

**MANAGEMENT OF KASHTARTAVA W.S.R TO PRIMARY DYSMENORRHOEA: A
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ABSTRACT

Dysmenorrhoea (Kashtartava) is found to have profound impact on daily activities and may result in inability to get out of bed. We can correlate it with yoniroga - mainly udavarta or vataj yonivyapad or sannipataj yonivyapad. Main symptom is pain i.e. main intity is vata. Acharya Charak explained that due to vegdharan, apan vayu changes to pratilom gati and this vitiated vayu lift yoni upward and causes obstruction to flow of rajah which causes unbearable pain. Here is a case report of girl aged 20 years with Chief complaint of painful menses suffering from primary dysmenorrhoea more than 6 cycles without any pathology. She was presented on July 2020. After her consent, Rajapravartini vati is given with Dashmoolarishta and Tila taila Matra basti for about 7 days just before the due date given for 3 months each cycle. Result found was her menstrual cycle become regular without any complaint. In this case study concept of Kashtartava and treatment course along with mode of action of drugs is mentioned.

KEYWORDS: Kashtartava, Dysmenorrhoea, Udavartini yonivyapada, Menstruation, Matra basti.**INTRODUCTION**

As a disease Kashtartava is not mentioned anywhere in Ayurveda, but it is considered and described as a symptom. According to Acharya Charaka symptom of disease itself can constitute a disease. The word Kashtartava can be expressed as "Kashtena muchyati iti Kashtartava" that is Kashtena with great difficulty, so particularly the condition where Artava is shaded with great difficulty and pain is termed as "Kashtartava."

For production of Artava, Vyana vata and Apana vata work in co-ordination with each other. Normal menstruation is among one of the function of Apanavata, so painful menstruation can be considered as Apanavayudushti. Contraction and relaxation of uterus and its related organ is the function of vyana vayu. 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.

While going through the ancient Ayurveda text it may be find out several entities which come with Kashtartava as direct or indirect reference; Vataja yonivyapad, Udavartini yonivyapad, Sannipatik yonivyapad, Vataja Artavdushti. Thus Vata is responsible for all these conditions. This entity is increasing now a days because of sedentary lifestyle, wrong food habits & stressful life.

Acharyas have mentioned excessive use of Katu, lavana, Ushna, Tikshna ahara sevana, Divaswapa, Chinta and Vegdharana as nidanas for yonivyapadas and all this responsible for Vata vitiation^[1] In present article, an attempt has been made to analyze ayurvedic line of treatment in case of Kashtartava.

AIMS AND OBJECTIVES

1. To understand Kashtartava W.S.R. to primary dysmenorrhoea.
2. To access the effect of Rajapravartini Vati, Dashmoolarishta and tila taila matra basti in management of Udavartini yonivyapad.

CASE REPORT

A girl aged 20 years who is a student, visited to Prasuti tantra avum striroga OPD department of Shri Vivekanand nursing home, Rahuri. on July of 2020 with complaint of pain in lower abdomen during menstruation and delayed menstrual cycle since three months.

Patient had menarche at the age of 14 years and menstrual cycle was regular. For about couple of year with dysmenorrhoea. Later menstrual cycles was 2-3 months delayed every cycle and it lasts for 4-5 days with normal bleeding but pain in lower abdomen with cramps. Pain was severe on first two days and mild on fourth day.

She was getting little relief with Tab Meftal spas. As the pain was so severe, it wasn't reducing after taking rest and analgesic and was disturbing her daily activities. So she visited Shri Vivekananda Nursing home, Rahuri for advice of Dr. Bhalgat for permanent relief and better treatment.

Family history

No similar history of same complaints in family.

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 backache

General Examination

Built	Moderate
Nourishment	Moderate
Temperature	98.50 F
RR	18/ Min
Pulse rate	74 /Min
Blood pressure	110/70 mm of Hg
Height	155 cms
Weight	40 Kgs

Systemic examination

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

Investigation

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%:	8.5 gm%.

TREATMENT

Pre-menstrual Basti Chikitsa

Time period	03/07/2020 to 09/07/2020
Time	08 AM to 09 AM for 7 Days
Drug	Tila Taila
Route	Mantra Basti by Rectal route
Dose	60 mL.

Gynecological Examination

Bilateral breasts:	Soft, NAD
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Inspection of Vulva

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

Ashtavidha Pariksha

Nadi	74/Min
Mootra	5-6 times a day
Mala	Once a day
Jivha	Alipta
Shabda	Avishesha
Sparsha	Anushna sheeta
Druk	Prakruta
Akruti	Krush

Dashvidha Pariksha

Prakruti	Vatapradhan pitta
Dosha	Vata
Dushya	Rasa, Rakta, Artava
Sara	Hin
Samhanana	Hin
Pramana	(155 cm)
Dehabhara	40 Kgs
Satmya	Madhyama
Satva	Madhyama
Ahara Shakti	Madhyama
Vyayam Shakti	Hin

Purva Karma: Abhyanga with tila taila on kati-prushtha-parshwa-adhodara for 15 min and swedan.

Pradhan Karma: Matra basti in left lateral position with 60 mL tila taila.

Pashchat karma: Rest in supine position for at least 15-20 min. Patient had menses on 11/07/2020

LMP: 11/07/2020

Abhyantar Yoga

1. 03/07/2020 to 15/07/2020

Treatment started from first day of Basti Chikitsa and upto the completion of bleeding phase.

Dashmoolarishta	20 mL.	After food with water
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2. 11/07/2020 to 15/07/2020

Treatment started from first day of menstrual cycle upto completion of bleeding phase.

Tab. Rajapravartini Vati	1 Tab 500 mg BD	At 08 AM and 08 PM before meal with lukewarm water.
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Changes recommended in life style

- Ensure sound sleep of at least 6 to 8 hours.
- Reduce caffeine intake.
- Eat healthy, warm and fresh foods.
- Take 4 to 5 times small meals.
- Have a fresh fruits like dark grapes and apple.
- Have more leafy vegetables.
- Avoid taking high fatty food.
- Regular use of ginger in food preparation.
- Take supplement like calcium, Magnesium, Vit E, B6 and B12.

RESULT

Date	Result
03/07/2020 (Treatment Started)	No periods since 3 months LMP 04/04/2020
11/07/2020	Periods started on 11/07/2020 Dysmenorrhea ++ (Dysmenorrhea was almost reduced, 50% reduced than earlier)
15/08/2020	Periods started on 15/08/2020 Dysmenorrhea + (Dysmenorrhea was almost reduced, 80% reduced than earlier) Period's interval was in 35 days.
19/09/2020	Periods started on 19/09/2020 Dysmenorrhea reduced. (Mild Dysmenorrhea during this cycle.) Period's interval was in 30 days.

DISCUSSION

1. Matra Basti with tila taila

Derrangement or aggravation of vata dosha gives rise to Kashtartava. Matra basti with tila taila gives excellent result in these symptoms. Madhura, snigdha, guna and vata doshanashaka karma of tila taila act on Kashtartava. It nourishes and strengthens all dhatus and thus alleviates vata, snigdha and Guru guna decreases rukshata of vata. The vikasi property reduces the spasms. Sukshmata dilates the channels and thus help in normal flow of menstrual blood.

2. Dashmoolarishta

It is valuable in toning uterus and enhancing its elasticity and treating dysmenorrhoea. It contains 10 herbs which act on vitiated vata. It is vedanasthapaka as well.

3. Rajapravartini Vati^[2]

It is effective in artava vikara. Hingu, Kumari, Tankan and Kasis are the main ingredients. Hingu has shoohara and vatanulomana property which help in normalizing the function of apanavayu. It counteracts spasmodic discovery and may probably suppress the secretion of progesterone hormones.^[3]

Kumari used mainly as purgative. It also contains beta-sitosterol and has the antiprostaglandin activity^[4]

Cathartic property of this relieves the obstruction in the pathway of vayu and thus relieves spasm.

Tankan and Kasis are artavajanan dravyas. Kasis helps in Rakta dhatu vriddhi which improve the uterine blood circulation.

Tankana is garbhashaya sankochaka drug helps in normal harmonization during contraction.

CONCLUSION

Therapeutic effect of the tila taila matra basti, Dashmoolarishta and Rajapravartini vati showed relief in pain.

Dysmenorrhoea is common gynecological disorder and can be correlated to Kashtartava or udavartini yonivyapad. Vata vitiation is the main cause of menstrual disorder (yonivyapad). Here 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, pacahana, antispasmodic and anti-inflammatory properties.

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