

## STANDARDIZATION AND CLINICAL STUDY OF “RAJPRAVARTINI VATI” TO EVALUATE ITS EFFICACY IN KASHTARTAVA DYSMENORRHEA

<sup>1</sup>\*Dr. Jyotsna S. Gulhane, <sup>2</sup>Dr. Sanjay J. Dahake and <sup>3</sup>Dr. S. S. Lokhande

<sup>1</sup>Professor & H.O.D. Ras-Shastra & Bhaishajya- Kalpana Dept. S.R.C. Ayurved College, Chikhali.

<sup>2</sup>Professor & H.O.D. Ras-Shastra & Bhaishajya- Kalpana Dept. C.S.M.S. Ayurved College Aurangabad.

<sup>3</sup>Reader & H.O.D. Swasthavritta Dept. S.R.C. Ayurved College, Chikhali.

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### \*Corresponding Author

**Dr. Jyotsna S. Gulhane**

Professor & H.O.D. Ras-  
Shastra & Bhaishajya-

Kalpana Dept. S.R.C.

Ayurved College, Chikhali.

### ABSTRACT

Kashtartava is a disease where a female experiences difficult and painful menstruation during her reproductive age. Ayurved doesn't describe it as an entity, but as a symptom of various yonivyapadas, i.e. vatala, sannipataj, udavarta yonivyapad. Pathologically it is sannipataj having vat dominance. Total 30 patients were treated in this trial for three months. An assessment was done on the basis of subjective as well as objective symptoms. The study revealed that good and fair results were obtained from this drug.

**KEYWORDS:** Kashtartava, sannipataj yonivyapad, spasmodic pain,

rajpravartini vati.

### INTRODUCTION

The health of woman is especially important, as her body embodies the capacity to bare the fetus and deliver it in healthy status. A condition like dysmenorrhea influences this task of conceiving, bearing and delivering the fetus. Nowadays a woman performs the dual role as a house-wife as well as a professional. Hence her health is very important. But dysmenorrhea is a common symptom in reproductive age of a woman and poses a threat to her task of reproduction.

Ayurvedic classics describe the age 12 to 50 years [menarche to menopause] as reproductive age. A woman faces a lot of physical and psychological problems both at the time of menarche and menopause. During menarche maximum girls face painful menstruation termed as *kashtartava* or *dysmenorrhea* in modern medical science. It is one of the commonest gynecological complaint. According to Ayurved it is a *tridoshaja vyaadhi* with *Vat dosh* prominence.

According to modern medical science *dysmenorrhea* is treated by o.c.p.s, antispasmodics, analgesics etc. Long term use of these drugs give rise to hepatotoxicity, nephrotoxicity, headache, and sometimes vertigo, dizziness, depression, skin rashes.

So there is much scope for research to find out the safe, potent, cost effective, remedy, free from side effects. Ayurved can solve this problem. Due to this background recent trial work on *kashtarva* is undertaken.

### **AIMS AND OBJECTS**

- 1] To study the clinical efficacy of *Rajpravartini Vati* in treating *kashtartava*.
- 2] To Study any other benefits of the trial drug.
- 3] Standardization of *Raj pravartini vati*.

### **Drug**

*Rajpravartini vati* for treating *dysmenorrhea* was selected for the clinical trial. The fundamentals of ayurvedic treatment i.e. *dosha-dushya samurchchana* were deemed and respected in every sense. Apart from this aspect an endeavor was made to prove that the chosen drug has potency against the pathogenesis of *Kashtartava*. *Vatanulomak*, *shulaprashaman*, *raktashodhak* drugs are featuring in this formulation.

### **Ingredients**

Tankanam hingakasisam, kanyasaram samamshakam|

Kumarisvarasenaiva chaNakapramita vati ||58|

Rajorodho kastarajo vedanaashcha tadudbhavaa|

Rajpravartini naam vati turNam vinaashayet |59||bhai. Ra.|

### **1] Tankan**

Tankan is having *kapha-vatshamak garbhaashaya sankochak*, *shothanashak*, *vraha ropak* and *rajpravartak* properties.

**2] HIngu**

Garbhashaya shodhak, digestive, antispasmodic, and stimulant.

**3] Kasis**

Kasis is having vrana ropak, rajpravartak, properties and is indicated in agnimandya, arsha, kashtartava, paadu, shotha and yonivyapat.

**4] Kanyasar**

Kanyasar is good rejuvenative and it contracts uterine muscle [garbhashaya sakochak], appetizer, digestive, carminative, liver stimulant. Hence it is useful in anorexia, aam dosha, and abdominal pain. It has oxicotic properties, and it is useful in amenorrhea.

Bhautik and rasayanic examination

Bhautik examination:-

Shabda: --

Spash: - Snigdha

Roopa: - Pitabha krisha

Ras: - Kashaya, amla

Gandha: - Mishra

Rasaayanic examination<sup>2</sup>

1] Tablet disintegration time:- 42 min.

2] P.H. value: - 6.05

3] Total ash value: - 95.12 %

4] Water insoluble ash: - 59.94%

5] Water soluble ash 35.18 %

6] Water soluble extract: - 5.24%

7] Hardness of tablet: - 3.2 kg/cm<sup>2</sup>

8] Friability Test: - after test loss of weight is [0.098gm] less than 0.6 gm. So the test is positive. Tablets are not broken, so the friability is good.

**MATERIAL AND METHOD**

Patients attending the O.P.D. of prasuti-tantra and stree-rog department at Gurukunj Ashram Mozari, with characteristic symptoms of Kashtartava were selected for the present study. Thirty patients of kashtartava who attended the O.P.D. were selected irrespective of caste,

religion, creed and race. A detailed profarma was prepared to study the disease in accordance to the patients of kashtartave.

### **Inclusion criteria**

Patients willing to participate in the study who gave informed written consent before the trial.

Patients of the age 15 to 50 years. All the patients were presenting the signs and symptoms of kashtartava i.e. painful menstruation, nausea, vomiting, diarrhea, anorexia and nervousness.

### **Exclusion criteria**

- 1] Patients who were not willing for trial.
- 2] Irregular periods.
- 3] Heavy and excessive periods.
- 4] Any anatomical anomaly.

### **Method of study**

- 1] Diagnostic phase
- 2] Interventional phase
- 3] Assessment phase

### **Diagnostic phase**

The patients were diagnosed on the basis of signs and symptoms of kashtartava, as given in inclusion criteria.

### **Investigational phase**

For the purpose of assessing the general condition of patient and to exclude their pathogenesis routine hematological investigation were performed in all the selected patients before and after the trial of therapy.

U.S.G. examination was done to exclude any pathology before the interventional phase. After arriving at the diagnosis clinical proforma was filled up which incorporated all signs and symptom based on both ayurvedic as well as modern parameters. All the points in perspective of dosha and dushya etc. on ayurvedic line were also included in proforma. A detail clinical history was taken in initially and complete physical and gynecological examination of each patient was carried out on the basis of proforma. In addition to it sharir as well as manas prakruti parikshana of the patient was also done.

**Dose**

250 mg twice a day with luke warm water.

Duration of trial: -- The total duration of treatment was 3 months.

Follow up:-Follow up was taken 1 month after menstrual cycle and after 2 months at the completion of the trial.

Assessment phase: - Assessment was done clinically on the basis of decrease in clinical parameters [signs and symptoms] and improvement in certain physical parameters.

**DISCUSSION**

Maximum patients were of the age group 18 to 25 years. In this group dysmenorrhea may be prevalent due to variation in life style, food patterns generally.

75% patients were having positive family history.

80% patients had spasmodic pain and dull ache.

85% patients had cramps like pain.

Acharyas have described this type of pain as vatic vadana.

In primary dysmenorrhea pain is of spasmodic type.

75% patients had constipated bowel habits. Constipation—vibandha leads to vat-prakop and dushti as well as pratilom gati of apan vayu, which hampers the normal function of apanvayu hence patients may have problems like kashtartava which is also caused by apan dushti.

93% patients had kashtayukta raj.

91% patients had backache.

93% patients had alpa raj. [Scanty menses].

90% patients had abdominal pain.

40% headache.

58% nausea.

35% Anorexia nervousness and breast tenderness.

All these symptoms appear due to accumulation of vat dosha during the pathogenesis of the disease.

Rajpravartini vati is the classical drug which is mentioned in Bhaishajya-ratnavali for treating kashtartava.

As per ingredients of rajpravartini vati the formulation seems to be tridosh-shamak, ushnaveerya, and madhur vipaki. kashtartava is vat dominant tridoshaj disease. The

formulation under trial has tridosha shamak and vat shamak properties. Due to madhur vipaka these properties of formulation helps to break down the pathogenesis of the disease. All the ingredients exert vata anulomaka shulahaar effect along with garbhashaya shuddhikar properties. By virtue of its garbhashaya sankochaka and shodhaka properties it improves the free flow of menstrual blood without any obstruction. By its raktavardhak and raktashodhaka properties it enhances the pain threshold and facilitates the better pain tolerance.

## CONCLUSION

On the basis of these observations it may be deducted that dysmenorrhea may be found in mostly 15 to 20 years of age group. But in some cases dysmenorrhea can be a troublesome feature throughout the reproductive age of a female. From the result and observations of this trial it can be concluded that 30 patients were markedly improved. So it can be assumed that good and fair results were found in trial drug. No adverse effects were seen during trial. It improves that the drug is safe from unwanted side effects.

Along with the medication life style education should be the part of girls' education from the age of menarche.

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