

A CASE STUDY TO EVALUATE EFFICACY OF SAHACHARADI TAILA MATRA BASTI IN THE MANAGEMENT OF KASHTARTAVA W.S.R. TO PRIMARY DYSMENORRHEA

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ABSTRACT

Introduction: Kashtartava i.e. Dysmenorrhea is defined as painful cramps that occur with menstruation incapacitating enough to interfere with routine activity. It is most common problem faced by adolescent girls and women. In Ayurvedic classics Kashtartava is considered and describe as a symptom not as a separate disease. We can correlate it with yonivyapad- mainly Udavarta or Vataj yonivyapad or Sannipataj yonivyapad. Main symptom is pain i.e. main entity is vata. Apana vayu changes to pratiloma gati and the vitiated vayu lifts the yoni upward and causes obstruction of flow of rajah which cause unbearable pain. **Methodology:** It is a case report of girl aged 20 years with chief complaint of painful menses which includes pain in lower back, lower abdominal pain, nausea and vomiting during menses suffering from primary dysmenorrhea for more than 6-8 cycles without any pathology. She was

presented on Nov 2024. After her consent, Sahacharadi Taila matrasthi is given for about 7 days just before the due date in each cycle with Dashamoolarishta and kuberaksha Vati for 3 months. **Result:** Her complaint of abdominal pain during menstruation subsided after treatment, and she experienced relief. **Discussion:** Kashtartava is very common complaint seen in gynecological OPDs. Nearly 50% of the adult female population suffers from various degrees of pain in abdomen during menstruation. The present study emphasizes the role of Ayurveda in bringing a positive result in the management of primary dysmenorrhea.

Conclusion: Panchakarma therapy offers a ray of hope for Kashtartava. Ayurvedic medicaments offer potential management which is proved beyond doubt in solving the problem successfully. Also proper Ahara and Vihara during Ritukala and the Aushadha Sevana will cure the condition.

KEYWORDS: Kashtartava, Dysmenorrhea, Menstruation, Sahacharadi Taila, Matra basti.

INTRODUCTION

Dysmenorrhea or painful menstruation is defined as a severe, painful cramping sensation in the lower abdomen that is often accompanied by symptoms such as sweating, head ache, nausea, vomiting and diarrhoea occurs just before or during menses. It is one of the most common gynaecologic complaints in young women. Dysmenorrhea can be divided into 2 broad categories: primary (spasmodic) and secondary (congestive). Primary dysmenorrhea is defined as menstrual pain that is not associated with macroscopic pelvic pathology.^[1] It typically occurs in the first few years after menarche and affects as many as 50% of post pubertal females.

Secondary dysmenorrhea is defined as menstrual pain resulting from anatomic or macroscopic pelvic pathology, as is seen in women with endometriosis or chronic pelvic inflammatory disease. It is most often observed in women aged 30-45 years.

As a disease Kashtartava is not mentioned anywhere in Ayurveda, but it is considered and described as a symptom. However, Acharya Charaka states that a symptom itself can manifest as a disease. The term Kashtartava is derived from “कष्टेन मुच्यते आतर्वम् यिस्मन् सः कष्टातर्व” meaning “the menstruation that occurs with great difficulty and pain.” Hence, when Artava (menstrual blood) is expelled with difficulty and accompanied by pain, the condition is termed Kashtartava.^[2]

References to conditions resembling Kashtartava can be found in classical Ayurvedic texts under various entities, such as Vataja Yonivyapad, Udavartini Yonivyapad, Sannipatik Yonivyapad, and Vataja Artavdushti.^[2] In all these, Vata plays a key pathological role. With the present-day rise in sedentary lifestyle, improper dietary practices and mental stress the incidence of such conditions is increasing significantly.

The proper expulsion of Artava requires the coordinated functioning of Vyana Vata and Apana

Vata.^[4] Apana Vata is primarily responsible for normal menstruation, so when menstruation is painful, it is considered a result of Apana Vata Dushti. At the same time, the contraction and relaxation of the uterus and associated structures are regulated by Vyana Vata, which governs muscular movements. After these contractions, the expulsion of Artava occurs through the Anulomana Kriya of Apana Vata.

Acharyas have mentioned excessive use of Katu, lavana, Ushna, Tikshna ahara sevana, Divaswapa, Chinta and Vegdharana as nidanas for yonivyapadas and all this responsible for Vata vitiation.^[5] Basti Chikitsa is considered the best management of vitiated Vata and it can correct Apana Vata Vaigunya so it is beneficial in treatment of Kashtartava. Since Matra Basti is a type of Anuvasana Basti.^[3] So the selected drug (Sahacharadi Taila) will be given in the form of Matra Basti. In present paper, an attempt has been made to analyze ayurvedic line of treatment in case of Kashtartava.

- **AIM**

- To evaluate the clinical efficacy of Sahacharadi Taila Matra Basti in the management of Kashtartava (Primary Dysmenorrhea).

- **OBJECTIVES**

- To analyze the role of Matra Basti in management of Kashtartava.
- To study probable mode of action of Sahacharadi Taila.
- To highlight the scope of Ayurvedic Panchakarma therapy as a safe and effective management modality for Kashtartava.

MATERIALS AND METHODS CASE REPORT

A female patient aged 20 years reported at the OPD of Prasuti Tantra and Stree Roga at LKR Ayurvedic Mahavidyalay, Gadhinglaj, Kolhapur on Nov 2024 with complaint of painful menstruation since last 1-2 years. Her symptoms included crampy pain in lower abdomen for 2 days, back pain radiating to both thighs, nausea and vomiting 1-2 day prior to and on first day of menstruation.

History of Present Illness

She got menarche at the age of 13 years. Menstrual cycle was normal lasts for 4-5 days with normal bleeding. Her complaints started since last 2-3 years. Crampy pain in lower abdomen starts from the first day of menstruation and continued for 2 days. Back pain radiating to both

thighs starts with 1-2 day prior to menstruation and continued for 2 days. Nausea and sometimes vomiting from the first day of menstruation.

She was getting little relief with Tab Meftal spas. As the pain was so severe, it wasn't reducing after taking rest and was disturbing her daily activities. So she visited LKR Ayurvedic Mahavidyaly OPD for permanent relief and better treatment.

History of past illness (Poorva Vyadhi Vrittanta)- Not a K/C/O HTN, DM or thyroid dysfunction.

Surgical history - Nothing significant

Family history – No similar history of same complaints in family.

Menstrual History

Menarche at	13 years of age
LMP	18/10/2024
Interval	26-28 days
Duration	4-5 days, Regular
Character	Dark Red colour
Consistency	Clots present
Dysmenorrhea	Cramp like pain
Intermittent sites	Lower abdominal, low backache, legs.

General Examination

Built	Moderate
Nourishment	Moderate
Temperature	098.5 F
RR	16/Min
Pulse rate	70/Min
Blood pressure	110/70 mm of Hg
Height	148 cm
Weight	40 Kgs

Systemic Examination

	RS	AEBE
	CVS	S1S2 Normal
	CNS	Conscious, oriented
	P/A	Soft
Bilateral breasts	Soft, NAD	

Gynecological Examination Inspection of Vulva

Pubic hair	Moderate
Redness, ulceration and swelling	Absent
External urethral meatus	Normal
Evidence of pruritus	No

Ashtavidha Pariksha

Nadi	70/Min
Mootra	5-6 times a day
Mala	Once a day
Jivha	Niram
Shabda	Avishesha
Sparsha	Anushna Sheeta
Druk	Prakruta
Akruti	Krush

Dashavidha Pariksha

Prakruti	Vatapradhan pitta
Dosha	Vata
Dushya	Rasa, Rakta, Artava
Sara	Hin
Samhanana	Hin
Pramana	148 cms
Dehabhara	40 kg
Satmya	Madhyama
Satva	Madhyama
Ahara Shakti	Madhyama
Vyayam Shakti	Hin

INVESTIGATION**USG of Abdomen and Pelvis**

Liver	Normal in size and echotexture.
Gall bladder	Normal
Both kidneys	Normal in size and shape
Pancreas & Spleen	Normal in size
Uterus	Normal in size
Endometrial echocomplex	Central and cavity empty.
No focal mass seen	ET:6mm
Cervix	Normal
B/L Ovaries	Normal
Urine (R) and (M)	WNL
Hb%	9.2 gm%

TREATMENT

The patient was reassured about the fact that there was no structural gynaecologic pathology. She was advised to take Basti. She was given three cycles of Matra Basti for three consecutive cycles before menstrual cycle.

Treatment plan

Duration of treatment	7 days per cycle for 3 consecutive cycles 10-12 days before menstrual cycle
Drug	Sahacharadi taila
Route	Matra Basti by Rectal Route
Dose	60 ml

Purva Karma: Abhyanga with Tila Taila on Kati-Prushta-Parshwa-Adhodara for 15 min and Swedan.

Pradhan Karma: Matra Basti in left lateral position with 60 ml Sahacharadi Taila. Pashchat Karma: Rest in supine position for at least 15-20 min.

Abhyantar Yog

Drug	Dosage	Anupan	Kala	Route	Duration
1.Dashamoolarishta	15mL	Jala (Half glass of water)	Morning and Evening after meal	Oral	3 Months
2.Kuberaksha Vati	250mg	Koshna Jala	Morning and Evening before meal	Oral	3 Months

Changes recommended in life style

- Ensure sound sleep of at least 6 to 8 hours. Reduce caffeine intake.
- Eat healthy, warm and fresh foods. Have more leafy vegetables.
- Take 4 to 5 times small meals. Avoid taking high fatty food
- Have a fresh fruits like dark grapes and apple.
- Regular use of ginger in food preparation.
- Take supplement like calcium, Magnesium, Vit E, B6 and B12.

Result: 5/11/2024 Treament started for painful Menstrual Cycle

Date	LMP	Result
6/11/2024 to 12/11/2024 1 st Cycle of Matra Basti	16/11/2024	Period started on 16/11/2024 Dysmenorrhea++ Severity of pain reduced(According to VAS:8/10)
4/12/2024 to 10/12/2024 2 nd Cycle of Matra Basti	15/12/2024	Period started on 15/12/2024 Dysmenorrhea+ Slight pain(VAS:5/10)
2/1/2025 to 8/1/2025 3 rd Cycle of Matra Basti	13/1/2025	Period started on 13/1/2025 Dysmenorrhea reduced Mild pain(VAS:2/10) No need of analgesic during this cycle

DISCUSSION

Ayurvedic approach towards dysmenorrhea differs from the conventional medical approach which target only pain by controlling prostaglandin synthesis through nonsteroidal anti-

inflammatory drugs or by suppression of ovarian function through oral contraceptives.

Ayurveda addresses the subtle and holistic mechanisms of digestion, metabolism, formation of the menstrual blood and the process of its expulsion which all are inter-connected. The alteration in any phase of these can create an inflammatory environment in which pain can be manifested as a main symptom leading to Kashtartava. Thus, the first focus of Ayurvedic management of Kashtartava is to correct Agni (digestive fire) and prevent the formation of Ama. This can lead to formation of "Shuddha Artava" which is easy to be expelled. Samprapti (etiopathogenesis) of Kashtartava mainly depends on the vitiation of Vata Dosha with or without the involvement of vitiated Kapha Dosha. The line of treatment should be Dipana-Pachana (digestive), Artavajanana (promoting the production of Artava), Kaphahara (alleviating Kapha), Shrotoshodhana (clearing the channels) and Vatanulomana (correction of the direction/function of Vata) which will help the easy expulsion of properly formed Artava through the unobstructed channels by the coordinated activity of Vayu.^[9]

The reasons for vitiation of vata - Margavarodh, dhatukshaya, swanidan prakopa. Due to these factors, vatavruddhi especially of ruksha & khara gunas occurs leading to pain, hampers jatharagni, dhatvagni leading to symptoms of dysmenorrhea like nausea, vomiting, constipation scantiness of aartav etc. For treatment of vata dosh, taila kalpana is the best considered. So here Sahachar Taila Matra Basti is given in patient of dysmenorrhea.^[3]

1. Mode of action of Sahacharadi Taila

Drugs which have the property to bring about Anuloma Gati of Vata may relieve the symptoms of primary dysmenorrhea. Mulsthana of Aartavaha Srotas is Garbhashya and Aartava Vahini Dhamani which is the main seat of Apana Vata.^[8] In this disease condition mainly Apana Vata Dushti is there and Basti is the most effective treatment on this. So, for this patient we choose Basti treatment as Vatahar Chikitsa. So, we give Sahacharadi Taila Matra Basti in patient. Contents of Sahacharadi Taila are 4 parts-Tila Taila and 16-part Kwatha of Sahachara, Devadaru and Nagara. Devadaru (*Cedrus deodara*) is Kapha, Vatashamaka having the properties like Vedana sthapana, Shothahara, Kusthaghna, Kaphanisaraka. Nagara (*Zingiber officinalis*) is Kapha, Vatashamaka useful in the conditions like Shothahara, Shulahara. Internally it is digestive. Sahachara (*Barleria prionitis*) is also Kapha-vatashamaka having the properties like Vedana Sthapana, Shothahara, Kusthaghna, Kaphanisaraka, Vranashodhana, Vranaropana.^[6] Sahacharadi Taila which is mentioned by

the Vagbhata containing three drugs among them all are having the Ushna Veerya and Kapaha Vatashamaka.^[7] According to Acharya Charaka Sahacharadi Taila Basti is Sarvaroganashaka, Rasayana. Useful in Kshata, Vataksaya, Pittavikara, Rupa, Varna, Bala, Mansa, Shukra Vradhana.

2. Mode of action of Dashmoolarishta

It is valuable in toning uterus and enhancing its elasticity and treating dysmenorrhoea. It contains 10 herbs which act on vitiated vata. It is vedanasthapaka as well.

3. Mode of action of Kuberaksha vati

All the drugs of Kuberaksha Vati have a pacifying effect on Vata and Kapha Dosha and are Pitta-vardhaka. As a virtue of which, the drug is capable of disrupting all the three pathways of pathogenesis (Samprapti Vighatana) of Kashtartava.^[10]

Lata Karanja is Tikshna, has Katu Vipaka and Ushna Virya, which regulates Vatakapha Dosha. It is Deepana, Shothahara, Shulaprashmana, Vedanasthapana and Tridosha Shamaka. Shunthi is Kaphavata Shamaka, Vrishya, Uttejaka, Shitaprashmana, Shulaprashmana, Triptighna, Aampachana and Rasayana.^[11] Sauvarchala Lavana is Deepana, Bhedana, Anulomana, Udgarshodhana, Hridya, Gulmashoolavibandhaghna. Hingu has Deepana, Pachana Krimighna, Anulomana, Gulmanashana, Hridya, Shodhana, Garbhashayasankochaka and Pittavardhak properties.^[12] Lashuna is Kukshishula nashana and a Medhya Rasayan which helps in improving the Mansika bhavas like Krodha, Shoka, Dainya, Avasada etc.

CONCLUSION

Kashtartava, despite not being a severe problem, still affects the personal and professional lives of females to a great extent. The treatment choices available are either comforting 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. Sahacharadi Taila mentioned in Ashtang Hridayam by virtue of its properties like Kapha Vata Shamak, Vedana Sthapana, Shothahara, Vata Anuloman relives symptoms of Primary Dysmenorrhea. Since Basti Chikitsa is considered the best management of vitiated vata. Hence Sahacharadi Taila given in the form of Basti proves effective treatment in Kashtartava (Primary Dysmenorrhoea) leading to painfree menstrual cycle.

INFORMED CONSENT: Patient was informed for the details and consent taken.

LIMITATION OF STUDY: Present study was undertaken and it should done in large sample of Primary Dysmenorrhea.

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