

## ROLE OF KUBERAKSHA VATI IN KASHTARTAVA (DYSMENORRHOEA)

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## ABSTRACT

*Kashtartava* (Dysmenorrhoea), or painful menstruation, is one of the leading causes of maximum absenteeism of females from school or the workplace. Though it is not a severe problem, it affects the quality of life and efficiency. The available treatment options include NSAIDs, antispasmodics, OCPs, TENS or surgical interventions like dilatation of the cervical canal, Presacral neurectomy and LUNA. These drugs have their side effects, and not many are convinced to use surgical methods for a minor ailment. Ayurveda, through various drug formulations and *Panchkarma* procedures, is undoubtedly a better choice. *Kuberaksha Vati* is one such formulation mentioned in Bharat Bhaishajya Ratnakar. This article is intended to illuminate the role of this drug in *Kashtartava*.

**Keywords:** *Kashtartava*, *Kuberaksha Vati*, Dysmenorrhoea

## INTRODUCTION

*Kashtartava* is a symptom observed in various *Yonivyapads*<sup>1</sup>, *Artavadushtis*<sup>2</sup> and *Asrigdara*<sup>3</sup> where menstruation is associated with pain or discomfort of varying magnitude and nature. Ayurvedic classics

describe it as a *Vata Pradhan Vyadhi* where due to suppression of natural urges the normal flow of *Vata* is disturbed resulting in painful menstruation. There is an instant feeling of relief once the men-

struation is over<sup>4,5,6</sup>. Incongenial dietetics and faulty lifestyle may cause either *Dhatukshaya* or *Marga-varodha* which eventually leads to vitiation of *Vata*. Dysmenorrhoea refers to painful menstruation of

### DESCRIPTION

It is a review study of *Kuberaksha Vati* regarding its role in *Kashtartava*.

This formulation has been described in Bharat Bhaishajya Ratnakar under *Gutika Prakarana* for

magnitude sufficient so as to incapacitate day to day activities<sup>7</sup>. It may be considered primary or secondary, depending on the absence or presence of any underlying pelvic pathology respectively.

*Shoola rogadohikar*. The main ingredients of the drug are *Lata Karanja*, *Shunthi*, *Sauvarchala Lavana*, *Hingu* and *Lashuna*. The medicine has been stated as being effective in all the eight types of pain (*Ashtavidha Shoola*) mentioned in the ayurvedic texts<sup>8</sup>.

### CONTENTS OF KUBERAKSHA VATI

Content	Latin Name	Family	Part used	Ratio	Form
<i>Lata Karanja</i>	Caesalpinia crista Linn.	Leguminosae	Leaf	4 parts	<i>Churna</i>
<i>Shunthi</i>	Zingiber officinale	Zingiberaceae	Rhizome	4 parts	<i>Churna</i>
<i>Sauvarchala Lavana</i>	Unaqua sodium chloride			2 parts	<i>Churna</i>
<i>Hingu</i>	Ferula foetida	Umbellifereae	Resin	2 parts	<i>Churna</i>
<i>Lashuna</i>	Allium sativum	Lilaceae	Bulb	2 parts	<i>Swarasa</i>

**Table 1: Rasa Panchak of individual drugs of Kuberaksha Vati**

Drug	Rasa	Guna	Virya	Vipaka	Doshagnata
<i>Lata Karanja</i> <sup>9,14</sup>	Katu, Tikta, Kashaya	Laghu, Tikshna	Ushna	Katu	Tridosha Shamak
<i>Shunthi</i> <sup>10,15</sup>	Katu	Laghu, Snigdha, Tikshna	Ushna	Madhur	Kaphavata Shamak
<i>Sauvarchala Lavana</i> <sup>11,16</sup>	Lavana	Vishad, Laghu, Sukshma, Snigdha	Ushna	Madhur	Vatahara
<i>Hingu</i> <sup>12,17</sup>	Katu, Tikta	Tikshna, Laghu, Snigdha	Ushna	Katu	Vatakaphahara Pittavardhak
<i>Lashuna</i> <sup>11,18</sup>	Amlavarjit Pancharasa	Snigdha, Guru, Picchila, Tikshna, Sara	Ushna	Katu	Vatakaphahara Pittavardhak

### PREPARATION OF KUBERAKSHA VATI

*Kuberaksha vati* contains *Lata karanja*, *Shunthi*, *Hingu*, *Sauvarchala* as main ingredients and *Rasona swarasa* as the *Bhavana Dravya*. The quantities mentioned in the classics are *Lata karanja*- 1 karsha(12 gms), *Shunthi*-1 karsha(12 gms), *Hingu*-1/2 karsha(6gms) and *Sauvarchala*- 1/2 karsha(6 gms) and *Rasona swarasa* is used for *bhavana* in the quantity as required.

All the contents are taken in the desired proportions, powdered and filtered through the sieve and mixed

till a homogenous mixture is obtained. This mixture is then subjected to trituration with *Rasona swarasa* in a *Khalva yantra* for a day. Thereafter tablets of uniform size and shape are prepared and stored in airtight container.

### PROBABLE MODE OF ACTION OF KUBERAKSHA VATI IN KASHTARTAVA

No gynaecological disorder occurs without the vitiation of *Vata*, so *Vata* should be normalised prior to the treatment of other *Doshas*.<sup>19,20,21</sup> For treating *Avrita Apana Vayu*, the drugs used should have *Ag-*

*nideepaka, Grahi, Vatanulomana* and *Pakvashaya Shuddhikara* properties.<sup>22</sup>

All the drugs of *Kuberaksha Vati* have a pacifying effect on *Vata* and *Kapha Dosha* and are *Pittavardhaka*. As a virtue of which, the drug is capable of disrupting all the three pathways of pathogenesis ( *Samprapti Vighatana*)of *Kashtartava*.

*Lata Karanja* is *Tikshna*, has *Katu Vipaka* and *Ushna Virya*, which regulates *Vata* and *Kapha Dosha*. It is *Deepana, Shothahara, Shulaprashmana, Vedanasthapana* and *Tridosha Shamaka*. *Shunthi* is *Kaphavata Shamaka, Vrishya, Uttejaka, Shitaprashmana, Shulaprashmana, Triptighna, Aampachana* and *Rasayana*<sup>14</sup>. *Sauvarchala Lavana* is *Deepana, Bhedana, Anulomana, Udgarshodhana, Hridya, Gulmashoolavibandhaghna. Hingu* has *Deepana, Pachana, Krimighna, Anulomana, Gulmanashana, Hridya, Shodhana, Garbhashayasankochaka* and *Pittavardhak* properties<sup>16</sup>. *Lashuna* is *Kukshishulanashana*<sup>18</sup> and a *Medhya Rasayan* which helps in improving the *Mansika bhavas* like *Krodha, Shoka, Dainya, Avasada etc.*

Most of the drugs have *Kaphavata Shamaka* action which leads to pacification of *Vata* and also helps in rectifying the *Srotodushiti*. Some drugs have *Pittavardhaka* effect which works at the *Jatharagni* and *Dhatwagni* level and ensure that the *Dhatu Poshan Krama* is optimum and so the *Upadhatu* formation is *Samyaka*. This inturn may increase the flow of menses and can regularize the cycles. *Hingu, Sauvarchala Lavana* and *Lashuna* have *Anulomana* effect which can be beneficial for other associated complaints like *Chhardi, Vibandha, Atisara* and *Aruchi*.

*Kuberaksha Vati* on account of properties of its contents can be a good drug for the treatment of *Kashtartava* as it not only improves menstrual pain but can also positively affect the associated complaints and ensure a healthy menstrual health for females.

## CONCLUSION

*Kashtartava*, despite not being a severe problem, still affects the personal and professional lives of females to a great extent. The treatment choices available are either comforting or too invasive to convince their

acceptance. Ayurveda certainly deals with the problem in its entirety and can offer significant relief through oral medications and *Panchkarma* therapies. *Kuberaksha Vati* is a classical drug mentioned in *Bharat Bhaishajya Ratnakar* for *Ashtavidha Shoola*. The ingredients of the drug have properties which can not only relieve painful cramps but can also improve all the associated complaints. *Kuberaksha Vati* has all the properties to become one of the Ayurvedic drugs well-accepted for the treatment of dysmenorrhea.

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