

**MANAGEMENT OF KASHTARTAVA WITH SPECIAL REFERENCE
TO UDAVARTA YONIVYAPADA-CONCEPTUAL STUDY****Dr. Pratibha Yadav^{1*} and Dr. Pramod Kumar Majhi²**

¹MS Scholar, P.G. Dept. of Prasruti Tantra & Stree Roga, Vaidya Yagya Dutt Sharma
Ayurved Mahavidyalaya, Khurja, Uttar Pradesh, India.

²Associate Professor, P.G. Dept. of Prasruti Tantra & Stree Roga, Vaidya Yagya Dutt Sharma
Ayurved Mahavidyalaya, Khurja, Uttar Pradesh, India.

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***Corresponding Author**

Dr. Pratibha Yadav

MS Scholar, P.G. Dept. of
Prasruti Tantra & Stree
Roga, Vaidya Yagya Dutt
Sharma Ayurved
Mahavidyalaya, Khurja,
Uttar Pradesh, India.

ABSTRACT

Kashtartava (dysmenorrhoea) has a huge impact on day to day activities of a female and may cause inability to get out of the bed. In ayurveda, this disease can be correlated with udavarta yonivyapad. Its foremost symptom is severe pain during and/or before initiation of menstrual cycle. Basically the causative factor is disbalanced Apana vata in the body. Acharya Charak says that due to movement of flatus etc. natural urges in reverse direction, the aggravated vayu moving in reverse direction fills yoni (uterus). This yoni seized with pain, initially throws or pushes the raja (menstrual blood) upwards, then discharges it out of body with great difficulty. The female feels relief immediately following discharge of menstrual blood. Since in this condition, the raja moves upwards or in reverse direction, hence it is termed as - "Udavartini". It can be placed under a type of vataj yonivyapad. Its management basically includes vata pacifying medications and therapies (vata anulomak dravyas) such as ushna, guru and anigdh

aushadhis.

KEYWORDS: Kashtartava, udavartini yonivyapada, dysmenorrhoea, vataj yonivyapada.

INTRODUCTION

Kashtartava is not mentioned anywhere in Ayurveda as a specific disease, but is mentioned as a symptom. As per Acharya Charaka, any symptom of a disease can itself be termed as a disease. The word Kashtartava can be elaborated as "Kashtena muchyati iti kashtartava" that

is, the condition where menstrual blood is released out with great difficulty and severe pain is called as-"Kashtartava".

Apana vayu and Vyana vayu work together to produce artava. One of the functions of Apanavayu is normal painless menstruation, so painful menstruation can be considered as Apanavayudushti. Vyana vayu performs contraction and relaxation of uterus and other associated organs.

The problem of dysmenorrhoea is on a rise these days because of sedentary lifestyle, stress and intake of junk foods. In ayurveda it is said that excessive usage of blavana, ushna, katu, tikshna ahara, day sleep (diva swapa), chinta and vegadharana (controlling natural urges) as nidanas for yonivyapadas. In this article, an attempt is made to analyze ayurvedic management for kashtartava.

AIMS AND OBJECTIVE

1. To understand kashtartava W.S.R to Udavarta yonivyapad.
2. To explore the treatment protocol mentioned in ayurveda in management of Udavartini yonivyapad.

CAUSES OF UDAVARTINI YONIVYAPADA

1) Margavarodha

Apana vayu is responsible for menstrual flow. Apana vata can get obstructed due to the blockage of passage itself (anatomical) or due to certain causes which diminish the working ability of Apana vayu as described in Avrutta vata. Apanaavruta kapha causes pain.

2. Dhatukshaya

This causes pain in two ways

- A. Dhatu kshaya leads to heena satva of the lady, due to which pain threshold is lowered and she feels for even a slight disorder.
- B. Dhatukshaya can lead to vata vrudhi especially its ruksha and khara guna and this in turn produces pain.

LAKSHANAS (Symptoms) of UDAVARTINI YONIVYAPADA

- 1) Rajahkrichrata-painful release of menstrual blood.
- 2) Artava vimuktasukham-immediate relief after the release of blood.
- 3) Phenilata-frothy menstrual blood.

- 4) Kaphasamsrishta artava-discharge of kapha along with the menstrual blood.
- 5) Baddhaartava-release of clotted blood.

CHIKITSA

1. Vata is responsible for all yoni rogas especially of udavartini. In Ayurveda, different treatment protocols are described for the treatment of Vata rogas. Among them, Basti is the best treatment procedure for vata.
2. Internal and external use of ghrita, taila and vasa for oleation of body.
3. Fomentation with vatashamak drugs. alo
4. Uttarbasti with milk processed with dashmoola (using ksheerapaka vidhi).
5. Giving anuvasana and uttarbasti using ghrita, taila and vasa (three forms of sneha).
6. Upanaha made of pastled barley, wheat, kinva, kushtha, shatapushpa, priyangu, bala.
7. Shamana aushadhis like Rajah pravartini vati, Kasisadi vati, Jeerakadi modaka, Hinguvachadi churna, Kumaryasava, Maharasnadi kashaya, Sapthasara kashaya, Sukumara kashaya, Phala ghrita etc.

Various Other Treatments

Lifestyle changes: Exercise regularly, ensure sound sleep of at least 6-8 hours. Avoid smoking and alcohol.

Yoga: yoga postures can help to increase pain threshold of body. It provides strength and stability. Asanas like Matsyasana, Dhanurasana, Bhujangasana, Ustrasana, Gomukhasana and Vajrasana have a pain relieving effect.

DISCUSSION

Kashtartava is a common gynaecological condition seen in day to day OPD's. In extreme cases, it affects day-to-day activities of women. Nearly 50% of the adult female population suffers from various degrees of pain abdomen during menstruation. In Ayurveda, great importance has been given to quality, quantity, consistency, smell, frequency and duration of artava which is described under shuddha artava lakshanas. Sedentary lifestyle, travelling, eating apathya ahara leads to vata prakopa. Charaka says that if this condition is not treated, it may lead to infertility, gulma, pradara, arshas and other vata associated disorders. In all gynaecological disorders, after proper snehana and swedana, vamanadi shodhana therapies should be given based on the severity of the disease. The pathya ahara-vihara will play an important role in case of Udavartini yonivyapad. Manda is not advised for one who is suffering from Yoni rogas.

CONCLUSION

Ayurveda has various remedies for treating kashtartava completely. Basti is mentioned as the best treatment for dysmenorrhoea. Following proper pathya and apathya ahara-vihara, menstrual hygiene, lifestyle modification and taking medication on the specified time regularly will cure the condition in no time.

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