



# INTERNATIONAL RESEARCH JOURNAL OF HUMANITIES AND INTERDISCIPLINARY STUDIES

( Peer-reviewed, Refereed, Indexed & Open Access Journal )

DOI : 03.2021-11278686

ISSN : 2582-8568

IMPACT FACTOR : 6.865 (SJIF 2023)

## “MANAGEMENT OF *KASHTARTAVA* IN *AYURVEDA* W.S.R. TO DYSMENORRHOEA”

**Dr. Digvijay Jadhav,<sup>1</sup> Dr. Rahul Muttha,<sup>2</sup> Dr. P. R. Kanade<sup>3</sup>**

<sup>1</sup>PG Scholar, Streeroga & Prsrutitantra, Final year, PMT's Ayurved College, Shevgaon,  
Dist. Ahmednagar (Maharashtra, India)

<sup>2</sup>Assistant Professor and PG Guide, MS Streeroga & Prsrutitantra PMT's Ayurved College,  
Shevgaon, Dist. Ahmednagar (Maharashtra, India)

<sup>3</sup>HOD and Professor Dr. P. R. Kanade, MD Streeroga & Prsrutitantra PMT's Ayurved College,  
Shevgaon, Dist. Ahmednagar (Maharashtra, India)

DOI No. **03.2021-11278686** DOI Link :: <https://doi-ds.org/doilink/08.2023-55123219/IRJHIS2308004>

### **Abstract:**

*Ayurveda has mentioned various principles and treatments modalities for the management of various disorders and its prevention. This is known by one of the main aim of Ayurveda<sup>1</sup>. It has eight types of principles that included Kaya, Bala, Graha, Dvamshttra, Shalya, Jara and Vrushayi i.e. Ashtanga Ayurveda<sup>2</sup>. Streeroga and Prsrutitantra comes under the branch of Kaumarbhritya. There are various disorders are explained in Streeroga but Kashtartava is commonly found in daily practice. Kashtartava is mainly caused mostly due to the vitiation of Vata Dosha. It can be correlated with Dysmenorrhoea. Various treatments are mentioned for Kashtartava. For this case study, Vishalveradi Kashayam is used for the management of Kashtartava. Along with this Kashayam, Sthanika Udara Snehana and Swedana also given.*

**Keywords:** Kashtartava, Dysmenorrhoea, Ayurveda.

### **Introduction:**

*Ayurveda is a science of life which deals with various principles and treatment modalities which cures as well prevents from the diseases. There are various etiological factors are responsible for the development of diseases. There is a role of Dosha, Dushya etc in the formation of disease.*

*Kashtartava is one of the important and commonly found disorder in Gynaecological practice. It is mainly developed due to the vitiation of Vata Dosha as well as Kapha Dosha, Pitta Dosha. Now a days it is found in whom having sedentary lifestyle, having irregular diet, eating habits of junk food, fast food.*

*Kashtartava* can be correlated with the Dysmenorrhoea in modern science.

Dysmenorrhoea is one of the most common menstrual symptom as well as disorder. It is divided into primary and secondary types<sup>3</sup>. It has symptoms like cramping like pain in lower abdomen occurring before or during menstruation or menstrual cycle.

Study shows that 75% adolescents and 25 to 50% of adult women experiences pain during or before menstruation<sup>4</sup>. In *Ayurveda*, *Kashtartava* is not described as a separate disorder but its mentioned under various terms or described as one of the symptom in Gynaecological disorders.

In modern science, there are various treatments are available for the management of Dysmenorrhoea like NSAID'S, Antispasmodic, Analgesics, etc. But long-term use of this treatments leads to formation of various side effects in patients.

*Ayurveda* has mentioned treatments related to the *Dosha dushti* i.e. *Acharya Charaka* has explained *Yoni* of women is vitiated by the *Vata Dosha*. Every disease related to the *Yoni* is caused or developed due to the vitiation of *Vata Dosha*<sup>5</sup>. Therefore, the main line of management of *Kashtartava* is to treat *Vata Dosha*.

For *Kashtartava* *Vataghna Dravyas* are used. Main part of management of *Kashtartava* is *Anulomana* of *Apana Vayu*. Because *Karma* of *Apana Vayu* is *Srushten Artava Pravrutti* i.e. to maintain healthy and regular menstrual flow<sup>6</sup>. For this case study, *Sthanika Snehana*, *Swedana* and *Vishalveradi Kashayam* is used for its management along with proper *Pathya* and *Apathya*.

### **Objectives of the study:**

To study the effect of *Vishalveradi Kashayam* in the management of *Kashtartava* w.s.r. to Dysmenorrhoea.

### **Methodology: Case report –**

A 23 year old girl visited in the department of *Streeroga* and *Prasrutitantra* having complaints of *Udarashoola* [Lower abdominal pain during menses], *Katishoola* [Backache during menstruation] & Nausea since from 3-4 months.

### **History of present illness:**

Patient complaints of *Udarashoola* i.e. Painful menses since from 3-4 months, before that her menstrual cycle is regular, after that since from 3-4 months she had menstruation with Lower abdominal pain, backache & little nausea. Lower abdominal Pain was severe on 1-2 days, later it lowers its intensity of pain. She has H/O previously took Tablet Cyclopam during menstruation. Therefore, for the proper and complete relief patient has come to *Ayurveda* Hospital for *Ayurveda* treatment.

**Past history** – No any major illness.

**Family history** – No any history of major illness.

**Personal history** – H/O eating fast food, irregular diet, Stress, *Diwasvapa*, *Ratri Jagarana*, *Ruksha Ahara Sevana*.

**History of Menstruation –**

- Menarche – age 13 year
- Menstrual cycle – 5-6 days, irregular, painful, with heavy flow.
- Character –Red colour [Dark red].
- Consistency – Lots of Clots ++
- Character of Pain – Cramping pain in abdomen, Backache, with nausea

**General examination –**

- PR = 80/Min
- BP = 110/90 mm of Hg
- Height = 140 cm
- Weight = 49 kg
- Temperature = 98.6<sup>0</sup> F
- RR = 20/min

**Systemic examination –**

Respiratory system – Clear, AE=BE

Central nervous system – Conscious, Oriented CVS – S1 S2 Normal, No murmur

**Ashtavidha Pariksha –**

*Nadi* = 80/Min

*Shabda* = *Spashta*

*Mala* = *Asamyaka*

*Druka* = *Prakruta*

*Mutra* = *Samyaka*

*Sparsha* = *Anushna Sheeta*

*Jivha* = *Alpa Sama*

*Aakruti* = *Madhyam*

**Dashavidha Parikshana –**

*Prakruti* – *Vatapitta Vikruti* – *Nasti*

*Satmya* – *Sarva Rasa satmya Vaya* – 23 year

*Sara* – *Madhyam Samhanana* – *Madhyam*

*Pramana* – *Prakruta Ahara shakti* –

*Satva* – *Alpa*

*Madhyam*

*Vyayama shakti* – *Madhyam*

**Investigation –**

USG Abdomen – Shows no any abnormality found in USG Abdomen.

**Management –**

In the management of *Kashtartava*, *Vishalveradi Kashayam* is used which is mentioned in the *Sahastrayoga*. This *Kashayam* is given along with *Sthanika Snehana* and *Swedana* at *Udara Pradesha*.

	<b>Dravya</b>	<b>Duration</b>	<b>Period of Study</b>
<i>Sthanika Snehana</i>	<i>Tila Taila</i>	20 minutes	For 3 months
<i>Sthanika Swedana</i>	<i>Dashmoola + Nirgundi</i> <i>Patra + Arka Patra</i>	15 minutes	

*Vishalveradi Kashayam* given as;

<b>Dravya</b>	<b>Matra</b>	<b>Kala</b>	<b>Anupana</b>
<i>Vishalveradi Kashayam</i> <sup>7</sup>	2 Pala <sup>8</sup> [BD]	<i>Adhobhakta</i> <sup>9</sup>	<i>Koshnajala</i>

Along with treatment of *Kashtartava*, proper *Pathya & Apathya* had been followed by the patient. In *Aahara*, *Snigdha Annapana* like *Ghruta*, *Taila*, *Godugdha*, *Godhum*, etc. *Vata shamaka dravyas* are used. In *Vihara*, proper & regular *Vyayama*, *Chankraman*, *Sthanika Snehana & Swedana* is important.

Patient had advised to follow proper diet & daily activities i.e. her daily activities like sleeping, proper *Aahara*, *Vihara*, avoiding Junk food, street food, regular exercise, use of *Taila*, *Ghruta* in *Aahara*, etc.

**Observations & Results –**

Effect of *Sthanika Snehana*, *Swedana* and *Vishalveradi Kashayam* at *Udarashoola* [lower abdomen], *Katishoola* [backache] & Nausea is given as follows ;

	<b>Symptoms</b>	<b>Before treatment</b>	<b>After treatment</b>
VAS Scale	<i>Udarashoola</i> [Lower Abdominal Pain during menses]	10	4
	<i>Katishoola</i> [Backache]	8	5
	Nausea	7	3
Irregular menses		Irregular	Regular



## Discussion:

*Vishalveradi Kashayam* is one of the Drug formulation mentioned in *Sahastrayogam*. It includes *Vidanga*, *Chitraka*, *Shunthi*, *Tila*, *Paribhadra*, *Palasha*, etc *Vataghna* & *Agnideepaka*, *Aamapachaka Dravyas*, which helps to remove *Avrutta Vata Dosha* from *Pakvashaya* or from *Vikruta Sthana*<sup>8</sup>. This all properties helps to remove vitiated *Vata Dosha* and *Aama Dosha* which reduces *Udarashoola* [Pain in abdomen], also *Katishoola* [Backache] & Nausea. *Sthanika Snehana* & *Swedana* also helps to decreases excessive *Sheeta* and *Ruksha Guna* of *Vata Dosha* & *Aama*. Along with treatment, for regular menstruation, patient has advised to follow Proper *Aahara* & *Vihara*, etc.

## Conclusion:

In this Case report of *Kashtartava*, patient advised to take *Vishalveradi Kashayam* & *Sthanika Snehana*, *Swedana* along with proper follow up of *Aahara* & *Vihara*. The effect of *Vishalveradi Kashayam*, *Sthanika Snehana*, *Sthanika Swedana*, shows significantly effective in the management of *Kashtartava* w.s.r. to Dysmenorrhoea along with proper follow up of *Pathya* and *Apathya*.

## References:

1. Chakrapani, Charaka Samhita by Agnivesa, edited by Vaidya Jadavaji Trikamji Acharya, Chaukhambha Publications, New Delhi, Reprint 2017, Sutrasthana, 30/26, 187.
2. Vagbhatta, Dr. Brahmanand Tripathi, Ashtanga Hridaya, Chaukhamba Sanskrit Pratishthana, Delhi, Reprint 2014, Sutrasthana, 1/5, 5.
3. D.C. Datta, Hiralal Konar, Textbook of Obstetrics, New central book agency, Delhi, Reprint.
4. [www.prevalenceofdysmenorrhoea.com](http://www.prevalenceofdysmenorrhoea.com)
5. Charaka, Kashinatha Shastri, et al, Charaka Samhita, Chaukhambha Bharati Acdemy, Varanasi, Reprint, 2018, Chikitsasthana, 30/115, 858.
6. Vagbhatta, Dr. Brahmanand Tripathi, Ashtanga Hridaya, Chaukhamba Sanskrit Pratishthana, Delhi, Reprint 2014, Sutrasthana, 12/9, 172.
7. D.B.Panditrao, Dr. S.Nayar, Vd. M.Sinha, Dr. V.Pandeya, Sahasrayoga, CCIM, New Delhi, reprint 2011.
8. Sharangdhara, Brahmanand Tripathi, Madhyama Khanda, Choukhambha Surbharti Prakashan, Varanasi, reprint 2017, 2/1-3, 90.
9. Vagbhatta, Dr. Brahmanand Tripathi, Ashtanga Hridaya, Chaukhamba Sanskrit Pratishthana, Delhi, Reprint 2014, Sutrasthana, 13/37, 190.
10. Shri Brahmashankar Mishra, Shri Rupalalaji Vaishya, Bhavaprakasha, Purvardha, Chaukhambha Sanskrit Bhawan, Varanasi, Reprint 2016.