

**AYURVEDIC INTERVENTION IN DYSMENORRHOEA  
(KASHTARTAVA): AN AYURVEDIC PERSPECTIVE****Vd. Sayali Wagh\*<sup>1</sup> and Vd. Pradnya Deshmukh<sup>2</sup>**

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**ABSTRACT**

These days, women successfully deal with the difficulties brought on by a stressful lifestyle, which can lead to Mithya Ahar, vihar, overexertion, and malnutrition. This can also cause vikruti in "Rutuchakra," which can result in a variety of vyadhi related to menstruation. To effectively alleviate dysmenorrhea, Ayurveda suggests rutucharya and dinacharya, diet modification, and regular yoga practises such as asanas, pranayam, and meditation. Similarly, if required, anuvasan, matrabasti, Uttarbasti, and Garbhashaya balyaushadhi can all be given.

**KEYWORDS:** Ayurveda, *Kashtartava*, Menstruation, Dysmenorrhoea.

**INTRODUCTION**

Stress is becoming an inevitable aspect of contemporary life. A woman has been losing health in the never-ending pursuit of worldly comforts.

Women are wracked with a plethora of issues primarily due to their failure to adhere to healthy living standards. She has also disregarded the codes pertaining to mental and physical well-being.

Menstruation is a natural event as a part of the normal process of reproductive life in females. Due to today's sedentary lifestyle and lack of exercise, dysmenorrhoea is becoming today's burning problem throughout the world which causes discomfort for women's daily ensuing day to day activities and may result in missing work or school, inability to participate in sports

or other activities. A systematic review of studies in developing countries performed by Harlow and Campbell (2002) has revealed that about 25-50% of adult women and about 75% of adolescents experience pain during menstruation, with 05-20% reporting severe dysmenorrhoea or pain.<sup>[1]</sup>

In the treatment of dysmenorrhea, no 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* (dysmenorrhoea) 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. Hence, this study is particular about the description regarding *Kashtartava* on the basis of scattered classical references.

## 1. Artava

A substance of the body which flows out at the specific period of time is called as *Artava*.<sup>[2]</sup> A substance which flows out from *Apaty amarga* without pain, burning and sliminess is known as *Artava*.<sup>[3]</sup> *Apana Vayu* and *Vyana Vayuis* mainly responsible for *Artava Utpatti*.<sup>[4]</sup>

## 2. Kashtartava

*Kashtartava* (dysmenorrhea) is not separately described as a disease. But there are many diseases in which *Kashtartava* is considered and described as a symptom.

### 2.1.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.

*Kashtena* - with great difficulty.<sup>[5]</sup>

Thus the word *Kashtartava* can be expressed as- "*Kashthenamuchyatiiti kashtartava*" i.e. the condition where *Artava* is shaded with great difficulty and pain istermed as "*Kashtartava*".

### 3. Sampraptighataka

Dosha	Vata Pradhana Tridosha
Vata	Vyana, Apana
Pitta	Ranjaka, Pachaka
Kapha	as AnubandhitaDosa
Dhatu	Rasa, Rakta, Artava
Upadhatu	Artava
Agni	Jatharagni, Rasagni, Raktagni
Srotasa	Rasa, Rakta and ArtavavahaSrotasa
Srotodushti	Sanga and Vimargagamana
Udbhavasthana	Amapakvashaya
Rogamarga	Abyantara
SthanaSamshraya	Garbhashaya
VyaktiSthana	Garbhashaya

4. **Ayurvedic concept of pain related to *Kashtartava*** Acharya Charaka<sup>[6]</sup> has mentioned none of the gynecological disease 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 *vatadosha* or in combination with other *Doshas*.

## MODERN REVIEW

### 5. Definitions of Menstruation

Menstruation is a function peculiar to women and the higher apes. It may be define as a “periodic and cyclic shedding of progestational endometrium accompanied by loss of blood”. It takes place at approximately 28-days interval between the menarche and menopause.<sup>[11]</sup> Menstruation is the visible manifestation of cyclic physiologic uterine bleeding due to shedding of the endometrium following invisible interplay of hormones mainly through hypothalamo-pituitary-ovarian- endometrial axis.<sup>[12]</sup>

## 6. DYSMENHORRHOEA

### 6.1 Defination

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.<sup>[17,18]</sup>

### 6.2 Etymology

The word „dysmenorrhoea“ has a Greek origin. Dis-men-o- re“ah

Dis: Prefix meaning difficult, bad, painful; men: Month; re: To flow

Thus, Dysmenorrhoea means painful or difficult menses.<sup>[13]</sup>

### 6.3 Types of dysmenorrhea

There are two types of Dysmenorrhoea.

#### 6.3.1 Primary dysmenorrhoea

Primary dysmenorrhoea is the pain associated to ovulation cycles, without demonstrable lesions that affect the reproductive organs. Primary dysmenorrhea is related to myometrial contractions induced by prostaglandins (Pgs) originating in secretory endometrium, which result in uterine ischemia and pain<sup>[14,15]</sup> In addition to the physiologic perspective, various psychologic theories have also been proposed, emphasizing the role of personality factors and attitudes about menstruation.<sup>[16]</sup>

#### 6.3.2 Secondary dysmenorrhoea

Secondary dysmenorrhoea is the pain associated with ovulatory cycles caused by a demonstrable pathology.

## 7. DIFFERENTIAL DIAGNOSIS

**A.** The most important differential diagnosis of primary dysmenorrhoea is secondary dysmenorrhoea.

1. Endometriosis
2. Adenomyosis
3. Uterine myoma
4. Endometrial polyps
5. Obstructive malformations of the genital tract According to ayurveda differential diagnosis
6. Vataja Yonivyapada
7. Udavartini Yonivyapada
8. Tridoshaja Yonivyapada

### **B. Other causes of pain**

Chronic pelvic inflammatory disease Pelvic adhesions

Irritable bowel syndrome Inflammatory bowel disease Interstitial cystitis

**C. Sudden onset of dysmenorrhoea** Pelvic inflammatory disease Unrecognized ectopic

pregnancy Spontaneous abortion.

## 8. TREATMENT AS PER AYURVEDIC CLASSICS

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.<sup>[7]</sup>
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 *dosas* 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.<sup>[8]</sup>
3. 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 *Doshā*.<sup>[9]</sup>
4. Unctuous, hot, sour and salty articles should be used for the relief from menstrual disorders due to *Vata*. Sweet, cold and astringent substances for the purification of *Pitta* and hot, dry and astringent for *Kapha*.<sup>[9]</sup>
5. For *Avrita Apana Vayu*, treatment should be *Agnideepaka*, *Grahi*, *Vāta*, *Anulomana* and *Pakvashaya Shuddhikara*.<sup>[10]</sup>

### *Classical medicines*

- (1) Ashwagandha churn 500mg + Pushang churn 500mg + subhra bhasm 125mg + Swarn makshik 175mg + Rajpravratni vati 2tab - taken with honey (2) Kankyan vati.  
(3) Kumari asava. (4) Vidangarista. (5) Shankh vati (6) Bol prapati (7) Lodhra churna.

### *Patent medicine*

- (1) Zyfem syp (2) Amyron syp (3) Amycordial syp (4) Polypop tab (5) Luekosar tab (6) M2 Tone syp (7) Evecare syp (8) Remarks - Above these medicines observed on Dysmenorrhea patients is satisfactory response.

## 9.1 Treatment Life-style changes

Exercise regularly-minimum thrice a week Ensure sound sleep of at least 6-8 hours Avoid smoking and alcohol

Reduce caffeine

**Diet**

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

Have fresh fruits like plums, dark grapes, apples, pomegranates.

Eat more leafy vegetables

Regularly use ginger in food preparations Avoid high fat and sugar

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

**Yoga:** Yoga exercises can provide strength, stability, and suppleness as well as lessen and prevent the severity of many illnesses that specifically affect women's health. Asanas are thought to be the most affordable, drug-free, and practical approach. It has also been discovered that yoga positively affects people's ability to tolerate pain. Numerous Asanas have been mentioned in the context of yoga. Ushtrasana, Bhadrasana, Gomukhasana, and Vajrasana are some of the poses that relieve pain.

**Ayurvedic Treatment:** Vata dosha is said to protect menstruation in Ayurveda. This symptom is caused by a vata dosha imbalance or aggravation. In this disease, the treatment that reduces vata produces great outcomes. Treatments based on panchakarma, such as matrabasti, anuvasa, and Uttarbasti, specifically target the vata derangement associated with menstrual issues. Additionally, garbhashaya balya aushadhi will lessen related symptoms.

**DISCUSSION**

Vata is in charge of all Yoni Rogas, but particularly that of Udaavartini. For the treatment of Vata Rogas, many Ayurvedic therapy approaches are described. Basti is the most effective method for treating Vata among them. the function of vata by pacifying it after reaching all over the body. Its contents act through their different chemical constituents to restore the normal menstrual physiology and thus, relieve pain during menstruation.

**CONCLUSION**

According to Ayurveda, primary dysmenorrhea is a doshic imbalance that may be remedied by leading a balanced life, which includes eating a dosha-appropriate diet, taking herbal supplements, exercising regularly, practising yoga and meditation, and receiving nourishment through all five senses.

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