

VIDARI AS A DIETARY SUPPLEMENT IN KASHTARTAVA WITH SPECIAL REFERENCE TO PRIMARY DYSMENORRHOEA: A REVIEW STUDY

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INTRODUCTION

Dysmenorrhoea can be literally translated as difficulty during monthly flow. Although its normal for most women to have mild abdominal cramps on 1st day or two of their period. There are two types of dysmenorrhoea. Primary dysmenorrhoea is menstrual pain that's not a symptom of any underlying gynaecological disorder but it is related to the normal process of menstruation. It is most common type of dysmenorrhoea affecting 50 % of women and quite severe in about 10%. It is most common in late adolescence and early 20s. Fortunately for many women the problem eases as they mature, particularly after a pregnancy. Although it may be painful and sometimes debilitating for

brief period of time, it is not harmful.

Secondary dysmenorrhoea is menstrual pain that is generally related to some kind of gynaecologic disorder and needs proper medication and management. Secondary dysmenorrhoea more likely to affect during adulthood.

Dysmenorrhoea is correlated with Kashtartava in Ayurveda. It is not described as a separate entity in ayurvedic texts. But acharya Charak explained that every disease related with female reproductive system is mainly due to Vata dominance. Vatadosha gets aggravated due to the faulty lifestyle in today's generation and incidences of menstrual problems are increasing in girls now a days.

Many women accept this menstrual pain as normal part of their menstruation and avoid and hesitate to share it with anyone. But something which is hampering your daily work really needs to be treated. Many times changes in lifestyle and diet cures this problem totally or upto 80%. So diet management is very important and easy solution to this problem.

Vidari or Bhuikohla is Ahariya Dravya and its properties helps to pacify all three Doshas. It is very easy option which women can use in their diet as a vegetable. It can help them to overcome menstrual problems.

AIMS AND OBJECTIVES

- 1) To discuss and elaborate about primary dysmenorrhoea.
- 2) To discuss and elaborate about Kashtartava and its Panchabhoutik aspect.
- 3) To understand causes behind the increasing menstrual problems in current generation.

MATERIAL AND METHODS

This article is based on the review of Ayurvedic texts. Materials related to dysmenorrhoea, Kashtartava, Vidari have been collected.

The main text used in this study are Charak Samhita, Bhavprakash Nighantu, test book of Gynecology etc.

We also referred to the modern texts and searched various websites to collect information on the relevant topic.

Conceptual study

A) Dysmenorrhoea

It is a medical condition of pain during menstruation. It refers to severe painful cramping sensation in the lower abdomen often accompanied by other biological symptoms like –

- Nausea
- Vomiting
- Diarrhoea
- Weakness
- Fainting
- Headaches
- Pain radiating down the legs.

There are two types of dysmenorrhoea

1. Primary dysmenorrhoea
2. Secondary dysmenorrhoea

Primary dysmenorrhoea mainly associated with myometrial contractions induced by prostaglandins originating in secretory endometrium which results in uterine ischemia and pain. It should be noted that it is not associated with any pathology. It is mainly found in adolescent girls and it subsides with age in most of the girls. But in severe cases it needs to be treated. It can be also corrected with the help of lifestyle modification and diet.

Secondary dysmenorrhoea caused due to any other existing pathology. Like

- Pelvic inflammatory diseases
- Uterine myoma
- Adenomyocosis
- Endometriosis etc.

B) Kashtartava

Kashtartava is not described in ayurvedic classics. It is described under the umbrella of Yonivyapada, under Udavartini, Vataj, Sannipatik Yonivyapad. All three Doshas contribute into the pathogenesis of Kashtartava but there is predominance of Vata. In Kashtartava Apan and Vyan Vayu are majorly disturbed with Ras dhatu. Kashtartava can be compared with dysmenorrhoea on the basis of signs and symptoms. Acharya Charak has mentioned that all gynaecological diseases occur due to the dominance of Vat Dosha and are impossible without it.

C) Panchabhoutik aspect

It is a very different aspect and helps to understand the pathophysiology of this entity.

According to this concept female body is considered as Agneya Mahabhut Pradhan. Now a days due to faulty lifestyle this Agneya Mahabhuta gets increased and it causes decrease in the opposite gunas like dravata, snigdhta and sthirta in Aartava. This causes difficulty in menstruation. So in order to treat this Aapya Mahabhutpradhan Dravya should be used. Which can decrease Agni Mahabhut and also normalise Dravata, Snigdhatta and Sthirta in Aartava.

D) Vidari as a dietary supplement

Vidari is described in all Brihatrayee and Laghutrayee and also in all Nighatus. Its properties are almost same in every text. Its properties are-

- Ras – Madhur
- Vipak – Madhur
- Virya – Sheet
- Guna – Guru, Snigdha

In Charak Samhita it is described in Shak Varga with Jeevaniya, Brihaniya, Vrishya, Balya and Rasayan properties. So it pacifies Vat dosha and other Anubandhi Doshas as it is Tridoshaghna. It also decreases Agneya Mahabhuta as it is Aapmahabhut Pradhan. It increases Dravata, Snigdhatata and Sthirta in Aartava. So it is perfect diet supplement women can use to overcome Primary dysmenorrhoea.

E) Causes behind increasing menstrual problems

In today's time women are not only doing their house chores but they work outside for financial support of family. This leads to many changes in women's lifestyle, habits and diet. Due to these changes dysmenorrhoea is more common now a days. These are –

- Irregular timings of work
- Shift duties
- Irregular lunch and dinner timings
- Junk food
- Anxiety
- Over consciousness about dieting
- Prolonged sitting
- Prolonged standing
- Travelling etc.

This change in lifestyle is more likely to have effect on Vat Dosha which is the main cause of Kashtartava. So to overcome Kashtartava or dysmenorrhoea changes in lifestyle and diet plays a very important role. Also vegetables like Vidari or Bhuikohla can help in betterment of the condition of Doshas. It can act as a good dietary supplement in dysmenorrhoea.

DISCUSSION AND CONCLUSION

Primary dysmenorrhoea or Kashtartava is a very common menstrual problem which occurs mainly in adolescent age. It really hampers routine work of females. Many women accept menstrual pain as a normal part of their menstruation and avoid medicines. Now a days due to changes in lifestyle and food habits its incidences are occurring more. Women are very much busy and at the same time somewhat ignorant about their health. But something which is hampering your daily work, really needs to be treated. So it is a great option to treat it with the help of diet. We can cure it by changes in lifestyle and diet and Vidari is a great option as a dietary supplement. It is very useful in pacifying Vat Dosha which is predominantly responsible for Kashtartava and also maintains all three Doshas in harmony. It acts as Rasayana and gives strength to body. So it can act as a very good dietary supplement for women.

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