

## MANAGEMENT OF *KASHTARTAVA* (DYMENORRHEA) THROUGH AYURVEDA PROTOCOL- A SINGLE CASE STUDY

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### ABSTRACT

Dysmenorrhea itself is not life threatening, but is found to have a profound impact on the daily activities and may result in missing work or school; inability to participate in sports or other activities and it may accentuate the emotional distress brought on by the pain.<sup>[1]</sup> Acharya Charaka has mentioned that Yoniroga can't occur without vitiation of Vata.<sup>[2]</sup> Again pain is the main feature of Kashtartava, so it has strong relation with Vata. In classical text it is explained that due to Vega Dharana of Vata, Mutra and Purisha, the Apana Vata gets vitiated and it becomes Udhravagami i.e. normal Anulomaka Gati of Apana Vayu changes to Pratiloma Gati and this vitiated Vata lifts the Yoni upward and causes obstruction to flow of Raja and Raja comes out with great

difficulty with severe Shoola.<sup>[3]</sup> Several herbs are described in Ayurvedic literature for management of kashtartav. There is a need to solve this emerging problem. A case report of 22-year-old female, presented with chief complaint of painful menses suffering from primary dysmenorrhea more than 3 cycles without the involvement of any secondary disease.

**KEYWORDS:** *Kashtartava*, Menstruation, Dysmenorrhoea, Udhravagami.

### INTRODUCTION

Dysmenorrhea is the most common gynecological problem faced by women during their adolescence which causes significant discomfort & anxiety for the woman as well as family. A systematic review of studies in developing countries performed by Harlow and Campbell (2002) has revealed that about 25-50% of adult women and about 75% of adolescents

experience pain during menstruation, with 05-20% reporting severe dysmenorrhea or pain that prevent them from ensuing day-to-day activities.<sup>[4]</sup> Today stress is becoming an inescapable part of modern life. Menstruation is a natural event as a part of the normal process of reproductive life in females. Due to today's sedentary lifestyle and lack of exercise, dysmenorrhoea is becoming today's burning problem throughout the world which causes discomfort for women's daily ensuing day to day activities and may result in missing work or school, inability to participate in sports or other activities. In the treatment of dysmenorrhea, no addictive, analgesic, antispasmodics are prescribed which are not good for health for longer use. During menstruation, many women experience gastrointestinal upsets which are increased by analgesics and anti-inflammatory drugs, which also produce headache, dizziness, drowsiness and blurred vision. In Ayurvedic classics *Kashtartava* (dysmenorrhoea) is not described as a separate disease because women were not suffering much from this problem in that era because of pin pointed *Ritucharya & Rajasvalacharya*. According to Ayurvedic text there are many other diseases in which *Kashtartava* is considered and is described as a symptom. Thus the word *Kashtartava* can be expressed as "*Kashtenamuchyatiiti kashtartava*" i.e. the condition where *Artava* is shaded with great difficulty and pain is termed as "*Kashtartava*".

### SAMPRAPTIGHATAKA

Dosha	Vata Pradhana Tridosha
Vata	Vyana, Apana
Pitta	Ranjaka, Pachaka
Kapha	as AnubandhitaDosa
Dhatu Rasa	Rakta, Artava
Upadhatu	Artava
Agni	Jatharagni, Rasagni, Raktagni
Srotasa Rasa,	Rakta and ArtavavahaSrotasa
Srotodushti	Sanga and Vimargagamana
Udbhavasthana	Amapakvashaya
Rogamarga	Abyantara
SthanaSamshraya	Garbhashaya
VyaktiSthana	Garbhashaya

### Ayurvedic concept of pain related to *Kashtartava*

Acharya Charaka<sup>[6]</sup> has mentioned none of the gynecological disease can be arise without affliction of aggravated *Vata*. *Vata* is the main responsible factor, though other *doshas* only Be present as *Anubandhi* to it. So pain is produced due to vitiation of only *vata* dosha or in combination with other.

## MATERIALS AND METHODS

**Study Plan-** Study has been conducted in the Parul Ayurveda hospital, Limda, Waghodia, Vadodara, Gujarat, India.

## CASE REPORT

The present case study is successful Ayurvedic management of a case of dysmenorrhea (kashtaartava) since menarche. A 16 year old female patient with registration no 17019238 (OPD) came to Parul ayurveda hospital, Limda, Waghodia, Vadodara, Gujarat, India, with chief complaints of.

Severe lower abdomen pain during menstruation.

Vomiting 3 to 4 time per day during menstruation

Associated complaints were weakness, body ache.

### History of present illness

Patient was come in Parul Ayurveda Hospital with complains of Severe lower abdomen pain during menstruation, Vomiting 3 to 4 time per day during menstruation. Associated complaints were weakness, body ache. She had used various allopathic medicines since 2 years, but she was not found result. Hence she came to Parul Ayurveda Hospital, Limda, Waghodia, Vadodara, Gujarat, India.

**Past History:** Nil.

**Marital History:** Unmarried.

## PRESENT MENSTRUAL HISTORY

Menstrual pattern	Symptoms BT	Symptoms AT
LMP	15/06/17	08/08/17
Regular/irregular	Regular	Regular
Quantity	3-4 pads/day	1-2pads/day
Duration	3-5 days	3-5 days
Odor	Normal	Normal
Interval	28-30 days	28-30 days
Color	Red	Red
Consistency	Liquid	Liquid
Clots	Present	Absent

**Personal history**

<b>Name</b>	<b>Hiral Solanki</b>
<b>Age</b>	18 years
<b>Sex</b>	Female
<b>Marital status</b>	Unmarried
<b>Occupation</b>	Student
<b>Diet</b>	Veg
<b>Sleep</b>	Sound
<b>Addiction</b>	Nil
<b>Bowel habit</b>	Regular
<b>Appetite</b>	Good
<b>Prakruti</b>	<i>Vatakapha</i>
<b>Weight</b>	47kg
<b>Height</b>	151cm

**Ashtavidha pariksha**

<b>Nadi (pulse)</b>	82/min
<b>Mala (stool)</b>	Prakrut
<b>Mutra (urine)</b>	Prakrut
<b>Jihwa (tongue)</b>	<i>nirama</i> (uncoated)
<b>Shabda (speech)</b>	Prakrut
<b>Sparsha (touch)</b>	<i>Anushna</i>
<b>Druk (eyes)</b>	Prakrut
<b>Akruti (built)</b>	<i>Madhyama</i>

**TREATMENT PLAN-** patient was treated on OPD basis.

**A) Internal Therapy**

*Rasana Panchak Kawath, Maharasnadi Ghana vati*, was selected for oral administration for 3 months.

**Criteria for selection of internal medicines:** As per the case study the importance of shodhan in the form of virechana. Oral medications were selected on the basis of their properties useful in pacifying vitiated *doshas* in *Kashtaartava*.

## Showing The treatment plan executed

Date	Treatment Principle	Medicine	Observations
	Amapachchana	Agnitundi vati <sup>[5]</sup> 2-0-2 before meal	Saamyak kshudha pravrutti, shareera laghutv.
	Snehapana	Phalaghruta <sup>[6]</sup> 30ml, 60ml, 90ml	Samyak snigdha lakshana- twak mardavata, snigdha twak, snigdha varchas.
	Vishrama kala	Abhyanga with madhuyashti taila <sup>[7]</sup> Swedana (hot water bath)	Samyak swinna lakshanas were observed
	Virechana	Trivruth lehya <sup>[8]</sup> 30gms	Vegas- 18 vegas Samyak shuddhi lakshanas were seen
	Samsarjana karma	Peya, vilepi, akruta yusha, kruta yusha-2 anna kalas each	

## Shamananoushadhi

Medicines	Form	Dosage	Route of administration	Anupana
<i>Rasana Panchak</i>	<i>Kawath</i>	50 ml	Orally	BD water after meal
<i>Maharasna di</i>	Ghana vati	500mg	Orally	2TDS with water after meal

Reference: Rasnapanchakam Kwatham Chakradatta.

Maharasnadi Kashayam Sharangdhara Samhita Madhyamakhandha 2/89 – 95.

## Advice given to the patients

**Ahara:** To take fruits, green vegetables, simple foods. To avoid spicy food, fried food, fermented food, non-veg. on and around menstruation.

**Vihara:** To take rest, do Pranayama for 10 minutes. To avoid heavy weight lifting, journey, heavy stenos work, tension.

**Informed consent:** The purpose of the study, nature of the study drugs, the procedures to be carried out and the potential risks and benefits were explained to the patients in details in nontechnical terms and trilingual. Thereafter their written consent was taken before starting the procedure Duration of treatment - 3 months.

## DISCUSSION

Primary dysmenorrhea is described as the condition of pain during menstruation with no apparent pathology. The concept of pathology in Ayurveda differs from that in modern

science. Ayurveda considers more subtle physiological units than modern. It considers the abstract abnormalities at very subtle level of Dosha, whenever there occurs a diseased condition. Due to indulgence of Vata vitiating Ahara Vihara, Dhatu Kshaya and Margavrodha Vata gets aggravated leading to further Dhatu Kshaya starting from Rasa then Rakta leading to Aparipurna Upadhatu Nirmana i.e Artava will be produced in less quantity than normal. This will further vitiate Vata Dosha which further will produce Kshobha in Garbhashya. This will lead to Toda and Vedana. Due to vitiation of Vyana and Apana Vayu Akunchana and Prasarana Kriya of Garbhashaya does not take place properly. This state exactly as that of dysrhythmia of uterine muscles which will hinder proper flow of menstrual blood leading to Rajakrichrita.

Probable mode of action of treatment protocol virechana helps for strotto shuddhi. Hence pathogenesis involved for the occurrence of kashtartava was cured by virechana. Rasnapanchakam Kwatham is a simple yet effective formulation used in combating Amavata. It is known to eradicate the disease pathology apart from giving good relief from pain, swelling and associated conditions. Rasnapanchak is a vatahara drugs.

Maharasnadi Kashayam is used in Vata disorders. Maharasnadi kaashayam is useful to reduce stiffness, reduce muscular pain in this condition vitiation of Vyana and Apana Vayu Akunchana and Prasarana Kriya of Garbhashaya does not take place properly. Vata shamak drugs helps in this condition.

## CONCLUSION

The Ayurved treatment protocol with shodhanartha virechana, samanartha *Rasana Panchak Kawath*, *Maharasnadi Ghana vati*, is effective in the management of *kashtartava* (dysmenorrhea). The limitation of the study is this is single case study and need to be studied in more number of cases for its concrete conclusion.

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