

**TO STUDY THE ROLE OF DASHMOOL SIDDHA TAILA MATRA
BASTI IN THE MANAGEMENT OF KASHTARTAVA****Dr. Hemlata Sharma¹, Dr. Priti Singh Verma²**

¹Associate Professor, Department of Stree Roga and Prasuti Tantra, Sanskriti Ayurvedic Medical College, Mathura, Uttar Pradesh, India.

²HOD Professor, Department of Stree Roga and Prasuti Tantra, Sanskriti Ayurvedic Medical College, Mathura, Uttar Pradesh.

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Corresponding Author*Dr. Hemlata Sharma**

Associate Professor, Department of
Stree Roga and Prasuti Tantra,
Sanskriti Ayurvedic Medical
College, Mathura, Uttar Pradesh,
India.



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ABSTRACT

The concept that changed life styles are responsible for the genesis of diseases” is very old and well known in Ayurvedic conceptualization. Kashtartava is among the few such diseases. It means painful menstruation. The disease ‘Kashtartava’ is not described in classics as well as in Vedas as an individual disease entity. Though it is a symptom of various Yonivyapadas specially Udavarta, Vatala Sanipatika, etc. it is one of the commonest gynecological complaints. It is a Tridoshaja Vyadhi with Vata predominance. In this, especially there is derangement of Apana and Vyana Vayu. It is a broad term which covers all the problems and ailments that a woman may suffer from during or around menstruation. It includes both primary and secondary types of dysmenorrhea. For this study, however, we considered only primary dysmenorrhea under the term Kashtartava to cover a larger population and to

make pin -pointed assessment criteria. Hence we decided to “Study the Role of Dashamoola Siddha Taila Matra Basti in the management of Kashtartava”. A pilot study was conducted, 2 patients selected randomly. Both received Dashamoola Siddha Taila Matra Basti. This treatment was selected for the Vatashamaka, Yonishula Prashaman, and Shothahara properties of the drugs. The dose was 60 ml per day and the duration of the treatment was for 7 days each cycle for two consecutive cycles. The study suggests that Dashamoola Siddha Taila Matra Basti helps in relieving the symptoms of Kashtartava (primary dysmenorrhea).

KEYWORDS: Kashtartava, primary dysmenorrhea, Dashamoola Siddha Taila Matra Basti.

INTRODUCTION

Women's health is the primary factor to be considered for wellbeing of family, society and culture. Any physical or mental disorder disturbs her educational, social and economic life. Change in lifestyle, stress like factors are affecting woman's life in particular & disturbing her day to day life. Kashtartava i.e. dysmenorrhea is one of such condition. It is painful menstruation or menstrual cramps. Almost all women experience some degree of pelvic discomfort during and at the onset of menstrual flow. Charakacharya opines that Yoni of women does not get affected without Vata. Vitiation of Apan vayu therefore leads to Sashul Rajahpravrutti. The acharyas have described gynaecological disorders under a topic Yonivyapad, which are of total 20 types. Sashul Rajahpravrutti i. e. Kashtartava is one of the prominent symptom seen in Udavarta Yonivyapad which is Vata -pradhan. Due to Vegavrodh, Vayu becomes Pratiloma and gets lodged in trayavarta yoni, characterized by pain, initially obstructs the flow of Rajah or pushes the rajah upwards. Hence it flows with great pain (Kashtaartava). The women get relieved immediately following the free flow of Rajah.

It causes significant discomfort and anxiety for the woman as well as her family. For the present study we only considered primary dysmenorrhea as Kashtartava so that we would have clear -cut inclusion and exclusion criteria when selecting patients. Primary dysmenorrhea is a condition which causes painful menstruation without any demonstrable pelvic pathology. In addition to menstrual pain, many women experience associated symptoms such as headache, constipation, nausea, vomiting, fatigue, and leg pains. The treatment usually advocated in modern medicine, i.e., analgesics, antispasmodics, and/or oral contraceptive pills, does not provide a long-lasting solution and, besides, may lead to serious adverse effects. As yet there is no treatment regimen that can relieve the entire symptom complex of primary dysmenorrhea. Hence, there is a need to find a safe and long -lasting treatment for the condition. Kashtartava, especially when it manifests as primary dysmenorrhea, is a Vata -dominant condition. The drug that we selected for this study is good Vatashamaka drugs according to the classic texts. Dashamoola siddha oil has been advocated for the treatment of Udavarta Yonivyapada which is one of the main disease conditions included under the term Kashtartava (primary dysmenorrhea).

AIMS AND OBJECTIVES

To study the efficacy of Dashmool Siddha Tail Matra Basti in the management of Kashtartava primary dysmenorrhea).

MATERIALS AND METHODS

1) Bilva Latin Name - Aegle marmelos Family – Rutaceae, Rasa - Kashaya Tikta Virya - Ushna, Vipak -Katu Doshghnata - Kaphavata shamak Karma - Shothahara	3) Shyonaka Latin Name - Oroxylum indicum Family – Bignonia ceae, Rasa - Madhur, Tikta Kashaya, Virya - Ushna, Vipak -Katu Doshghnata- Kaphavata shamak Karma - Shothahara
2) Agnimantha Latin Name - Premna mucronata Family – Verbnaceae, Rasa - Tikta Katu Kashaya Madhura, Virya - Ushna, Vipak -Katu Doshghnata - Kaphavatashamaka Karma - Shothahara	4) Patala Latin Name - Stereospermum suaveolens Family – Bignonia ceae, Rasa - Tikta Kashaya, Virya - Ushna, Vipak -Katu Doshghnata - Tridoshshamaka Karma - Shothahara
5) Gambhari Latin Name – Gmelina arborea Family – Verbe naceae, Rasa – Tikta Kashaya Madhur, Virya – Ushna, Vipak -Katu Doshghnata – Tridosha shamak	6) Shalparni Latin Name - Desmodium gangeticum Family – Leguminosae, Rasa - Madhur, Tikta Virya - Ushna, Vipak -Madhur Doshghnata - Tridosha shamak Karma - Shothahara, Angamardprashamana
7) Prishniparni Latin Name - Uraria picta Family – Leguminosae, Rasa - Madhur, Tikta, Virya - Ushna, Vipak -Madhur Doshghnata - Tridosha shamak Karma - Shothahara, Angamardprashman	Gokshura Latin Name - Tribulus terrestris Family – Zygophyllaceae, Rasa - Madhur, Virya - Sheet, Vipak -Madhur Doshghnata - Vatapitta shamak Karma - Shothahara, Mutravirechaniya
9) Kantakari Latin Name - Solanum surattens Family – Solanaceae, Rasa - Tikta Katu, Virya - Ushna, Vipak -Katu Doshghnata - Kaphavata shamak Karma-Kasahar, Angamardaprashaman	10) Brihati Latin Name - Solanum indicum Family – Solanaceae, Rasa - Katu Tikta, Virya - Ushna, Vipak -Katu Doshghnata - Kaphavata shamak Karma -Kasahar, Angamardaprashaman

Drug Preparation

The ten ingredients of dried Dashamoola (Bilva, Agnimantha, Shyonaka, Patala, Gambhari, Shalaparni, Prishniparni, Gokshura, Kantakari and Brihati) were collected. Equal amounts of the ten ingredients were taken and made into Yavakuta (crude powder) form. This was soaked in water overnight and on the next day Kwatha was prepared. This Kwatha along with

Kalka of Dashamoola was added in Tila Taila and Sneha was prepared as per the standard protocol.

Investigations

- ☐ CBC
- ☐ Urine (Routine & microscopic)
- ☐ Ultrasound (SOS)

Follow –up

After completion of the treatment course the patients were requested to report for follow -up every 7 days for 2 months. Method of administration of Matra Basti The patient was advised to have a light meal on the day of treatment. Before administration of Basti, Abhyanga (mass age) with Tila Taila was done of the back and lower abdomen. Thereafter, Nadi Sweda (sudation) was performed. After this Purvakarma, the patient was asked to lie down in the left lateral position with the left lower extremity extended and the right lower extremity flexed at the knees and hips. Then 60 ml of lukewarm oil was loaded in an enema syringe. A rubber catheter oiled with oil was attached to the enema syringe.

After any air in the enema syringe had been expelled, the rubber catheter was passed through the anus of the patient up to a length of 4 inches and the drug was administered. The patient was asked to take deep breaths during the passage of the catheter and the administration of the drug. The entire oil in the syringe was not administered in order to avoid entrance of Vayu into the Pakvashaya as it may produce pain. After the administration of Basti, the patient was advised assume the supine position. While in this position, the patient's buttocks were gently tapped and the legs were raised for a few minutes so as to raise the waist. These measures were intended to prevent the administered fluid from flowing out too soon. After a short time the patient was allowed to get up from the below table, and she was then advised to rest in bed for at least ½ an hour.

Drug Dashmoola Siddha Taila Dose 60 ml per day Route Rectal (Matra Basti) Duration Given for 7 days in each cycle for two consecutive cycles Time period Starting from mid – cycle.

ASSESSMENT

Scoring for different parameters is done as follows

□ Pain (dysmenorrhea)

Criteria	Grade
Menstruation is not painful and daily activity is unaffected -	0
Menstruation is painful but daily activity is not affected. No analgesic required .	1
Menstruation is painful and daily activity is affected. Analgesic drug is Needed.	2
Menstruation is so Painful that patient is Unable to do even the Routine work and has to Miss class/office during Menses. Has to take Analgesic, but without Much relief.	3

2. Duration

Criteria	Grade
No pain during Menstruation	0
Pain persists for less than 12 h	1
Pain persists for 12 -24 h	2
Pain persists for more Than 24 h	3

DISCUSSION

Kashtartava (dysmenorrhoea) is the most common gynecological problem faced during adolescence. For the present study only primary dysmenorrhoea is considered as Kashtartava. In the pathogenesis of Kashtartava, it is Tridoshaja Vyadhi with Vata predominance. Rasa, Rakta, Artava are Dushya. Kashtartava is mainly due to obstruction of Apan Vayu. Basti chikitsa is the main chikitsa for Vata Dosha. For the purposes of this study, therefore, we made an effort to classify all disorders with any type of pain or discomfort related to menstruation as either primary or secondary. All menstrual disorders in which pain or discomfort was the most prominent feature were categorized as primary dysmenorrhea; those in which there were local features such as inflammation or systemic features such as fever were considered as secondary dysmenorrhea. There are several conditions, including Vatala, Vataja Artavadushti, Udavarta, Suchimukhi, and Artavakshaya, in which there is pain as associated with menstruation along with backache, pain in groins, stiffness, etc. but no abnormality of menstruation other than perhaps a decrease in the amount of flow or the duration. This picture suggests that these conditions are a form of primary dysmenorrhea, without any pelvic pathology.

In the present study we take Dashamool Siddha taila Matra Basti in the management of Kashtartava. According to the concept of Viryasamkranti (transformation of potency) described by Acharya Charaka, the potency of Dashamoola is already transferred in Dashamoola Kwatha, and the potency of Dashamoola in the Kalka form, on processing with oil, further causes the Viryasamkranti into the Taila. Thus the Taila carries the whole potency of the drug in it. Madhura, Tikta, Kashaya Rasa, Guru, Snighda Guna, Ushna Veerya, Madhura Katu, Vipaka, and Tridoshgamak Karma of Dashamoola Taila acts on Kashtartava by its Dravya, Guna, and Prabhava. It has been proven that Dashamoola has anti-inflammatory, analgesic, and antipyretic.

CONCLUSION

Vata is the main cause of Kashtartava. It is similar to primary dysmenorrhoea. Basti is the first line of treatment for Vata Dosha. Matra Basti is found to be effective in relieving symptoms of Kashtartava. On the basis of observations obtained after the completion of pilot study, it can be concluded that Dashmool Siddha Taila Matra Basti effective in relieving the whole symptom complex of Kashtartava.

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