

A REVIEW OF KASHTARTAVA (DYSMENORRHOEA)

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ABSTRACT

Dysmenorrhoea means painful or difficult menstruation and is the most common gynecological problem commonly prevalent from the age of 16 to 30 years. *Kashtartava* (Dysmenorrhoea) is a common ailment having a major impact on both physical and mental status, thereby affecting a woman's daily routine activities, characterized by painful menstruation. In Ayurvedic classics there are many disorder like *vatala yoni vyapad*, *paripluta yoni vyapad*, *udavarta yoni vyapad*, *mahayoni yoni vyapad*, *vataja artava dushti* in which *Kashtartava* is considered and described as a symptom. Hence an attempt to evaluate the efficacy of *Vizhalveradi kashayam* and *Soubhagyadi Vati* in *Kashtartava*.

KEYWORDS: Kashtartava, Dysmenorrhea, Vizhalveradi kashayam and Soubhagyadi Vati.

INTRODUCTION

In present day life women are effectively facing challenges encountered by stressful life resulting in Mithya Ahar, vihar, over exertion & malnutrition this may direct to vikruti in "Rutuchakra" leading to various vyadhi allied to menstruation. The main reason why women are suffering from a slew of issues is that they have not followed the rules of healthy living. Menstruation is a natural event that occurs as part of the normal reproductive process in females.

Dysmenorrhoea is becoming a worldwide problem as a result of today's poor diet and lack of exercise, causing 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.

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.

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 Apatyamarga without pain, burning and sliminess is known as Artava. Apana Vayu and Vyana Vayu is mainly responsible for Artava Utpatti.

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.

Nirukti^[1,2]

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

Ayurvedic concept of pain related to Kashtartava

According to Acharya Charaka^[3], no gynaecological disease can arise without the presence 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

Definitions of Menstruation^[4]

Menstruation is defined as 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.

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-ovarianendometrial axis.

Dysmenorrhoea^[5,6]

Definition

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

Types of dysmenorrhea

There are two types of Dysmenorrhoea.

Primary dysmenorrhea

Primary dysmenorrhoea is the pain associated to ovulation cycles, without demonstrable lesions that affect the reproductive organs.

Secondary dysmenorrhoea

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

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
2. In menstrual disorders caused by Vata Dosha, the specific treatment prescribed for suppressing that particular Dosha should be used. Treatment for Yoni Rogas and Uttarbasti etc. should also be used after giving due consideration to the vitiated Doshā

hot, sour and salty articles should be used for the relief from menstrual disorders due to Vata. Sweet, cold and astringen substances for the purification of Pitta and hot, dry and astringent for Kapha.

3. For Avrita Apana Vayu, treatment should be Agnideepaka.

Treatment

1. Life-style changes
2. Exercise regularly-minimum thrice a week
3. Ensure sound sleep of at least 6-8 hours
4. Avoid smoking and alcohol
5. Reduce caffeine
6. Diet
7. Eat healthy,
8. warm and fresh foods
9. Eat 5-6 small meals
10. Have fresh fruits like plums, dark grapes, apples, pomegranates.
11. Eat more leafy vegetables
12. Regularly use ginger in food preparations
13. Avoid high fat and sugar
14. Take supplements like calcium, magnesium, vitamin E, B6, B12

Yoga

1. Yoga activities can help to reduce and prevent the severity of many ailments that specifically women's health and give strength, stability.
2. Yogasanas are considered as the most convenient, drugless, and inexpensive method.

In Yoga, various types of Asanas have been mentioned. Among them Ushtrasana, Bhadrasana, Gomukhasana, and Vajrasana have a pain relieving effect.

Ayurvedic Management

According to Ayurveda menstruation is guarded by vata dosha. Derangement or aggravation of vata dosha gives rise to this symptom. The treatment, which alleviates vata, gives excellent results in this disease. Panchakarma treatments like Uttarbasti, anuvasa or matrasthi are the treatments which will specifically target derangement of vata in menstrual problems. Garbhashaya balya aushadhi will also reduce associated symptoms.

CONCLUSION

Ayurveda views 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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