

## CRITICAL REVIEW ON ARTAVA VIKARA W.S.R. TO KASHTARTAVA (DYSMENORRHOEA)

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### ABSTRACT

Dysmenorrhoea seems to be the most common gynecological condition in women regardless of age and nationality. Dysmenorrhea, also known as painful periods, or menstrual cramps, is pain during menstruation. Its usual onset occurs around the time that menstruation begins. Symptoms typically last less than three days. The pain is usually in the pelvis or lower abdomen. Other symptoms may include back pain, diarrhea, or nausea. In Ayurveda it can be correlated with *Kashtartava*. *Kashtartava* comes under *ArtavavahaSrotasVikara* (menstrual disorders). *Kashtartava* literally means difficult menstruation but the word used to mean the painful menstruation. *Kashtartava* is not separately described as a disease in any of the Ayurvedic Samhita. But in Various other diseases it is mentioned as a symptom. It is a symptom found in many *Yonivyapada*.

**Keywords:** *Kashtartava*, *Yonivyapada*, *Artava Vikara*, Dysmenorrhoea

**INTRODUCTION:** A substance which forms from Rasa and comes out of female genital tract for duration of 3 days is called as Artava.<sup>1</sup> According to Astanga Samgraha *Rakta* reaching *Garbhashaya* and coming out for three days in every month is called *Artava*. The *Raja* is formed from essence part of Rasa.<sup>2</sup> Arunadatta opines that this *Raja* is formed from *Aharrasa* and not from *Rasadhatu*.<sup>3</sup> Sharangadhara and Bhavamishra mention *Raja* as *Upadhatu* of *Rakta*.<sup>4</sup> According to Acharya Kashyapa, *Rakta* enters in *Garbhakoshtha* every month by the *Rajovaha Siras* present in the *Garbhashaya* and after the completion of one month the *Artava* is expelled out by them.<sup>5</sup> All the Acharyas have mentioned 12 years as the age for menarche and 50 years as the age of female for menopause. The menstrual phenomena do not occur before 12 years of age of the females and also after her age of 50 years.<sup>6</sup> According to Sushruta, *ArtavavahaSrotas* are two in number

having roots in *Garbhashaya* and *Artavavahi Dhamanis* and they are responsible to carry the *Artava*. Injury to *Artavavaha Srotas* produces *Vandhyatva*, *Maithuna asahishnutva* and *Artava Nasha*.<sup>7</sup>

**Artava Swarupa<sup>8,9</sup>:** Acharya Charaka, and Sushruta have enumerated that, the colour of *Shuddhartava* is red. Acharya Charaka explained that the colour of *Shuddhartava* should resemble with the

- *Gunjaphala*(Fruit of jequirity)
- *Padmalakta* (Red lotus flower)
- *Indragopa* (An insect)
- While Acharya Sushruta had compared the colour of
- *Shuddhartava* with that of - *ShashaAsrik* (Rabbit's blood)
- *Laksha rasa* and had mentioned the characteristics that it should not stain the cloth after washing.

Acharya Vagbhatta had clearly mentioned that the quantity of *Artava* is 4 *Anjali* but it is difficult to measure the *Artava* in *Anjali Pramana*.<sup>10</sup>

**ArtavaDushti:** Eight types of *Artavadushti* described by Sushruta denote menstrual disorders, but there are several diseases among them that resemble the infective condition of the genital tract.<sup>11</sup>

1. *PittajaArtavaDushti*
2. *KaphajaArtavaDushti*
3. *Vatajaartavadushti*
4. *Shonitaartavadushti*
5. *KunapaGranthi*
6. *Putipuyanibha*
7. *Kshina*
8. *Mutrapurishagandhi*

**Artavaha Strotasadusti Vikara**<sup>12</sup>

1. *Alpartava*– oligomenorrhea.
2. *Kastartava*– Dysmenorrhea.
3. *Vandhyatwa*– Infertility.
4. *Maithuna asahishnutvam* Dyspareunia.

5. *Artavanasha* – Absence of *Artava*.

**Kashtartava :** *Kashtartav* can be defined as a condition where *Aartav* is discharged with great difficulty and pain. Terminology used for *Kashtartav* in various disorders is *Saruka*, *Sashoola*, *Sarati*, *rajah kruchchataa*, *Saruja*, *Savedana*, *Savyatha*.

**Nidanapanchak of Kashtartav:** Causative factors of *Kashtartava* are not mentioned in Ayurvedic text. As *Kashtartava* is mostly found in *Yonivyapada*, *Samanya Hetu* of *Yonivyapada* can be considered as *samanya hetu* of *Kashtartava*. *Vata* is one of the important factors for *Samprapti* of *Yonivyapada* thus all *VataPrakopakHetu* can be taken under consideration.

**Table no. 1. SamanyaHetu of Yonivyapada:**

Charakaacharya <sup>13</sup>	Susrutaacharya <sup>14</sup>	Vagbhatacharya <sup>15</sup>	Bhavaprakash <sup>16</sup>
<i>Mithya Achar-mithyaahar, mithyavihar</i>	<i>Pravruddha Linga</i>	<i>Dushtabhojana</i>	<i>Aartav</i>
<i>PradustaArtav</i>		<i>Vishamasthan Shayan</i>	<i>Beeja</i>
<i>Beejadosha</i>		<i>BhrushaMaithun Sevan</i>	<i>Daiva</i>
<i>Daiva</i>		<i>Use of ApaDravyas</i>	

**Visheshhetu:**

**1. MithyaAhar:** *Katu, Tikta, Kashaay Rasaatisevan, Ruksha, Laghu, Sheet Atisevan, Langhan, Alpashana, Vishamashana, etc.*

• **Margavarodhajanya Kashtartav-** *Madhur, Amla, Lavan Rasaatiseva Adhyashan, Ajeernabhojana, Snigdha, Sheeta, Guru DravyaAtisevan, AbhishyandiAhar Sevan.*

• **Pittaja Anubandha in Kashtartav** - *Katu, Amla, Lavana Rasatisevan, Ushna, Tikshna, Vidahi, VidagdhaAhara Sevan*

**2.MithyaVihar:** *Vegavarodha, Aghat, Atisaahas, Ratrijagarana, Pravaatasevana, Panchakarma*

*Mithyayoga, Ativyayam, Ativyavay, mithyavyavay, vishamasan, vishamasthanaShayan, Anidra, etc.*

• **Margavarodhajanya Kashtartav-** *Alasya, Divasvap, Atinidra, etc.*

• **Pittaja Anubandha in Kashtartav-** *Upavasa, Vyavaya, Aatapa Sevana, etc.*

**3. ManasikaHetu :** *Krodha, Shoka, Lobha, Irsha, Chinta, Bhaya, Harsha and Tanava*

**Characteristics of pain in Kashtartav:**

Almost all Acharyas have described regarding this symptom but all references are scattered in description of different *Rogas*.

**Table.1 In Charaka Samhita<sup>17</sup>**

Symptoms	Diseases
• Saruka	Vatala Yoniyapada
• Sashoola	Sannipatika Yoniyapada
• Sarati	Paripluta and Mahayoni Vyapada
• Rajah Krichchha	Udavarta Yoniyapada
• Saruja	Vataja Asrigdara
• Manda Rujakarma	Kaphaja Asrigdara

**Table.2 In Sushruta Samhita<sup>18</sup>**

Symptoms	Diseases
• Rajah Krichchha	Udavarta Yoniyapada
• Vedana	ArtavaDushti

**Table.3 In Ashtanga Hridaya<sup>19</sup>**

Symptoms	Diseases
• Rajah Krichchha	Udavarta Yoniyapada
• Sarujam	Vataja Artava Dushti

Vataprakopa arising from Dhatukshaya and giving rise to increased Rukshata and Kharata (dryness) is responsible for Bheda type of pain. Apart from pain, Saphena, Tanu, Ruksha, Alpa, krushna, Aruna, Shyavrajapravrutti are the symptoms associated. Srotorodha, Balahaani (Weakness), Gourava (Heaviness of body), Anilamudhata (Disturbances in Flatus), Alasya (Laziness), Apakti (Indigestion), Nishtiva (Watering of mouth), Malasanga (Constipation), Aruchi (Tastelessness), Klama (Fatigue) are the Sama Lakshana which can be seen in the Margavarodhajanya Kashtartav.

**Upashaya:**

**a. Aharaja**

- Madhura, Amla and LavanaPradhanaAhara
- TridoshaShamakaAhara specially VataShamaka
- Ushna, Laghu and Snigdha Ahara
- Lasuna as RasayanaSevana

- Sura, Asava and Arishta Sevana as per Dosh.

- Ksheera, Mamsa Rasa.

**Viharaja:**

- Ushna Udaka Snana
- Taila Abhyanga especially with Vatanashaka Taila like Balataila, Mahanarayana, Dashamoola etc.
- Pratidin Asana and Pranayama
- Udara, Kati Swedana

**Anupashaya:**

**a. Aharaja**

- Manda (scum of boiled rice)
- Ati Sheeta Udaka and Ahara
- ParyushitaAhara
- VatalaAhara – brinjal, ladies finger, potato, chana etc.
- Katu, Tikta, Kashaya Ahara
- RukshaAhara – Besana (Bengal gram flour) etc.

**b. Viharaja**

- Divaswapna
- SheetaUdakaSnana
- Udvartana

- Vata Prakopaka Vihara – Ratrijagarana, Atichankramana etc.

### **Dysmenorrhoea:**

Dysmenorrhea is estimated to affect approximately 25% of women. Reports of dysmenorrhea are greatest among individuals in their late teens and 20s, with reports usually declining with age. The prevalence in adolescent females has been reported to be 67.2% by one study.<sup>20</sup>

**Definition:** Dysmenorrhoea means difficult menstruation but the term is used to mean painful menstruation. But a more realistic and practical definition includes cases of painful menstruation of sufficient magnitude so as to incapacitate day to day activities

### **Types: Dysmenorrhoea is of two types**

a. Primary Dysmenorrhoea-A pain is of uterine origin and directly linked to menstruation but with no visible pelvic pathology. This is Primary, idiopathic or true Dysmenorrhoea.

b. Secondary Dysmenorrhoea-A pain is associated with uterine or pelvic pathology. This is Secondary Dysmenorrhoea.

**Signs and symptoms:** The main symptom of dysmenorrhea is pain concentrated in the lower abdomen or pelvis. It is also commonly felt in the right or left side of the abdomen. It may radiate to the thighs and lower back. Symptoms often co-occurring with menstrual pain include nausea and vomiting, diarrhoea or constipation, headache, dizziness, disorientation, hypersensitivity to sound, light, smell and touch, fainting, and fatigue. Symptoms of dysmenorrhea often begin immediately after ovulation and can last until the end of menstruation. This is because dysmenorrhea is often associated with changes in hormonal levels in the body that occur with ovulation. The use of

certain types of birth control pills can prevent the symptoms of dysmenorrhea because they stop ovulation from occurring.

**Causes:** Dysmenorrhea can be classified as either primary or secondary based on the absence or presence of an underlying cause. Primary dysmenorrhea occurs without an associated underlying condition, while secondary dysmenorrhea has a specific underlying cause, typically a condition that affects the uterus or other reproductive organs.<sup>21</sup>The most common cause of secondary dysmenorrhea is endometriosis, which can be visually confirmed by laparoscopy in approximately 70% of adolescents with dysmenorrhea.<sup>22</sup> Other causes of secondary dysmenorrhea include leiomyoma, adenomyosis, ovarian cysts, and pelvic congestion. Unequal leg length might hypothetically be one of the contributors, as it may contribute to a tilted pelvis, which may cause lower back pain, which in turn may be mistaken for menstrual pain, as women with lower back pain experience increased pain during their periods. Other skeletal abnormalities, such as scoliosis (sometimes caused by spina bifida) might be possible contributors as well.

**DISCUSSION:** Menstruation is the normal physiological process, when accompanied with pain called *Kashtartava*. *Kashtartava* is a gynaecological medical condition of pain during menstruation that interferes with daily activities. Several studies have shown that adolescents with dysmenorrhea report that, it affects their academic performance, social and sports activities. It is very disturbing phenomenon for the young women and it causes suffering a lot at the crucial period of their life. Not only

pain but many other discomforts are present which interferes with their daily routine. There occurs severe abdominal pain with aches and pains in whole body. Females also suffer from anorexia and other gastrointestinal disturbances. Along with physical disturbances; psychological changes are also hampering their daily life. Considering its higher prevalence, the disease is selected for the study. In Ayurveda Shula is the main feature of *Kashtartava*. *Udarashula*, *Kati*, *Vankshana Shula*, *Kati Shula*, *Janu Shula* etc. Pain is the symptoms which causes by aggravation of *Vata*. *Shrama*, *Praseka*, *Swedadhikya*, *Tamodarshana* can be taken as *Anya Doshaja Lakshana* when condition associated with other *Doshas*. Many studies show ayurvedic treatment provide better results in *Kashtartava*. As *Vata* is main causative factor of all *Yonivyapadas*, so it should be treated first. For *Artava Shuddhi*, after applying oleation and sudation, emesis and purgation, five *Shodhana* measures should be used, after this *Uttarbasti* should be given repeatedly.<sup>23</sup> Acharya *Charaka* had explained the same but in mild form. Purgation is beneficial for *Yoni Rogas* and *Artava Rogas*. In menstrual disorders caused by *Vata Dosh*, the specific treatment prescribed for suppressing that particular *Dosha* should be used. Recipes prescribed for *Yoni Rogas* and *Uttarbasti* etc. should also be used after giving due consideration to the vitiated *Dosha*.<sup>24</sup>

**CONCLUSION:** In Ayurvedic classics all gynaecological problems are described under the umbrella of *Yonivyapada*. The disease '*Kashtartava*' described in symptom of various *Yonivyapadas* specially *Udavarta*, *Vatala*, *Sanipatika* etc. It is one of the commonest gynaecological complaints. *Kashtartava* is a *Vata*

*Pradhana Tridoshaja Vyadhi*, in which vitiation of mainly *Apana Vayu* and *Vyana Vayu* takes place, along with the vitiation of *Rasa Dhatu*.

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