



AYURVEDIC MANAGEMENT ON KASHTARTAVA (PRIMARY DYSMENORRHOEA) THROUGH DASHMULA KWATHA – A REVIEW ARTICLE

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ABSTRACT

Kashtartava is expressed as “*kashtenmunchyatiti kashtartavam*”— *Kashtartava* is the condition where the *artava* discharges with great difficulty and pain. Dysmenorrhoea itself is not a life-threatening condition but is found to have a profound impact on daily activities and may result in missing work or school, inability to participate in sports and other activities. It is considered as leading cause of school absence in adolescent girls and a common problem in women of reproductive age. *Kashtarva* is a *Vata* dominant *Tridoshaja Vyadhi* and *Dashmula Kwatha* is also *Tridoshaghna* and considered as best *Vatahara*. So it cures the disease by *samprapty vighatana* as vitiation of *Vata dosha* is responsible for this disease. So that the drug ‘*Dashmula Kwatha*’ is selected for the present study.

Keywords: *Kashtartava*, Primary Dysmenorrhea, *Dashmula Kwatha*.

INTRODUCTION: *Kashtartava* is expressed as “*kashtenmunchyatiti kashtartavam*”— *Kashtartava* is the condition where the *artava* discharges with great difficulty and pain.¹ In Ayurveda *Kashtartava* is not described as an individual disease though it is a symptom of various *yonivyapadas* specially *Udavartini*, *Vatala*, *Sannipatika* etc. *Acharya Charaka*² said that due to movement of flatus etc. natural urges in reverse direction fills *yoni* (uterus). This *yoni* (uterus) seized with pain, initially throws or pushes the *raja* upward, then discharges it with great difficulty and feels relief immediately following discharge of *artava*. In *Vataja Artavadusti*³, aggravated *vata* produce *rasa* and *rakta dhatukshaya* which create general weakness and cause oligomenorrhoea associated with dysmenorrhoea. So that *Kashtartava* is a *Vata* dominant *Tridoshaja vyadhi*. In

Ayurveda lower pelvis is *Shana* of *Apana Vayu*⁴, which is responsible for the elimination of menstrual blood, stool, urine, ovum etc. So as per Ayurveda, impairment of *Apana Vayu* is primarily responsible for *Kashtartava*.

On the basis of signs and symptoms and as *Acharya Charaka* said that immediate relief of pain following discharge of *raja*, it can be compared with Primary Dysmenorrhoea. Dysmenorrhoea⁵ is defined as painful menstruation. Primary dysmenorrhoea refers to one that is not associated with any identifiable pelvic pathology. In Primary Dysmenorrhoea pain begins a few hours before or just with the onset of menstruation. It usually lasts 8 to 72 hours and accompanies menstrual flow and precedes it by only a few hours. Pain is usually lower abdomen; may radiate to the back and to the

inner thigh. The pain is associated with nausea, vomiting, fatigue and headache.

Dysmenorrhoea is caused⁶ by PGF2α produced in the endometrium. Prostaglandins production in the uterus is under the influence of progesterone which is produced in ovulatory cycle. With the onset of menstruation formed prostaglandins are released from the shedding endometrium. Prostaglandins are intense smooth muscle stimulants that cause intense uterine contractions. PGF2α also causes contractions in smooth muscle elsewhere in body resulting in nausea, vomiting and diarrhoea.

NEED OF THE STUDY: Dysmenorrhoea itself is not a life-threatening condition but is found to have a profound impact on daily activities and may result in missing work or school, inability to participate in sports and other activities. It is considered as leading cause of school absence in adolescent girls and a common problem in women of reproductive age. The prevalence of dysmenorrhoea to be between 45 and 95% among reproductive age women.⁶

In modern medicine dysmenorrhoea is treated by analgesics, antispasmodics, Non-steroidal anti-inflammatory drugs and oral contraceptives pills etc. Long term use of these medicines causes side effects like hepatotoxicity, nephrotoxicity, headache, dizziness, vertigo, depression, skin rashes etc. So that it is a great scope of research to

find out permanent solution from Ayurveda. So the Present study is aimed to find out a method of treatment which will impart a permanent cure without any side effect.

AIMS AND OBJECTIVES: To validate the efficacy of *Dashmula Kwath* in the management of *Kashtartava* (Primary Dysmenorrhoea).

SELECTION OF THE DRUG: As per Ayurveda, *Kashtartava* is a *Vata* dominant *Tridoshaja vyadhi*. *Dashmula kwatha* is a *Tridoshahara*⁷ drug and is considered as one of the best *vata shamaka*⁷ drug. *Dashmula* is having well known anti-inflammatory and analgesic action. *Dashmula* is 'Aspirin of Ayurveda'. It is used for inflammation because of its calming effect on the brain and nervous system. This analgesic property helps women to overcome from the painful menstruation. It is traditionally used as detoxifier of the entire body, as a tonic for liver and kidneys and a hormone balancer for gynaecological problems. So that the drug '*Dashmula Kwatha*' is selected for the present study.

MATERIAL AND METHOD: For the present review detailed literary study was done which is described in Ayurvedic classics as well as Modern Medical literature. Some other Ayurvedic text and Research Articles, Different journals, Periodicals, websites were also analyzed and studied.

Ayurvedic Properties of *Dashmula* as per *Sushrut Sutrasthana-38/71*

N.	Drug	Rasa	Guna	Virya	Vipaka	Part Used
1.	<i>Bilva</i>	<i>Kashaya-Tikta</i>	<i>Laghu-Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Mula</i>
2.	<i>Agnimantha</i>	<i>Tikta-Katu-Kashaya-Madhura</i>	<i>Ruksha-Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Mula-twak</i>

3.	<i>Shyonaka</i>	<i>Madhura-Tikta-Kashaya</i>	<i>Laghu-Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Mula-twak</i>
4.	<i>Patala</i>	<i>Tikta-Kashaya</i>	<i>Laghu-Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Mula-twak</i>
5.	<i>Gambhari</i>	<i>Madhura-Tikta-Kashaya</i>	<i>Guru</i>	<i>Ushna</i>	<i>Katu</i>	<i>Mula</i>
6.	<i>Shalparni</i>	<i>Madhura-Tikta</i>	<i>Guru-Snidgha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Panchanga</i>
7.	<i>Prishniparni</i>	<i>Madhura-Tikta</i>	<i>Laghu-Snidgha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Mula</i>
8.	<i>Brihati</i>	<i>Katu-Tikta</i>	<i>Laghu-Ruksha-Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Mula</i>
9.	<i>Kantakari</i>	<i>Tikta-Katu</i>	<i>Laghu-Ruksha-Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Panchanga</i>
10.	<i>Gokshura</i>	<i>Madhura-Tikta</i>	<i>Guru-Snidgha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Mula</i>

Table 2: Shows Ayurvedic Properties of Dashmula as per Recent Scientific Researches

S. N.	Drug	DoshaHarakarma	Properties as per Recent Scientific Researches
1.	<i>Bilva</i>	<i>Kapha-vataghna</i>	Anti-inflammatory, antioxidant, antidiabetic
2.	<i>Agnimantha</i>	<i>Kapha-vataghna</i>	Anti-inflammatory, antimicrobial
3.	<i>Shyonaka</i>	<i>Kapha-vataghna</i>	Anti-inflammatory, antimicrobial
4.	<i>Patala</i>	<i>Tridoshaghna</i>	Anti-inflammatory, Analgesic, anti-hyperlipidemic
5.	<i>Gambhari</i>	<i>Kapha-vataghna</i>	Antioxidant
6.	<i>Shalparni</i>	<i>Vata-kaphaghna</i>	Anti-inflammatory, analgesic, smooth-muscle-relaxant
7.	<i>Prishniparni</i>	<i>Vata-kaphaghna</i>	Antioxidant, antiseptic, anti-depressant
8.	<i>Brihati</i>	<i>Vata-kaphaghna</i>	Anti-inflammatory, antioxidant, cardiotonic, anti-hyperlipidemic activity
9.	<i>Kantakari</i>	<i>Vata-kaphaghna</i>	Analgesic, anti-hyperglycemic, antioxidant
10.	<i>Gokshura</i>	<i>Vata-kaphaghna</i>	Antimicrobial, diuretic, antitumour & antisclerotic agent, cardiotonic

Table 3: Shows Plan of Treatment

Medication	Dose & Duration	Anupana	Time
Luke Warm <i>Dashmula Kwath</i>	15 to 20 ml twice a day for 3 cycles	With equal quantity of water	After meals

During this period women take *Laghu Supachya Aahar* (which is easy to digest) and *Adho Nabhi Abhayang* in the ovulatory phase of menstrual cycle which promotes *Vataanulamana* of *Vyana Vata* which

aggravates in *Kashtartava* and arise constipation and painful menstruation. Women advised to stop *Mithya Aahar Vihar* which aggravates *Vata Dosha* and follow *Pathya Aahar vihar*.

DISCUSSION: *Kashtarva* is a *Vata* dominant *Tridoshaja Vyadhi* and *Dashmula Kwatha* is also *Tridoshaghna* and considered as best *Vatahara*. So it cures the disease by *samprapty vighatana* as vitiation of *Vata dosha* is responsible for this disease. According to *Acharya Charaka*, the normal course of *Apana Vayu* is downward but if it does not move downward as *Udavartini Yonivyaoada* where its movement is upward it causes constipation, hormonal imbalance and other factors etc. *Dashmula Kwatha* is well known for *deepana*, *pachana*, *shothahara* (anti-inflammatory), *vedanasthapana* (analgesic), *vatanulomana* properties. Because of *Deepana*, *pachana* and *vatanulomana guna* of *Dashmula Kwatha* it cures constipation and because of the analgesic (*vedanasthapana*) and anti-inflammatory (*shothahara*) activity of *Dashmula* women overcome the painful menstruation, nausea, vomiting etc. Alcaloids of *Dashmula Kwatha* have calming effect on the Brain and Nervous System so it can be used in hormonal imbalance.

CONCLUSION: *Dashmula Kwatha* is an ideal Ayurvedic formulation to treat the *Kashtartava* (Primary Dysmenorrhoea). *Shothahara* (anti-inflammatory), *Vedanasthapana* (analgesic), *Tridoshashamak*, *Vatanulomana* properties of this medicine are quite effective to cure the *Kashtartava* (Primary Desmenorrhoea). So that *Dashmula Kwatha* is an ideal Ayurvedic remedy to manage the *Kashtartava* (Primary Desmenorrhoea).

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