

KASHTARTHAVA: A SINGLE CASE STUDY

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**ABSTRACT**

Dysmenorrhea or painful menstruation is the most common problem faced by adolescent girls and women. Dysmenorrhoea (Kashtartava) is found to have a profound impact on daily activities. Most adolescents experience primary dysmenorrhea, defined as painful menstruation in the absence of pelvic pathology. Secondary dysmenorrhea is normally considered to be menstruation associated pain occurring in the presence of pelvic pathology.¹ This can be co-related as *Kashtartava*. *Kashtartava* is a *vata kapha pradhana vyadhi* and is mainly predominant of *vata dosha*. Due to *kapha prakopa*, *kapha* obstructs the *srotas* which leads to *vata prakopa* along with *pratiloma gati* of *apana vayu* leading to *raja krichratha*.² Here is a case report of women aged 30 years with a chief complaint of painful and irregular menstruation for one and half years and k/c/o uterine fibroid for one year and mild degree polycystic ovaries since 4 months. Patient is suffering from secondary dysmenorrhea (with an underlying pathology). USG scanning revealed uterine fibroids and mild degree polycystic ovaries. She was presented in June 2021. After taking her consent, *lekhana basti* was given in *yoga basti*³ pattern followed by *gomutra haritiki* orally for a total of the 3-month cycle. Result found was pain during menstruation reduced drastically and irregularity in menstruation was also corrected. There was no significant decrease in the size of the fibroid. In this single case study concept of *Kashtartava* w.s.r to secondary dysmenorrhea along with treatment course is explained. This case study proves that ayurvedic management plays a vital role in reducing the major symptoms.

Keywords: *Kashta arthava*, secondary dysmenorrhea, *lekhana basti*, *gomutra Haritiki*

INTRODUCTION

The onset of *arthava* marks the starting of one's reproductive life. Most of the women experience minor psychological and somatic changes for a few days preceding menstruation and during those days. Dysmenorrhea is a common pathological condition that affects 50% of menstruating women. Secondary dysmenorrhea is a condition of painful menstruation with underlying pathology. The pathology can be either PID, fibroid, adenomyosis, endometrial polyp etc. The term *Kashtartava* can be implied here based on the *Lakshana* and the main *dosha* involved here is *vata pradhana tridosha*. Here the secondary dysmenorrhea is due to uterine fibroid w.s.r to *Garbhashaya arbuda*. The *doshas* involved are *vata, kapha pradhana tridosha and rakta, mamsa, medo dhatus*.⁴

This case study is about a patient with painful menstruation (secondary dysmenorrhea) which was successfully managed by *vata kapha hara* and *vatanulomana chikitsa*.

CASE REPORT

A 30year old female patient came to OPD of SDM Ayurveda Hospital, Udupi on 12th June 2021. With chief complaints of painful menstruation since one and half years. The patient had taken allopathic medications but felt only temporary relief. The pain is so severe that starts one week before menses and is relieved

on the second day of menstruation. She had irregular periods with a gap of 40-50 days. USG done on 3/4/2021 revealed anterior myometrial fibroid and subserosal fibroid and mild degree polycystic ovaries. Considering these features, the case was diagnosed to be secondary dysmenorrhea based on her chief complaints.

Assessing the subject on ayurvedic parameters revealed her to be *vata kapha Prakruti* with *madhyama Samhanana* and normal *jataragni*. *Dosha* involved is *apana vata* along with the involvement of *arthava vaha, Raktavaha, Mamsavaha, Medovaha srotas*. Hence the patient was taken up for *lekhana basti* in the form of *yoga basti pattern and gomutra Haritaki* orally.

MENSTRUAL HISTORY

Menarche – 11yrs

MC – 6days/40-50days

LMP- 1/6/2021

Dysmenorrhea – present

Clots-present

Pain site – lower abdomen and low backache

INVESTIGATIONS

USG done on 3/4/2021 revealed anterior myometrial fibroid and left-sided subserosal fibroid and mild degree polycystic ovaries.

PRE-INTERVENTIONAL PAIN ASSESSMENT

Sl.no	Assessment criteria	Gradations	
		criteria	Grade
1	Pain in the lower abdomen	0	No pain in the lower abdomen during menstruation and daily activity is not affected
		1	pain in the lower abdomen is present but daily activity is not affected. No analgesia is required.
		2	Pain in the lower abdomen is present and daily activity is affected. Analgesic required.
		3	pain in lower abdomen present, not able to do daily routine work, has to take analgesics but poor effect.
2	duration of pain	0	No pain during menstruation
		1	pain persists for less than 12 hours
		2	Pain persists for 12-24hours

3	Nature of pain	3	Pain persists for more than 24 hours
		0	No pain
		1	Occasional
		2	Dull
		3	Intermittent spasmodic

TREATMENT

1) LEKHANA BASTI (A -Anuvasana basti, L- lekhana basti)

NO. OF BASTI	1	2	3	4	5	6	7	8
TYPE OF BASTI	A	A	L	A	L	A	L	A
Date	12/6/21	13/6/21	14/6/21	15/6/21	16/6/21	17/6/21	18/6/21	19/6/21

Anuvasana basti with Guggulu tiktaka ghritha

2) Gomutra Haritaki 2tablets twice daily after food with honey for 84 days after the completion of a course of Basti Total days of intervention – 90 days

DISCUSSION

Kashtartava w.s.r to secondary dysmenorrhea is a condition of painful menstruation with underlying pathology. The dosha involved is vata pradhana tridosha. vata is the main dosha involved. Due to margavarodha of vata, apana vayu gets aggravated leading to improper actions of dhathus in Garbhashaya leading to further growth of Garbhashaya arbuda i.e uterine fibroids and improper flow of arthava due to impairment in upadhatu Nirmana. This leads to painful menstruation. The patient was given deepana pachana chikitsa for one week followed by lekhana basti. Doshas aggravated is vata pradhana tridosha and hence basti is the best treatment of choice.

As it is a condition of secondary dysmenorrhea due to diagnosis of fibroid through USG, drugs having

lekhana properties are adopted to provide symptomatic relief to the patient. Hence lekhana basti is prescribed.

1)Lekhana basti: Makshika, Saindhava, Guggulutiktakam ghritha, Lekhaneeya gana kalka, Gomutra, Lekhaneeya gana Kashaya⁵

2)Anuvasana basti with Guggulu tiktaka ghritha Guggulutiktakam ghritha has vata kapha hara and Arbudahara properties⁶, main ingredient which is guggulu 5parts having ushna veerya tridosahara lekhana guna, hence is adopted for basti in secondary dysmenorrhea.

Basti given as yoga basti pattern will help in proper apana vata anulomana

3) Gomutra Haritaki ⁷

Gomutra having teekshna, ushna, laghu guna, ushna veerya and is vata kapha samaka and Haritaki having tridosha hara properties, lekhana guna, being anulomana helps in reducing vata pradhana tridosha condition of secondary dysmenorrhea.

OBSERVATION AND RESULTS

PAIN ASSESSMENT

CRITERIA	BT	AT
Pain in the lower abdomen	2	1
Duration of pain	3	1
Nature of pain	3	1

Analysing USG, there was no significant decrease in the size of the fibroid, but PCOD changes were absent in the follow-up scan after 3months.

CONCLUSION

Vata is the main dosha involved, correcting vata through basti is found to be the best treatment of choice in this patient. Considering the pathological condition, *lekhana basti* and *anuvasana basti* with *guggulutiktaka ghritha* has been adopted in the form of *yoga basti* pattern which is followed by oral intervention with *gomutra Haritaki* for a total of 3months. The results showed a significant difference in pain. The duration of pain was reduced from 7 days to 2days. The nature of the pain was intermittent and spasmodic. After treatment pain presented occasionally without causing any discomfort. There was a significant reduction of pain in the lower abdomen, and she could do her daily activities without taking analgesics. Hence the results proved that treatment provided symptomatic relief to the patient.

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