

## A CASE STUDY OF AYURVEDIC MANAGEMENT ON KRUCCHA RAJA (PRIMARY DYSMENORRHEA)

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### ABSTRACT

The most typical menstrual symptom among teenage girls and women is dysmenorrhea. One might categorize dysmenorrhea as primary or secondary. It is described as lower abdominal cramps that happen either right before or right during menstruation. Living in luxury, not exercising, and consuming greasy, spicy, and salty cuisine are the root causes of this problem. Pain is the main feature of Kruccha raja. Pelvic illness is usually assumed to be present when menstruation-related pain presents as primary dysmenorrhea. This can be connected to Kruccha raja. Since Kruccha raja is a vata kapha pradhana vyadhi, it mostly holds the vata dosha. Vata prakopa and raja krichratha are the outcome of kapha prakopa, pratiloma gati of apana vayu, and kapha's blockage of the srotas. This case study includes a 30-year-old lady whose primary complaints have been slightly polycystic ovaries for five months, painful and irregular menstruation for two year. Dysmenorrhea

due to menstruation is seen in the patient. USG scan indicated No any fibroid or polycystic ovaries. Lekhana basti was administered in yoga basti after obtaining her consent. Result found was pain during menstruation reduced drastically and irregularity in menstruation was also corrected. In this single case study concept of Kruccha raja a w.s.r to primary dysmenorrhea along with treatment course is explained. This case study proves that ayurvedic management plays a vital role in reducing the major symptoms.

**KEYWORD:** Kruccha raja, Sneha, Anuvastana basti, Lekhana basti, Dysmenorrhoea.

## INTRODUCTION

The traditional Ayurvedic scriptures do not identify dysmenorrhea (Kruccha raja) as a separate ailment. Menstrual pain is referred to as dysmenorrhea. Dysmenorrhea causes lower abdominal cramps that resemble childbirth. According to Ayurvedic texts, Kashtartava is said to be an indication of numerous ailments. One typical and organic part of a woman's reproductive cycle is her menstrual cycle.<sup>[1]</sup> Dysmenorrhea, which is caused by today's sedentary lifestyle and lack of exercise, is currently the most significant issue for women worldwide, making daily activities uncomfortable. Most women go through a few days of mild physical and psychological changes before and during their menstrual cycle. When her painful menstrual cycle is blown up and overdone, it becomes difficult for her. The bulk of female accidental and suicidal deaths, as well as other crimes, occur during the premenstrual phase, which is significant since it indicates hormonal changes that take place during that time. Treatments for dysmenorrhea in modern medicine include analgesics, non-steroidal anti-inflammatory drugs, antispasmodics, and oral contraceptives. These include adverse long-term effects such as rashes on the skin, headaches, vertigo, depression, and hepatotoxicity and nephrotoxicity. Ayurvedic medicine. The goal of the current research is to identify a therapeutic approach that will result in a long-lasting recovery with no negative side effects. Both the Shodhana and Shamana classics have a wealth of techniques.<sup>[2]</sup>

The long-term use of non-steroidal anti-inflammatory medicines (NSAIDs), antispasmodics, oral contraceptives, and other medications causes side effects in modern medicine. safe, strong, and efficient Ayurvedic treatment for managing it. Vat dosha is associated with Kruccha raja pain. Most teenagers suffer from primary dysmenorrhea, which is defined as painful menstruation without pelvic illness. Kashtartava is the term for lower abdomen cramps that happen just before and during menstruation. This problem results from leading an opulent lifestyle, not working out, etc. Treatment should concentrate on addressing the vata dosha and removing the root cause, as it is the fundamental factor in all cases of Kruccha raja. Dysmenorrhea is the term used to describe menstrual pain. Dysmenorrhea is characterized by a lower abdominal cramp that resembles labor and extends to the upper abdomen, waist, and thighs. It can also be accompanied by systemic symptoms such as headache, dizziness, nausea, vomiting, and diarrhoea.<sup>[3]</sup>

**Types of dysmenorrhea<sup>[4]</sup>**

1	Primary dysmenorrhoea	Primary dysmenorrhoea is the pain associated to ovulation.
2	Secondary dysmenorrhoea	Dysmenorrhoea is the pain associated with ovulatory cycles caused by a demonstrable pathology.

**AIMS**

To study Kruccha raja (Primary dysmenorrhea) and its Ayurvedic management.

**CASE REPORT**

A 30 year old female patient came to OPD on 18 sept. 2023 of our college and hospital. With chief complaints of painful menstruation since two years. Despite taking allopathic drugs, the patient had only fleeting alleviation. One week prior to menstruation, the excruciating pain begins, and it subsides on the second day of the period. Her cycles would come and go every 35 to 45 days. Ultra sonography done before 5 months revealed No any fibroid or polycystic ovaries. Based on these characteristics and her primary complaints, Primary dysmenorrhea was identified in this case. After evaluating the topic using ayurvedic standards, it was discovered that she was a vata kapha Prakruti with normal jataragni and madhyama Samhanana. Apana vata is the dosha that is engaged, along with arthava vaha, Raktavaha, Mamsavaha, and Medovaha srotas. Hence the patient was taken up for lekhana basti in the form of yoga basti pattern.

**Menstrual history**

- **Dysmenorrhea** – Present
- **Pain site** – Lower abdomen and Low backache.
- **Menarche** – 25 years
- **MC** – 5-6 days/35-45days

**Investigations**

USG revealed mild degree polycystic ovaries.

**Assessment criteria****Parameters**

- **Nature of pain**
- **Duration of pain**
- **Pain in the lower abdomen**

Nature of pain	Duration of pain	Pain in the lower abdomen
0- No pain during menstruation	0- No pain	0- No pain in the lower abdomen during menstruation and daily activity is not affected
1- pain persists for less than 12 hours	1- Occasional	1-Pain in the lower abdomen is present but daily activity is not affected.
2- Pain persists for 12-24hours	2- Dull	2-Pain in the lower abdomen is present and daily activity is affected.
3- Pain persists for more than 24 hours	3- Intermittent spasmodic	3-Pain in lower abdomen present, not able to do daily routine work

### Treatment

- **Lekhana basti:** Lekhaneeya gana Kashaya, Makshika, Saindhava, Guggulu tiktakam ghritha, Gomutra.<sup>[6]</sup>
- **Anuvasana basti:** Guggulu tikta ghritha.<sup>[5]</sup>

### Basti krama

1	2	3	4	5	6	7	8
Anuvasana Basti	Anuvasana Basti	Lekhana Basti	Anuvasana Basti	Lekhana Basti	Anuvasana Basti	Lekhana Basti	Anuvasana Basti

## OBSERVATION AND RESULTS

### Pain assessment

Criteria	Nature of pain	Duration of pain	Pain in the lower abdomen
Before treatment	2	3	3
After treatment	1	1	1

Analysing USG, there was PCOD changes were absent in the follow-up scan after 3months.

## DISCUSSION

Menstrual pain is the hallmark of the underlying pathophysiology of Kruccha raja w.s.r. to dysmenorrhea. The relevant dosha is vata pradhana tridosha. In this case, vata is the main dosha. Due to vata's margavarodha, apana vayu becomes inflamed, which leads to improper arthava flow due to impairment in upadhatu Nirmana and inappropriate dhathus activity in Garbhashaya, which in turn causes uterine fibroids to grow. That's why menstruation becomes uncomfortable. After a week of deepana pachana chikitsa, the patient received

lekhana basti.<sup>[7]</sup> Since vata pradhana tridosha is the exacerbated dosha, basti is the recommended course of treatment. Anuvasana basti with Guggulu tiktaka ghritha has vata kapha hara and Arbuda hara properties, main ingredient which is guggulu that contains the ushna veerya tridoshahara lekhana guna, hence is used as basti in primary dysmenorrhea. Using basti as a yog basti pattern will aid in appropriate vata anulomana.

### **Sampraptighataka<sup>[8]</sup>**

- Vata- Vyana, Apana
- Dhatu- Rasa, Rakta, Artava
- Upadhatu- Artava
- Agni- Jatharagni, Rasagni, Raktagni
- Srotasa- Rasa, Rakta and Artavavaha Srotasa
- Srotodushti- Sanga Vimargagamana
- Rogamarga- Abyantara Sthana

Kruccha raja is not considered a separate entity in classical Ayurveda. Still, Kruccha raja is considered and acknowledged as a symptom of a wide range of diseases. Chakrapani further asserts that each symptom may represent a distinct sickness. In light of this background and the disease's high occurrence, research on Kruccha raja as a separate disease entity has been conducted.<sup>[9]</sup> Despite not being used in either Brihatrayee or Laghutrayee, the name "Kashtartava" is self-explanatory and doesn't need much explanation. The words "Kashta" and "Ärtava" combine to produce Nirukti Kashtartava. Associated with causes, periods, and menstruation. "Kashtena" suggests - Very difficult As a result, the term "Kashtartava" can also imply "Kashtena Muchyati Iti Kashtartava," which describes the circumstance in which Artava is shed in excruciating pain and difficulty. Ruka<sup>[10]</sup> - anguish Ruja - Uneasiness.

### **CONCLUSION**

Since vata is the primary dosha implicated, basti correction of vata is determined to be the appropriate course of action for this patient. The yoga basti pattern of lekhana basti and anuvasana basti along with guggulu tiktaka ghritha has been implemented for a duration of three months, taking into account the pathological condition. The findings indicated a notable variation in discomfort. The pain subsided from five days to just one day. The discomfort was spasmodic and sporadic in nature. Pain occasionally appeared after therapy but wasn't uncomfortable. Her lower abdominal pain had much decreased, and she was able to go about

her regular business without the need for analgesics. Thus, the outcomes demonstrated that the patient experienced symptomatic improvement from the medication.

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