

## Ayurvedic way out to udaavartini (primary dysmenorrhoea)

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In today's world dysmenorrhoea is emerging as a burning issue as the population of dysmenorrhoeic women is increasing day by day. This is explained as a udavartini yoni vyapad in ayurveda. The main clinical feature of udavartini is rajah kricchrata (painful menstruation). It affects approximately 50-60% of women of reproductive age. But there is lack of effective medicament till date. There is a need to solve this emerging problem. Panchakarma therapy offers a ray of hope for Udavartini. Also Ayurvedic herbals offer potential management which are proved beyond doubt in solving the problem successfully. The aim of the posture is to focus the management of this problem in present scenario.

### Biography

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