

**ROLE OF *DINACHARYA* & *AYURVEDA CHIKITSA* IN *KASHTARTAVA*  
[*DYSMENORRHOEA*]-A CASE STUDY****\*<sup>1</sup>Dr. Sonali Sampat Ghorpade and <sup>2</sup>Dr. Smritika Taware**<sup>1</sup>PG Scholar, <sup>2</sup>PG Guide, Associate Professor,Dr. D. Y. Patil College of Ayurved and Research Centre, Pimpri, Pune 18, Dr D.Y.Patil  
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University).**1. ABSTRACT**

In today's era, due to changing habits, the diet lifestyle of humans is changing to adopting a sedentary lifestyle. Which, women's health is one of the important well-being of the family. As we know, in *Ayurveda* health is defined as balancing between *Dosha*, *Dhatu*, *Mala*, *Indriya* and *Mana*.<sup>[1]</sup> Therefore it is not only well-being for physical health; but also important for Mental health. *Ayurveda* has mentioned various principles regarding maintaining health in which *Dinacharya* is one among them. *Dinacharya* provides rules regarding the daily lifestyle of an individual. The role of maintaining *Dinacharya* is an important aspect to keep disease away from our health. *Kashtartava* is one of the important disorders found in Gynaecology. Painful menses is caused by increased *Vata dosha*. Various treatments are available for *Kashtartava* in *Ayurveda* science. Along with internal management lifestyle modification is important in *Kashtartava*. Therefore the implementation of *Dinacharya* helps to decrease *Vata sanchaya* in the body and the flow of *Kashtartava*.

**KEYWORDS:** *Kashtartava*, Dysmenorrhoea, *Ayurveda*.**2. INTRODUCTION**

*Ayurveda* has not been mentioned directly in *Streeroga* & *Prasrutitantra* in *Ashtanga Ayurveda*, but it is considered under *Kaumarbharitya tantra*.<sup>[1]</sup> It deals with the diagnosis, prevention and treatment of disorders related to women. *Kashtartava* is one of the commonest disorders found in Gynaecological complaints. Menstrual flow is mainly under

the control of *Apana Vata Dosha*. This vitiated *Vata Dosha* mainly responsible for the development of *Kashtartava*.

In today's modern lifestyle, fast food, street food consumption, sedentary lifestyle, and lack of exercise *Kashtartava* is more commonly found. *Rutu*, *Kshetra*, *Ambu*, and *Bija* are all 4 factors responsible for the formation of *Kashtartava*.<sup>[3]</sup> In modern science, *Kashtartava* is correlated with Dysmenorrhoea.

Management of Dysmenorrhoea in modern science includes Oral hormonal pills, NSAIDs, Analgesics and Antispasmodic drugs. Long-term use of this treatment provides temporary relief but found some side effects in patients. Dysmenorrhoea refers to painful menstruation or painful menstrual flow.

*Ayurveda* has mentioned various disorders related to women and their management. *Kashtartava* has the involvement of *Vata Dosha*, therefore *Vataghna Dravyas* are used for its management. *Sukumar Leham* is one of the known and important formulations used for the management of *Kashtartava* and related all *Yoniogas*. The main part of treatment is the *Anulomana* of *Apana Vayu*. As *Srushtena Artava Pravrutti* is one of the *Karma* of *Apana Vayu*.<sup>[4]</sup>

### 3. OBJECTIVES OF THE STUDY

- To study Sukumar Leham's effect in managing *Kashtartava* w.s.r. to Dysmenorrhoea.
- To assess the role of *Dinacharya* in *Kashtartava*.

### 4. MATERIAL AND METHODS

#### CASE STUDY

A 21-year-old girl visited in *Streeroga* and *Prasrutitantra* department having complaints of Lower abdominal pain during menses, Backache during menstruation from 2-3 months.

#### History of present illness

The patient is having complaints of Painful menses for 2-3 months, before that, her menstrual cycle is normal & regular, but later after 2-3 months, she had menses with abdominal pain and backache. The pain was severe in the first 2 days, but later it gets reduced. She has taken Tablet Meftal-Spas during menses, which provides temporary relief but later shows some side effects in her body like reducing the menstrual flow for up to 2 days, later menstrual

bleeding comes as spotting in the next days. Therefore, for proper and complete relief patient has come to *Ayurveda* Hospital for *Ayurveda* treatment.

**History** – No major illness.

**Family history** – No history of major illness.

### Menstrual history

Menarche – age 14 year

Menstrual cycle – 4-5 days, irregular, painful, heavy flow.

Character – Dark Red colour.

Consistency – Clots +

Pain character – Cramp in the abdomen, Backache

### General Examination

- PR = 82/Min
- BP = 130/90 mm of Hg
- Height = 142 cm
- Weight = 47 kg
- Temperature = 98.6<sup>0</sup> F
- RR = 18/min

### Systemic examination

Respiratory system – Clear, AE=BE

Central nervous system – Conscious, Oriented

CVS – No murmur, S<sub>1</sub> S<sub>2</sub> Normal

### Ashtavidha Pariksha

*Nadi* = 82/Min

*Shabda* = Spashta

*Mala* = *Samyaka*

*Druka* = *Prakruta*

*Mutra* = *Samyaka*

*Sparsha* = *Anushna Sheeta*

*Jivha* = *Alpa Sama*

*Aakruti* = *Madhyam*

### Dashavidha Parikshana

<i>Prakruti</i> – <i>Vatapradhana Pitta</i>	<i>Satmya</i> – <i>Sarva Rasa satmya</i>
<i>Vikruti</i> – <i>Nasti</i>	<i>Vaya</i> – <i>21 year</i>
<i>Sara</i> – <i>Madhyam</i>	<i>Pramana</i> – <i>Prakruta</i>

<i>Samhanana – Madhyam</i> <i>Satva - Alpa</i>	<i>Aahara Shakti – Madhyam</i> <i>Vyayama shakti – Alpa</i>
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### Investigation

USG Abdomen – Shows no abnormality found in USG Abdomen.

## 5. MANAGEMENT

The effect of *Sukumar Leham*, *Sthanika Nadisweda* in the management of *Kashtartava* is as follows; before giving *Sukumar Leham*, *Sthanika Nadi Swedana* is done at the Lower abdomen and back region.

<b>Dravya</b>	<b>Matra</b>	<b>Kala</b>	<b>Anupana</b>
<i>Sukumar Leham</i> <sup>[5]</sup>	10 gm [BD]	<i>Adhobhakta</i> <sup>[6]</sup>	<i>Koshnajala</i>

Along with treatment proper *Pathya & Apathya* had been followed by the patient. In *Aahara*, *Ghrita*, *Taila*, *Vasa*, *Godhum*, etc. *Vata shamaka dravyas* are given. In *Vihara*, *Vyayama*, *Chankraman*, *Sthanika Swedana* is important.

The patient had advised to follow proper *Dinacharya* i.e. her daily activities like sleeping, proper *Aahara*, *Vihara*, avoiding Junk food, street food, regular exercise, use of *Ghrita* in *Aahara*, etc.<sup>[7]</sup>

## 6. OBSERVATIONS AND RESULTS

Effect of *Sukumar Leham* with *Sthanika Nadi Swedana* at the lower abdomen, backache is given as follows,

	Symptoms	Before treatment	After treatment
VAS Scale	Abdominal Pain during menses	10	5
	Backache	8	5
Irregular menses		Irregular	Regular

## 7. DISCUSSION

*Sukumar Leham* is one of the formulations mentioned in *Ashtanga Hridaya Chikitsa sthana*. It includes *Punarnava*, *Dashamoola*, *Erdanda*, etc *Vataghna Dravyas*, which helps to remove *Avrutta Vata Dosha* from *Pakvashaya* or *Kha Vaigunya Sthana*.<sup>[8]</sup> All properties help to remove vitiated and excessive *Vata Dosha* which reduces Pain in the abdomen, also backache. *Sthanika Nadi Swedana* also helps to reduce excessive *Sheeta Guna* and *Ruksha Guna* of *Vata Dosha*. For regular *Artava Pravrutti* and menstruation, a patient has been advised to follow *Dinacharya*, *Snigdha Gunatmaka Aahara*, Proper *Vihara*, etc.

## 8. CONCLUSION

In this *Kashtartava* Case study, the patient has given Sukumar Leham and proper follow-up of *Dinacharya* implementation. The effect of *Sukumar Leham*, *Sthanika Swedana*, and *Dinacharya* implementation is significantly effective in the management of *Kashtartava* along with proper and regular follow-up of *Pathya* and *Apathya Aahara-Vihara*.

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