

## **Efficacy of Ayurveda management on Vatala Yoni Vyapad w.s.r. endometriosis: A single case study**

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Endometriosis is a condition of the ectopic implantation of endometrial glands and stroma outside of the uterus which is characterized with dysmenorrhea. Of reproductive-aged females 10% are affected with endometriosis world-wide. Dysmenorrhoea means painful menstruation, whereas secondary dysmenorrhea is associated with underlying pathology in female reproductive system such as fibroids, endometriosis, cyst, adenomyosis. Among the *Vimshathi Yoni Vyapadas* described by *acharayas* in Ayurveda, *Vatala Yoni vyapad* is one of them. Stiffness, pricking pain in vagina, pain in groins and flanks etc. are the *lakshanas* which are mentioned in the literature. Menstrual pain mentioned in Ayurveda literature as *Kashtartava*. *Vatala yoni vyapad* can be caused by *Prathiloma Gati* of Vitiated *Apana Vayu* which is a state of *Vyadhi Samkara avastha* of *Udavarthini Yoni vyapad*. We aimed to evaluate the Ayurveda management approach on endometriosis through a single case study. A 33-year-old *Vata Prakruti* female with severe dysmenorrhea (WaLIDD score 10) and BP 120/70 mmhg, pulse rate 68/ min, BMI 18.44 kg/m<sup>2</sup> was treated with oral medications and external treatments by *Ama pachana*, *Agni deepana*, *Mrudu Shodhana*, *Vatanulomana* at OPD level for 28 days, *Pancha karma* procedures as *Matra Basti* and *Udara pattu*, *Nadi sweda* as *Sthanika chikitsa* in IPD for 5 days and *Shamana karma* for 14 days at OPD. She was advised to follow *Pathya Ahara* and *Viharana* accordingly. Vitals and menstrual pattern were observed on corresponding menstrual cycles. Assessment was done using WaLIDD scoring method before and after treatment. After completion of the treatment protocol within the due time period, the WaLLIDD score which was 10 before the treatment, reduced to 3 by 70 %. Ultrasound report proved the complete disappearance of the right-side ovarian cyst (Endometrioma). It proved that Ayurveda has successful treatment protocols for resolving *Vatala Yoni vyapad w.s.r. endometriosis* by *Samprapti vighatana*.

**Keywords:** *Vatala Yoni vyapad, Kashtartava, Dysmenorrhoea, Endometriosis*