	+++	+	-

Sr. No.	Cervix Before Treatment	Cervix after Treatment
1		
2		
3		
4		



Patients reported better menstrual comfort and reduced recurrence during follow-up.

Discussion

Ayurveda describes Udavarta Yonivyapad as a disorder predominantly caused by vitiation of Apana Vata due to suppression of natural urges, improper dietary habits, stress, and obstruction in the normal downward movement of Vata. Clinically, it presents with painful menstruation, difficulty in menstrual flow, lower abdominal pain, and associated pelvic discomfort, which closely resembles primary and secondary dysmenorrhea. In many patients, chronic cervical pathology such as cervicitis and cervical erosion further aggravates pain and pelvic congestion.

Cervical pathology leads to persistent local inflammation, congestion, excessive vaginal discharge, tenderness, and irritation of cervical tissues. These inflammatory changes may contribute to altered cervical secretions and pelvic pain, thereby intensifying the symptoms of dysmenorrhea. From an Ayurvedic perspective, chronic inflammation and srava (discharge) indicate involvement of Kapha and Pitta along with Apana Vata dushti.

The combined use of **Triphala Kwath and Takra Yonidhavan**, and **Trivrutta Taila Matra Basti** acts through both local and systemic mechanisms.

Role of Triphala Kwath and Takra Yonidhavan

Triphala possesses **Kashaya rasa**, mild antimicrobial, anti-inflammatory and wound-healing properties. It helps in-

- Reducing local inflammation and congestion of cervix
- Decreasing abnormal vaginal discharge
- Promoting healing of cervical erosion
- Maintaining vaginal hygiene
- Relieving burning sensation and tenderness

Pharmacologically, Triphala has antioxidant and antimicrobial actions which support tissue repair and reduction of chronic cervicitis.

Role of Takra

Takra is described in Ayurveda as **Deepana, Grahi, Laghu, and Vata-Kapha shamaka**. Takra in Yonidhavan helps by:

- Reducing excessive vaginal discharge
- Maintaining healthy vaginal flora and pH
- Reducing local irritation and inflammation

Its soothing and cleansing effect may help reduce chronic cervical congestion and discomfort associated with cervical erosion.

Role of Trivrutta Taila Matra Basti

Trivrutta Taila administered as Matra Basti directly acts on **Apana Vata**, which is considered the chief pathogenic factor in Udavarta Yonivyapad. Matra Basti:

- Normalizes the direction and function of Apana Vata
- Relieves spasmodic dysmenorrhea
- Reduces pelvic pain and lower abdominal cramps
- Improves bowel regularity and pelvic circulation
- Provides snigdha and vatahara action

Basti therapy is considered the prime treatment for Vata disorders in Ayurveda. The Snigdha guna of Trivrutta Taila helps reduce rukshata and obstruction, thereby reducing painful menstruation.

Thus, Ayurvedic approach addresses both the root pathology (Apana Vata dushti) and associated cervical pathology simultaneously.

Conclusion

The combined administration of **Triphala Kwath and Takra Yonidhavan** and **Trivrutta Taila Matra Basti** appears to be effective in the management of **Udavarta Yonivyapad associated with cervical pathology such as cervicitis and cervical erosion**. The therapy helps reduce dysmenorrhea, pelvic pain, vaginal discharge, cervical inflammation, and tenderness by correcting Apana Vata imbalance and promoting local cervical healing.

This treatment modality offers a safe, minimally invasive, and holistic Ayurvedic approach with both systemic and local therapeutic benefits. Further large-scale clinical studies are recommended to validate its efficacy scientifically and establish standardized treatment protocols.

Patient Consent

Written informed consent was obtained from all patients before treatment and publication.

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