

ROLE OF DASHMULA KASHAYA IN *KASHTARTAVA* (PRIMARY DYSMENORRHOEA) – A CASE STUDY

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ABSTRACT

Kashtartava is expressed as “*kashtenmunchyatiti kashtartavam*”– *Kashtartava* is the condition where the *artava* discharges with great difficulty and pain. Dysmenorrhoea itself is not a life-threatening condition but is found to have a profound impact on daily activities and may result in missing work or school, inability to participate in sports and other activities. It is considered as leading cause of school absence in adolescent girls and a common problem in women of reproductive age. Keeping these points in view, the present case study was carried out in OPD of Prasuti –Stree Roga dept. of NIA jaipur Rajasthan to assess the effect of *Dashmula Kashaya* in *Kashtartava*

(Primary Desmenorrhoea). *Kashtarva* is a *Vata* dominant *Tridoshaja Vyadhi* and *Dashmula Kashaya* is also *Tridoshaghna* and considered as best *Vatahara*. So it cures the disease by *samprapty vighatana* as vitiation of *Vata dosha* is responsible for this disease. Results were assessed on the basis of improvement in symptoms. The study reveals that *Dashmula Kashaya* is highly effective in disintegration of the pathogenesis of the disease.

KEYWORDS: *Kashtartava*, Primary Dysmenorrhea, *Dashmula Kashaya*.

INTRODUCTION

Kashtartava is expressed as “*kashtenmunchyatiti kashtartavam*”– *Kashtartava* is the condition where the *artava* discharges with great difficulty and pain.^[1] In Ayurveda *Kashtartava* is not described as an individual disease though it is a symptom of various *yonivyapadas* specially *Udavartini*, *Vatala*, *Sannipatika* etc. *Acharya Charaka*^[2] said that due to movement of flatus etc. natural urges in reverse direction fills *yonis* (uterus). This *yonis* (uterus) seized with pain, initially throws or pushes the *raja* upward, then discharges it with great difficulty and feels relief immediately following discharge of *artava*. In *Vataja Artavadusti*^[3], aggravated *vata* produce *rasa* and *rakta dhatukshaya* which create general weakness and cause oligomenorrhoea associated with dysmenorrhoea. So that *Kashtartava* is a *Vata* dominant *Tridoshaja vyadhi*. In Ayurveda lower pelvis is *Sthana* of *Apana Vayu*^[4], which is responsible for the elimination of menstrual blood, stool, urine, ovum etc. So as per Ayurveda, impairment of *Apana Vayu* is primarily responsible for *Kashtartava*.

On the basis of signs and symptoms and as *Acharya Charaka* said that immediate relief of pain following discharge of *raja*, it can be compared with Primary Dysmenorrhoea. Dysmenorrhoea^[5] literally means painful menstruation. But more realistic and practical definition includes cases of painful menstruation of sufficient magnitude so as to incapacitate day-to-day activities. In Primary Dysmenorrhoea pain begins a few hours before or just with the onset of menstruation. It usually lasts 8 to 72 hours and accompanies menstrual flow and precedes it by only a few hours. Pain is usually lower abdomen; may radiate to the back and to the inner thigh. The pain is associated with nausea, vomiting, fatigue and headache.

Dysmenorrhoea is caused^[6] by $PGF2\alpha$ produced in the endometrium. Prostaglandins production in the uterus is under the influence of progesterone which is produced in ovulatory cycle. With the onset of menstruation formed prostaglandins are released from the shedding endometrium. Prostaglandins are intense smooth muscle stimulants that cause intense uterine contractions. $PGF2\alpha$ also causes contractions in smooth muscle elsewhere in body resulting in nausea, vomiting and diarrhoea.

NEED OF THE STUDY: Dysmenorrhoea itself is not a life-threatening condition but is found to have a profound impact on daily activities and may result in missing work or school, inability to participate in sports and other activities. It is considered as leading cause of school absence in adolescent girls and a common problem in women of reproductive age.

The Prevalence^[6] of dysmenorrhoea to be between 45 and 95% among reproductive age women. In modern medicine non-steroidal anti-inflammatory drugs (NSAIDs) are the most commonly employed drugs for the treatment of inflammatory conditions but the adverse effect profile is the limitations in their use. So that it is a great scope of research to find out permanent solution from Ayurveda. So that Present case study is aimed to find out a method of treatment which will impart a permanent cure without any side effect.

SELECTION OF THE DRUG: As per Ayurveda, *Kashtartava* is a *Vata* dominant *Tridoshaja vyadhi*. *Dashmula Kashaya* is a *Tridoshahara*^[7] drug and is considered as one of the best *vatashamaka*^[7] drug. *Dashamula*, a combination of roots of ten plants is a standard Ayurvedic remedy for inflammatory disorders^[8,9] due to its analgesic or pain-killing effect and anti-inflammatory properties.^[10,11] Researchers concluded that the effect of using *dashamula* was comparable to that of aspirin, a mainstream modern anti-inflammatory drug with analgesic properties. It is a nourishing muscle tonic that strengthens the body and calms the nerves. This analgesic property helps women to overcome from the painful menstruation. It is traditionally used as detoxifier of the entire body, as a tonic for liver and kidneys and a hormone balancer for gynaecological problems. So that the *Dashmula Kashaya* is selected for the present case study.

Case Report: A 16-year-old girl came to Prasuti-Srti Roga OPD with chief complaint of lower abdominal cramping pain during menstruation. All her symptoms subsided from 3rd day of menses onwards. Her menarche was at 13 years of age and her initial periods for one year were painless, after that her periods was started with severe pain. For this, patient took allopathic treatment for long time but disease recurrence was seen. She was unable to attend school during her periods that's why she came to OPD of Srti Roga Department of NIA for better treatment.

Examination findings

Pallor +

No pedal edema and any lymphadenopathy

BP- 120/ 80 mmhg

P/R- 76/M

R/R- 16

Temperature- Afebrile

Per Abdomen: soft liver and spleen not palpable.

Manstrual History- Age of menarche- 13 yr.

Duration/Interval- 5days/ 30 days

Amount of bleeding- 4 to 5 pads per day for initial 3days

There after one pad per day

History of present illness: Praseka, chhardi and vibandha was not present. Fatigue by normal daily routine. No headache was present. Presence of normal appetite. Swedadhikya (excessive sweating) occurs at working in hot or doing hard work. No Tamodarshana or faint was present.

Past History: not significant

Investigation:

Complete Blood picture – within normal range

HIV, HBsAg, VDRL- Negative.

Urine for Routine and microscopy- Normal

Ultra Sonography for Uterus and adnexae- Normal study

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.

Formulation of the drug: *Dashmula Kashaya* (Ref.-Bhaishajya Ratnavali kasaroga adhikara 13 – 15) was prepared in the pharmacy of National Institute of Ayurveda (GMP certified) at Jaipur (Rajasthan).

Table 3: Shows Plan of Treatment.

No.	Medication	Dose & Duration	Anupana	Time
1.	<i>Dashmula Kashaya</i> (Luke Warm)	15 to 20 ml twice a day for 3 cycles	With equal quantity of water	After meals

Do's: During this period women advice to take *Laghu Supachya Aahar* (which is easy to digest), take rest and Pranayama for 10 minutes. *Adho Nabhi Abhayang* in the ovulatory phase of menstrual cycle which promotes *Vataanulamana* of *Vyana Vata* which aggravates in *Kashtartava* and arise constipation and painful menstruation.

Dont: Women advised to stop *Mithya Aahar Vihar* like spicy and fried foods, heavy weight lifting, journey, tension which aggravates *Vata Dosha*.

RESULT

The single case study demonstrates that *Dashmula Kashaya* pacify aggravated *vata dosha* thus allows the painless flow of *artava*. Menstruation cycle became regular at normal interval without any complaint of pain. No fatigue was present. *Dashmula* may also help with premenstrual syndrome involving lower abdominal and lower back pain, anxiety, mood swings, and insomnia.

Pharmacological Properties of *Dashmula* and mode of action by researches

No	Drugs	Active Chemicals	Mode of Action
1.	<i>Bilva</i>	Root-aegeline, skimmianine, and marmin	Potently inhibited the histamine release from rat mast cells
2.	<i>Agnimantha</i>	Chlorofom extract of aerial part, aqueous extract of root bark	Inhibition of the synthesis of prostaglandins & other inflammatory mediators
3.	<i>Shyonaka</i>	Ethanol Extract of Stem Bark	Suppressed the activation of pro-inflammatory cytokines including NF- κ B, TNF α , IL-1 β , and IFN γ and the activity of cyclooxygenase enzymes
4.	<i>Patala</i>	Ethanol extract of bark	Its inhibition on histamine and 5-HT release at the site of inflammation or by blocking their action responsible for prostaglandin synthesis or by inhibiting prostaglandin synthesis through COX-2 inhibition mechanism
5.	<i>Gambhari</i>	Aqueous and Methanolc extract of bark	Inhibition of prostaglandin and other autocooids
6.	<i>Shalparni</i>	Ethanolc extract of leaves	Flavonoids-anti-inflammatory effects through its inhibition of the cyclooxygenase pathway
7.	<i>Prishniparni</i>	Methanolc Extract of aerial part	Histamine, prostaglandins, kinin and pro-inflammatory cytokinins
8.	<i>Brihati</i>	Methanolc extract of fruit	Inhibition of pain substance like histamine, serotonin & inhibit the synthesis of prostaglandins, inhibit of the cyclooxygenase pathway
9.	<i>Kantakari</i>	Methanolc Extract of Leaf	Inhibitory effect on the release of active pain substance such as histamine, serotonin, polypeptides or prostaglandins
10.	<i>Gokshura</i>	Ethanolc extract of fruit	Inhibited the expression of cyclooxygenase-2 (COX-2), suppressed the expression of pro-inflammatory cytokine

DISCUSSION

Dashmula is a commonly used classical Ayurvedic multi- ingredient formulation for management of pain, arthritis and inflammatory disorders. Drugs of *Dashmula* are found enlisted under *Shvayathuhara Mahakashaya* in *Charaka Sutrasthana*. As a group its

indication and term *Dasmula* is first given by the *Acharya Sushruta*. *Dasmula* is used for treatment in various diseases since *Samhita* periods. It has potent anti-inflammatory, antioxidant, and moderate analgesic action. It is a part of several Ayurvedic medicines and alone used for pain disorder and other health condition related to nerve, muscle, bones and joints. Collective properties of *Dashmula Kashaya* are *Katu Rasa*, *Katu Vipaka*, *Laghu-Ruksha Guna* and *Ushna Veerya*. By virtue of these properties *Dashmula* act as *Aam-pachana*, remove the *avarana* of *kaphadidoshas* and pacify the *Vata Dosha*. *Kashtarva* is a *Vata* dominant *Tridoshaja Vyadhi* and *Dashmula Kwatha* is also considered as best *Vatahara*. So it cures the disease by *samprapty vighatana* as vitiation of *Vata dosha* is responsible for this disease. According to *Acharya Charaka*, the normal course of *Apana Vayu* is downward but if it does not move downward as *Udavartini Yonivyaoada* where its movement is upward it causes constipation, hormonal imbalance and other factors etc. Because of *Deepana*, *Aam-pachana guna* of *Dashmula Kashaya* it cures constipation and because of the analgesic (*vedanasthapana*) and anti-inflammatory (*shothahara*) activity of *Dashmula* women overcome the painful menstruation, nausea, vomiting etc. Researchers concluded that it inhibited the synthesis of prostaglandins and other inflammatory mediators. It also suppresses the activation of pro-inflammatory cytokines including NF- κ B, TNF α , IL-1 β , and IFN and activity of cyclooxygenase enzymes. It Inhibited pain substance like histamine, serotonin, (COX-2) and inhibit the cyclooxygenase pathway. Alkaloids of *Dashmula Kwatha* have calming effect on the Brain and Nervous System so it can be also used in hormonal imbalance.

CONCLUSION

The single case study demonstrates that *Dashmula Kashaya* is highly effective to treat Dysmenorrhoea. *Dashmula Kashaya* pacify aggravated *vata dosha* thus allows the painless flow of *artava*. It inhibited the synthesis of prostaglandins and other inflammatory mediators. So that menstruation became regular at normal interval without any complaint of pain. It may also help in premenstrual syndrome involving lower abdominal and lower back pain, anxiety, mood swings, and insomnia. Researchers concluded that the effect of using *dashamula* was comparable to that of aspirin, a mainstream modern anti-inflammatory drug with analgesic properties.

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