

MANAGEMENT OF KASHTARTAVA W.S.R. TO PRIMARY DYSMENORRHOEA
USING RAJAH PRAVARTAKA CHURNA: A CASE STUDYDr. Pratibha Yadav^{1*} and Dr. Pramod Kumar Majhi²¹MS Scholar, ²Associate Professor

P.G. Dept. of Prasuti Tantra and Stree Roga, Vaidya Yagya Dutt Sharma Ayurved Mahavidyalaya, Khurja, Uttar Pradesh, India.



*Corresponding Author: Dr. Pratibha Yadav

MS Scholar, P.G. Dept. of Prasuti tantra & Stree Roga, Vaidya Yagya Dutt Sharma Ayurved Mahavidyalaya, Khurja, Uttar Pradesh, India.

Article Received on 07/03/2024

Article Revised on 28/03/2024

Article Accepted on 18/04/2024

ABSTRACT

Kashtartava (painful menstruation or dysmenorrhoea) is one of the common gynecological disorders prevalent among women. It has been described as a symptom of various diseases such as *Vatala yonivyapada*, *Udavartini yonivyapada*, *Kukshishoola* etc. in *Ayurvedic* classics. It is characterized by a condition in which *Artava* (menstrual blood) is released out with great difficulty and pain. *Acharya Charaka* has particularly told that none of the gynecological disorders can arise without the involvement of vitiated *vata dosha*. The pain felt in *kashtartava* is due to *vata-ridhi* (elevated levels of *vata dosha* in body), specifically *Apanavayu* and *margavarodha* (obstruction of channels) etc. It can be managed with various *Ayurvedic* preparations such as *Jeerakadi modak*, *Phala ghrita*, *Rajahpravartini vati* etc. *Panchakarma* procedures such as *Baladi anuvasana basti*, *Til taila matra basti* etc. have been proved to be beneficial along with *Pathya ahara* and *Vihara* (wholesome regulated diet and lifestyle). Here is a case report of a girl aged 20 years with chief complaint of painful menses suffering from primary dysmenorrhoea since last 4 cycles without any pathology. She was presented on December 2022. After her consent, *Rajahpravartak churna* (Reference-*Ras Tantra Sara Evum Siddha Prayog Sangrah, Churna Prakaran*), is given with the *anupana* of lukewarm water for about 7 days just before the due date of each cycle for 3 months. Result found was her menstrual cycle became painless with easy flow. In this case study, concept of *kashtartava* and treatment course along with mode of action of drugs is mentioned.

KEYWORDS: *Kashtartava, Dysmenorrhoea, Menstruation, Udavartini yonivyapada.*

INTRODUCTION

Menstruation is a normal physiological process that occurs approximately once in a month in women of reproductive age which is controlled by the hormones of the hypothalamo-pituitary axis. But when this menstruation becomes painful, and the pain is fully blown up and exaggerated, it interferes with her day to day tasks and irritates physical and mental calmness of the lady. As a disease, *Kashtartava* is not described anywhere in *Ayurveda*, but it is mentioned as a symptom of many gynaecological disorders for production of *Artava*, co-ordinated functioning of *Vyana* and *Apana vata* is required. Normal menstruation is one of the functions of *Apanavata*, so due to the vitiation (*dushti*) of *Apanavayu dushti*, painful menstruation is caused *Vyana vayu* has control over the muscles which bring about action such as contraction, relaxation after which *artava* is expelled out by *anulomana kriya* of *apana vayu*.

Kashtartava is increasing now a days because of sedentary lifestyle, wrong food habits and stressful life.

Acharyas have mentioned excessive use of *katu, lavana, ushna, tikshna ahara sevana, diwaswapa, chinta* and *vegधारana* as *nidan*s for *yonivyapada*s and all these are responsible for *vata* vitiation. In this article, an attempt has been made to analyze the mode of action and efficacy of *Rajahpravartak churna* in case of *kashtartava*.

AIMS AND OBJECTIVES

1. To understand *kashtartava* W.S.R. to primary dysmenorrhoea.
2. To analyse the effect of *Rajahpravartak churna* in the management of *kashtartava*.

CASE REPORT

A girl student, 19 years old, visited the *Prasuti tantra avum Striroga* OPD department of *Vaidya Yagya Dutt Sharma Ayurved Mahavidyalaya, Khurja* on December 2022 with complaint of pain in lower abdomen during menstruation since last four months.

Patient had menarche at the age of 13 years and her menstrual cycle was normal. The cycle is regular and lasts for 4-5 days with normal bleeding but with pain in lower abdomen accompanied by cramps. Pain was severe on first two days and mild on fourth day. Pain was so severe that it was not pacifying by taking rest or with antispasmodic medications and analgesics, and was disturbing her routine activities. So, she visited VYDS College, *Khurja* for advice of Dr. *Pramod Kumar Manjhi* for permanent relief and better treatment.

Family history

No similar history of same complaints in family was registered.

Menstrual history

Menarche at: 14 years of age.
Menstrual cycle: 4-5 days, Irregular
Character: Dark red color
Consistency: Clots presents
Dysmenorrhea: Cramp like pain
Intermittent site: Lower abdomen and low back

General Examination

Built: Moderate
Nourishment: Moderate
Temperature: 98.60 F
RR: 18/ Min
Pulse rate: 79/min
Blood pressure: 110/70 mm of Hg
Height: 154 cms
Weight: 42 Kgs

Systemic examination

RS: AEBE
CVS: S1 S2 Normal
CNS : Conscious, oriented
P/A: Soft

Gynecological Examination
Bilateral breasts: Soft, NAD

Inspection of Vulva

Pubic hair: Moderate
Redness, ulceration and swelling: Absent
External urethral meatus: Normal
Evidence of pruritus: No

Ashtavidha Pariksha

Nadi: 79/min
Mala: Once a day, no constipation
Mutra: 4-5 times a day
Jihva: *Alipta*
Shabda: *Avishesha*
Sparsha: *Anushna sheeta*
Druk: *Prakruta*
Akruti: *krush*

Dashvidha Pariksha

Prakruti: *Vatapradhan pitta*

Dosha: *Vata*

Dushya: *Rasa, Rakta, Artava*

Sara: *Hina*

Samhanana : *Hina*

Pramana: *154cm*

Dehabhara: *42 Kgs*

Satmya: *Madhyama*

Satva : *Madhyama*

Ahara shakti: *Madhyama*

Vyayam shakti: *hina*

Investigations

#USG of Abdomen and Pelvis
Liver: Normal in size and echotexture.
Gall bladder: Normal
Both kidneys: Normal in size and shape.
Pancreas & spleen: Normal in size.
Both kidneys: Normal in size.
Uterus: Normal in size.
Endometrial echocomplex: Central and cavity empty.
No focal mass seen (ET: 6mm)
Cervix: Normal
B/L Ovaries: Normal

#Urine (R) and (M): WNL

#Hb%: 10.5gm%.

TREATMENT

Time period: 20/12/2022 to 27/02/2023

Time: half hour before meals BD

Drug: *Rajahpravartak churna*

Route: oral

Dose: 3gm

Anupana: lukewarm water

Changes recommended in life style
Ensure sound sleep for at least 6 to 8 hours per day.

- Reduce intake of caffeine.
- Eat healthy, freshly homecooked, non-oily, non-spicy, warm food.
- Take 4 to 5 times small meals in a day, avoid fasting.
- Eat fresh fruits like dark grapes, papaya, pomegranate and apple.
- Have more green leafy vegetables.
- Avoid consumption of high fatty foods.
- Regular use of ginger and turmeric in food preparation.
- Take supplementations like calcium, Magnesium, Vit E, B6 and B12.

RESULT

Date

16/12/2022 (treatment started): Severe pain in lower abdomen and lower back during menses. LMP=23/11/2022. (Dysmenorrhoea+++)

27/12/2022: Period started on 23/12/2022. Dysmenorrhoea ++. Mild relief in pain was noticed. no fresh complaints.

30/01/2023: period started on 22/01/2023. Dysmenorrhoea was reduced significantly. 50% relief in pain was noticed.

28/02/2023: period started in 22/02/2023. 80% relief in symptoms was noticed. Only mild dysmenorrhoea during the cycle.

DISCUSSION

Derangement or aggravation of *vata dosha* gives rise to *kashtartava*. All the five ingredients of *rajahpravartak churna* act directly on normalising and pacifying the vitiated *vata dosha* (*apana* and *vyana vayu*) in *kashtartava*. Their mode of action and properties are given below :

1. BHARANGI (*Clerodendron serratum*): It has *ushna virya* and *kaphavatashamak*. Due to its hot potency it pacifies *vata* which is the cause of pain in *kashtartava*.
2. SHUNTHI (*Zingiber officinale*): It has anti-inflammatory and analgesic properties and is best medicine for all *vata* disorders. It stimulates nerves, improves impulse transmission and relieves pain. It has *snigdha guna, katu rasa, ushna veerya* and *madhura vipaka*, hence pacifying *vata*.
3. MARICHA (*Piper nigrum*): It is mentioned under *shoolaprashamana mahakashaya*. It is *tikshna* in nature, *ushna veerya* and *vatakaphashamak* hence it is useful in dysmenorrhoea, amenorrhoea and impotency.
4. PIPPALI (*Piper longum*): It is mentioned under *shoolaparashaman* and *deepaniya mahakashaya*. It is *snigdha* in nature and has *katu rasa, anushnasheeta virya* and *madhura vipaka*. It is also *kaphavatashamaka* when used in its dried form. It is useful in dysmenorrhoea and painful labour by its action of *rasa pachan*.
5. HINGU (*Ferula asafoetida*): It is mentioned under *deepaniya mahakashaya*. It has *tikshna, snigdha, laghu* and *sara guna, katu vipaka* and *ushna virya*. It is *kaphavatashamak*, hence regulates normal functioning of *apana vayu*. It helps to clean the uterus in postpartum conditions.

CONCLUSION

Therapeutic effect of this churna showed significant relief in pain during menses.

Dysmenorrhoea is common gynaecological disorder in today's society. *Vata* vitiation is the main cause of menstrual disorder (*yonivyapad*). Here an attempt has been made to analyze the ayurvedic line of treatment and to restore the quality of life. The treatment mentioned here having *vatashamaka, dipana, pachana*, antispasmodic and anti-inflammatory properties.

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