

**ROLE OF KANYALOHADI VATI IN KASHTARTAVA
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Kashtartava (Dysmenorrhoea) or painful menstruation is an important reason for maximum absenteeism of females from their schools or workplaces. Though it is not a problem with grave consequences but it certainly affects their quality of life and efficiency and proficiency at work. The treatment options available comprise of NSAIDS, anti spasmodics, OCPs, TENS or surgical interventions in the form of dilatation of cervical canal, Laser Uterosacral Nerve Ablation (LUNA) or Presacral neurectomy.^[1] These drugs do have their own side effects and not majority of those affected are convinced to use surgical methods for a trivial ailment. Ayurveda, being a holistic science offers a better treatment choice either in the form of various drug formulations or through Panchkarma therapies. Kanyalohadi Vati is one such preparation described in Rasa Tantra Sara Va Siddha Prayoga

Sangraha. This article is intended to throw a light on the utility of this drug in Kashtartava.

KEYWORDS: Kashtartava, Kanyalohadi vati, dysmenorrhea.**INTRODUCTION**

Kashtartava is not mentioned in Ayurvedic classics as an independent disease but scattered references are available which suggest that it can be a symptom observed in various yonivyapads^[2], artavadushtis^[3] and asrigdara^[4] where alongwith other symptoms, association of pain and discomfort of varying magnitude and nature is observed during menstruation. It is

described as a Vata Pradhan Vyadhi in which the suppression of natural urges impairs the normal flow of Vata resulting in painful menstruation. Acharya Charaka also states that once the menstruation is over, there is an instant feeling of relief.^[5,6,7] Incongenial dietetics and faulty lifestyle may cause vitiation of Vata by either causing Dhatukshaya or Margavarodha. Dysmenorrhoea refers to painful menstruation of magnitude sufficient so as to incapacitate day to day activities.^[8] It can be primary or secondary, depending on absence or presence of any underlying pelvic pathology respectively.

DESCRIPTION

It is a review study of Kanyalohadi Vati regarding its role in Kashtartava.

This formulation has been described in *Rasa Tantra Sara va Siddha Prayoga Sangraha* in the *Gutika Prakarana*.^[9] It has been considered as being effective in painful menses, irregular menses and other gynecological disorders. The formulations contains *Elua*, *Kasisa*, *Dalchini*, *Ela*, *Shunthi* and *Gulkand*.

Table 1: Contents of Kanyalohadi Vati.

Drug	Latin name	Family	Part used	Ratio	Form
Elua(Kumari) ^[10]	<i>Aloe vera</i>	Liliaceae	Leaf	4parts	Elua
Kasisa ^[11]	Hydrous Ferrous sulphate	Uparasa		3parts	Bhasma
Twak ^[12]	<i>Cinnamomum zeylanicum</i>	Zingiberaceae	Bark	2parts	Churna
Ela ^[13]	<i>Elettaria cardomum</i>	Lauraceae	Seeds	2parts	Churna
Shunthi ^[14]	<i>Zingiber officinale</i>	Zingiberaceae	Rhizome	2parts	Churna
Gulab ^[15]	<i>Rosa indica</i>	Rosaceae	Flower	8parts	Gulkand

Table 2: Rasa Panchak of individual drugs of Kanyalohadi Vati.

Drug	Rasa	Guna	Virya	Vipaka	Doshag hnata
Elua (Kumari) ^[16]	Katu, Tikta	Laghu, Ruksha, Tikshna	Ushna	Katu	Vatahara Kaphahara
Kasisa ^[17]	Amla, Tikta, Kashaya	Guru, Snigdha	Ushna	Katu	Vata-Kaphahara
Twak ^[18]	Katu, Tikta, Madhur	Laghu, Ruksha, Tikshna	Ushna	Katu	Kaphavata Shamaka, Pittala
Ela ^[19]	Katu, Madhur	Laghu, Ruksha	Shita	Madhur	Vata-Kaphahara
Shunthi ^[20]	Katu	Laghu, Snigdha, Tikshna	Ushna	Madhur	Kaphavata Shamaka
Gulab ^[21]	Madhur	Snigdha	Shita	Madhur	Pittashamaka, Vatahara

PREPARATION OF KANYALOHADI VATI

Elua is prepared by heating the grinded pulp of aloe vera over medium flame till it is converted into a greenish black semisolid consistency. To prepare gulkand a layer of rose petals alternating with a layer of sugar is placed in a glass jar with lid till it is full and kept in sunlight for 6-7 hours for a month. Kasisa Bhasma is obtained by the shodhana and marana of Kasisa. Twak, ela and shunthi are pounded separately and sieved through a cotton cloth to receive very fine powder.

All the ingredients are added one by one in a khalva yantra and mixed well till a homogenous mixture is obtained. Thereafter tablets of uniform size and shape are prepared and stored in an airtight container.

PROBABLE MODE OF ACTION OF KANYALOHADI VATI IN KASHTARTAVA

The vitiation of Vata is the prerequisite for the manifestation of any gynecological disorder, so pacification of Vata should be done prior to treating other Doshas.^[22,23,24] The treatment of Avrita Apana Vayu involves the use of drugs having Agnideepaka, Grahi, Vatanulomana and Pakvashaya Shuddhikara properties.^[25]

All the drugs of Kanyalohadi Vati have pacifying effect on Vata & Kapha Dosha. As a virtue of which the drug is capable of disrupting all the three pathways of pathogenesis (Samprapti Vighatana) of Kashtartava.

Elua is Tikshna, has Katu Vipaka and Ushna Virya, which regulates Vata-kapha Dosha. It is Bhedaniya, Dipana, Pachana, Artavajanan, Balya, Medakaphahara, Yonidoshahara, Sthambhana and Vishavinashana. These properties not only ensure the optimum functioning of Jatharagni and Dhatwagni, thereby leading to Samyak Dhatu Poshana and formation and flow of Artava in appropriate amount, but also bring relief in the associated symptoms of Kashtartava like constipation, fainting and even diarrhea.

Kasisa is Rakta Sanjanana (Hematinic), Raja Pravartaka (promotes menstruation), Ama Sanshoshana (removes non metabolized products), Shoola Nashana, Balya (Promotes strength), Sankochaka, Vishaghna (detoxifying), Vatamayahara (pacifies Vata disorders), Shleshmaamayahara (pacifies Kapha disorders).^[26,27] It is established that any obstruction in the flow of Artava does vitiate Vata and causes pain, the Ama Shoshana action of Kasisa can adequately remove this Upalepa of Ama over the Artavavaha Srotas and revert this

pathological condition. As Kasisa is a well-known hematinic agent, its presence in this formulation can also have an effect on the hemoglobin levels of the patient.

Twak is Aruchihara, Vishapaha, Shirorukhara and Basti Shodhana. Ela has Kaphanihsaraka and Vibandhahara Karma. These can bring relief in symptoms like Aruchi, Chhardi, Shirah shoola, Kati Vankshana Shoola and Atisara. The Basti Shodhana property of Twak can alleviate the congestion in pelvic region thereby reducing discomfort during menses.

Shunthi is Shool prashamana, Triptighna, Aampachan & Rasayana.

Gulab has Daha Shamaka, Anulomana, Balya, Grahi, Mridusaraka, Hridya properties which relieve menstrual cramps by rectifying the pathogenesis of Kashtartava caused due to Unmargagamana. It is also a mild laxative and has nutritional benefits too.

Most of the drugs have Kaphavata Shamaka action which pacifies Vata and also helps in removing the Srotodushti. Most of the drugs have Ushna Virya and improve Jatharagni and Dhatwagni so that the Dhatu Poshan Krama is optimum and the Upadhatu formation is Samyaka. This inturn may increase the flow of menses and can regularize the cycles. Some drugs have Anulomana effect and can be beneficial for other associated complaints like Chhardi, Vibandha, Atisara and Aruchi. The nutritional value and rejuvenative action of some contents can improve strength, vitality and may improve an individual's perception of pain by alleviating the stress factors.

Kanyalohadi Vati on virtue of the properties of its contents can be an excellent drug for the management of Kashtartava as it not only relieves menstrual pain but can also improve the associated complaints and secure a healthy menstruation for females.

CONCLUSION

Kashtartava despite not being a very serious problem, still affects the personal and professional lives of females to a great extent. The treatment choices available are either palliative or too invasive to convince their acceptance. Ayurveda certainly deals with the problem in its entirety and can offer significant relief through oral medications and Panchkarma therapies. Since majority of females affected are either school or college going, opting for therapies generally is not feasible as it would mean a period of absence from workplace. So, oral medications often form the main stay of management of Kashtartava.

Kanyalohadi Vati is one such classical drug mentioned in *Rasa Tantra Sara va Siddha Prayoga Sangraha* in the *Gutika Prakarana*^[9] as being effective in painful menses, irregular menses and other gynecological disorders. The ingredients of the drug have properties which not only relieve painful cramps but can also improve the other complaints accompanying dysmenorrhoea. Therefore, Kanyalohadi Vati has all the merits to become a prominent choice of treatment of dysmenorrhea through Ayurveda.

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