

AYURVEDIC MANAGEMENT IN KASHTARTAVA

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ABSTRACT

Dysmenorrhea is one of the most common reasons for non-attendance at school or work among young women. Due to *Mithya Ahar, Vihar*, over exertion & malnutrition this may lead to *Vikruti* in "*Rutuchakra*" leading to various *Vyadhi* allied to menstruation. Dysmenorrhea or menstrual cramps is one among such disorders. About 40-50% Ladies suffer from dysmenorrhea in india. Teenage girls are more prone to this disorder. Awareness, care, and simple home remedies will give comfort to the ladies suffering from Menstrual cramps. Dysmenorrhea is also called as *Kashtartava* in *Ayurveda*, which has main symptoms of pain in the lower abdomen radiating to the limbs in the first 3 days of menses causing nausea, vomiting, dizziness, and leg cramps. In

menstrual disorders caused by *Vata Dosha*, the specific treatment prescribed for suppressing that particular *Dosha*, should be used. Recipes prescribed for *Yoni Rogas* and *Uttarbasti* etc. should also be used after giving due consideration to the vitiated *Dosha*. The changes in dietary habits such as too much *Vata* causing food (*Vathala Ahara*) should be avoided. Too much of junk food and such foods which cause constipation should be avoided.

KEYWORDS: *Ayurveda, Vata Dosha, Kashtartava, Yoga.*

INTRODUCTION

Ayurveda the science of life has greatness in studying pathogenesis and selection of remedy accordingly. In the incessant quest for material comforts, a woman has been losing her health. The basic reason why women are reeling under myriad problems is because she has not been following the codes of healthy living. She has disregarded the codes for the bodily health as

well as healthy mind also.

Dysmenorrhea is one of the pathological conditions which is generally ignored by patients and practically unresolved completely by physicians (except some pathology). It is observed through various published paper that the dysmenorrheal condition is present throughout the world. According to a survey, an average of 68% girls has dysmenorrhea and alarming one in eight girls reported absenteeism at college/school because of menstrual symptoms.

In the treatment of dysmenorrhea, non-addictive, analgesic, antispasmodics are prescribed which are not good for health for longer use. During menstruation, many women experience gastrointestinal upsets which are increased by analgesics and anti-inflammatory drugs, which also produce headache, dizziness, drowsiness and blurred vision. In *Ayurvedic* classics *Kashtartava* (dysmenorrhea) is not described as a separate disease because women were not suffering much from this problem in that era because of pin pointed *Ritucharya* & *Rajasvalacharya*. According to *Ayurvedic* text there are many other diseases in which *Kashtartava* is considered and is described as a symptom.

ARTAVA

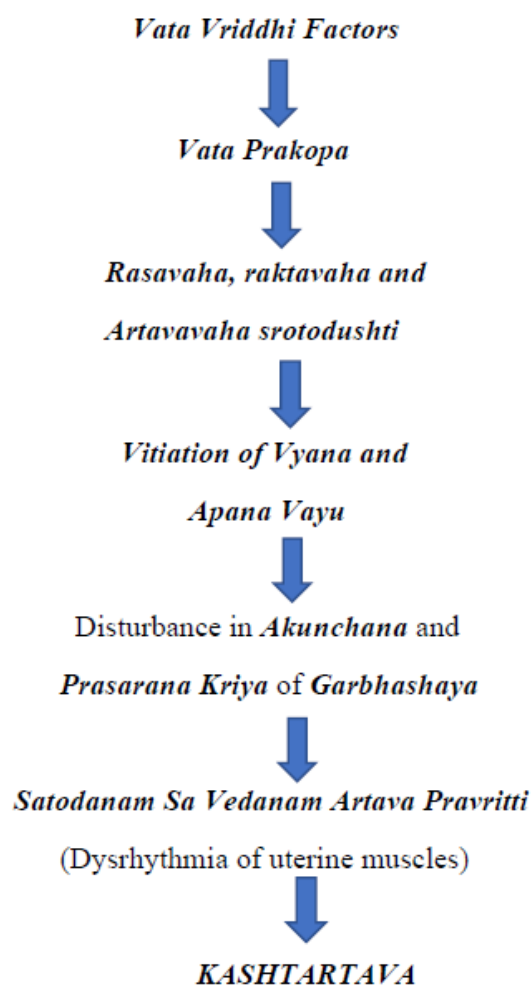
A substance of the body which flows out at the specific period of time is called as *Artava*. A substance which flows out from *Apatya marga* without pain, burning and sliminess is known as *Artava*. *Apana Vayu* and *Vyana Vayu* is mainly responsible for *Artava Utpatti*.

NIRUKTI

The term *Kashtartava* is made of two words- *Kashta* and *Artava*.

Kashta: Painful, Difficult, troublesome, ill, forced, wrong, unnatural, a bad state of Thing.

Artava: Belonging to reasons, period of time, menstruation.

SAMPRAPTI GHATAKA

<i>Dosha</i>	<i>Vata Pradhana Tridosha</i>
<i>Vata</i>	<i>Vyana, Apana</i>
<i>Pitta</i>	<i>Ranjaka, Pachaka</i>
<i>Kapha</i>	<i>as AnubandhitaDosa</i>
<i>Dhatu</i>	<i>Rasa, Rakta, Artava</i>
<i>Updhatu</i>	<i>Artava</i>
<i>Agni</i>	<i>Jatharagni, Rasagni, Raktagni</i>
<i>Srotas</i>	<i>Rasa, Rakta and Artavavaha Srotasa</i>
<i>Srotodushti</i>	<i>Sanga and Vimargagamana</i>
<i>Udbhavasthana</i>	<i>Amapakvashaya</i>
<i>Rogamarga</i>	<i>Abyantara</i>
<i>Sthanasamshraya</i>	<i>Garbhashaya</i>
<i>Vyaktisthana</i>	<i>Garbhashaya</i>

AYURVEDIC CONCEPT OF PAIN RELATED TO KASHTARTAVA

Acharya Charaka has mentioned none of the gynecological diseases can be arise without affliction of aggravated *Vata*. *Vata* is the main responsible factor, though other *Doshas* only be present as *Anubandhi* to it. So, pain is produced due to vitiation of only *Vata Dosh* or in

combination with other *Doshas*.

MODERN REVIEW

DYSMENORRHEA

The term dysmenorrhea refers to painful menstruation. Dysmenorrhea is a cramp labor-like pain in the lower abdomen that radiates to upper abdomen, waist and thighs and is sometimes accompanied by systemic symptoms like nausea, vomiting, diarrhea, headache and dizziness.

THERE ARE TWO TYPES OF DYSMENORRHEA

1. Primary
2. Secondary

TREATMENT

1. These disorders (gynecological disorders) do not occur without vitiation of *Vata*, thus first of all *Vata* should be normalized, and only then treatment for other *Doshas* should be done.
2. In all these gynecologic disorders, after proper oleation and sudation, emesis etc. all five purifying measures should be used. Only after proper cleansing of *Doshas* through upper and lower passages, other medicines should be given. These emesis etc. cleansing measures cure gynecologic disorders in the same way as they cure the diseases of other systems.

3. Life-style changes

Exercise regularly like morning walk or jogging -minimum thrice a week.

Ensure sound sleep of at least 6-8 hours.

Avoid smoking and alcohol.

Reduce caffeine.

Take rest, avoid heavy weight lifting, journey, heavy strenuous work, tension.

4. Diet

Eat healthy, warm and fresh foods, Eat 5-6 small meals.

Have fresh fruits like plums, dark grapes, apples, pomegranates, green vegetables. Regularly use ginger in food preparations.

Avoid high fat, sugar, spicy food, fried food, fermented food, non-veg. on and around menstruation.

Take supplements like calcium, magnesium, vitamin E, B6, B12.

5. Yoga

Yoga activities can help in reducing and preventing the severity of many ailments that specifically encourage women's health and give strength, stability, and suppleness. *Yogasanas* are considered as the most convenient, drugless, and inexpensive method. In Yoga, various types of Asanas have been mentioned. Among them *Ushtrasana*, *Bhadrasana*, *Balasan*, *Janu sirsasan*, *Gomukhasana*, and *Vajrasana* have a pain-relieving effect.

AYURVEDIC TREATMENT

Our Ancient *Acharayas* has mentioned several classical *Ayurvedic* formulations for the cure of dysmenorrhea. *Ayurvedic* herbal, classical time-tested medicines cures by establishing the equilibrium of *Tridosha* (*Vata*, *Pitta*, *Kapha*) and *Saptdhatus*. In Treatment of Dysmenorrhea balancing of *Vata* is most important. The treatment Modalities includes *Panchakarma* (like *Uttarbasti*, *Anuvasana* or *Matra Basti*), external therapies, internal medication, and activities advice of food and lifestyle changes. *Garbhashaya Balya Aushadhi* will also reduce associated symptoms.

1. *Sanshmana Ausadhi*

- (i) *Kwatha – Dashmoola Kwatha.*
- (ii) *Vati – Vijayadi Vati, Kumarika Vati, Raja Pravartini Vati.*
- (iii) *Asava – Kumaryasav.*
- (iv) *Arisht – Dashmoolarisht, Ashokarisht.*
- (v) *Churna – Shatpushpa Churna, Ashwagandha Churna, Hingwadi Churna.*

2. *Samsodhna*

- (i) *Basti - Dashmoola Taila, Lashunadi Taila, Shatpushpa Tail Matra Basti.*

DISCUSSION

Here are many herbs that are directly or indirectly indicated in the menstrual condition, especially *Kashtartava* (Dysmenorrhea). Primary Dysmenorrhea is widely understood in the world to refer to difficulties associated with menses, and the abbreviation is used frequently even in casual and conversational settings, without regard to medical rigor. In these contexts, the syndrome is rarely referred to without abbreviation, and the intensions of the reference are frequently broader than the clinical definition. The herbal (*Ayurvedic*) remedies which are useful in dysmenorrhea having the nourishment property and *Vatashamaka* property, so there is mainly role of *Vata* that causes cramps and remedy are *Vatashamaka*.

CONCLUSION

Ayurveda sees Primary Dysmenorrhea as a *doshic* imbalance that can potentially be impacted through balanced living that is characterized by *Dosha* appropriate diet, herbal supplements, exercise, routine, *yoga*, meditation, as well as nourishing inputs through all five senses.

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